

700

CONSCIENTIOLOGY

EXPERIMENTS

Waldo Vieira



EDITARES

WALDO VIEIRA, Dr.

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CONSCIENTIOLOGY

EXPERIMENTS

1st Edition

Translated by Jeffrey Lloyd



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H E T E R O C R I T I C I S M S

Cosmoethical *heterocriticisms*, questionings and debates are always very welcome. We are profoundly grateful to readers who point out errors and omissions. Just because someone created hundreds of *experiments* does not mean they have experience. It is not only a *Homo sapiens serenissimus* who attains serenism.

It is worthwhile to pay attention to the fact: this object, here, is 1 book. Unfortunately, we do not yet know how to write for the illiterate. *Reading* helps you to think more.

There are authors of profit and authors of *ideas*. There are *books* that make money and others that open paths and indicate directions. Reader, your discernment *deceives you less* than books.

If you do not want to change anything, do not waste your time, it is better that you forget this compendium.

Always Grateful.

THE AUTHOR



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G L O S S A R Y O F C O N S C I E N T I O L O G Y

Observations. Here are listed 297 denominations, composed words, expressions and their technical equivalents from Conscientiology utilised in this book.

Abdominal brain (see **Abdominal sub-brain**).

Abdominal sub-brain - The umbilicochakra (centre of consciential energy located above the navel), when unconsciously selected by a conscin, who is still at a mediocre stage of evolution, as the basis of their manifestations. The belly-brain, abdominal brain, abdominal *pseudo*-brain, or abdominal *sub*-brain, is a *parody* of the natural, encephalic brain (coronochakra and fronto-chakra); an indefensible embarrassment or megaweaktrait in conscious self-evolution.

Advanced proaxis - Existential programme of the evolutionary leader conscin within the libertarian task specific to the groupkarma, one that is more universalistic and polykarmic, and where they are a *minipiece* in the multidimensional team's *maximechanism*.

Agendex (*agend* + *ex*) - Extraphysical *agenda* or the written list of priority extraphysical consciential targets - beings, places or ideas -, which the projected projector tries to gradually attain, in a chronological manner, establishing intelligent schemas for self-development.

Androchakra (*andro* + *chakra*) - The sexochakra of the man.

Androsoma (*andro* + *soma*) - The male human body or that specific to a man.

Androthosene - (*andro* + *thosene*) - A thosene specific to the primitive male conscin or the macho man.

Animism - (Latin: *animus*, soul) - The set of intra and extracorporeal phenomena produced by the conscin, without external interferences, for example, the phenomenon of the conscious projection induced by one's willpower.

Antithosene (*anti* + *thosene*) - The antagonistic thosene, common in refutations, oniquetionings and productive debates.

Aphrodisiacal feminine sexosoma - The soma of the woman, considered specifically regarding sex (gender), when shaped in a condition capable of acting as an aphrodisiac. Refer to *Gynosoma*.

Apparition amongst the living - Apparition of the consciousness of the projected human projector to other conscins.

Assisted conscious projection - A projection in which the conscin sees themselves being assisted during the experiment, in a direct manner, by a helper, almost always an expert in lucid projectability (LP).

Auric coupling - Interfusion of the energosomatic energies between 2 or more consciences.

Binomial admiration-disagreement - Posture of the evolutionary mature conscin, who already knows how to live in peaceful coexistence with another conscin whom they love and admire, but with whose points of view, opinions and courses of action, they do not always 100% agree with.

Binomial lucidity-recollection - Set of 2 indispensable conditions for the intraphysical consciousness to obtain a completely satisfactory lucid projection out of the body.

Biothosene (*bio + thosene*) - The thosene specific to a conscin.

Bithanatosis - Deactivation and discarding of the energosoma, after the physical death, including the removal of the energosoma's residual energetic connections in the psychosoma; *second death*; second desoma.

Blind guide - An amoral or inexperienced consciousness acting in an anticosmoethical way towards other consciousnesses, following their egoic interests of the moment, to the detriment of others.

Bradythosene (*brady + thosene*) - The thosene with a slow flow, typical of the bradypsychic conscin.

Cardiochakra (*cardio + chakra*) - The fourth basic chakra; the agent that influences the conscin's emotion. Vitalizes the heart and lungs.

Chakra - Nucleus or limited field of consciential energy whose complete set essentially constitutes the energosoma, or holochakra, the energetic parabody within the soma. The energosoma forms a junction with the psychosoma, acting as a connection point through which CE, consciential energy, flows from one consciential vehicle to another.

Chirosoma (*chiro + soma*) - The soma considered specifically with respect to the application of the hands, or manual labour.

Claritask - Advanced personal or group task of enlightenment or clarification.

Complexis (*comple + exis*) - Existential completism or the condition of existential fulfilment (completion) of the conscin's existential programme.

Communex (*commun + ex*) - Extraphysical community. A gathering and living together of consciexes in an extraphysical dimension.

Con - *Hypothetical unit of measurement* of the level of lucidity of a conscin or consciex.

Confor (*con + for*) - Interaction of content (idea, essence) with the form (appearance, language) in the interconsciential communication processes (Conformaticology; Communicology).

Consciex (*consc + ex*) - *Extraphysical consciousness*; paracitizen of the extraphysical society. Synonym outdated through usage: *discarnate*. Plural: consciexes.

Conscientese - Non-symbolic telepathic language, native to the consciential dimension of very evolved extraphysical societies.

Consciential basement - Phase of infantile and adolescent manifestation of the conscin, until reaching the adult period, characterised by the more primitive *weaktraits* of the multivehicular, multiexistential and multimillennial consciousness.

Consciential bond - Cosmoethical, lucid, voluntary and polykarmic link between a person and a particular institution. The consciential bond goes beyond the employment bond.

Consciential concentration - State of direct focus upon a single object without deviation of the senses, consciential attributes, will and intention of the consciousness.

Consciential continuism - Condition of wholeness - without gaps - in the continuity of consciential life through providential prevision and evolutionary self-relay, or in other words: the linking of the current experience to the experience immediately before and after, incessantly, in a cohesive and unified whole, without discontinuity or abrupt consciential experiences.

Consciential dementia - Condition of a consciousness incapable of thinking with reasonable mental equilibrium.

Consciential ectopia - Unsatisfactory execution of the existential program, in an eccentric and displaced manner, out of the programmed itinerary chosen for the intraphysical life.

Consciential Energy (CE) - Immanent Energy which the consciousness uses in their general manifestation; it is the *ene* of the thosene.

Consciential era - The era in which the average conscin will be sufficiently evolved, through impacts, redefinitions and revolutions created through the experience of lucid projectability (LP), at which point the implantation of self-conscientiality takes place.

Consciential eunuch - Conscin castrated and conscientially manipulated by sectarians, domesticators of *satisfied robots*, modern slaves of the unthinking masses.

Consciential gestation - Evolutionary productivity, useful, for the conscin, within the frame of the existential programmes' personal deeds.

Consciential hyperspaces - Extraphysical consciential dimensions.

Consciential microuniverse - The consciousness as a whole, the sum total of all its attributes, thosenes and manifestations in the development of its evolution. The microcosmos of the consciousness in relation to the macrocosmos of the Universe.

Consciential monoendowment - Intraphysical life under the pressure of constant intrusions by sick beings experienced by a mediocre conscin, with few talents and without versatility.

Consciential paracomatose - Extraphysical state of coma of a conscin when projected. Specifically one who remains invariably unconscious and therefore without extraphysical recollections.

Consciential paradigm - *Leading theory of Conscientiology*, based on the actual consciousness and its attributes.

Consciential retailing - A rudimentary system of individual behaviour characterised by lesser, isolated consciential actions having a minimum of productive results or important evolutionary effects.

Consciential scaffolding - Dispensable psychological or physiological *crutches*.

Consciential self-bilocation (Latin: *bis*, two and *locus*, place) - The act of the intraphysical projector finding and contemplating their own human body (soma) face to face, while their consciousness is out of the body occupying another vehicle of consciential manifestation.

Consciential triendowment - Combined quality of the 3 talents most useful to a conscientologist: intellectuality, parapsychism and communicability; consciential tricapacity.

Consciential wholesaling - Individual behaviour system characterised by the intent of taking the consciential acts together as a whole, thoroughly, without leaving behind any negative evolutionary traces or gaps.

Conscientiocentric institution (CI) - An Institution which centralises its objectives on the consciousness itself and its evolution, like the International Institute of Projectiology and Conscientiology (IIPC); a consciential cooperative, within the Conscientiological Socin, having consciential and employment bonds at its base.

Conscientiocentrism - Social philosophy that concentrates its objectives in the consciousness itself and in its evolution. Conscientiocentrism is a subject covered by Conscientiocentrolgy, the area of Conscientiology that studies the establishment and maintenance of a conscientiocentric institution, in the mode of a consciential cooperative, based on consciential and employment bonds, within the conscientiological socin (Cognopolis; International Conscientiological Cosmoethical Community, ICCC).

Conscientiogram - Technical form for evaluating the evolutionary level of a consciousness; it is the consciential megatest whose model is the *Homo sapiens serenissimus*, the consciousness responsible for a positive egokarmic account on the way to polykarmality.

Conscientiologist - Conscin committed to permanent study and objective experimentation within the research fields of Conscientiology. A conscientiologist acts as an agent of evolutionary renovations (*retrocognitive agent*), in the libertarian work of the consciousness in general.

Conscientiology - Science which studies the consciousness and its multiple states in an integral, holosomatic, multidimensional, multimillennial and multiexistential manner, and above all, according to its interactions with immanent energies and consciential energies.

Conscientiometrology - Discipline that studies conscientiological measurements through the resources and methods offered by Conscientiology, capable of establishing a potential basis for the *mathematisation of the consciousness*. Principle instrument: Conscientiogram.

Conscientiotherapy - Treatment, relief or remission of the disturbances of the consciousness executed through resources and techniques derived from Conscientiology.

Conscin (*consc + in*) - *Intraphysical* consciousness; a human personality; a citizen of the intraphysical society. Synonyms outdated through usage: *incarnate*. Plural: *conscins*.

Conscious Projection - Projection of the conscin out of the body; extracorporeal experience.

Consoltask (*consol + task*) - Consolation task or the primary-level personal or group assistantial task of consolation.

Contrabody - Same as the energosoma, the specific vehicle of Consciential Energy (CE), of the conscin.

Contrathosene (*contra + thosene*) - The *intraconsciential* thosene of the conscin; a mute mental refutation; a mental word; a mute thosene; a specific type of *intrathosene*.

Co-projector - Helper dedicated to working together with the conscin in the development of lucid, assisted consciential projections (Projectiology).

Coronochakra (*corono + chakra*) - The chakra in the sinciput area, the *crown* of the energosoma, or holochakra.

Cosmoconsciousness - Condition or internal perception of the consciousness of the cosmos, of life and of the order of the universe, in an intellectual and cosmoethical exaltation that is impossible to describe, when the consciousness feels the life presence of the universe and becomes one with it, in an *indivisible unit*. There is interconsciential communication in this extraordinary condition.

Cosmoethical mimicry - Productive social impulse of imitation of evolved ancestors. Not to be confused with the parapatological, mystical, cult of ancestors.

Cosmoethicality - Cosmoethical quality of the consciousness.

Cosmoethics (*cosmo + ethics*) - Ethics or reflection upon the multidimensional, cosmic moral, which defines holomaturity, situated beyond the intraphysical social moral, or the moral which presents itself with any human label.

Cosmothosene (*cosmo + thosene*) - Thosene specific to conscientese or the state of cosmoconsciousness; communication through the means of conscientese.

Co-therapy - Helper dedicated together with the conscientiotherapeutic conscin in the development of technical, assistential procedures of conscientiotherapy and of evolutients (OIC).

Cothosene (*co + thosene*) - Thosene of the specific co-option of a chorus, prayer group or crowds.

Counterthosene (*counter + thosene*) - Intraconsciential thosene of the conscin; mute mental refutation; the mute thosene; a type of intrathosene.

Daydream - Fantastic plot created by the imagination during the ordinary physical waking state of the conscin; imagery.

Dermatologies of the consciousness - Compound expression attributed to the conventional physicalist sciences, subordinated to the mechanistic *newtonian-cartesian paradigm*, which focuses their research solely on the soma because they do not possess the necessary instruments for technical, direct investigation of the consciousness itself; dermatologies of the conscin.

Desoma (*de + soma*) - Somatic deactivation, inevitable and next for all conscins; final projection, *first death*, biological death, monothanatos. Desoma or more specifically *first desoma* is the deactivation of the human body or soma. *Second desoma* is the deactivation of the energosoma. *Third desoma* is the deactivation of the psychosoma.

Destructive macro-PK - Harmful PK (*psychokinesis*), capable of causing injury to the conscin, that could even be fatal to the soma.

Dimener (*dim + ener*) - Energetic dimension of the consciousnesses; energosomatic dimension; *three and a half* dimension. The natural dimension of the energosoma.

Domicile holothosene - Physical base; energetically shielded bedroom; extraphysical clinic (offiex).

Dream - Intermediate natural consciential state between the ordinary physical waking state and natural sleep, characterised by a set of ideas and images that present themselves to the consciousness. The bad dream that has an effect of agitation, anguish and oppression during its development, receives the names: *nightmare, nocturnal terror or nightmarish hallucination*.

Egokarma (*ego + karma*) - Principle of cause and effect, acting on the evolution of the consciousness, when exclusively centred on the ego itself. State of freewill tied to childish egocentrism.

Egothosene (*ego + thosene*) - Same as self-thosene; the *unit of measurement of consciential egotism*, according to Conscientiology, or more appropriately, Conscientiometry.

Energetic coupling - Interfusion of the energosomatic energies between 2 or more consciousnesses.

Energetic intrusion - Invasion of a consciousness by another via CEs (consciential energy) or the energosoma (holochakra).

Energosoma (*energo + soma*) - Energetic parabody of the conscin; holochakra.

Energosomatic existence - Intraphysical or human life of the conscin.

Energosomatic intrusion - Invasion of a conscin by another via the energosoma (holochakra); energetic intrusion; energosomatic intrusion.

Energosomatic looseness - Condition of relative freedom of action of the conscin's energetic parabody, with respect to the psychosoma and the soma.

Energosomatic seduction - A consciousness' energetic action, with a more or less conscious intention to dominate another or others.

Energosomaticity - Quality of the manifestations of the conscin derived from the energosoma.

Enerspring (*ener + spring*) - Energetic springtime; personal condition, more or less enduring, of a peak level of healthy and constructive consciential energies (CEs)

Enerspring by two - Energetic springtime of the evolutionary duo, in which the partners truly love each other and fully dominate the application of their healthy consciential energies (CEs), with full lucidity, constructing their existential programme through consciential gestations.

Enumerology - Didactic technique of elaboration and processing of text centred on the techniques of informed self-criticism and technical listing.

Epicon (*epi + con*) - Consciential epicenter, key conscin for the operation of epicentrism, who becomes a fulcrum of lucidity, assistantiality and interdimensional constructiveness, through an offiex, or extraphysical office / clinic. It has a direct relation with penta (Pentaology). Plural: *epicons*.

Euphorex (*euphor + ex*) - Condition of extraphysical euphoria, after somatic deactivation, generated through the reasonable completion of the existential programme; *post-mortem* euphoria; paraeuphoria; post-desomatic euphoria. Euphorex can affect the lucidly projected person.

Euphorin (*euphor + in*) - Condition of intraphysical euphoria, prior to somatic deactivation, generated through the reasonable completion of the existential programme; *pre-mortem* euphoria. Ideal predisposing condition for a positive maxiexistential moratorium.

Evolutionary duo - Two consciousnesses who interact positively in joint evolution; existential condition of evolutionary cooperation by two.

Evolutionary Orientor (Evolutiologist) - Consciousness who coadjutates the intelligent coordination of the proexis, or of the consciential evolution of one or more consciousnesses, in

the same groupkarma. The evolutionary condition between the permanintfree and the serenissimus (*Homo sapiens serenissimus*).

Existential inverter - Conscin who executes existential inversion in the intraphysical life.

Existential recycler - Conscin who disposes themselves to the execution of recexis.

Existential self-mimicry - Imitation by a conscin, of life occurrences or past experiences, from the current life or from previous existences.

Extraphysical - Relative to that which is outside, or beyond the *intraphysical*, or human, state; a consciential state *less* physical than the body.

Extraphysical approach - Contact of one consciousness with another in the extraphysical dimensions.

Extraphysical catatonia - Fixed condition of the conscin, when projected, who maintains stereotyped, repeated and generally useless or dispensable extraphysical acts with respect to their evolution.

Extraphysical helper - Consciex who aids and assists a conscin or various conscins; extraphysical benefactor. Equivalent antiquated, archaic expressions worn out through continuous usage: *guardian angel*; *angel of light*; *spiritual guide*; *mentor*.

Extraphysical monitoring - Condition of assistance performed by healthy consciexes in favour of a balanced conscin, when they perform the also balanced task of consolation or clarification. It occurs with a consciousness who acts as a minipiece in the assistantial maxi-mechanism.

Extraphysical precognition (Latin: *pre*, before; *cognoscere*, to know) - The perceptive faculty through which the consciousness, fully projected outside the human body, becomes aware of unknown upcoming facts, as well as objects, scenes and distant forms, in the immediate or distant future.

Extraphysical raid - Action of a group of energivorous consciexes, including extraphysical blind guides, in paratropospheric dimensions for the purpose of vampirising conscins. It usually happens surrounding celebrations or during intraphysical events which gather persons prone to collective intrusive victimisation through consciential energies.

Extraphysical romance - Set of acts through which a conscin maintains a positive and healthy romance, while out of the body.

Free consciex (FC) (Latin: *con* + *scientia*, with knowledge) - A consciousness, or more specifically a consciex, who definitively freed themselves from (deactivated) their psychosoma, or emotional parabody, and from the connections to their seriexises. Situated after the *Homo sapiens serenissimus* in the *evolutionary scale's* hierarchy.

Geoenergy (*geo* + *energy*) - Immanent energy (IE) from the ground and the earth absorbed by the conscin through the *prekundalini*. Archaic expression: *telluric energy*.

Golden Cord - Supposed energetic element - similar to a remote control - which maintains the mentalsoma connected to the psychosoma's parabrain.

Graphothosene (*grapho* + *thosene*) - The conscin's *thosenic signature*.

Grecox (*gr + rec + ex*) - Group of existential recyclers; intraphysical reunion and experience, together, in-group, with the objective of experiencing a planned existential recycling. Plural: *grecoxes*.

Grinvex (*gr + inve + ex*) - Group of existential inverters; intraphysical reunion and experience, together, in-group, with the objective of experiencing a planned existential inversion. Plural: *grinvexes*.

Groupality - Quality of the consciousness' evolutionary group; condition of evolution in group.

Groupkarma (*group + karma*) - Principle of cause and effect acting in the consciousness' evolution, when centred on the evolutionary group. State of individual freewill linked to the evolutionary group.

Groupkarmic course - Set of stages of the consciousness within the consciential evolutionary group.

Groupkarmic interprison - Condition of groupkarmic inseparability of the consciential evolutionary principle, or consciousness, generally still pathological, on this planet.

Groupthosene (*group + thosene*) - The sectarian, corporativist and antipolykarmic thosene; a groupthosene can also be constructive.

Gynochakra (*gyno + chakra*) - The sexochakra of the woman (Gynosomatics).

Gynosoma (*gyno + soma*) - The feminine human body or body specific to a woman, specialised in the animal reproduction of the consciousness' intraphysical life; the aphrodisiac body.

Gynothosene (*gyno + thosene*) - The thosene specific to feminine language and communicability.

Hallucination (Latin: hallucinatory, err) - Apparent perception of an external object not present at that moment; mental error in the perception of the senses without a foundation in any objective reality.

Heterothosene (*hetero + thosene*) - The thosene of others in relation to the researcher.

Holokarma (*holo + karma*) - Reunion of the three types of consciential actions and reactions - egokarma, groupkarma and polykarma - within the *principle of cause and effect* acting on the evolution of the consciousness.

Holomaturity (*holo + maturity*) - Condition of the conscin's integrated maturity - biological, psychological, holosomatic and multidimensional.

Holomemory (*holo + memory*) - Causal memory, composed, multimillennial, multiexistential, implacable, uninterrupted, personal, which retains all the facts relative to the consciousness; multimemory; polymemory.

Holorgasm (*holo + orgasm*) - Holosomatic orgasm; maximum level of ecstasy generated by the energies of the entire holosoma.

Holosoma (*holo + soma*) - Set of vehicles of manifestation of the consciousness: soma, energosoma, psychosoma and mentalsoma; and of the consciex: psychosoma and mentalsoma.

Holosomatic homeostasis - Healthy integrated state of harmony of the holosoma.

Holosomatic interfusion - State of maximum symases between 2 consciousnesses.

Holosomatic intrusion - Invasion of a consciousness by another through the entire holosoma.

Holosomatics - Specific study of the holosoma.

Holothosene (*holo + thosene*) - Aggregated or consolidated thosenes. Synonym outdated through usage: *egregora*. This word generates resistance in a large range of serious science readers.

Homo sapiens serenissimus - Consciousness experiencing the full extent of the integral condition of lucid serenism. Synonym in common use: *Serenissimus*.

Homothosene (*homo + thosene*) - The thosene of telepathic emission and reception; the *unit of measurement* of telepathy, according to Conscientiometry.

Hyperacuity - Quality of maximum lucidity of the conscin attained through the recuperation of cons.

Hyperthosene (*hyper + thosene*) - The heuristic thosene; the original idea of the discovery; the neophilic thosene; the *unit of measurement of the invention*, according to Conscientiometry.

Hypnagogy (Greek: *hipnos*, sleep; and *agogós*, conductor) - Transitional condition of the consciousness between the ordinary physical waking state and the state of natural sleep. It is an altered state of consciousness.

Hypnopompy (Greek: *hipnos*, sleep; and *pompikós*, procession) - Transitional condition between natural sleep and the physical waking state; the semi-asleep state which precedes the act of waking up, characterised by oneiric images with auditory effects and hallucinatory visions which last until awakening. It is an altered state of consciousness.

Hypothosene (*hypo + thosene*) - Same as the *protothosene* or the *phytothosene*.

Immanent Energy (IE) - Primary, vibrational, essential, multiform and impersonal energy diffused and dispersed throughout all the objects or *realities* of the universe, in an omnipotent manner. It remains untamed by human consciousness and is too subtle to be discovered and detected by technological instruments (Base year: 2006).

Incomplete couple - A pair composed by a man and a woman who do not actually compose an intimate couple or perform the complete sexual act, but do nonetheless maintain strong affective ties.

Incomplexis (*in + complexis*) - Existential condition of a conscin with an incomplete existential programme.

Integrated maturity - State of more evolved consciential maturity, beyond biological (physical) and mental (psychological) maturity; holomaturity.

Interconsciential climate - Condition of multi-understanding during an interconsciential meeting, established through an affinity of thosenes, especially charged with CEs, or consciential energies.

Interconsciential intrusion - Action exerted by one consciousness over another.

Intermissibility - Quality of the intermissive period of a consciousness.

Intermission - Extraphysical period of the consciousness between 2 of their personal human lives.

Intermissive course - Set of disciplines and theoretical experiences administered to a consciex, after a certain evolutionary level, during the period of consciential intermission, within the *cycle of personal existences*. The objective of the intermissive course is consciential completism in the next human life.

Intervivos apparition - Apparition of the consciousness of a projected human projector to conscins.

Intraconsciential compensation - Conscientiometric technique based on the use of one's maximum consciential attribute or most developed trait (strongtrait) to overcome the less developed consciential attributes (weaktraits) of one's consciential microuniverse.

Intraconscientiality - Quality of the specific intimate manifestations of the consciousness; the central megafocus of self-conscientiality.

Intraphysical alternating pre-serenissimus - Conscin capable of consciously living, at the same time, in the ordinary physical waking state and projected, from time to time, in the extraphysical dimension.

Intraphysicality - Condition of the conscin's intraphysical human life or existence.

Intrathosene (*intra + thosene*) - *Intraconsciential thosene* of the conscin.

Intrusion - Sick interconsciential thosenic intrusion. Equivalent anachronistic worn out expression: possession; there are numerous conscins who defend themselves against this word.

Intrusive Stigma - An always dramatic, generally pathological, failure or evolutionary defeat, usually stemming from consciential self-obsession that generates melin or melex. It often results in parapsychic accidents for oneself or those most close or loved consciousnesses.

Invexibility - Quality of the execution of existential inversion.

Invexis (*inv + exis*) - *Technique of existential inversion* performed by a conscin.

Locked existence - Human existence without the occurrence of CPs; tropospheric human life with only vegetative, unconscious projections, characteristic of the state of evolutionary paracomatosis; locked serial existence.

Lucid Projectability (LP) - Lucid projective, paraphysiological quality of the consciousness, capable of discoincidence or taking the vehicles of manifestation out of the condition of alignment, including through the impulsion of the willpower.

Macrosoma (*macro + soma*) - Extraordinary or *super-customized* soma for the execution of a specific proexis, based on Paragenetics, Psychosomatics and Holomnemonics.

Maxienerspring (*maxi + enerspring*) - Condition of a prolonged or maximum energetic springtime.

Maxifraternity - Most evolved universalistic interconsciential condition, founded on the pure fraternity of a self-unforgiving and heteroforgiving consciousness, an inevitable goal in the evolution of all consciousnesses.

Maximorexis (*maxi + morexis*) - Condition of a larger existential morexis or one that comes to the conscin who is a *completist*, in the quality of an add-on or addendum (based on a surplus), with respect to the existential completion of their proexis; therefore, the execution of a *healthy extra* to a concluded existential mandate.

Maxiproexis (*maxi + proexis*) - Maximum existential program, *wholesale*, or with the intent of executing the task in relation to the experience of universalism and maxifraternity, with a polykarmic basis. A maxiproexis essentially depends on the groupkarma (groupkarmality).

Maxithosene (*maxi + thosene*) - Thosene peculiar to the FCs or Free Consciexes.

Megagoal - Greatest objective of the consciousness' self-evolution.

Megapower - Evolved condition of the consciousness' uppermost cosmoethical lucidity.

Megastrongtrait - Maximum strongtrait of the consciousness.

Megathosene (*mega + thosene*) - Same as orthothosene.

Megaweaktrait - Maximum weaktrait of the consciousness.

Melex (*mel + ex*) - Condition of *extraphysical melancholy*, or post-desomatic or *post-mortem* melancholy; paramelancholy.

Melin (*mel + in*) - Condition of *intrapysical melancholy* or *pre-mortem* melancholy.

Mental projective target - Predetermined target the conscin wishes to reach through will-power, intention, mentalisation and decision, once lucid outside their physical body.

Mentalsoma (*mental + soma*) - Mental body; the *parabody* of self-discernment of the consciousness. Extraphysical tool of consciexes and conscins. Plural: *mentalsomas*.

Mentalsomatic cycle - Cycle or evolutionary course of the consciousness which begins with the newly attained condition of FC, or Free Consciex, in which the psychosoma is definitively deactivated (third death) and the consciousness lives exclusively with the mentalsoma.

Metasoma (*meta + soma*) - Same as psychosoma, extraphysical instrument of consciexes and conscins.

Minienerspring (*mini + enerspring*) - Condition of the minimal or ephemeral energetic springtime.

Minimorexis (*mini + morexis*) - Condition of a smaller scale existential moratorium or one that comes to the *incompletist* conscin in order to make up their *holokarmic deficit* (deficit bases) or to conclude the condition of existential completion with respect to its existential programme; therefore the completion of a still unconcluded and deficitary existential mandate.

Miniproexis (*mini + proexis*) - Minimal existential program, *retail like*, or with the objective of executing a minimal task, still groupkarmic and not polykarmic.

Minithosene (*mini + thosene*) - The thosene specific to a child sometimes resulting from the brain still being developed.

Mnemonic intrusion - Collision of the intrusive memory of a consciex over the cerebral memory of a conscin (*paramnesia*).

Mnemosoma (*mnemo + soma*) - The soma considered specifically with respect to the memory of the consciousness in all its forms.

Monothanatos - Same as *desoma*; *first death*.

Monothosene (*mono* + *thosene*) - The repetitive thosene; mono-ideism; the fixed idea; the mental echo; *rethosene*.

Morexis (*mor* + *exis*) - Condition of existential moratorium, or a complement to the intraphysical life, given to certain consciousnesses based on their holokarmic merit. The morexis can be based on a deficit - smaller - minimorexism; or a surplus - larger - maximorexism, with respect to the results of the proexism.

Morphothosene (*morpho* + *thosene*) - The thought or set of thoughts when united and expressing themselves in some fashion, as a *form*. Archaic expression, no longer used: *thought-form*. The accumulation of morphothosenes composes the consciousnesses' holothosene.

Multicomplexis (*multi* + *complexis*) - Existential multicompletism or complexism obtained through the execution of various existential programmes (proexism) in diverse, consecutive intraphysical lives (Seriexology).

Multidimensional self-awareness (MSC) - Condition of mature lucidity of the conscin with respect to life in the evolved state of multidimensionality, attained through LP, or lucid projection.

Multiexistential cycle - The system or condition of continuous alternating cycles, at our average evolutionary level, with a period of intraphysical rebirth (a serial existence) followed by an extraphysical or intermissive period, post somatic deactivation.

Near Death Experience (NDE) - Involuntary or forced projective occurrence experienced by the conscin in critical human circumstances. The NDE is common among terminal patients, dying patients and survivors of clinical death.

Neophilia - Easy adaptation of the conscin to new situations, things and occurrences. The opposite is neophobia.

Neothosene (*neo* + *thosene*) - The thosene of the conscin when it manifests through new synapses or interneuronal connections, capable of creating recin or intraconsciential recycling; the *unit of measurement* of consciential renovation, according to Conscientiology or more appropriately conscientimetry.

Offiex (*offi* + *ex*) - Extraphysical clinic of an intraphysical epicon. The extraphysical resources and installations of the offiex are multiple and surprising. A domiciliary holothosene, however personal.

Oneirothosene (*oneiro* + *thosene*) - Same as pathothosene.

Orgasmic aura (Latin: *aura*, breath of air) - Energosomatic energy of the *facies sexualis* of the man or woman at the exact moment of orgasm or climax of the sexual act.

Orthothosene (*ortho* + *thosene*) - The thosene that is correct or cosmoethical, pertaining to consciential holomaturity; according to Conscientimetrology, it is the *unit of measurement* of practical Cosmoethics.

Pangraphy - Sophisticated and embracing multimodal parapsychic writing.

Para - Prefix that means *beyond*, or *besides*, as in *parabrain*. It also means *extraphysical* in the context of Conscientiology.

Parabrain - Extraphysical brain of the consciousness' psychosoma in the extraphysical (consciex), intraphysical (conscin) and projected, in the psychosoma, states.

Paragenetics - Genetics relative to the inheritances of the consciousness, through the psychosoma, of lives prior to the human embryo.

Paraman - Consciex with the visual appearance of a man or a projected male conscin. Synonym, an aged expression worn out through excessive usage: male spiritual entity.

Parapathology - Pathology of the vehicles of manifestation of the consciousness, excluding the human body or soma.

Paraphysiology - Physiology of the vehicles of manifestation of the consciousness, excluding the human body or soma.

Parapsychic accident - Physical or psychological disturbance caused through sick energetic, interconsciential influences, generally of extraphysical or multidimensional origins.

Parapsychic signaletics - Existence, identification and self-conscious usage of the animic, parapsychic and personal energetic signals that all conscins possess.

Parapsychophysical repercussions - Reactions between two vehicles of consciential manifestation, during the act of coming into contact with one another. This applies to the different vehicles of one consciousness, or between similar vehicles of two or more consciousness. Such repercussions can be intraphysical or extraphysical.

Parasaniary encapsulation - Temporary assistential isolation and energetic annulment of thosenic manifestations of one or more sick conscins or consciexes - notably energetic, intrusive or those related to intrusion. It is analogous to the sanitary isolation that exists in hospitals for the treatment of patients with infectious and contagious diseases or high levels of radioactivity or toxic contamination.

Parathosene (*para + thosene*) - The thosene specific to a consciex.

Parawoman - Consciex with a visual appearance of a woman or an intraphysical female consciousness. Synonym, an aged expression worn out through excessive usage: female spiritual entity.

Passes to the dark - Popular expression for the daily, technical transmission of consciential energies, or CEs, by a conscin with the permanent assistance of helpers, directly to consciexes or a conscin projected or in the ordinary physical waking state. Technical expression: *penta* (*personal energetic task*).

Pathothosene (*patho + thosene*) - The pathological thosene or consciential insanity; *mental peccadillo*; pathological will; sick intention; *cerebral rumination*.

Penile aura - Sexochakral energy around the penis, particularly when erect. It is noticeable by anyone motivated, especially through a self-examination by a man when sexually excited.

Penta (*pe + en + ta*) - Multidimensional, daily, personal energetic task. The individual who performs penta receives continuous assistance from the helpers on a long-term basis or for the rest of their life. Popular expression: passes to the dark.

Permanintfree (*perman + int + free*) - Intraphysical being or conscin that is totally and permanently intrusion free. They are fully aware of their quality of intrusion freeness.

Permanintfreeness - Consciential quality of the permanintfree.

Personal experience - Practical, personal, direct and non-transferable experimentation of the conscin along their evolutionary path.

Personal principles - Set of values and initiatives chosen by the consciousness that guide their consciential life. It is based on holomaturity, multidimensionality and experienced cosmoeconomics.

Phenomena concomitant to CP - That which occurs in the *space-time continuum* or not, but simultaneously with the development of the experience of the conscious projection, in a spontaneous and unexpected fashion.

Physical base - The safe place, chosen by the conscin to leave the inanimate or resting body, while projecting themselves into other consciential dimensions beyond the body. It is the projectiogenic holothosene in the home and presents a direct relation to: the energetically shielded bedroom, penta, the epicon, the offiex, the *projectarium*, the *precognitarium* and the *retrocognitarium*.

Phytohosene (*phyto + thosene*) - The rudimentary thosene of a plant; the *lexical unit* of a plant, according to Conscientiology.

Podosoma (*podo + soma*) - The soma considered specifically with respect to the application of the feet, or work occurring with the feet, for example, that of a soccer player.

Polykarma (*poly + karma*) - *Principle of cause and effect* acting in the evolution of the consciousness, when centred in the sense and experience of cosmic maxifraternity, beyond the egokarma and groupkarma. Polykarma frees the consciousness from groupkarmic interprison.

Post-desomatic intermission - The extraphysical period of the consciousness immediately after their somatic deactivation or desoma (death).

Precognitarium - The physical base technically prepared for the production of precognitive CPs (conscious projections).

Precognition (Latin: *pre*, before; *cognoscere*, to know) - Perceptive faculty through which the consciousness, completely projected out of the human body, becomes aware of indeterminate facts, including objects, distant scenes and forms, regarding the future.

Precouple - Initial preliminary condition of practical human sexuality within intraphysical society.

Pre-intraphysical mandate - Existential programme for the human life planned before the intraphysical rebirth of the consciousness; proexis.

Prekundalini - Secondary plantochakra. There are two plantochakras in a conscin's holosoma. An expression peculiar to Conscientiology.

Pre-serenissimus - A conscin or consciex who does not yet live with lucid serenism.

Presomatic intermission - The extraphysical period of the consciousness prior to their intraphysical rebirth.

Primothosene (*primo + thosene*) - Same as the *primary cause of the universe*; the first composed thought. There is no plural form for this noun.

Proexis (*pro + exis*) - The existential programme specific to each conscin in their serial existence.

Projectarium - Physical base technically prepared for the production of CPs.

Projectiocriticism - Science of projectiological criticism. It is a specialty of Conscientiology.

Projectiography - Technical study of projectiologic accounts.

Projectiology (Latin: *projectio*, projection; Greek: *logos*, treatise) - Science that studies the projections of the consciousness and its effects, including the projection of CEs out of the holosoma.

Projectiotherapy - Science of the depurations and therapies derived from the researches and techniques of Projectiology.

Projective phenomena - Parapsychic occurrence specific within the context of Projectiology research, a specialty of Conscientiology.

Projective recess - The existential phase of the conscin characterised by the spontaneous cessation - almost always temporary - of lucid projective experiences, within a sequence of intensive experiments.

Protothosene (*proto + thosene*) - Most rudimentary thosene; same as phytothosene or hypothesene.

Psychosoma (Greek: *psykhé*, soul; *soma*, body) - Emotional parabody of the consciousness; the objective body of the conscin.

Psychosomatic intrusion - Invasion of a consciousness by another through emotionality or the psychosoma.

Recexibility - Quality of the intraphysical execution of existential recycling (recexis).

Recexis (*rec + exis*) - *Technique of existential recycling* performed by a conscin.

Recin (*rec + in*) - Intrapysical, existential, *intraconsciential recycling* or the cerebral renovation of the conscin through the creation of new synapses or interneuronal connections capable of allowing for an adjustment of the existential programme, the execution of recexis, invexis, the acquisition of new ideas, neothosenes, hyperthosenes and other neophilic conquests of the self-motivated conscin.

Rethosene (*re + thosene*) - The repeated thosene. The same as the *monothosene*, fixed idea or monoideism.

Retrocognitarium - The physical base technically prepared for the production of retrocognitive CPs.

Retrocognition (Latin: *retro*, rear, *cognoscere*, to know) - The perceptive faculty through which the conscin becomes aware of facts, scenes, forms, objects, success and experiences belonging to the distant past, commonly related to their holomemory.

Retrothosene (*retro + thosene*) - The thosene specific to self-retrocognitions; the same as the mnemotechnics' *engram*; the *unit of measurement* of the retrocognition, according to Conscientiometrology.

Robexis (*rob + exis*) - Existential robotisation; the condition of the tropospheric conscin, excessively intraphysically or four-dimensionally enslaved.

Self-conscientiality - Quality of the level of self-knowledge the actual consciousness has; megaknowledge; self-cognition.

Self-mimicry - Consciential quality of existential self-mimicry.

Self-projection - Intentional, or provoked by willpower, exit of the conscin into another consciential dimension, through the mentalsoma or psychosoma.

Self-thosene (*self + thosene*) - The thosene of the actual consciousness.

Self-unforgiver - Conscin who, in their self-discipline, does not forgive themselves with respect to errors and omissions, with the purpose of eliminating their conscious self-corruptions. This healthy condition should come before the equally healthy condition of *heteroforgiver*, a sincere, *universal forgiver* of all beings, forever. *This is a basic principle of megabrotherhood or the Cosmoethic.*

Semi-conscious projection - Oneiric experience in which the projected conscin realises they are partially lucid, in an uncontrolled fashion. It is not an ideal conscious projection; a lucid dream.

Sene (*sen + ene*) - Sentiment and consciential energy.

Serenissimus - Popular name for Homo sapiens serenissimus. Plural: *serenissimi*.

Seriality - Quality of the consciousness subjected to serial existence or the succession of human lives.

Seriexis (*seri + exis*) - 1. The consciousness' evolutionary existential seriation; successive existences; the series of intraphysical rebirths. 2. Human or intraphysical life. Synonym, an aged expression worn out through excessive usage: *reincarnation*; this archaic word no longer reaches the serious people dedicated to leading edge consciousness research. Plural: *seriexises*.

Sexochakra (*sexo + chakra*) - Basic root or sexual chakra of the conscin. Old expression related to the CE of this chakra: *Kundalini (serpentine fire)*.

Sexosomatology - Specific study of the soma with respect to the sex, or sexosoma, and its relations with the conscin, be it a man or woman.

Sexothosene (*sexo + thosene*) - Sexual fantasy; according to Sexosomatology and Conscientiometry it is the *unit of measurement* of mental adultery.

Sexsoma (*sex + soma*) - The soma considered specifically in relation to its sex.

Sleep - Natural resting state in humans and higher animals especially characterised by the normal and periodic suppression of regular perceptual activity and voluntary movements, by relaxing the senses and muscles, through the reduction of circulatory and respiratory frequencies, and even dream activity, during which the body recovers from fatigue.

Sociex (*soci + ex*) - Extraphysical society or of consciexes. Plural: *sociexes*.

Socin (*soci + in*) - Intraphysical society or of conscins; Human society. Plural: *socins*.

Soma - Human body, the body of the individual from the Kingdom: *Animalia*, Branch: *Chordata*, Class: *Mammalia*, Order: *Primates*, Family: *Hominidae*, Genus: *Homo*, Species: *Homo sapiens*, the most elevated level of animal on this planet; in spite of the exposed, the most rustic vehicle of the conscin's holosoma.

Spermatic intrusion - Introduction of the man's sperm into the woman's sexosoma, during the sexual act.

State of suspended animation - The state in which the conscin temporarily suspends the cellular body's vital and essential functions, later returning to their normal physiological conditions, in certain cases no damage to the individual's health occurs, cells survive in a state of human metabolic hibernation.

Strongtrait - The strong point or trait of a conscin's personality; a positive component in the structure of one's consciential universe that propels that consciousness' evolution.

Subthosene (*sub + thosene*) - The thosene charged with consciential energy from the abdominal sub-brain, most notably the energy from the umbilicochakra; the *unit of measurement* of the abdominal sub-brain, according to Somatology and Conscientiometry.

Symas (*sym + as*) - *Sympathetic assimilation*; Sympathetic assimilation of CEs, or consciential energies, through the willpower, usually with the decoding of the set of thosenes of the other consciousness or consciousnesses.

Symdeas (*sym + deas*) - *Sympathetic deassimilation*; Sympathetic deassimilation of CEs, or consciential energies, practiced through the impulsion of the willpower, normally through the VS or vibrational state.

Tachythosene (*tachy + thosene*) - The fast flow of thosenes, characteristic of the tachypsychic conscin.

Telethosene (*tele + thosene*) - Same as homothosene.

Theorice (*theor + ice*) - Experience of both theory (1%) and practice (99%) on the part of the conscin or consciex.

Thosen (*tho + sen*) - Thought and sentiment.

Thosenator - Instrument through which the consciousness manifests its thoughts and actions. In the specific case of the conscin the fundamental thosenator is the soma.

Thosene (*tho + sen + ene*) - The unit of practical manifestation of the consciousness, according to Conscientiology, which considers the thought or idea (concept), the sentiment or emotion, and the CE (consciential energy) as a whole, in an indivisible fashion.

Thosenic intrusion - Invasion of one consciousness by another through the mentalsoma.

Thosenity - The quality of someone's thosenic consciousness.

Trithanatosé - Deactivation and discarding of the psychosoma by the consciousness, *Homo sapiens serenissimus* entering the condition of free consciousness (FC); *third desoma*.

Umbilicochakra (*umbilico + chakra*) - Chakra located above the navel. Related to the conscin's physiology (abdominal) and paraphysiology.

Universalism - Set of ideas derived from the universality of the basic laws of nature and the universe. As a result of our natural evolution universalism inevitably becomes the dominant philosophy of consciousness; cosmism.

Vehicle of consciousness - Instrument or body that enables the consciousness to manifest in the intraphysical (conscin) and extraphysical dimensions.

Verbaction (*verb + action*) – Coherent interaction between *what is said* and *what is done* by a consciousness; result of one's words being ratified by one's actions.

Vibrational State (VS) – Technical condition of the dynamization of the energosoma's energies through the impulsion of the will.

Virus of intraphysical society – Any social *weaktrait* in the intraphysical life of a human consciousness.

Volitional intrusion – The invasion of the will of a consciousness over another through heterosuggestion, heterohypnosis or external induction.

Waking Discoincidence – The parapsychic condition of the conscin - projector - in which they become aware of the psychosoma out of the state of coincidence, during the full physical vigil, without feeling completely integrated to the body, generating an intensification of the para-perception and energetic and parapsychic phenomena.

Weaktrait – The weak point or trait of a conscin's personality; a negative component of the structure of one's consciential universe that the individual is not yet able to overcome.

Xenophobia (Greek: *xenos*, strange; *phrem*, mind) – The state of human consciousness outside of the waking state's normal pattern, induced by physical, physiological, psychological, pharmacological or psychic agents.

Xenothosene (*xeno + thosene*) – The intrusive thosene of an intruder in the occurrences of thosenic intrusion; *mental wedge*; the *unit of measurement* of interconsciential intrusion, according to Thosenology and Conscientiometry.

Zoothosene (*zoo + thosene*) – The thosene of an unaware sub-human animal; the *unit of measurement* of a sub-human animal's consciential principle, according to Thosenology and Conscientiometry.



A C R O N Y M S A N D A B B R E V I A T I O N S
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Observations. 146 initials and abbreviations used throughout the book are explicitly listed here.

- addr.** = address or addresses.
AIDS = *Acquired Immunological Deficiency Syndrome*.
alph. = alphabetical index of subjects; remissive index.
app. = appendix or appendices.
bce = before the *common era*.
BCR = soldier wounded in war.
bd. = bound.
bib. = bibliography.
biog. = microbiographies.
br. = brochure.
ce = *common era*.
CD = *Compact Disc*.
CD-ROM = *Compact Disc - Read Only Memory*.
CE = conscial energy.
CEs = conscial energies.
ch. = chapter.
Chin. = Chinese language.
chs. = chapters.
CIPRO = International Congress of Projectiology.
cm = centimetre or centimetres.
CMS = Computer Monitoring Service.
Co. = Company.
Coll. = Collaboration.
Comm. = Commentator.
CP = conscious projection.
CPs = conscious projections or unconscious, semi-lucid or lucid conscial projections.
d.n.i. = date not indicated.
Dan. = Danish language.
Def. = Definition or Definitions.
dict. = dictionary.

- dj.** = dust jacket (books).
Dut. = Dutch language.
ed. = edition or editions.
e.g. = example.
EHE = *Exceptional Human Experience*.
elec. = electricity.
Elvis = to be dead (in war).
ene = consciential energy or CE.
Eng. = English language.
enu. = numbered enumerations.
epil. = epilogue.
EQ = encephalisation quotient.
ESP = extrasensory perception.
Esper. = Esperanto language.
etc. = *et cetera* (and others).
FAO = *Food and Agriculture Organisation*.
FC = Free Consciex.
fig. = figure or figures.
fol. = following.
Fr. = French language.
geog. = geographic index.
Ger. = German language.
glos. = glossary.
graph. = graph or graphs.
Gr. = Greek language.
HRP = Human Remains Pouch.
hb = hardback edition.
Hi-fi = *high-fidelity*; a sound recording or reproducing device.
cs. = story in comic strips.
HR = human resources (personal department of a company).
ICU = Intensive Care Unit (of hospitals).
IE = immanent energy.
IEs = immanent energies.
IIPC = International Institute of Projectiology and Conscientiology.
illus. = illustrated with photos and/or drawings; illustration; illustrations.
INAMPS = National Institute of Medical Assistance and Social Welfare.
INAN = National Institute of Alimentation and Nutrition.
indig. = indigenous.
intro. = introduction.
IQ = intelligence quotient or intellectual quotient.
It. = Italian language.
Jap. = Japanese language.
JCP = joint conscious projection.
JCPs = joint conscious projections.

- Lat.** = Latin language.
LP = lucid projection.
LPs = lucid projections.
LSD = *Lysergic Acid Diethylamide* (lysergic acid).
m = metre or metres.
mg = milligram or milligrams.
MS = multidimensional self-awareness.
n. = number or numbers. In the Bibliography: N.º
NDE = near-death experience.
NDEs = near-death experiences.
NGOs = *Non Governmental Organisations*.
OBE = *Out-of-Body Experience*; extracorporeal experience.
ono. = onomastic index; index of names.
OOBE = *Out-of-Body Experience*; extracorporeal experience.
p. = page or pages.
p.n.i. = Publisher not indicated.
PC = personal computer.
PE = personal experience.
PEs = personal experiences.
PEX = personal extraphysical experience.
PEXs = personal extraphysical experiences.
PIE = personal intraphysical experience.
PIEs = personal intraphysical experiences.
PK = *psychokinesis*; parapsychic phenomena of physical effects.
plu. = Publisher's location unknown.
PMR = progressive muscular relaxation.
Port. = Portuguese language.
postf. = postface.
pref. = preface.
pres. = presentation.
print. = printing.
prol. = prologue.
pseud. = pseudonym.
ques. = questionnaire.
reed. = re-edition.
refs. = bibliographic references.
rel. = religious.
rev. = reviser.
Rus. = Russian language.
S. = Saint.
SC = somatic consciousness or a conscin.
Sci-Fi = science fiction.
SCP = semi-conscious projection.
SCPs = semi-conscious projections.

- Sen** = sentiment or emotion.
Senes = sentiments and consciential energies (CEs).
Skt. = Sanskrit language.
Spa. = Spanish language.
spi. = spiral binding.
SPU = Smallest *Publishable Unit* of 1 scientific work destined to be published.
Syn. = Synonym.
t.n.i. = translator not indicated.
tab. = table.
tabs. = tables.
ter. = terms or verbetes.
tho = thought or idea.
thosens = thoughts and sentiments.
transl. = translator; translators.
transc. = transcription.
TV = television.
UFO = *Unidentified Flying Object*.
UN = *United Nations*.
UNESCO = *United Nations Educational Scientific and Cultural Organisation*.
UNICEF = *United Nations International Children's Emergency Fund*.
UP = unconscious projection.
UPs = unconscious projections.
USA = *United States* of America.
vol. = volume or volumes; tome or tomes.
VS = vibrational state.
VSs = vibrational states.
WIA = *wounded in action*.
WHO = *World Health Organisation*.



1. TECHNIQUE TO CRITICALLY READ THIS BOOK

Truth. All truth is relative and depends on the evolutionary level. If shyness is an illness, *modesty* is health. After all, the greatest *scholar* came from the womb of a female human animal.

Ignorance. As a frank person, this author is always *a merchant of his own literate ignorance. Hoc unum scio, me nihil scire.* It is not my intention to convince anyone (*persuader*). I convey experiences or information (*informer*) that *for me alone*, or for a reduced minority, are accepted as leading edge relative truths (verpons). I avoid all indoctrination, even unconscious, as much as possible. There is no intention of inculcation or intellectual coercion in this book.

Experiments. As such, the reader will only encounter suggestions for personal experiments in this text. You will not encounter any dogmatic intention, finality, pontification of knowledge or *magister dixit. We cannot believe anything written here. Paper* accepts anything written on it and hence it is worthwhile to forget all beliefs (*principle of disbelief*).

Doubts. It is always better to have personal experiences, understand, question, criticise, refute, debate, investigate and always seek further personal experiences. When in doubt it is always better to abstain, set everything aside and begin fresh research while employing maximum rationality.

Heterocriticism. We should not accept impositions. Before any statement in this text, *it is intelligent to read*, coldly, non-euphemistic attenuating phrases, *between the lines*, similar to these 30 common reticent expressions, apt for refutation, self-criticism and heterocriticism:

- | | |
|---|--|
| 01. Admit exceptions if... | 16. Let it be so... |
| 02. Allow me to say... | 17. Let us suppose that... (<i>post factum</i>). |
| 03. Allowing for any exaggeration... | 18. Notwithstanding... |
| 04. Although... (<i>prima facie</i>). | 19. Offering for your consideration... |
| 05. As initial speculation... | 20. Once... (<i>ab ovo</i>). |
| 06. Assuming it is true that... | 21. Pardon the expression... |
| 07. Assuming that... (<i>ab initio</i>). | 22. Presuming that... |
| 08. Barring... (<i>in totum</i>). | 23. Proposing as a supposition that... |
| 09. Drawing inferences from the evidence... | 24. So to say... |
| 10. Given the case that... (<i>ex-abrupto</i>). | 25. Supposing that... (<i>ad interim</i>). |
| 11. I could be wrong... | 26. Taking into consideration that... |
| 12. If it can be written this way... | 27. Taking the liberty to say... |
| 13. If it is possible that... | 28. That said... (<i>in limine</i>). |
| 14. In any case... | 29. To the best of my knowledge... |
| 15. In spite of ... | 30. Without wishing to overstate the value of ... |

Discernment. Any person can and should apply the simple rational technique of mature discernment of *ad argumentandum tantum*, to the reading of this entire text. This is a rational, technical and advanced procedure of Conscientiology.

Application. If you feel motivated, start to apply it right away in the critical reading of this volume. It will benefit you and everyone else. The author thanks you in advance.

2. TECHNIQUES FROM CONSCIENIOLOGY AND PROJECTIOLOGY

Volumes. This compendium simultaneously represents 4 smaller research volumes:

1. A conscins' *notebook* in the experimental field of Conscientiology.
2. A *manual of pragmatic solutions* for a consciousness' multidimensional life.
3. A projectiological *laboratorial diary* of a specific conscious projector.
4. A *book of lists* of ideas related to Conscientiology experiments.

Techniques. This book assembles evolutionary techniques from Projectiology and various other specialities of Conscientiology and was written for those who want everything simplified into a kind of guidebook of useful information.

Research. The 700 syntheses-pages-chapters offer over 600 *numbered* lists, 650 synthesis-phrases, 100 essential definitions and 65 didactic confrontations to fecundate predisposed minds to 4 types of research: multidimensional, holosomatic, parapsychic and bioenergetic. 4 techniques were frequently employed: association of ideas, highlighting of concepts, factual examples and conscientiometric tests.

Whys. In the *self-help* style, this volume is useful for those who desire to know the whys of their own nature, or to understand themselves in the condition of an evolving consciousness. It serves as an introduction to the tertiary educated youth who, for the first time, encounters the self-evaluations proposed by the *Conscientiogram*.

Consciousness. *The intimate world of the consciousness is much more interesting than the external Universe.* But we need instruments to be able to deeply penetrate it. These ambitiously largely *mathematical* approaches to the consciousness, collect some test-instruments of personal affirmation, self-knowledge and self-sufficiency.

Handbook. This *handbook*, written like an idea kit, seeks to help you perform frank how to types of experiences with yourself. These experiments have the objectives of making you exercise your holosoma and enrich your mentalsoma.

Conscientiology. Conscientiology, this multidimensional science, is in itself the same in any location or hyperspace. The experiences you undertake will be simultaneously performed by other consciousnesses in intraphysical life (conscins), or in extraphysical life (consciexes) and always with the same essential characteristics as those applied by you.

Syntheses. *To a limited extent* this text is composed of abridged versions of theories, analysis, techniques and practical self-tests, made public through 4 publications:

1. *Projections of the Consciousness: a Diary of Out-of-Body Experiences*, 1997.
2. *Projectiology: A Panorama of Experiences of the Consciousness Outside the Human Body*, 2002.
3. *Boletim de Projeciologia: a monthly news column*, 1983-1990 (See Bib. 4715).
4. *Bipro: the Information Bulletin of the IIP*, Rio de Janeiro, 1989-1991.

Criticisms. It is hoped that researchers will make unrestrained criticisms of the concepts explained and the techniques proposed, as well as constructively indicate errors and omissions.

3. THEORICE OR THEORY AND PRACTICE OF CONSCIENIOMETROLOGY

01. **Definition.** Conscientiometry is the Science that deeply studies the principles and methods of conscientiological measurement. It is an auxiliary of Conscientiology.

02. **Norms.** The objective of Conscientiometry is to establish *norms of evaluating* the multidimensional conduct of the consciousness through a battery of tests similar to the *tests of conscientiology* presented in this book.

03. **Profile.** Through these tests we can outline the consciential profile of an intraphysical personality to expose their multidimensional performances.

04. **Proof.** *The research subject reveals the researcher's greatness or insignificance.* In constructing Conscientiometry tests, the objective was to establish a true, high quality, standardised, precise and valid *conscientiological examination*. It is very difficult to eliminate the subjective factor of evaluation in *conscientiometric tests*.

05. **Purposes.** From among the purposes of conscientiometric tests, these can be emphasised: to diagnose the self-evolutionary level; to prognosticate consequent development; to plot programmed renovation; and to offer a comprehensive view of the consciential microuniverse.

06. **Education.** The fundamental goal of Conscientiometry is to identify the evolutionary aptitudes of the consciousness and to establish a *self-programmed education* for evolution through the *Intermissive Course*, the proaxis and the multidimensional, multiexistential and multicientenary (or multimillennial) form of their thosenity.

07. **Cons.** These goals tend to minimise the consciential basement of the intraphysical consciousness and reduce the timeframe for the recuperation of their more evolved cons (units of consciential lucidity) in the intraphysical existence.

08. **Tests.** As pioneers of the first generation of Conscientiometry the 300 tests and diagnoses of these *700 Conscientiology Experiments* are still incomplete.

09. **Types.** Listed here are 20 types of tests from Conscientiometry: assistantial consciousness; conciliations; consciential attributes; consciential basement; consciential maturity; continuous consciousness; cosmoethicality; evolutionary competence; existential inversion - existential recycling; holokarmality; incorruptibility; intraphysicality; key-personalities; perfecting self-mimicry; prophylaxis from interconsciential intrusions; sense of discernment; serenism; sexuality; standard-thosenes; and vibrational state (VS).

10. **Research.** Obviously these tests are not infallible, but as *measuring instruments of the consciousness* they always demonstrate some value. This text was written with 1.5 line spacing so whomever is interested *can read between the lines*. (See Bib. 4775).

11. **Instruments.** Experimenter, it is worth trusting your efforts as a researcher. It is not easy to obtain scientific instruments in the conscientiological field, but it is not impossible either. Therein lies the initial challenge.

12. **Verbaction.** Whoever does not practice verbaction is an *arrow at an intersection*: signalling a direction that is not followed. A flaw is a simple *weaktrait*. A vice is a chronic *weaktrait*.

4. FOUNDATIONS OF CONSCIENIOLOGY AND PROJECTIOLOGY

Concepts. Here are 25 introductory concepts that summarise the basic and essential investigations of this book, its consciential experiments and lucid projective experiences:

01. **CEs:** LP, today, is still based on *thosenes loaded in CEs*.
02. **Company:** it is more intelligent to *prefer the company* of lucid beings - conscins or consciexes - who already dominate their own CEs.
03. **Conscins** or *human beings*: are divided into 2 types, those who already lucidly dominate CEs, who are rare; and those who do not yet dominate CEs, the majority.
04. **Conscientiology:** is the study of the consciousness in an integral, holosomatic, multi-dimensional, bioenergetic, projective, self-conscious and cosmoethical manner.
05. **Consciousness:** when compared, a far greater and more powerful reality than CEs.
06. **Cosmoethics:** it is a priority to live with whom already combines CEs with *Cosmoethics*.
07. **CPs** or *consciential projections*: may be lucid, semi-lucid or unconscious.
08. **Evolution:** in this *energomatic existence* on this Planet, we evolve by serving.
09. **Energosoma:** the specific vehicle of CE of the conscin and the paratropospheric consciex.
10. **First reality:** *a consciousness* is not the soma, or biological human body.
11. **Holosomatology:** the theoretical and practical (theoretical) study of the 4 consciential vehicles: soma, energosoma, psychosoma and mentalsoma; and the respective *intervehicular* relationships.
12. **Loading:** a thosene may emerge *loaded* with 1 of its 3 inseparable elements, the thought, sentiment or consciential energy (CE).
13. **LP or lucid projectability:** the consciential faculty on which Projectiology is based and that allows the conscins on this Planet to enter into Multidimensionality.
14. **Manifestations of the consciousness:** only occur, invariably, through thosenes.
15. **Matter:** the soma is a secondary product of CE - *matter*.
16. **Multidimensionality:** the meaning of Projectiology and Holosomatology.
17. **Mutations:** by being a lucid conscin combining CEs with Cosmoethics we dynamise *mutations in our own evolution* and in the evolution of others. (See Bib. 4700).
18. **Practical key:** at the current level of multidimensional discernment CE dynamises evolution towards holomaturity and the condition of permanentfreeness.
19. **Primary:** a conscin's *most primary* CPs are of personal CEs.
20. **Projectiology:** the practical and experiential application of Conscientiology through LP.
21. **Second reality:** a consciousness is not the energosoma, or the *energetic body*.
22. **Soma:** the conscin's most rustic vehicle of manifestation.
23. **Somaticity** or the *intrapysical existence*: a merely more prolonged, yet always ephemeral, energetic projection of a consciex, or extrapysical consciousness.
24. **Thosene:** the inseparable union of the simultaneous manifestation of thought, sentiment and CEs, or consciential energies, in every manifestation of a conscin.
25. **VS** or *vibrational state*: *the first step towards the control of CEs*.

5. PRACTICAL FORMULAE OF COSMOCONSCIOUSNESS

Information. The function of cosmoconscientiousness is to minimise the phenomenon, or the *quantitative frame*, in favour of the essence, the *qualitative content*, of the information.

Conscientiality. The expansion of a conscin is only valid when they are able to shape high quality informative actions, improving Socins' average conscientiality.

Expansions. In order to expand liberating information in the intraphysical dimension the phenomenon of cosmoconscientiousness expands a conscin into multidimensionality.

Priorities. The condition of cosmoconscientiousness is a powerful agent that highlights the *leading edge priorities* of a conscin's proexis. Do you *still* respond to common surveys? Accept invitations to be a godparent? Receive awards? Go to opening nights? Accept christmas hampers?

Experience. The condition of cosmoconscientiousness has to be experienced with *spontaneous naturality*, without any kind of trauma, like a 2nd nature easily absorbed by the conscins' routine, or natural, 1st nature. (See Bib 676).

Mutations. All consciential evolutionary mutations, or *the healthy burning of stages* in a proexis, are logically allowed when rationally implanted from the condition of experienced cosmoconscientiousness, even if ephemeral, being in this case a *most critical self-criticism*.

Holomemory. The ephemeral experience of cosmoconscientiousness is, today, the most practical and healthy resource on this Planet for a conscin to access their holomemory, or integral personal memory. *Every Human-animal carries within themselves a **HUMAN-conscientiousness**.*

Challenges-concepts. Accessing the holomemory at an advanced physical age may, for example, lead to 5 *challenges-concepts* of elevated self-criticism and Cosmoethics:

1. **Culture.** Yet, with full self-criticism, your personal culture (polymathy) as a conscin with greater physical age, should be, if possible, superior to the cultural collection of the group of conscins, 2 or 3 decades intraphysically younger than you are now and with whom you work based on a *consciential bond* and cosmoethical dedication.

2. **Research.** Also with all self-criticism, your personal research has to be superior to the research possibilities - considered as a whole - of the conscin's entire intimate group.

3. **Scientist.** In relation to the experience of cosmoconscientiousness the condition of a 1st order scientist-researcher has to be, with regards to the excellence of the awakened conscientiality, more evolved when compared to colleagues from the 2nd order.

4. **Self-performance.** For you, the unit of measure to gauge self-performances has to be the elevation of the level of excellence of your personal proexis, lived with self-criticism, even, if possible, beyond the cosmoethical level of the group proexis of the most intimate groupkarma.

5. **Work.** Finally, with all self-criticism, your personal work, for example a book from a conscin author (consciential gestation), should be of superior quality when compared to the general work of the institution (groupkarma) in which that personality collaborates as a modest volunteer through a *consciential bond*. A crowd always levels out to below the average.

6. PRACTICAL PRINCIPLES OF CONSCIENTIOLOGY

Discernment. Here are 10 intelligent, practical and fundamental principles of Conscientiology, generated either by discernment or by the good common sense of an experienced person; all of which are perfectly applicable in everyday intraphysical life (conscin):

01. *If in doubt, abstain.* It is worth employing this rule with all types of indecision, vacillation or doubt about a certain, most serious decision concerning your destiny. Sometimes it is better to postpone a decision until another day, or sleep on it, in order to better distinguish the decisive thought.

02. *This also passes.* In the acute and intense crisis hour, place those 3 words, in capital letters, above the foot of your bed, for you to read while resting and reflecting about the content and effects of the crisis. Nothing is eternal in intraphysical life, including negative things or those things unable to attend our generally still egotistic interests.

03. *Insist; do not desist in a good endeavour.* Regarding the rights of consciousnesses, if the objective is constructive and the means used are honest, do not easily desist with the work in progress. Go ahead firmly. Who boldly seeks something, finds it.

04. *May what happens be the best for everyone.* You came into intraphysical life to serve other consciousnesses (assistantiality). In your aspirations and evocations put others in first place. Be intelligent: give-up asking exclusively for yourself.

05. Even *Nature* has aggression: observe an earthquake. *However, do not burn the candle of life at both ends.* Without self-organisation a conscin becomes dispersed, does a lot yet produces nothing. What good is being a *workaholic* - a tireless worker, or one who is addicted to work - if a positive balance is not obtained through their efforts?

06. *Learn to evolve in the counterflow.* There are those who evolve only following the common flow of life. This is a mediocre evolutionary process. If you desire to dynamise evolutionary self-knowledge you have to combat the influence of the Socin's pathologies, starting with yourself.

07. *Take your best to its ultimate consequences.* It is useful to not be timid regarding renovations within yourself. *Self-knowledge* requires constant courage.

08. *What is not good, truly serves no useful purpose.* If something is not good, it is foolish, a waste of consciential energy, space and time, to persist in trying to surround it with precious stones or *sugar-coat the bitter pill*. It is better to see if you should not discard this and move on to something else.

09. *All generalisations are limited.* The more we evolve, the greater are the details of the universal life to be identified. This is why a generalisation can create problems.

10. *Maxifraternity is above everything.* It does not matter what the Meteorology report says, nor what futurologists affirm, pure love is the only *cure-all* capable of working.

Health. These 10 principles are resources that can eliminate or prevent 10 sick conditions: dispensable self-mimicry; an extended consciential basement; the *abdominal sub-brain*; extra-physical intrusion with parapsychic accidents; pathological and undiscarded sympathetic assimilations; noxious interconsciential intrusions; melin; robexis; megaweaktraits; and viruses from Socin. (See Bib. 4707).

7. TEST OF YOUR HEURISTIC CONSCIOUSNESS

Conscientiogram. Here are 15 points of reflection for the scientist-researcher based on the Conscientiogram, or the evolutionary evaluation of a conscin, their personal heuristic:

01. **Attitudes.** Regrettably it is more common for a scientist to not maintain their scientific attitude outside of their specialty. Faith is not Science. Belief is not self-experience.

02. **Cosmoethicology.** Strictly speaking, *voluntary lies* (*white lies*) are inevitable in a life of human ambiguities and manifest in an area between self-corruption and Cosmoethics, even for a most internationally acclaimed scientist. It is essential to see the level of concession.

03. **Dogmas.** *Scientific dogma*, the scientists' Teratology, or enormous aberration, and *prejudice against science*, are equivalent to a layperson's phobia.

04. **Goal.** On this planet the most difficult existential goal to implement correctly, productively and multidimensionally, is the scientific one. However, it can be the one that produces the most regarding the evolution of consciousnesses, or in relation to a positive balance of the polykarmic account of conscins and interwoven evolutionary groups.

05. **Imagery.** *Imagery can be vulgar, artistic, philosophical or scientific.* For example, dealing with the imagination predisposes an *artist* to experience irrationalities.

06. **Impasses.** Every scientist, in any area of conventional Science, faces 4 impasses which demand prioritised decisions about their lucid self-evolution: to be / to know; mind / matter; essence / skin; and ego / universe. (See Bib. 4762).

07. **Loyalty.** Each scientist cultivates their loyalty whether it be to their egocentrism, the State, Humanity or, very rarely, to Parahumanity, or the Sociexes.

08. **Motivation.** *Intellectual gluttony*, or the motivation to *do science*, can be healthy in every period of the life of a human or intellectual personality (conscin).

09. **Objective.** A scientist cannot have an objective or a sought, assumed or chosen objective, independent from the quality of the objective.

10. **Opinions.** The reunion of personal knowledge, discernible realities, sociocultural influences and Science, establishes the opinions of the scientist, or *Homo technicus*.

11. **Outbursts.** A scientist can have outbursts of immaturity, just as a mentally impaired person can.

12. **Reason.** Even the most eminent scientist can be a *cultivator of antireason*.

13. **Science.** Conventional, mechanistic Science exists beyond the integrated consciential universe and is a *periconsciential science* or the *consciousness' Dermatology*.

14. **Scientists.** Conventional science with its decaying physicalist paradigm, sees Life and the Universe in an absurd and irrational way, as a mechanism destitute of consciousness. There are scientists maintaining an antiscientific mentality of *science without consciousness*.

15. **Technicians.** There are many technicians with an antitechnical *Technology without consciousness* mentality, this also flourishes and thrives in many fields of technological research. *Scientistic arrogance* impels a conscin towards *post-desomatic parapsychosis* and *melex*.

Test. Are you already capable of supporting a cold evaluation of yourself?

8. TECHNICAL FOUNDATIONS OF CONVENTIONAL SCIENCE

Paradigm. Here are 35 aspects of Science, each worthy of careful analysis from us in order to understand the consciential neoparadigm, Conscientiology and Projectiology themselves:

01. Materiological Conventional Science is a *human creation* of the last 4 centuries.
02. There are more scientists alive today, than at any time in the rest of Human History.
03. Science originates from the need to know and understand; an evolutionary megareaction.
04. Doubt is the foundation of science in every front of human work.
05. Scientific work is performed through continuous conjectures and reverifications.
06. Scientific research depends on availability and multiple accidents.
07. Scientific people are not immune to any human defect or *weaktrait*.
08. Science's History has registered victories and progress, failures, errors and omissions.
09. Oligarchic scientific schools resemble primitive religious sects.
10. The level of *scientificity* varies greatly from one Science to another.
11. A scientist does not seek conformity: questioning is a constant necessity.
12. There are scientific concepts based on postulation and others based on intuition.
13. Science permits the assertion of *something* without knowledge of *everything* (hypothetical statement).
14. Science emphasises rationality, separating truth (fact) from fiction (fantasy).
15. Conventional scientific knowledge is systematic and always accumulative.
16. Science has made the intraterrestrial, physical world a unique logical community.
17. The men and women of Science generally feel like *world citizens*.
18. It is the responsibility of scientists to educate the public (masses) about Pure Science.
19. *Strictly speaking no science is completely objective* (the objectivity myth).
20. In Science there are no worshipped or *sacralized* techniques, principles or facts.
21. No scientific theory can be considered a definitive or absolute truth.
22. There are many more fragmented scientific theories than truly complete ones.
23. In a cosmovision of the areas of human thought, Science is the *least bad* path.
24. Secondary interests can turn science into a negative and even deadly, discipline.
25. An always relative scientific truth is dynamic and always corrects itself.
26. All scientific laws, however rigid, are susceptible to revision all the time.
27. Every scientific theory is a working model and should be put to a rationalised test.
28. No scientific theory is completely true, *not even a leading theory*.
29. Scientific research must be pure and free; there should not be any limits for it.
30. In this neocivilisation the neutrality of Conventional Science remains a *megamyth*.
31. Science loves universals (*nomothetic*) and hates particulars (*idiographism*).
32. All Science aims to enlarge the self-knowledge of a consciousness, or ego.
33. Consciousness is an immense perturbation, or disturbance, for still immature science.
34. Technical dogmatism is always the principal responsible for *scientific anaemia*.
35. The mechanistic Newtonian-Cartesian paradigm is, today, becoming exhausted.

9. ESSENTIAL STRANDS OF HUMAN KNOWLEDGE

Lines. Experimenters, here are 6 essential strands, or lines, of human knowledge that demand evaluation and comparison by more lucid personalities:

1. **Common knowledge:** the disaggregated set of diffused and dispersed ideas and opinions incorporating the generic thought of an epoch or the prevailing atmosphere. Historically, it is also called common sense, which maintains a specific rational, practical or artisanal core.

2. **Religiosity:** the set of ideas which include faith, belief; cults, rituals; *sacred truth*; Theology; the act of believing without verifying; the unverifiable absolute truths of irrational dogmas; exclusivism; salvationism; systematic indoctrination; group fascination; sectarianism; and lastly, the fundamental protoknowledge of a *conscin's kindergarten course* (different from an infantile kindergarten course).

3. **Philosophy:** the theoretical set of knowledge, the *grey eminence* of science, capable of permitting a consciousness to exercise their mentalsoma at a high level, without establishing practical norms of achievement per se. Generally operates as *theoretical supporting knowledge*.

4. **Political Ideology:** *a Science of ideas*, integrated through superstructures of ideas emanating from historical reality, without having an absolute value, but merely relative to this same reality, with the aim of maintaining a condition favourable for its own permanence or survival. The ideology impregnates itself into the immediate self-awareness of people with clearly conservative, conformist and, in general, neophobic tendencies. It is related to the collective consciousness. There are conservative ideologies and revolutionary ideologies.

5. **Conventional science:** a set of postulates composing the mechanistic, physicalist or materiological, Newtonian-Cartesian paradigm of scientific efforts, which, as evidenced by the tragic consequences of the unethical Technology of bellicosity and pollution (Anti-ecology), is becoming exhausted. Its high point is the requirement for permanent logical refutation of its own relative truths. Considered from the perspective of the collective, when humanely approached, it is an intraphysical being's greatest act. *A scientific fact (science faction) is very different from science fiction.* A personal *library* is not a museum.

6. **Interdimensional self-experimentation:** solidification of a consciousness' mature and logical discernment, capable of healthily implementing a predominance of personal experience above all beliefs, doctrines and sacralisations; or the control of the consciousness over the act of believing without direct experience of the fact or phenomenon. From this a platform of personal principles for living arises, one beyond public opinion or the consensual concepts of Intrapysical Society, or Socin. With multidimensional self-awareness (MS) an intraphysical being coherently adapts itself to the inevitable hierarchy of consciencial evolution.

Conscientiology. Conscientiology makes good use of the best from the first 5 strands of human knowledge and is based on the sixth, having in Consciousness the essential instrument of critical research; it is not religion; it does not dogmatise; it does not demand oaths; it does not have secrets; it does not have "Masters"; it does not promise or demand anything from anybody. It informs all the time.

10. SCIENTIFIC RELATIONSHIPS OF PROJECTIOLOGY

Universalism. These 9 relationships with other Sciences emphasise the necessity to follow the approaches of Projectiology in relation to - always transcendent - interdisciplinary, multidimensional, multivehicular and universalistic research.

1. **Anthropology.** The *science* dedicated to the study and classification of *physical* and cultural characteristics of human groups. Projectiology researches the *extraphysical* and paracultural character of consciousnesses from Humanity (conscins) and Parahumanity (consciexes).

2. **Archaeology.** The *science* dedicated to the study of *antiquities*, notably from the Prehistoric Human Period. Projectiology researches antiquities through consciential projectability, the *multidimensionality* of the projected consciousness, extraphysical psychometry, or the paraconsciometry of a projected conscin and through extraphysical retrocognitions.

3. **Astronomy.** The *science* dedicated to the study of the position, movements and composition of *celestial bodies*. Projectiology, or more specifically *Exoprojectiology*, researches celestial bodies via lucid projectability (LP) and the multidimensionality of the *consciential microuniverse* (multidimensional self-awareness, or MS).

4. **Biology.** The *science* of life in general. Projectiology, via *Parabiology*, Parazoology, Parabotanics and Paraexobiology, researches consciential life, beyond the natural reflexes of biological life.

5. **Physics.** The *science* dedicated to research of *natural phenomena* and laws, the study and proprieties of matter and energy. Projectiology researches the states and properties of matter and energy directly interacting with a consciousness, when considered in a holosomatic and multidimensional manner.

6. **Medicine.** The art or *science* of curing or alleviating a *human* consciousness' illnesses. Within Projectiology, *Projectiotherapy* (Conscienciotherapy) seeks the same, cure or alleviation of illness, not only intraphysically but also extraphysically, according to Physiology and Paraphysiology, Therapeutics and Paratherapeutics (Holosomatology). *To discern is to self-cure*.

7. **Parapsychology.** The *science* dedicated to the study of phenomena called *paranormal*, within the *unified body* (Human Parapsychology). Phenomena related to the nonalignment of consciential vehicles fall under Projectiology (Holosomatology).

8. **Psychology.** The *science* of *psychic*, or intracerebral, phenomena, and of *human*, or intraphysical, behaviour. Projectiology is the science of *parapsychic*, projective phenomena and *transpersonal*, extraphysical, *consciential* behaviour.

9. **Sociology.** The *science* of *interpersonal relationships* in a specific human community or between different social groups. Projectiology researches *interconsciential relationships* in all the dimensions where a projected consciousness manifests itself. (*Parasociety*, extraphysical parasocial groups; Extraphysical Society or Sociex). (See Bib. 4732).

Plutarch. Reminder: Plutarch of Chaeronea recorded the *description* of a conscious *projection* had by Aridanaeus of Soles, from Cilicia, Asia Minor, in approximately 100 CE.

11. RESEARCH OF THE INTERDISCIPLINARITY OF PROJECTIOLOGY

Congress. The 1st International Congress of Projectiology (1st CIPRO), from 4 to 7 June 1990, in Rio De Janeiro, promoted by the IIPC, reported the presence of 352 people, originating from 5 countries, 33 cities, 11 capitals and 11 Brazilian States.

Profile. The profile of the participants: highly educated; 70% had already taken an IIPC course. Activities included: 10 conferences, 30 scientific papers, 4 courses and 4 *workshops*.

Interdisciplinarity. The exercise of interdisciplinarity (pluridisciplinarity or multidisciplinarity) of Projectiology was evidenced in this 1st CIPRO by the fact that 56 *different types of professionals* participated in the event:

- | | |
|--|---|
| 01. Administrators | 29. Management Experts |
| 02. Aeronauts | 30. Marketers |
| 03. Architects | 31. <i>Marketing</i> Managers |
| 04. Attorneys | 32. Mechanical Engineers |
| 05. Bank clerks | 33. Medical Psychotherapists |
| 06. Biologists | 34. Medical Students |
| 07. Business people | 35. Navy Officers |
| 08. Cattle Farmers | 36. Nurses |
| 09. Chemists | 37. Parapsychologists |
| 10. Civil Engineers | 38. <i>Pensioners</i> (condition) |
| 11. Civil Servants | 39. Psychologists |
| 12. Computer Programmers and Operators | 40. Psychology Students |
| 13. Costume Designers | 41. Real estate brokers |
| 14. Dental Surgeons | 42. Researchers |
| 15. Doctors | 43. Sales Representatives |
| 16. Ecologists | 44. Salesmen |
| 17. Economists | 45. Sanitation Engineers |
| 18. Electrical Engineers | 46. Secretaries |
| 19. Engineers | 47. Social Workers |
| 20. Entrepreneurs | 48. Sociologists |
| 21. Hairdressers | 49. Specialists in Topography and Geodesy |
| 22. <i>Homemakers</i> (condition) | 50. Students |
| 23. Independent designers | 51. Surgical assistant |
| 24. Judges | 52. Teachers |
| 25. Landscapers | 53. Technical Support Analysts |
| 26. Language Teachers | 54. Therapists |
| 27. Law Students | 55. Tourism Professionals |
| 28. Librarians | 56. Veterinarians (See Bib. 39) |

Heuristic. *The greatest originality is a leading edge relative truth or new idea.*

12. SIMILITUDES OF PROJECTIOLOGY AND AEROSPACE SCIENCES

Psychosoma. The psychosoma is the vehicle of manifestation most used in the CPs of conscins, through which they reach the extraphysical consciential dimensions.

Analogies. Here are 20 existing similitudes or analogies between occurrences of projections of the consciousness (PCs), through the psychosoma, and the flights of aircrafts and spaceships, in the research field of Aerospace Sciences or of the *Homo sapiens astronauticus*:

01. **Assistants.** Assistant on Earth ~ air traffic controllers; runway service staff.
02. **Astrosomas.** Astrosoma (*astral body* or psychosoma) ~ astral, celestial body.
03. **Autonomies.** Autonomy of the projector (duration of CP) ~ flight autonomy.
04. **Bases.** Physical base (*duodrome*) ~ air base; airport (aerodrome).
05. **Blackouts.** Projector's consciential blackout ~ the pilots lost sense of direction in the manoeuvring of aircraft through tight cornering. (See Bib. 2582).
06. **Bodies.** Accompanying body (part of the energosoma) ~ accompanying body (part of the rocket); the space shuttles' auxiliary fuel tanks.
07. **Couplings.** Auric couplings in Projectiology ~ space coupling.
08. **Diary.** Diary of the conscious projector ~ airplane flight plan; flight diary.
09. **Energisations.** Energisation (in the extraphysical dimension) of the projected conscin's energosoma, by a helper ~ refuelling (mid-air) of a regular airplane by a tanker-airplane, in aerospace sciences. *Every human artefact can have an application that is either tragic or evolutionary from a karmic perspective.*
10. **Female Projector.** Pregnant-projector projected with the consciousness attached to the embryo (intrapysical rebirth) ~ composite airplane (aeroboast with a hydroplane on its *back*).
11. **Flights.** Animic flight (crust to crust conscious projection) ~ cislunar space flight.
12. **Groupality.** Volitating group ~ aircraft group; squadron.
13. **Interiorisations.** Rapid consecutive interiorisations ~ emergency landings.
14. **Projector.** Projector projected in the bedroom ~ tethered balloon.
15. **Phases.** Phases of the CP, or conscious projection ~ phases of the aircraft's flight.
16. **Take-off.** Psychosoma take-off ~ aircraft take-off.
17. **Targets.** Mental target in Projectiology ~ flight plan.
18. **Translocations.** Immediate extraphysical translocation ~ direct flight, without any intermediate points or stopovers (*direct* or *nonstop flight*).
19. **Sidereal flights.** Sidereal flight (conscious exoprojection) ~ translunar space flight.
20. **Space flights.** Extraphysical flight (volitation) ~ controlled space flight.

Astronautics. Based on the above, Astronautics, the science and technique of space flight, can deeply benefit from projectiological studies, in view of the relationship between astronauts, spaceships, space stations, scientists, instruments and tracking stations on Earth. From these studies a new scientific discipline will be born, *Parapsychonautics*.

Scientist. Reminder: every *research-scientist* is blind, because they live feeling their way.

13. THE COMPLETENESS OF CONSCIENIOLOGY TECHNIQUE

Science. Here are 10 questions unanswered by conventional science (Base year: 2012): What is the extent of the Universe? Does chaos command the Cosmos? What governs the climate? How did life start? Is there extraterrestrial intelligence? How does 1 simple cell become 1 entire body? Who populated the Earth? How many human beings can the Earth hold? Can we be, definitively, free of illnesses? And, lastly: what is *consciousness*? (See Bib. 3231).

Psychology. The consciential paradigm - or holothosene - of Conscientiology logically puts 9 simplistic or superficial approaches from conventional Sciences into a secondary role, most notably those from the mechanist schools of Psychology:

1. **Conscientiology.** Only seeking to understand the human being's biological evolution, they neglect the much more important and useful understanding of the evolution of the *integrated consciousness* itself, or the broader research of Conscientiology.

2. **Holomaturity.** They are only interested in the biological and mental maturities of the personality, ignoring the more relevant multiexistential, multidimensional, pluricorporal and multimillennial integrated consciential maturity, or *holomaturity*.

3. **Holosoma.** They only analyse the isolated soma, ignoring the other vehicles of consciential manifestation as a whole, the energosoma, the psychosoma and the mentalsoma, or the holosoma. *The soma, a microzoological garden, is the rustic tip of the holosoma.*

4. **Multidimensionality.** They scrutinize consciential life as if it were only an ephemeral intraphysical existence, ignoring the intermissive periods (and courses) and other extraphysical existential dimensions in the consciential state of *multidimensionality*.

5. **Paraperceptions.** They study the sensorial entrances to the human brain, but they ignore the consciousness' *paraperceptions* (parapsychism) related to the holosoma.

6. **Thosene.** They separately investigate the thoughts, feelings and bioenergies of the person, approaching each of these elements, without having attained a practical notion of the thosene or the inseparable condition of these consciential manifestations.

7. **Senses.** They approach the 5 basic *senses* of the soma - an anachronistic concept - or, at least, the 37 already identified different sensorial entrances inside the human brain, separately, each one *per se*, instead of through a joint approach, because a conscin, or intraphysical consciousness, inevitably uses the senses simultaneously.

8. **Seriexis.** They only research the current human life of the person's soma, without cogitating on the consciousness' previous existences or their extensive and diversified seriexises.

9. **Soma.** They consider a *Human*, or an intraphysical consciousness (conscin), as being their own cellular body or soma within the orthodox approaches of physicalism.

Completeness. Logically, Conscientiology is the most complete Science in relation to the essential objective or megafocus: the study of consciousness. This is far beyond the existing studies and objectives proposed by Psychology, Psychiatry, Psychotherapy and Anthropology, for example, not to mention innumerable other areas of human research.

14. ANTICOSMOETHICAL AND ANTISCIENTIFIC BEHAVIOURS

Research. Both conventional materiological Science, and consciological Conscientiology, guide their research through rigour, precision, fidelity to observation, judicious verification, not accepting opinions without examination and intellectual honesty.

Ethics. Conventional Science is based on the physicalist, Newtonian-Cartesian paradigm and is governed by human, or intraphysical, scientific *ethics*. (See Bib. 4744).

Cosmoethicology. Conscientiology *is based on the consciential paradigm and is governed by Cosmoethics*. The condition of multidimensional conscientiality emerges from there.

Universalism. Universalism permeates all the greater research activities of the conventional scientist and the consciologist, when they are not impelled by any extrascientific reason. However, Conscientiology's universalism is much more comprehensive.

Scope. Therefore, the essential and basic difference between conventional Science and Conscientiology - beyond the paradigms or leading theories - is that the scientists are people, the scientific institutions are human institutions and the Science, therefore, is human; Conscientiology and consciologists also are; however, the scope of the universe of research of Conscientiology encompasses Holosomatology and multidimensionality.

Avoidance. In order to avoid them, it is important to point out the *most common* antiscientific behaviours - always anticosmoethical in this case - affecting conventional scientists, and that may, obviously, also affect consciologists. Here are 4 examples of increasingly antiscientific, anticosmoethical behaviours:

1. **SPU.** The tactic known as smallest publishable unit (SPU), or the division of a complete and extensive work into smaller, minimal units, in order to publish them separately and thus multiply the pages of the personal curriculum. It is a not uncommon self-corrupt practice, bordering on normality and being a professional ethical transgression.

2. **Citations.** Citations exchanged among *close friends*, or *chivalrous acts* and the exchange of favours regarding the bibliographies of a friends' irrelevant works. A more common self and *heterocorrupt* practice situated between normality and a transgression.

3. **Plagiarism.** Slavish copying, or the act of stealing another's work, in order *to fatten* the personal curriculum. Example: Elias Alsabti, the Iraqi copier of about 60 previously published Medical research *papers*, which were republished in his name, until being discovered and denounced in 1980. A very well calculated and rarer self-corrupt practice.

4. **Fraud.** A fraud or frank deception regarding scientific research. Examples: Charles Dawson (1911), in England, creator of the lamentable, commercial-scientific farce, of the assembly of the skull and jaw of the *Pittdown man* (*Eoanthropus dawsoni*), fooling renowned international scientists for more than 3 decades; William Summerlin, working on the problem of transplant rejection, coloured the skin of his rats with felt tip pens, until being discovered and denounced in 1974. Obviously the practice of a frank, impudent, marginal and bad character.

15. TEST OF YOUR SCIENTIFICITY OR SCIENTIFIC SPIRIT

Temperaments. Self-evolutionary efforts emphasise 2 very different fundamental types of human temperament which deserve accurate analysis: the artistic and the scientific. Both can produce completism as well as suicide.

Artistic. Here are 4 characteristics or traits of an *artistic temperament*:

1. **Emotion:** actions from the emotional body; greater submission to the *abdominal sub-brain* and eventual, unconscious, interconscial mini-intrusions; excessive abuse of the soma through the repetition of experiences (self-mimicry); and a more decompensated energosoma.

2. **Indiscipline:** conscial experiences without substantial priorities; self-disorganisation; inclined towards ephemeral fashions; chaotic generalism; a problematic self-critical consciousness; impulsivity and precipitation in decisions; difficulty in submitting to natural leadership and working in a team; less control of healthy bioenergies; and lack of conscial continuism. *Discernment does not originate from the soma, it originates from the mentalsoma.*

3. **Fugacity:** human life without solid roots; conscial superficiality; predominance of negative self-detachment; popular counterculture; experiences without personal records; and a greater inclination towards *existential tourism*. (See Bib. 4685).

4. **Adventurous:** a less trustworthy personality, without a fixed domicile; life without stable companions; tendency to the corrupting mobilisation of consciousnesses; and extreme entropy with frequent promiscuity in the existential atmosphere.

Scientific. Here are 4 characteristics or traits of a *scientific temperament*:

1. **Discernment:** actions from the mentalsoma; tends towards use of the *natural brain* (encephalic) with greater resistance to eventual, unconscious mini-intrusions; inevitable use of the soma, without excesses; and a less decompensated energosoma.

2. **Discipline:** conscial experiences with substantial priorities; self-organisation; a considered specialty; greater self-defence against ephemeral fads; acute self-critical consciousness; reflection and priority in decision-making; ease of submitting to natural leaderships and working in a team; greater control of pathological bioenergies; and self-lucidity regarding conscial continuism.

3. **Accumulation:** human life with solid roots; conscial depth; predominance of positive self-attachment; scientific culture; maintenance of a personal library; and a lesser inclination towards *existential tourism*. There are illiterate *library* owners.

4. **Family:** more trustworthy personality, with a fixed domicile; life with a chosen group of stable companions; tendency towards the rationality of cosmoethics in behaviour; and the minimal entropy possible in the existential atmosphere.

Logicalness. A scientist is sanctioned by their peers' judgments. An artist is sanctioned by the public's ratification. Regarding the immediate evolution of the consciousness, the less common scientific temperament exceeds in excellence the traits of a common artistic temperament.

Test. Reader, which of these two series of tendencies predominate in you?

16. TEST OF A SCIENTIST'S POSTURES

Evolution. *A scientist grows towards consciential maturity with either intimate openness or grumpiness.* Who evolves towards consciential openness manifests unmistakable traits. This is especially relevant for a conscientiologist.

Attitudes. The tendency of a universalistic, generalist and interdisciplinary scientist is to become increasingly specific in their Science, without attaining a *hemiplegic specialisation* and this is reflected in their normal, everyday personal acts. (See Bib. 5030).

Strongtraits. Among the positive practical acquisitions derived from the *mentalsoma*, it is easy to observe a scientist applying, at least, 25 *strongtrait* postures:

01. **Adjustment.** Reduces the coefficient of mistakes, errors and omissions to a minimum.
02. **Antientropy.** Diminishes entropy within the parts, and the whole, of the manifestations.
03. **Conjecture.** Makes a rule of using conjecture, even in regards to the most trivial acts.
04. **Conscientiality.** Yearns for broader liberating knowledge, regarding the most advanced level of conscientiality possible, through their own performances.
05. **Depuration.** Little by little *reduces* all personal excesses.
06. **Desacralisation.** Civilly combats all sacralisation with experienced deeds.
07. **Doubts.** Increases their collection of *constructive* doubts each working day.
08. **Exactitude.** Reveals a high degree of singular exactness in self-thosenity.
09. **Frankness.** Transmits above average positive frankness to conscins.
10. **Humanism.** Permits a *sense of humanity* to emerge and grow in the day-to-day.
11. **Logicality.** Represents living coherent logic wherever they appear and manifest.
12. **Objectivity.** Demonstrates objectivity in oral and written expositions.
13. **Omniquestioning.** Generates permanent omniquestioning wherever they go.
14. **Patience.** Composes a more patient personality, in every aspect.
15. **Prevision.** Presents a maximum level of logical prevision before acting (thosenes).
16. **Prudence.** Exhibits unmatched prudence concerning any more enduring affirmation.
17. **Rationality.** Is habitually rational in separating *truth / fiction*.
18. **Refinement.** Seeks to eliminate personal vices prejudicial to themselves and others.
19. **Reflection.** Deeply reflects before speaking, regardless of where and with whom.
20. **Science.** Channels the influx of *scientificity* into their personal manifestations.
21. **Sociability.** Chooses the social or evolutionary group with great intelligence.
22. **Theorice.** Behaves with greater theoretical (theory plus practice) coherence.
23. **Thosenity.** Invariably tends to *load* their thosenes in the *tho*.
24. **Verbaction.** Exemplifies, without boasting, living verbaction (verb plus action).
25. **Wellbeing.** Places the well-being of all ahead of their own intraphysical well-being.

Test. According to these postures have you, if you desire to be a competent conscientiologist, been evolving towards consciential openness or towards the frank grumpiness of a periconsciential orthodoxy? Nobody suddenly becomes a Serenissimus.

17. CONSCIENTIOLOGICAL RESEARCH TECHNIQUE

Questions. *Not all madness is foolishness. Not every **discovery** brings tranquillity.* Here are 25 questions that an experimenter can employ to guide the search for a specific question to investigate, that is, *an initial problematic situation*, in a field of Conscientiology research, and which may even be supported by Projectiology techniques:

01. **Formulation.** What would be the verbal formulation of the problematic situation?
 02. **Evidences.** What are the evidences of its existence?
 03. **Observation.** Would it be directly or indirectly observable?
 04. **Duration.** Would the problematic situation be permanent or occasional?
 05. **Conditions.** What *external* conditions could act upon it?
 06. **Internal.** What are the *internal* conditions acting on it?
 07. **Characteristics.** What would be the qualitative or quantitative characteristics?
 08. **Doubts.** Avoiding *a priori* attitudes to the utmost, what characteristics are more dubious and what are dictated by common sense?
 09. **Justifications.** What characteristics can be justified?
 10. **Factors.** What factors could be related?
 11. **Theories.** What are the scientific theories that, at a *more general level*, supply elements for understanding the problematic situation?
 12. **Problems.** What problems are to be investigated?
 13. **Variables.** What are the intervening variables in the situation?
 14. **Relations.** What are the possible relations between the variables?
 15. **Concepts.** What are the concepts of the problem's variables?
 16. **Data.** What is the nature of the data and how can it be obtained to best study the variables? (The greater your *attention*, the better the personal memory).
 17. **Techniques.** Will techniques from logical analysis, mathematics, content analysis or *transformational analysis* be used?
 18. **Tests.** Would it be desirable to define pertinent new tests? (See Bib. 4790).
 19. **Sub-problems.** Would the problem be easier to investigate if it was decomposed into sub-problems? Deep *analysis* always precedes the best scientific synthesis.
 20. **Ordering.** Would it be preferable to order the sub-problems according to their degree of difficulty or in a chronological order? (*Omniquestioning* has no logical limits).
 21. **Inclusion.** Would it be possible to include the issue in a class of *known problems*?
 22. **Transformation.** To investigate it, would it be possible to transform the given problem into another *simpler problem* of the same nature?
 23. **Analogy.** Is there an analogous problem in *another field* of knowledge?
 24. **Implications.** What would be the theoretical implications of the research results?
 25. **Practical.** What would be the practical implications of the results?
- Question.** What conclusions does this plan of a scientific approach lead you to?

18. OPTIMISATIONS IN CONSCIENIOLOGICAL RESEARCH

Definition. Optimisation is the set of best technical procedures able to make existing pre-dispositions excellent, or optimal, regarding the complete execution of a specific project or undertaking. In practice, it leads, as close as possible, to the absolute theoretical ideal within a positive, theoretical and global solution, that is: in accordance with the foundations of Epistemology and conforming to Practicality. *All Science must be useful.*

Projectiology. The following are 14 efficient technical optimisations to stimulate and fecundate Conscientiology and Projectiology research in the field, either *indoors*, inside the house, or *outdoors*, under the open sky, through either individual, collective or participative arrangements, aiming at a broader consensus from a team of researchers:

01. **Reading.** Use of specially directed technical reading.
02. **Ideas.** Organisation of whirlwinds of ideas of *brainstormings*.
03. **College.** Creation and operation of an *Invisible College of Science* exclusively dedicated to conscientiological objectives.
04. **Contacts.** Direct contacts between elements of an interdisciplinary team of researchers during weekends, holidays, vacation times, commemorative lunches or in suitable institutions. There are medicinal books and poisonous books.
05. **Summing.** Sponsorship of a periodic summing of ideas, in parapsychic areas, with regular people from a diverse range of specialised intellectual and professional backgrounds. In *robexis* a conscin is merely a robotised-ant.
06. **Critics.** The assembly of a critical team to work on selected writings about projective phenomena, in various languages.
07. **Publication.** Periodic publication of works originating from an accumulation of selected research material. A *book* multiplies the author's consciousness.
08. **Meetings.** Practical, experimental, field or laboratorial meetings.
09. **Visitations.** The encouragement of ongoing interchanges between researchers, including those who are casual, visiting and trainees. (See Bib. 4699).
10. **Scientific exhibitions.** Technical participation in symposia, seminars, congresses, scientific exhibitions and other events of a similar nature.
11. **Bibliography.** Bibliographical research in libraries, bookstores that stock new or used books and the archives of the editorial offices of newspapers and other publications.
12. **Polyglotism.** The practice of polyglotism in reading, colloquialisms and in registering work performed. Each book deserves a specific percentage (1% to 100%) of reading.
13. **Laboratory.** The operation of a *consciousness laboratory (labcon)*, implemented through various instruments and with parapsychic objectives.
14. **Record.** Recorded addresses, accounts and answered questionnaires on lucid projectors' personal experiences, composing a projectiological database. This book has no pleasant or easy recommendations, it presents *useful recommendations*.

19. HYPOTHETICAL DEDUCTIONS FROM CONSCIENTIOLOGY

01. **Consciousness.** Consciousness, as a hypothesis, does not have volume. (See Bib. 4670).
02. **Mentalsoma.** Does the mentalsoma evidence that it, essentially, has no volume?
03. **Parabrain.** Does the psychosoma's parabrain have volume (four-dimensional)?
04. **Embryo.** A great intensification of energy occurs in the spermatozoon-ovum union, the formation of an embryo, or in other words, the soma or vital human body.
05. **Soma.** The living body that incorporates matter, or genes, chromosomes and cells.
06. **Restriction.** Does the soma's size and volume cause restriction of the consciousness' manifestations in the intraphysical state?
07. **Coherence.** Therefore, is a consciousness the same whether in the intraphysical dimension or in the extraphysical dimensions? (*Megadiscernment* is born from multidimensional experience).
08. **Fact.** Is consciential restriction generated by matter an indisputable fact?
09. **Self-manifestation.** The soma, through which the consciousness manifests, restricts the possibilities of free manifestation.
10. **Conclusion.** There is an obvious consciential restriction imposed by matter and, consequently, a very logical restriction of the consciousness' *physical* manifestations.
11. **Volume.** Consciousness then, evidences that it does not have volume and is not energy.
12. **Thing.** The consciousness is another thing, and is this *other thing* more than energy?
13. **Energy.** Energy moves, at most, up to the speed of light.
14. **Light.** A consciousness, not being energy and existing beyond energy, does it move beyond the speed of light? There are people whose *dark eyes* illuminate.
15. **Space-time.** In this case, is space-time not an impediment to the consciousness' manifestations? You depend on *time to arrive on time*.
16. **Structure.** In its structure a *naked* consciousness contains an integral memory.
17. **Holomemory.** If a consciousness does not have volume and contains an integral memory, one can conclude: the holomemory, retaining all the consciential facts, does not have volume.
18. **Beyond.** *The integral memory is not energy and functions beyond space-time.*
19. **Differentiation.** Here we repeat: a consciousness is not energy and the integral memory (holomemory) is also not energy. As a hypothesis: a *naked* consciousness leaves, for example, the mentalsoma and goes to galaxy X.
20. **Register.** Is the trip to galaxy X registered in the integral memory, *without energy*?
21. **Understanding.** From there we can start to study or obtain some more comprehensive speculation of our specific or aspatial and atemporal consciential conditions, the mentalsoma, the so-called *golden cord* and the pure mental or consciential dimensions, as well as projections in the isolated mentalsoma and the state of cosmoconsciousness.
22. **Discernment.** You yourself (the one who deduces) can make other deductions, simply by following a line of greater discernment in the logical reasonings.
23. **Discoveries.** AT&T Bell Laboratories make discoveries daily.

20. LONG-TERM CONSCIENTIOLOGICAL RESEARCH
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List. *Let each of us be 1 thinker about self-evolution.* Here is a list - in alphabetical order - of 12 themes for long-term research, *future shocks* (Futurology) from Conscientiology's leading edge relative truths, to be investigated by competent researchers at an opportune time:

01. **Assistanciality.** Multidimensional manifestations of *maxifraternal* consciential assistance, performed by *permanintfree* intraphysical beings, men and women.

02. **Basement.** Consequences in the period of integrated intraphysical maturity, generated by removing 50% of the constituent elements of the *consiential basement* from each individual component in a group of existential inverters (conscins composing a *grinvex*).

03. **College.** Selection, through Conscientiogram based evaluations, of ruling leaders (conscin statesmen/women), components of the Multinational College responsible for the eventual governing of the Terrestrial World State.

04. **Epicons.** *Cosmoethical consciential possession*, of a healthy multidimensional nature, over industrious and deeply integrated social beings (conscin-epicons).

05. **Grinvex.** Fruits from the jointly planned, high-level work of a group of *existential inverters*, in different intraphysical contexts.

06. **Hologasms.** Homeostatic results, with time, from the elimination of negative vestiges in personal conduct; generated through *hologasms*, or altruistic *holosomatic orgasms*, of an enduring *evolutionary duo* (2 conscins in *enerspring*), without separations, who perform the sexual act at least once a day over some decades.

07. **Hyperacuity.** Assistancial, multidimensional, polykarmic findings regarding personal *energomaticity*, or *penta*, from teams of workers (conscins from the *claritask*), all being experienced and conscious veterans regarding *hyperacuity*, or the recuperation of more useful, important and immediately applicable cons. (See Bib. 4715).

08. **Interconsientiality.** Productive, lucid, integrated, vanguard, interconsiential relations between *parapolymathic Pre-serenissimi* (erudite *parapsychic conscins*) and the Invisible College of *Serenissimi* (*Homo sapiens serenissimus*).

09. **Paradigm.** Generalised repercussions from the adoption of the *consiential paradigm* in practical, day-to-day intraphysical experiences (common conscins from the *unthinking masses*).

10. **Permanintfreeness.** Elimination of multiexistential *intrusive stigmas* and their respective pathological consequences, in a totally and *permanently intrusion free* social being, and, as a result, their evolutionary balances.

11. **Serenism.** Effects from the continued experience of a team of intraphysical (conscins) and extraphysical (consciexes) *Pre-serenissimi* in the *holothosene of the Serenissimi*.

12. **Transmigrations.** *Interplanetary transmigrations* in the extraphysical dimensions, closely accompanied by intraphysical consciential projectors (epicon-conscins), lucidly projected in a series of CPs.

21. RELATIONSHIP OF CREATIVITY WITH INTRAPHYSICAL ACTS

Idea. *An idea is a conception from a consciousness, the object of the thought or the thought from the thosene.* Holomaturity significantly influences the quality of great ideas.

Originality. The creativity of an original idea lies in the intimacy of the intraconsciential structure, or the mentalsomatic field, of the consciousness' attributes. As a pure act, in theory, it dispenses with the major intraphysical, concrete or cerebellar components in the conscin's manifestations. Hyperacuity greatly influences this aspect.

Heuristics. In view of this, in conscientiological research you, as a *heuristic conscin*, should seek to discard as many as possible of the various kinds of intraphysical interferences from personal creative processes, intuitions, inspirations and *serendipities*. Regarding the personal holothosene there are paternal and maternal *physical bases*.

Statics. Such intraphysical interferences act as dislocated and eccentric *psychic static*, noise, attrition, friction or gross intrusions in the pure flow of an original idea, in the passage from the creation of the original idea until its intraphysical form.

Avoidances. In the intimacy of the pure creative process all psychic, parapsychic, bioenergetic or thosenic overloads should be avoided, as well as deviating factors, "pulling-over to the roadside", distractions, lack of concentration and scattered attention.

Instruments. Among thosenic resources 4 main practical intraphysical procedures exist for the initial draft materialisation of an original idea:

1. **Pen:** somatic Physiology and mechanics, beyond paper, an object, which in this case, operates in an extremely relevant two-dimensional level.

2. **Recorder:** the Physiology or material, somatic mechanics; electricity; keys, even when minimal; the experimenter's voice as a new factor and the inevitable inconvenient noises that belong to the machine.

3. **Typewriter:** as an instrument whether it be mechanic, electric or electronic (least bad), the physiology requiring the greatest effort; the keys, in a much larger number and the inevitable inconvenient noises that belong to the machine.

4. **Computer:** the physiology and, inevitably, the material, somatic mechanics; electricity; the electronics; the keys; and the *software*, a new factor, powerfully deviated by the ludic aspect, in the context where any game destroys the seriousness of the proposed objective. The *brain* is the conscin's cosmic computer.

Better. Of these 4 procedures for materialising an original idea in intraphysical life, the best, or *least bad*, is a soft tipped pen with easy flowing ink, and a page of white, unbound, unlined, letter sized paper. A pencil always demands greater effort from the hand.

Retention. Memory, or the retention of the mentalsoma's creations, must be loaded into a personal computer, in order to relieve the personal attributes and senses.

Creation. A conscin's brain, parabrain and consciential attributes must be used and preserved, above all else, for the creation of original ideas.

22. TEST OF THE CENTRING OF YOUR CONSCIOUSNESS

01. **Consciousness.** *Projectiology* constitutes the practical part of *Conscienciology*. To defend and live through the improvement or evolution of the consciousness (Latin: *con scientia*, with knowledge) can be the fundamental and most intelligent megagoal.

02. **Time.** The greatest percentage of time of intraphysical life, naturally, by right and by logic, is with the consciousness being in a multidimensional evolutionary condition.

03. **Setting.** Due to the lack of intelligent priorities, a conscin can live enslaved by the setting or banalities of human life. A decentring of the consciousness occurs.

04. **Accessories.** Who is displaced from the *nuclear centre* of the consciousness, lives perplexed on the periphery of the human *picture frames*. Having forgotten the essential they continue to live wasting consciential energy, space, time and opportunities with accessories that ought to be minimised and left on the roadside of their evolutionary highway.

05. **Inevitable.** Among the inevitable frames experienced on Earth, we are obligated to emphasise 4: the soma, a dwelling (house or apartment), locomotion (transport) and human subsistence (economy).

06. **Interest.** Experimenter, in material life it is important to see the percentage of activity of each of these 4 frames - and other personalised ones that apply to you - and to measure the analysable remains for the irreplaceable priority interest that comes first, namely: your consciousness.

07. **Soma.** Who applies 60% of their time to the human physique; musculature, or muscle mass; and to sex, lives intraphysically enslaved, *inside the human body*, and has difficulty to live projected in extraphysical consciential dimensions.

08. **Locomotion.** In accordance with the culture and environment, secondary frames enslave much more. In California, USA, one lives with abundance, but enslaved to locomotion. There, one loses a high percentage of the intraphysical existence going from one side of the city to the other, as a daily routine, because of the enormous distances between places of interest. As they live *in a car* the percentage of obese people among the population increases.

09. **House.** Even those who live in a self-sufficient *trailer (motorhome)* can lose time with maintenance *inside the mobile home*. The conscin does not resolve the problem, only creates another.

10. **Deficient.** In the North Pole, an eskimo, if they lose a lot of time shut *inside the igloo*, could merely be considered a *environmentally handicapped person*.

11. **Consumerism.** A person enslaved by hyperconsumerism, or the *buying delirium*, practically lives *inside the supermarket* or *shopping centre*.

12. **Money.** Who is enslaved to subsistence work lives for money *inside the office (workaholics)*. *Man* is the “inventor” and, usually, the slave of money.

Test. It is always favourable to analyse the slavery in all habits, routines and conditionings. Regarding the percentage of time you dedicate specifically to your soma, house, transportation and human subsistence, is it reasonable?

23. EFFECTS OF THE MULTIDIMENSIONALISATION OF KNOWLEDGE

Knowledge. Through Holosomatology and LP, or lucid projectability, Projectiology brings the multidimensionalisation of the highest-priority knowledge to humanity.

Seriexis. For an awakened consciousnesses the multidimensionalisation of knowledge marks the beginning of the end of the necessity for successive intraphysical existences (seriexises).

Liberation. Lucid, interdisciplinary, multidimensional, universalistic, non-mystical knowledge inevitably leads the consciousness to liberation from the cycle of intraphysical rebirths and somatic deactivations. This confirms the greatest long-term objective of Projectiology: elimination of the consciousness' need to live in a soma.

Outline. Through 10 effects of the interdimensionalisation of knowledge, let us trace the general outline of the new, consciential, post-mechanistic scientific period on this Planet:

01. **Conservatism.** Rising against the *new consciential scientific paradigm* passionate questioning about the legitimisation of applied multidimensional knowledge originates in fanatical conservative minds, due to their maintenance of the temporary consolation task that lacks the clarification capable of enduring in the presence of basic evolution.

02. **Phase.** Leading edge multidimensional research is laid as an indispensable foundation for the establishment of discernment in the *new post-mechanistic scientific phase*.

03. **Institutions.** The responsibility of new *institutions of projective knowledge* grows as a result of the refinement of high-quality lucid projector-researchers.

04. **MS.** The steamroller of greater discernment from MS, or multidimensional self-awareness, paves the conscins' *new self-evolutionary road*, with relative truths and incessant refutations. This is applied Conscientiology.

05. **Order.** Cosmoethics, self-incorruption and discernment constitute forms of legitimisation of the *new consciential order*, in which knowledge, dissociated from the question of political and economic, temporal, human power, which is now at a secondary level, is the principal force of evolutionary production. *Cosmoethics is the archive of the Cosmos' Codes in you.*

06. **Research.** The union of the search for knowledge (investigation) with the transmission of knowledge (didactics), will fund *research* regarding consciential life *without expecting monetary returns*.

07. **Revolution.** Access to the *new consciential revolution* lies in the acquisition of projective knowledge denied by still materiological, periconsciential consciousnesses and institutions who are hostile to the appeals of self-evolution or submissive to sclerosed theological empires.

08. **Self-decidors.** The *equalisation of comprehensive, complementary information* of interdisciplinary, multidimensional knowledge, as it simultaneously and evenly reaches teachers and students of Conscientiology, making them conscious decision makers regarding their destinies.

09. **Study.** The old consciential dimensions are now exposed so that transcendent *new objectives of study* can be discovered: a still virgin and unexplored world.

10. **Updating.** In the presence of the *new interdimensional order* human institutions are taken aback by the unavoidable consciential updating.

24. UNMASSIFIABILITY OF CONSCIENTIOLOGY

01. **Conscientiology.** *Conscientiology*, or Conscientiological Science, is the study of consciousness approached in a globalized, comprehensive, integral manner, or with cosmivision.

02. **Multidimensionality.** *Multidimensionality*, or lucid personal manifestations in various of Life's dimensions, is an *indiscardable* quality of the consciousness.

03. **Projectiology.** *Projectiology* is the area of the practical application of Conscientiology.

04. **Holosomatology.** Projectiology is based on the consciousness' 4 vehicles of manifestation, the holosoma, or on *Holosomatology*.

05. **Soma.** Through its vehicles of manifestation, a conscin projects itself beyond the human body, or *soma*, which is the first intraphysical, primary, concrete, consciential vehicle.

06. **LP.** Development of the consciousness, through projections in multidimensionality, is achieved through the quality called lucid projectability, or LP.

07. **Attribute.** *LP is an indiscardable attribute common to all human beings.*

08. **Unconsciousness.** *Unconscious projections* are attained by 100% of conscins.

09. **Minority.** CPs, or *conscious projections*, beyond the soma are, until now (Base year: 2006), only achieved by an infinitesimal minority of human beings.

10. **Accidents.** *Involuntary* spontaneous or accidental lucid projections do not facilitate consecutive, pre-programmed, personal experiments.

11. **Evidence.** LP, or *lucid projectability*, is the quality of the phenomena of untransferable individual proof, obtained through an effort from the experimenter's own motivated and unbreakable will, who, little by little, becomes a conscious projector and eventually reaches the level of veteran conscious projector.

12. **Self-Projection.** Only a deliberate self-projection, experientally *proves* LP, and even then only for the projector-experimenter in the majority of cases.

13. **Inexistence.** Mass or *collective proofs* of lucid projectability do not exist.

14. **Massification.** It is impracticable to *massify* any Advanced Science, which is always developing and surviving through the efforts and accomplishments of a specific minority of leading edge professionals, specialists and researchers from Pure Science.

15. **Unmassifiability.** Massification of the production of CP's is impractical as they are limited to those who have dedicated their will to arduous practice, in conclusion: Projectiology is, in fact, an unmassifiable science in this current intraphysical life.

16. **Hierarchy.** Projectiology will remain restricted to the hierarchically more evolved *minority* of Humanity, composed of beings with a strong and determined will.

17. **CPs.** These exposed facts explain why CPs, or conscious projections, were relegated and forgotten *over the millennia* in civilisations everywhere, and to this day have generally been excluded from Human History.

18. **Discernment.** All of these coherently linked logical reasonings are simply reflections of mature discernment, having nothing of *elitism* or fascism.

25. TECHNICAL FUNDAMENTALS OF EVOLUTIONARY REVOLUTIONS

Agricultural. The Agricultural Revolution on Earth began 10 millennia ago.

Industrial. The Industrial Revolution has been in progress for 2 centuries.

Environmental. The Environmental Revolution, with the commitment of all countries in 1992, began to revert the deterioration and degradation of the Planet, establishing new models of intraphysical development to avert the 20 *greatest dangers* according to Ecology:

01. **Adults.** In 2003 close to 860 million adults do not know how to read or write.
02. **Amphibians.** Across the world in recent years the number of amphibians has declined.
03. **Beings.** A minimum of 11,167 plant and animal species have been condemned to extinction (2002).
04. **Birds.** Around 12% of the Globe's bird species were diminishing in population or are threatened with extinction (2002).
05. **Carnivores.** Among carnivores, virtually all species of wild cats and the majority of bears have seriously diminished in number.
06. **Children.** In 2005 approximately 2 million children are dying annually of illnesses that could be prevented by not yet provided immunisations.
07. **CO₂.** The level of *carbon dioxide* in the atmosphere is increasing.
08. **Crust.** Since 1850 the surface of the Earth has been getting warmer.
09. **Fish.** Around 3% of saltwater and freshwater fish species, in various parts of the Planet, are threatened with or are at risk of extinction.
10. **Forests.** *Forests* disappear at the rate of 15.9 million hectares per annum, an area equivalent to half the geographical size of present-day Finland (2003).
11. **Hunger.** 1 in 3 children on the Planet suffers from *malnutrition* (2000).
12. **Invertebrates.** Due to deforestation 100 species of *invertebrates* are lost every 24 hours.
13. **Mammals.** More than 40% of *mammals* are threatened with extinction in Germany, Australia, France, Holland and Portugal.
14. **Ozone.** Each year the protective ozone layer gets thinner.
15. **People.** *The global population increases by 76 million people, per annum* (2003).
16. **Primates.** Around 2/3's of the 182 species of primate in the world are threatened.
17. **Reptiles.** Among the reptiles, 47% of the 270 species of turtles that exist around the Globe are threatened with extinction.
18. **School.** More than 100 million children, of school age, do not have a school (2005).
19. **Water.** In 2000, close to 1.2 billion people do not have access to clean *drinking water*.
20. **Women.** A total of 511,000 *women* die, each year, from avoidable problems related to human reproduction.

Consciential. Conscientiology-Projectiology is engaged in the Consciential Revolution with a new scientific paradigm and new research techniques.

26. THEORICE OF THE EMERGENCE OF THE CONSCIENTIAL PARADIGM

Disappearances. Today these 10 postures or acts are in complete decay and are disappearing, gradually being replaced by greater conscientiality and self-discernment:

01. **Antiquities.** The Ancient Era being considered as life's greatest investigative school. *Given the recent body of knowledge that humanity has produced, we are ignorant.*

02. **Instrumentalities.** The majority of researchers' trust in material instruments for direct analysis of the reality that exists beyond energy, consciousness.

03. **Knowledge.** The notion of *knowledge rejected* today, later becoming advanced knowledge accepted by a vast segment of the universe of more lucid researchers.

04. **Methodologies.** Mechanistic and conventional scientific methods for the study of the ego, or the consciousness, approached in an integral manner.

05. **Parapsychology.** Parapsychology, along with all its efforts to completely consolidate itself as the lone researcher of consciousness, beyond conventional Psychology.

06. **Parochialism.** The parochial specialty when applied to the essence of the consciousness' microuniverse. *Neophilia* and fashion are different things.

07. **Research.** *Psychic research* restricted to only the four-dimensional, intraphysical, cerebral and cerebellar, somatic, human consciential dimension.

08. **Realities.** The ancient reality of a consensus to evaluate the paths of the human beings' rational research regarding the view of the world in which they live.

09. **Senses.** The application of only the 5 basic human senses in a self-analysis of the personality considered *as a whole*. (See Bib. 4697).

10. **Statistics.** Antiquated quantitative and statistical patterns as lines of research and exploration of the practical possibilities of parapsychic faculties.

Facts. Such facts lead a conscin, when able to maintain an open mind, to experience new self-awareness of multidimensionality and its essential consequences.

Conscientiology. Multidimensionality brings, through self-research, self-criticism and hetero-criticism of the consciousness, the science of the consciousness - Conscientiology - researched through an advanced, new, all-inclusive point of view, or the advanced perspective of an integrated approach. The ideal is to always be in favour of the free expression and discussion of ideas.

Projectiology. From this the current research of the practical part of Conscientiology was born: Projectiology and its findings for evolutionary renovation and liberation of consciousnesses.

Paradigm. Therefore, with more coherent logic, we can understand the existence of the two sciences - Conscientiology and Projectiology - and the emergence of a new leading theory, or paradigm, in the orientation of Mature Science: the consciousness itself.

Fields. New fields of internal research and external investigation are open to those interested in deepening the investigations of the mentalsoma, for both young and old, men and women. On May 30, 1993, the 1st extensive debate about the consciential paradigm was realised in Rio de Janeiro, at the *International Institute of Projectiology*.

27. THE CONSCIENTIAL REVOLUTION OF CONSCIENTIOLOGY

Revolutions. Legitimate revolutions correspond to evolutionary moments of consciential maturation. The time of Conscientiology has arrived as humanity is, now, becoming conscientially mature regarding multidimensional reality, which has always existed. After political, social, agricultural, environmental and industrial revolutions, the one missing was the consciential revolution. *We must always rigorously distinguish between facts and opinions.*

Proof. Conscientiology does not need to diminish its objectives in order to pass through the openings of historic reality: consciential projectability is self-sufficient, it has always been an active part of the functions belonging to an intraphysical consciousness. Therein lies its renovating projective power over the world: it is defended by and proves itself.

Impacts. Do you have a *concrete objective* for this life? The evolutionary consciential revolution promoted by Conscientiology, can be identified through 12 impacts:

01. **Conscins.** Being, first and foremost, a practical *individual revolutionary movement*, it permanently reaches all human beings.

02. **Homo.** With the pattern of the *Homo sapiens serenissimus* it establishes a new factor, just and logical, among the old human heritage of egos outdoing others to feel reassured.

03. **Ideal.** In intraphysical life it considers the *evolutionary ideal* of the consciousness to be a feasible, objective, undogmatic and naturally free existential ideal.

04. **Maxifraternity.** It undoes the competitive conflicts of personal sectarianisms, proposing a *cosmoethical maxifraternity*, a feasible self-awakening.

05. **Megaprogramme.** It presents a *consensual megaprogramme* of evolutionary revolution based on the living of liberating personal principles.

06. **Megalife.** It instigates the invasion of another more alive, *perpetual and useful* life, in the *historic setting* of multimillennial apathy or tropospheric, four-dimensional sameness.

07. **Megasynthesis.** Through projectability, a *logical megasynthesis* of existence is unleashed, which is irrecusable to conscins self-motivated to have new experiences (neophilic).

08. **Megavision.** It gives mature scientific thought the *unitary cosmovision* of the Universe, which mechanistic science has always searched for and, until this evolutionary moment, has never obtained.

09. **Parahistoriology.** It debunks all the cultural heroes (pre-serenissimi) recorded by *Human History*, now understood as elementary and secondary, thus inaugurating a new *Multidimensional Parahistory*. It is not a panacea, it is work. (See page 681).

10. **Potentialities.** It offers a conscin the means to recompose themselves, through self-awareness of the full blossoming of their *own potentialities* or talents.

11. **Recycling.** It sponsors renovation of the terrestrial existence, manifested through an *integrated reperspectivisation*. It is not a solution. It is the beginning of a lot of work and gratifying realisation.

12. **Sociexes.** It raises the question of a transforming *Pragmatic Philosophy*, not for some personalities, but for 1 human being, 1000 societies, or the populations of entire galaxies. The megaproblem of the *neoparadigm* is the lucid creation of *neosynapses*.

28. CONSCIENTIAL AND MECHANISTIC PARADIGMS

Research. *Deifiers of public opinion exist.* Here, for research, are 30 comparisons between the consciential *neoparadigm* - the *paradigm of paradigms* - and the old mechanistic paradigm, or the conventional leading theory, which today is being called into question:

Consciencial Neoparadigm	Mechanistic Paradigm
01. Applied personal and group theorice	Replicability in the laboratory
02. Consciencial paraphysiology: holosoma	Neuropsychic physiology: soma
03. Consciencentric until the FCs	Anthropocentric or the man-machine
04. Consciousness and Holosomatology	Rudimentary physical instrumentality
05. Consciousness and Multidimensionality	Matter-energy and Intrapysicality
06. Cosmoconsciousness and original ideas	Ordinary intraphysical thosenity
07. Direct consciencial research	<i>Periconsciencial</i> research
08. Expansion of experienced maxiuniversalism	Restricted physical universalism
09. Extraphysical causes in research	Intraphysical causes in research
10. Greater consciencial laboratory	Conventional physical laboratory
11. Holosomaticity: beyond the 5 senses	Somaticity: only the 5 senses
12. Lucid multiseriexis personality	Monoseriexis personality
13. More global and integrated research	Much more fragmented research
14. Multiendowment and interdisciplinarity	Common <i>hemiplegic</i> specialisation
15. <i>Neoleading</i> -theory initiating another era	Leading-theory becoming exhausted
16. <i>Neoscience</i> and the revolutionary paradigm	Science and the conventional paradigm
17. Orientation: subjectivity-objectivity	Orientation: objectivity-subjectivity
18. Parabrain, conscin, Conscienciology	Brain, mind, Psychology
19. Persuasive self-experimentation	Heteropersuasion and replicability
20. Practical model: the Serenissimus	Practical model: human success
21. Predominance of autodidactic theorice	Predominance of formal schooling
22. Self and heteroconscienciality	Mere materiality or somaticity
23. Self-aware participative research	Non-participative research
24. Self-conscious multidimensionality	Common four-dimensionality
25. Self-consciously experienced bioenergetics	Psychomotricity and mental perceptions
26. Self-consciously experienced Cosmoethics	Aethical or Human Morals and Ethics
27. Standard-science: Conscienciology	Standard-science: Physics (physicalism)
28. Total consciencial self-evolution	Partial material self-evolution
29. Valuing useful parapsychism	Overvaluation of Technology
30. Vanguard Conscienciological Socin	Pathological Socin (Applied technique)

Question. Are the consciencial paradigm's evolutions clear?

29. TECHNIQUE OF YOUR CONSCIENTIAL DISPLACEMENTS

Definition. Consciential displacement is the fact or effect of a consciousness moving from one specific consciential location to another. (See Bib. 4691).

Types. Consciential displacements depend on the consciousness' vehicles of manifestation, environments and dimensions of life, being therefore: *holosomatic*, *environmental* or *multi-dimensional*. It can also follow the direction of the consciousness' movement in relation to itself, either *centrifugal* or *centripetal*.

Law. Here is a simple law of Projectiology: a consciousness, regardless of the evolutionary level, ordinarily always manifests themselves through their *least evolved* consciential vehicle. When they manifest themselves through a *more evolved* consciential vehicle, a carrier of the consciousness, they are projecting themselves.

Performance. Using the vehicles of manifestation in displacements, a consciousness, whether in an intra or extraphysical condition, can act as an unconscious, semi-conscious or conscious projector; a communicating consciex; a sensitive or a bilocator.

Topics. Here are 10 topics regarding consciential displacements:

01. **Holosomatic.** Not every consciential displacement is *holosomatic*. It could be a simple displacement of the consciousness with the entire holosoma, in the same environment.

02. **Multidimensional.** *Not every holosomatic consciential displacement is multidimensional.* (Conscientiology is a radically new, more post-modern science).

03. **Environmental.** Not every *environmental consciential displacement is multidimensional*. It may just be a change of environment within the same dimension.

04. **CP.** Every dis coincidence of the consciousness' vehicles of manifestation is, in some way, a *conscious projection*, or CP.

05. **Centrifugal.** Every dis coincidence of the consciousness' vehicles of manifestation is *centrifugal* in relation to the holosoma, the set of 4 vehicles of consciential manifestation. A consciousness "escapes" from the *alignment* of their own bodies or vehicles.

06. **Energosomaticity.** Not every dis coincidence of the consciousness' vehicles of manifestation is a consciential projection of the *consciousness themselves*. It may only be an act of the *energosoma* (energy vehicle), which is not a direct carrier of the consciousness.

07. **Conscin.** Every conscin, or human *intrapysical* consciousness, projects themselves through the psychosoma. However, the degree of the consciousness' extraphysical lucidity varies.

08. **Mentalsomatology.** Not every conscin, or human *intrapysical* consciousnesses, can project themselves through the mentalsoma (isolated). This mentalsomatic occurrence depends on the level of personal performance. Human life does not only consist of holidays.

09. **Communication.** All interconsciential *communication* is holosomatic intrusion generated by the communicating consciousness upon the sensitive (conscin) and their holosoma.

10. **Centripetal.** Every *recoincidence* of the consciousness' vehicles of manifestation, intraphysical or extraphysical, is consciential interiorisation (centripetal).

30. PARADOXES OF CONSCIENIOLOGY AND PROJECTIOLOGY

01. **Assistential.** Due to primitive emotions certain consciousnesses, projected extraphysically, help more (assistance) when *unconscious* and not *lucid*.

02. **Biological.** The young project with *greater ease* and lucidity, but the *elderly* have *greater serenity* to evaluate their lucid experiences.

03. **Chemical.** Antiartherosclerosis drugs *stimulate the brain and memory*; yet, in a series of projective experiments, although making the consciousness more physically awake *they impede the free and lucid projection* of continuous consciousness.

04. **Consciential.** We are always, without exception, *conscious* in some way, even when we consider ourselves *unconscious* or asleep in the soma.

05. **Dualistic.** A conscious projector employs 2 resources: *animism and parapsychism*; 2 modes: *active and passive*; 2 lives: *intraphysical and extraphysical*; 2 memories: *human and integral*; 2 ethics: *human* (moral = laws); and *cosmic* (Cosmoethics = analyses).

06. **Mnemonic.** A projected consciousness that accesses the *integral memory*, has difficulty to pass their own memories back to the brain's *partial memory*.

07. **Paraphysiological.** In a consciential projection the *more* condensed the psychosoma, the *less* free the consciousness is from the terrestrial troposphere and common daily human life.

08. **Parapsychological.** There are consciousness *projected from the soma*, in an unconscious or semi-conscious way, that upon obtaining extraphysical lucidity, suffer an extraphysical shock or trauma, capable of making them *return to the soma*, ruining the projective experience.

09. **Phenomenal.** In self-bilocation, the consciousness truly *leaves themselves*, or the soma; but only then starts to *enter into themselves*, or into true self-knowledge.

10. **Philosophical.** Intuitive attachment to matter keeps certain consciousnesses excessively materialised, in a *materialistic-mystical ambivalence*, and later generates post-desomatic (post-mortem) parapsychoses, a lamentable intimate condition of consciences.

11. **Physiological.** A consciousness (conscin) *less physically* fixed in the soma, can attain two maturities more quickly: *intraphysical* and *extraphysical*.

12. **Psychological.** A consciential projection, when lucid, *liberates positive emotions*, arming the consciousness (ego) with more power *against primary, negative emotionalism*.

13. **Psychotherapeutic.** An *exit from yourself*, through lucid projection, increases the consciousness' capacity to *know (within themselves)*. However, the same lucid projection gives new meaning to personal human experiences on Earth, *outside of themselves*.

14. **Self-conscious.** Consciential projection, a *physiological* occurrence in the soma, can give *extraphysical and paraphysiological lucidity* to a human or *intraphysical* consciousness (conscin).

15. **Technician.** A *mind filled with the idea of projection helps it to project*. But an *empty consciousness* helps the absorption of the experiences, or extraphysical life.

16. **Thanatological.** A conscious projection, or CP, a *very individual* physical mini-death, ends *personalisms*, but only through the purest *universalism*.

31. CONSCIENTIOLOGY AND PROJECTIOLOGY RESEARCH

Procedures. Here are 18 systematised technical procedures for you, experimenter, to include in a *personal checklist*, in order to facilitate the experimental planning of self and heteroresearch in Conscientiology and Projectiology:

01. **Title.** Label the experiment, indicating the place, time and schedule.
02. **Literature.** Search *technical literature*: relevant prior works to be studied for the experiment. Is it an original experiment or confirmation of previous findings? Consult the *International Bibliography of Conscientiology* (specific, exhaustive), and the *International Parapsychology Abstracts*, today called: *Exceptional Human Experience (EHE)*.
03. **Summary.** Write a *summary of prior* research done on the theme under consideration. (See Bib. 4943).
04. **Problem.** Formulate the *research problem*: a concise statement in the form of one specific question. It is intelligent to refer to relevant studies previously performed in the area.
05. **Imperfection.** Note the *gaps in existing knowledge* and the experiment's risks.
06. **Hypothesis.** Disclose the *central hypothesis*. Languages: natural language; mathematical; and logic. *Do not say in two words what can be said in a single vocable.*
07. **Variables.** Define the *essential variables* in a clear and unambiguous way.
08. **Instrumentation.** Organise your own *adequate instrumentation*: equipment; supporting objects; mechanical, electric, electronic means; and others, while being mindful of the facts.
09. **External variables.** Indicate the *external variables* needing to be controlled, in order to not contaminate or invalidate the experiment. All research is participative.
10. **Technique.** Explain the technical process by which you will control external or intervening variables. Here the experiment's *basic assumptions* are defined along with whether the experiment is sustainable, and if you, as the experimenter, should go ahead with the research.
11. **Schema.** Choose the appropriate *schema* to treat the problem identified.
12. **Supports.** Specify the way to select the subjects, *collaborators* and resources for the experiment. Detail the infrastructure used in the investigations, whether personal, someone else's, or jointly owned.
13. **Collection.** Compose a list of steps of the experimental procedure. This is the experiment's *data collection* phase, and it is to be presented in detail for debate and refutation.
14. **Processing.** Specify the type of analysis - statistical, projectiological, conscientiological among others - or the impartial *data processing* to be employed.
15. **Accounts.** Demonstrate possible *evidential accounts*. The results can tell you something more subtle about the hypothesis, independent of how they appear.
16. **Inferences.** Are you clear about the *determining inferences* that can be drawn from the evidential accounts for the hypothesis? If evidential accounts are negative the conclusion is: the hypothesis is not confirmed. Do the facts and parafacts indicate other more explicit approaches?
17. **Generalisation.** What is the extent of the *generalisation of the findings*, discoveries or conclusions? Do you reasonably understand the effects of all the findings?
18. **Reconsultations.** Is a *reconsultation* of existing technical literature now recommended?

32. DEVICES TO BE INVENTED

1. **Consciousness.** Human life specialises in the molecule. As conscins we devote our personal and collective time to the solemn cult of the cell. For this reason immature, materiological, conventional Science flees from consciousness just as a scientist flees from an exception.

2. **Gadgets.** The consciousness is the greatest perturbation to conventional Science. Firstly, Science (the scientists) is afraid to confess its own impotence; and lastly, they have not managed to discover gadgets capable of dynamising consciential attributes. Therein lies the megachallenge for conventional or materiological Science.

3. **Knowledge.** *Every Science aims to amplify knowledge about the consciousness.* The purpose of human knowledge is, in essence, anthropocentric. And Science has been debating the evolutionally infantile *mind-body* problem or contradiction, for 2 centuries.

4. **Parabrain.** Today there are machines to develop muscles: flexor and extensor tables; biceps, triceps and reverse curls; the flyer; *leg press*; and others. Biotechnology already exists, although there is still no talk about the *parabrain* and its effects. However, when leaving the soma - an inevitable fact - we do not take cells, muscles, neurons, neuroglia or *chips*. Only we ourselves go, a consciousness, the thing most important for us and regrettably, until now, not Socin's top priority.

5. **Machines.** There are bioenergetic-neuromuscular antifatigue restorative-tonics, for the normalisation of the metabolism and muscular system, that have observable physiological actions. They have already tried: moulders of the consciousness, without trustworthy results. They lack devices or medications to supplement the myriad of personal and group deficiencies.

6. **Cybernetics.** If we could *cybernetise* consciousness, in a robotised Socin, it would be ideal to create devices, instead of tonics, for the ego. There would be greater sportsmanship. It would become popular. *It would please the populace.* The ideal would be to design such machines in a far *greater noble* and *politically correct* area of electronics, and not in the areas of mechanics, electrics and chemistry, as these already appear *anachronistic*.

7. **Devices.** Devices like the following 4, all with horrible names, *still* do not exist: *Conscientiotron*, whose purpose is to amplify our general lucidity or permanent hyperacuity; *Volitiotron*, to help us exercise the will in a coherent self-control; *Projectiotron*, to dynamise our conscious projections; and *Cosmoethicotron*, capable of amplifying our vision regarding more advanced Cosmoethics.

8. **Will.** Will such devices exist? Regardless, in order for you to leave the existential self-mimicries that have already been dispensable for a long time, use of the same willpower, or Volitiology, in constant *consciential multideconditionings* is today recommended.

9. **Instruments.** Consciential maturity recommends not becoming excessively enthusiastic about human devices or instruments, due to a fundamental and really quite simple reason: you will leave intraphysical life without any of them. You are not even going to take the *somatic device*. Who yields to *another's mistake* errs with them.

33. TEST OF THE OPTIONS OF CONSCIENIOLOGY

Universe. Regarding the realities of the consciential *Microuniverse* within the *Macrouniverse*, here are 30 frank options proposed by Conscientiology and Projectiology:

<i>Rational Vanguard</i>	<i>Illogical Rearguard</i>
01. <i>Active animism</i>	All modalities of <i>passive</i> mediumism.
02. <i>Bioenergetic self-cure</i>	All categories of palliative therapies.
03. <i>Claritask</i>	Only the primary, consolation task (consoltask).
04. <i>Coherent logicalness</i>	Simple common intuition, <i>feeling</i> or inspiration.
05. <i>Complete authenticity</i>	Social euphemisms, demagogies and hypocrisies.
06. <i>Consciential energy (CE)</i>	Only common immanent energy (IE).
07. <i>Consciential gestations</i>	Simple somatic or human gestations.
08. <i>Consciential openness</i>	Anachronistic and outdated occultism or esoterism.
09. <i>Consciential wholesaling</i>	Mere <i>retailing</i> in earthly attitudes.
10. <i>Conscious self-evolution</i>	Blind indifference regarding intimate renovation.
11. <i>Coronochakra</i> (advanced)	Basic animal sexochakra (<i>immature sexosoma</i>).
12. <i>Holomaturity</i>	Inexperienced youth of the <i>consciential basement</i> .
13. <i>Holosomatics</i>	Soma or the mere transitory human body.
14. <i>Interdependence</i>	Self-mimetic interconsciential dependences.
15. <i>Interdisciplinarity</i>	Mere common, technical specialisation.
16. <i>Leading edge relative truth</i>	Rearguard or obsolete truths from bygone times.
17. <i>Lived cosmoethicality</i>	Very restricted, old, social, human ethics.
18. <i>Lived polyglotism</i>	Native or natural, lazy <i>monoglotism</i> .
19. <i>Lucid projectability</i>	Extraphysical somnambulism or <i>paracomatose</i> .
20. <i>Lucid self-experience</i>	Beliefs, religions, dogmatisms and sacralisations.
21. <i>Maxifraternity</i>	Nationalism or a parochial xenophobic human.
22. <i>Mentalsomatics</i>	Psychosoma or the vehicle of emotionality.
23. <i>Motivated autodidacticism</i>	Only formal, conventional schooling.
24. <i>Multidimensionality</i>	Intraphysicality of an only human life.
25. <i>Refuting science</i>	Other lines of intraphysical knowledge.
26. <i>Self-awareness (MS)</i>	Mediocre mimicry in intraphysical life.
27. <i>Self-determination</i>	Omnipresent and multimodal <i>brainwashings</i> .
28. <i>Self-discernment</i>	Any nature of temporary passion.
29. <i>Self-knowledge</i>	Periconsciential scientific replicability.
30. <i>Sought serenism</i>	Unsatisfactory evolutionary condition of pre-serenism.

Test. Does the rational vanguard or the illogical rearguard predominate in you? ***Wisdom*** is to penetrate new frontiers in spite of antagonisms, apathy, the atmosphere and ridicule.

34. TEST OF THE RESEARCH OF AN ORIGINAL IDEA

Definition. An original idea - a *hyperthosene* - is a mental representation of something abstract or concrete and constitutes the acquisition of new information. It can be a brilliant conception, discovery or an unprecedented *paracybernetic* invention, or appear within *serendipity*.

Hyperthosenes. Intellectual elaboration, when original, or which has not occurred or existed before, constitutes a leading edge relative truth, a verpon. It is a *vanguard ideation* of new standards, innovating and fertilising the knowledge of the time. It exists beyond a library, archives, field notes, reference works, the computer and colloquialism. But, these elements do help the *highly gifted, imaginative* and ingenious to encounter them. *Creating hyperthosenes is far more difficult than mobilising CEs.*

Heuristics. Heuristics researches the rules and processes capable of leading to discoveries. It invents methods of inventing. Projectiology practice predisposes a conscious projector to the extraphysical capture of original or *unimitated* ideas (pangraphic). The *binomial discernment-imagination* generates original ideas or neoconcepts.

Heterocriticisms. Through these 20 heterocriticisms research the originality of the *author-guinea pig-consciousness* of this book - a synthesis of research of his personal life and a summary of his library:

01. The author pulled over and stopped, because *he resents the rusting of his personal time.*
02. A vulgar constant quarreller, marking a particular conceptual perspective.
03. Writes well, but lives ill-informed. This is incompatible with the scientific spirit.
04. The author seems *hollow skulled*, as he never values pure scientific activity.
05. A skilful scribbler fumbling in the obscurantism of *epistemological fallacies.*
06. Offends common sense and logic with dogmatism, writing *blindfolded.*
07. Does not see 1 inch beyond the *word games* of ideological commitments.
08. A writer arbitrary in his conclusions. Hears a *rooster crow* yet does not know from where.
09. A simple passionate mixer of incompatible fields of human knowledge.
10. A very ignorant, dyed in the wool distorter: only researches false prisms.
11. The author tried to make it *rain sparks of discernment* with each line, but to no avail.
12. An *atrophied intellectual*: neither has a critical sense nor recognises his self-fallibility.
13. Owner of a *semi-science*, only knows how to use Science as a potent *ideological weapon.*
14. A mere thoughtless scholar, formulator of a thousand empty concepts and arbitrary laws.
15. An old author - a repeater of inconsistent works of doubtful credibility.
16. Here is somebody without any originality: a mimicker with a *mental malfunction.*
17. An incorrigible copier of inconsistencies *echoing errors like a parrot.*
18. A *plagiarizing scribbler*; a king of contradictions, an authentic intellectual eccentric.
19. This negligent book is a new edition rehashed from old *medieval templates.*
20. Without a doubt it is very original: he lived outside of his time, *the distant past.*

Test. Reader, if you agree with even 5 of these items, there is no originality in this book. In this case, consider this page the end of the volume in order to *conclude the reading of this text (a coda).*

35. TEST OF THE REFINEMENT OF YOUR RESEARCH

Performances. To constitute a practicing projectiologist, it is worth pondering 12 catalysing factors of your self-performances in Conscientiology:

01. **Complexity.** In order *to not* myopically reduce its expressions, accept the complexity of the integrated consciousness as a not yet deciphered fact, for which we do not have a practical interpretative code. Conscientiometry, or the *Conscientiogram*, is an initial attempt to fill this gap.

02. **Specialism.** Combat the chronic technical illness of a lack of intellectual curiosity regarding Holosomatology, LP and multidimensionality, generated by *hemiplegic specialism* and en-cased by the values of your personal circle or social group.

03. **States.** Do not confuse the routine, or oneiric, *consciential states* of the physical vigil, nor seek to transform them, by force, into lucid extraphysical experiences.

04. **Experiments.** Avoid the bad habit of *teaching* purely trivial psychological *tricks*, that *please the masses so you can get something in return*, instead of teaching the wisdom extracted through direct, lucid, extraphysical, multidimensional and reverified experiments.

05. **Interdisciplinarity.** Recognise personal *limits* and impossibilities in order to amplify the refinement, depth and scope of interdisciplinary self-research.

06. **Mesology.** Become aware with regards to the *cultural conditioning* of conscins. Biology, Anthropology, Sociology, Psychology, Parapsychology and other Sciences exist subordinate to the information and knowledge of the current time and place (Mesology, *zeitgeist*).

07. **LPs.** Do not underestimate instruments of thought and artefacts of knowledge, nor *take your foot off the theory*, but prioritise all efforts to think about the practice of LP, or personal lucid projectability, first, and then about the group's lucid projectability.

08. **Politics.** Do not let yourself be assaulted nor feel run over, in multidimensional self-observations, by the effects of the coarsely *materialistic* pressures of any *prevailing corrupt policy* of the, unfortunately, still pathological Socin. Experience in leading people predisposes a *professional politician* to manipulate intraphysical consciousness.

09. **Reality.** Do not lose sight of the pure reality of diverse consciential states and the varied intimate conditions of a consciousness in those states.

10. **Singularity.** Be sure to always point out the uniqueness of each consciousness at their specific self-evolutionary level, for whom, and with regard to whom, personal interpretations can rarely be generalised.

11. **Synthesis.** Observe, compare, reunite and integrate the most relevant or your, and others, experiences, in a practical personal synthesis. (See Bib. 4779).

12. **Virosis.** Combat the intrusion and proliferation of any virus in the body of Conscientiology's knowledge that can implant in you, *symptoms of a superficial conscientiologist*. *Any consensus, like a theory, has to be short-lived*.

Test. In which of these items do you encounter performance difficulties?

36. TEST OF THE CONSCIENTIAL PARADIGM
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01. **Science.** Conventional, mechanist, Newtonian-Cartesian science only researches matter. Matter is merely energy (a product of). However, a conscin is neither the matter of the soma nor the essential or immanent energy (IE) that, in general, composes the Universe's matter. The consciousness is, as a *reality*, far beyond any or all energy.

02. **Correction.** Here is an inevitable *cosmoethical formula* for a consciousness experimenting within Conscientiology: "Who errs *more*, must correct *more* of their distortions, as *quickly* as possible, with *maximum* self-critique".

03. **Objectivity.** Even though all objectivity, of a human person, is an illusion, to approach it, or to try to be objective to the utmost, is not. Attempting to be objective requires a minimum of distance from the facts one is working with.

04. **Holothosene.** *The holothosene of conventional Science is four-dimensional.*

05. **Principle.** A consciousness' cosmoethical distancing ranges from the self-critique of experiences, to the heterocriticism of the analysis of facts. And this has to be inserted among the *primary principles* to be established in the sophisticated research Methodology of the Science of Conscientiology. The consciousness themselves is the instrument, the paradigm (leading theory), the holothosene (*egregora*) or the logotype (logo), the strength of their presence.

06. **Chain.** Here is a logical chain of investigative actions. You *self-research* your own consciousness. This author also *heteroresearches* your consciousness. We both research consciousnesses together. A third, fourth and "n" consciousnesses self and heterocritically research their own consciousnesses, composing, in an infinitely continuous way, an *uninterrupted chain* of a group of impartial, convergent, interconnected *researchers*.

07. **Findings.** After some time, effort and impartiality, you, this author and all the consciousness researchers present findings and share experiences.

08. **Consensus.** Consequently, with the utmost discernment, authenticity and Cosmoethics possible, we seek an ideal consensus, or the *consensus omnium* for that evolutionary moment, regarding the interpretation and analysis of the facts experienced.

09. **Level.** All of this is within the context or the injunctions of space, time and multiple consciential dimensions, in which we all compulsorily live at this evolutionary level.

10. **Verpon.** Each consensus regarding consciential facts will provide what can be denominated a *leading edge relative truth*, or verpon, in Conscientiology. (See Bib. 4782).

11. **Self-research.** The method of self-research goes against the principles of conventional science because the researcher engages directly with the facts they work and experiment with. But, it is preferable to have some less than ideal research instrument than to continue to have none, as has been the case throughout the centuries until now.

12. **Question.** Do you, experimenter, have another way out or see a better solution in the efforts to research consciousness, the *priority mega-object* omitted or discarded by Human Science for centuries, as it has always been impotent to research it?

37. TEST OF YOUR WORKING HYPOTHESES

Science. Projectiology was proposed as a *Neoscience*. As such, it has its own *epistemological space*. The *discourse* of Projectiology has already been *constituted*.

Guarantees. We now seek more *scientific collateral* in order for Projectiology to obtain *institutionalised* forums, but without stagnating bureaucracies.

Specialties. Through an extensively inclusive *theoretical vision* the discourses of Projectiology are transformed into, and instantly propose, *strategies for action*. *Specialties* are then born. The necessity of research and self-research also emerge from there.

Areas. There are numerous research areas among the Conscientiocentric Institutions (CIs): Groupon; Leading Edge Research Group; Conscientiological Socin; Conscientiotherapy; Grexex; Grinvex; Information Technology Group (Grinfo); Independent Researchers; Self-research.

Research. *We are much more of a consciousness when using the **mentalsoma***. Vacations from the *mentalsoma* are alienation. Have you already started to *scan* the intricacies of your *mentalsoma*? Here are 20 working hypotheses that are unavoidable intraphysical challenges for you:

01. Bioenergetics and the embalming of the human cadaver.
02. Communal attitudes regarding lucid consciential projections (CPs).
03. Conscious projection of a congenital, non-verbal, tetraplegic person.
04. Electromagnetic radiations and lucid consciential projections (CPs).
05. Extraphysical meetings of a group of modern, lucid, inverters (grinvex).
06. Human *future shocks* and projective existential recyclings.
07. Initial and terminal conscious projections (CPs) in intraphysical life.
08. Joint conscious projections (JCPs) of a lucid evolutionary duo.
09. Myoclonus generated by bioenergetic shocks of a soma / psychosoma nature.
10. Positive, negative and ambivalent facets, in the same lucid projection.
11. Schizophrenia and half-lucid consciential semiprojections.
12. Self-transformations generated by conscious projections (CPs).
13. Sexual fantasies - *sexothosenes* - and lucid extracorporeal experiences.
14. Specific applications of extracorporeal experiences in therapy.
15. The impact of conscious projections (CPs) in family relations.
16. The limits of scientific knowledge and extracorporeal experiences.
17. The psychology of a senile conscin during NDEs (near death experiences).
18. The real reasons for indifference towards the phenomenon of consciential projections (CPs), throughout the millennia of human existence on this Planet.
19. The theory of the probability and incidence of conscious projections (CPs).
20. Valuing spontaneous parapsychic cases in the universe of the research of Conscientiology, Projectiology and various other conscientiological specialities.

Test. Is it worth the effort for you to *put on a shirt* from Conscientiology, *roll up your sleeves* and work in this research field and, truly, *sweat in the shirt* while helping us all?

38. TEST OF THE CULMINATION OF YOUR CONSCIOUSNESS

Apexes. Everything in life and the Universe presents a culmination, an ideal, an apogee, a *ne plus ultra*. Even the simplest things display their pinnacle, zenith, apex and maximum height, for example these 5:

1. **Bottle.** A *bottle's* utmost summit is its mouth, regardless of the content.
2. **House.** A *house's* peak or top is the rooftop jutting out above the neighbouring houses.
3. **Stairs.** The *stairs'* culmination is the top step to the floor above.
4. **Tree.** A tree's pinnacle is the canopy (top) in the midst of the most dense forest.
5. **Water.** The maximum elevation of the *water* is the surface at any point of the ocean.

Consciousness. Your consciousness' culmination - whatever it is - is where? The structure of a consciousness - whether of the author or reader - is very complex, sophisticated and multi-faceted, and presents 5 diverse types of pre-eminences, such as:

1. **Self-control.** The pinnacle of real glory for any consciousness is *self-control* and self-discernment. All *passions* are governed, without repression, by the will.
2. **CE.** CE is the crown of the objective manifestations of your consciousness.
3. **Hyperacuity.** The highest point of a consciousness regarding evolution is their *lucidity* (the hyperacuity of the mentalsoma or the level of recuperation of their important cons).
4. **Serenism.** The extreme wisdom of a consciousness is the already experienceable level of the condition of intimate *serenity*. *Serenissimi* are never in fashion.
5. **Will.** The supreme intimate force of a consciousness is the impulse of their *will*.

Uniformity. Conscientiology notes the multiple altitudes or magnitudes of a consciousness' microuniverse. Experimenter, it is of no use for you to be excellent in a determined line of manifestation and, due to excessive fissures in your personality, be terrible in many others. One has to evolve with relative uniformity (wholesaling), without leaving negative traces or important tasks incomplete.

Complexity. The structure of any conscin, as a personality - a microuniverse, whether we want it or not - is complex and multimodal.

Evolution. On Earth we coexist with the *Serenissimi's* "Himalaya" of serenity and the chronically sick *Pre-serenissimi's* profound abysses of depression. Between these, we evolve *in leaps and bounds*. *Those who progress more quickly give greater attention to consciential self-organisation with self-thosenic linearity.* (See Bib. 4676).

Preference. In self-organisation it is important to give preference to the real masthead, the full tide, the tower and the mirador, in order to ride above the clouds and attain your objectives with high quality. It is always most intelligent to eliminate the *weaktraits* of ones personality using the *strongtraits* as a counterbalance.

Neurons. It is always worth reflecting on the personal level of *neuronal idleness*. What percentage of your brain's space and time do you occupy? A dog with appropriate synapses functions much better than a man without *specialised synapses*.

39. DEFINITIONS OF CPs OR CONSCIOUS PROJECTIONS
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Projectiology. Here are abridged definitions of 35 types of conscious projections (CPs), from among many others that exist, according to Projectiology research:

01. **Adenoprojection:** conscious projection induced through *stimulation* of the pineal gland.
02. **Archaeoprojection:** a rookie's incipient, rudimentary, initial conscious projection.
03. **Audioprojection:** resonant consciential projection (*sonorous apparition*).
04. **Baroprojection:** projection through the psychosoma ballasted by the energosoma.
05. **Biprojection:** double conscious projection (psychosoma and mentalsoma).
06. **Carbonoprojection:** lucid projection induced through carbogen.
07. **Cephaloprojection:** projection through rocking movements of the human head.
08. **Chiroprojection:** partial projection of an isolated parahand (*pre-elongation*).
09. **Electroprojection:** consciential projection induced by an electric shock.
10. **Epiprojection:** action of contemplating their soma while projected outside of it.
11. **Exoprojection:** conscious projection well beyond the given space of this planet Earth.
12. **Gyroprojection:** conscious projection due to rotational movements of the psychosoma.
13. **Hemiprojection:** projection of only half of the psychosoma (*semiprojection*).
14. **Hydroprojection:** conscious projection induced by flotation in a water tank.
15. **Hypnoprojection:** lucid consciential projection induced by heterohypnosis.
16. **Homoprojection:** lucid projection specific to a conscin, or *intraphysical* consciousness.
17. **Megaprojection:** prolonged lucid projection, more than an hour in duration.
18. **Musicoprojection:** consciential projection induced by pro-projective music.
19. **Narcoprojection:** consciential projection induced by drugs or anaesthetics.
20. **Oligoprojection:** projection of a short duration, or of only some seconds.
21. **Oneiroprojection:** lucid projection induced from a natural or common dream.
22. **Paraprojection:** projection specific to a consciex or *extraphysical* consciousness.
23. **Phytoprojection:** projection of a living vegetable's double (*Parabotany*).
24. **Pneumoprojection:** conscious projection through a different rhythm of respiration.
25. **Podoprojection:** partial projection of a parafoot, or paraleg.
26. **Primoprojection:** first human lucid projection (entering into *projectiocracy*).
27. **Pueroprojection:** conscious projection of the child-miniprojector.
28. **Self-hypnoprojection:** hypnotically induced lucid self-projection.
29. **Self-projection:** conscious projection induced by the consciousness themselves.
30. **Sexoprojection:** lucid projection induced through the sexual act.
31. **Stroboprojection:** lucid projection due to the flashing of a stroboscopic lamp.
32. **Subprojection:** *semi-conscious* projection, or one with unstable consciential lucidity.
33. **Superprojection:** direct projection through the mentalsoma (*cosmoprojection*).
34. **Traumatoprojection:** lucid projection induced by an emotional shock.
35. **Zooprojection:** projection of the incipient consciousness of a living subhuman being.

40. QUALIFICATIONS OF IEs AND CEs
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Qualifications. Here are 35 designations or qualifications, from diverse epochs, for immanent and consciential energies, and their respective creators or responsible researchers:

- | | |
|------------------------------------|--|
| 01. <i>Anima mundi</i> | Avicenna: 980-1037. Iranian doctor and philosopher. |
| 02. Astral light | Helena P. H. F. de Blavatsky: 1831-1891. Theosophy. |
| 03. Biodynamic force | Enrico Morselli: 1852-1929. Parapsychic researcher, Italy. |
| 04. Biomagnetism | George De La Warr: 1904-1969. |
| 05. Cerebral force | Cesare Lombroso: 1836-1909. Criminologist. |
| 06. Ectenic force | Marc Thury: 1822-1905. (See Bib. 4735). |
| 07. Ectoplasm | Charles Robert Richet: 1850-1935, Nobelist in 1913. |
| 08. Efflorescence | Albert Freiherr von Schrenk-Notzing: 1862-1929. |
| 09. Effluvia | Hippolyte Baraduc: 1850-1909. |
| 10. Élan Vital | Henri Bergson: 1859-1941, Nobelist in 1928. |
| 11. Entelechy | Hans Driesch: 1867-1941. German philosopher and biologist. |
| 12. Etheric formative force | Rudolf Steiner: 1861-1925. Anthroposophy. |
| 13. <i>Formatrix faculty</i> | Claudius Galen: 130-200. Greek doctor. |
| 14. <i>Hormic energy</i> | William McDougall: 1871-1938. |
| 15. Indefinite force | Eugene Auguste Albert De Rochas: 1837-1914. |
| 16. Integrative tendency | Arthur Koestler: 1905-1983. Hungarian writer. |
| 17. <i>It</i> | George Groddeck: 1886-1934. |
| 18. Libido | Sigmund Freud: 1856-1939. Psychoanalysis. |
| 19. Life force | Luigi Galvani: 1737-1798. Physicist and doctor, Italy. |
| 20. <i>Magnale magnum</i> | Jan Baptista van Helmont: 1577-1644. |
| 21. <i>Nervengeist</i> | Frederika Hauffe: 1801-1829. Seeress. |
| 22. Odic force | Karl Louis von Reichenbach: 1788-1869. |
| 23. Orgone | Wilhelm Reich: 1897-1957. Austrian doctor. |
| 24. Paraelectricity | Ambrose Worrall: 1899-1972. |
| 25. Pneuma | Erasistratus: 304 - 250 BCE. Greek Anatomist. |
| 26. <i>PSI faculty</i> | Joseph Banks Rhine: 1895-1980. Parapsychologist. |
| 27. Psychic force | Edward William Cox: 1809-1879. |
| 28. Psychic rod | William Jackson Crawford: 1881-1920. Parapsychic researcher. |
| 29. Rays of light | Robert Fludd: 1574-1637. |
| 30. Rigid rays | Julian Ochorowicz: 1850-1917. |
| 31. Synchronicity | Carl Gustav Jung: 1875-1961. Swiss psychologist. |
| 32. Synergy | Abraham Maslow: 1908-1970. |
| 33. Unified field | Albert Einstein: 1879-1955, Nobelist in 1921. |
| 34. Vital fluid | Allan Kardec: 1804-1869. Spiritism, France. |
| 35. Vital force | Christian Friedrich Samuel Hahnemann: 1755-1843. |

41. DESIGNATIONS OF THE PSYCHOSOMA AND THEIR CREATORS

Names. Here are 35 designations attributed to the psychosoma, or the consciousness' emotional parabody, from ancient and modern times, and the creators of these denominations:

01. Andadura	Baicari; South America.
02. Aristogenesis	Osborn. (See Bib. 4737).
03. <i>Astroeidê</i>	Neoplatonic School of Alexandria.
04. <i>Baodhas</i>	Zend Avesta.
05. <i>Eidolon</i>	Greek Traditionalism.
06. <i>Enormon</i>	Hippocrates: 460-356 BCE.
07. <i>Evestrum</i>	Paracelsus: 1490-1541.
08. <i>Fetch</i>	Ancient Bretons.
09. Fluidic body	Gottfried Wilhelm Leibniz: 1646-1716.
10. Fluidic envelope	Alfred Erny.
11. Interior fantastic body	Johann K. Friedrich Zöllner: 1834-1882.
12. <i>Isithunzi</i>	Zulu; South Africa.
13. <i>Kama-rupa</i>	Esoteric Buddhism.
14. <i>Kha</i>	Ancient Egypt.
15. <i>Kino-aka body</i>	Huna.
16. <i>Manomayakosha</i>	Vedanta.
17. <i>Mbisimo</i>	Azande; Africa.
18. Metaorganism	Lazarus de Paczolay Helenbach: 1827-1887.
19. Metasoma	P. Thomas Bret.
20. <i>Nephesch</i>	Cabalists.
21. <i>Ngancha</i>	Aranda; Australia.
22. Occult guest	Maurice Maeterlinck, 1861-1949; Nobelist in 1911.
23. <i>Ot-jumulo</i>	Andamanese; Eastern Asia.
24. Perispirit	Allan Kardec: 1804-1869.
25. Plastic mediator	Ralph Cudworth: 1617-1688.
26. Psychoform	Teilhard de Chardin: 1881-1955.
27. Purba	Cuna; South America.
28. <i>Rouach</i>	Hebrew Cabala.
29. Subtle flesh of the soul	Pythagoras: 572-497 BCE.
30. Subtle vehicle of the soul	Plato: 428-347 BCE.
31. <i>Suckshuma upadhi</i>	Raja Ioga.
32. Spiritual body	Paul of Tarsus: 10-67.
33. <i>Thankhi</i>	China.
34. <i>Utai</i>	Japan.
35. Vehicle of emotion	Projectiologists; Brazil.

42. DESIGNATIONS ATTRIBUTED TO CONSCIOUS PROJECTORS

Names. Here are 35 designations attributed to conscious projectors, from ancient and modern times, in diverse locales, and by different sociocultural groups:

01. **Animist:** folklore; Sociology researchers; Europe.
02. **Astralnaut:** aeronauts; practitioners of conscious projection; Brazil.
03. **Atai:** Melanesian practitioners of conscious projection; Melanesia.
04. **Benandanti:** practitioners from the XVI and XVII centuries; Lorena; Europe.
05. **Bilocator:** Hagiography scholars; Roman Catholic Church; Italy.
06. **Delog:** ancient Tibetan practitioners of conscious projection; Tibet.
07. **Doppelgänger:** folklore; practitioners of conscious projection; Germany.
08. **Doshi:** folklore; ancient practitioners from the Ba-huana People; Bantu Tribe.
09. **Dovidja:** ancient practitioners of conscious projection; India.
10. **Exoprojector:** modern Projectiology researchers; Brazil.
11. **Hypnoprojector:** modern Projectiology researchers; Brazil.
12. **Homo duplex:** literature; Honoré de Balzac; France; 1835.
13. **Iruntarina:** folklore; Ngatarara People; Australia. (See Bib. 4713).
14. **Kelah:** folklore; projection practitioners; Karen people; Myanmar.
15. **Megaprojector:** modern Projectiology researchers; Brazil.
16. **Mora:** folklore; Slavic practitioners of conscious projection.
17. **Mzimu:** practitioners of conscious projection; Tribes from Lake Nyasa; Africa.
18. **Navujeip:** folklore; Wind River Shoshone; Wyoming; U.S.A.
19. **Ober (Oober):** modern Parapsychology researchers; England.
20. **Ort:** Syrianian practitioners; Finnish people; Eastern Russia.
21. **Primeprojector:** modern Projectiology researchers; Brazil.
22. **Prophet:** Bible; Israeli practitioners of conscious projection.
23. **Projectionist:** Parapsychology researchers; U.S.A.
24. **Projector:** modern Projectiology researchers; Portugal.
25. **Psychodynamo:** Metapsychic researchers; 19th century; Europe.
26. **Psychonaut:** modern practitioners of conscious projection; U.S.A.
27. **Seer:** History; ancient practitioners of conscious projection.
28. **Self-projector:** modern Projectiology researchers; Brazil.
29. **Sky-walker:** modern practitioners of conscious projection; India.
30. **Sunäsum:** practitioners of conscious projection; Mongolian Buryats; Siberia.
31. **Tamshasg:** Scottish practitioners of conscious projection; Scotland.
32. **Telekinetist:** telekinesis researchers; Parapsychology; Brazil.
33. **Unfolder:** spiritist practitioners of conscious projection; Brazil.
34. **Vardöger:** folklore; Norwegian practitioners of conscious projection; Norway.
35. **Wairua:** Maori practitioners of conscious projection; New Zealand.

43. AVOIDANCE OF FALSE CONCEPTS TECHNIQUE

Attestation. *Research of the mentalsoma demands patience, in the psychosoma.* It is always difficult to attest to something, or someone, that they are the bearer of a physical existence.

Untruths. While intraphysical life is dominated by accentuated illusion, there is always a series of untruths, false words and furtive or subtle inexistences.

Science. Even conventional Science deals with abstractions, subjectivities and hypothetical data the entire time. Even so it still discovers relative truths. (See Bib. 4749).

Unpredictability. The chimerical, fictitious, uncreated, unfounded, pseudo, hallucination, oneirism, the nothing and the simulacrum appear during unpredictable circumstances, involve the most unsuspecting persons and cause en route accidents.

Attention. Therefore, it is necessary to be attentive to the inexistent, nullity, unsustainable, will-o'-the-wisp, optical illusion, product of the imagination, figure of speech, myth, falsified label, farce, extravagance, make-believe, chain of fantasy, illusions that ought to be included in the register of inexistent things that always shine in their absence.

Avoidance. As examples, within the rational orientation of a mature consciousness, here are 20 concepts or expressions that, according to Conscientiology and Projectiology, deserve caution and attentive observation, and whose general usage is difficult and ambiguous:

01. **Absolute perfection:** the *unlimited limit* of consciencial evolution.
02. **Absolute vacuum:** equal to *nothing* mentioned and defined below.
03. **Beelzebub:** example of a major-myth of international folklore, with many names.
04. **Blank:** an example of the absence of a consciousness' paraperception.
05. **Chance:** logically, there is always a specific cause, even if unknown, for everything.
06. **Concreteness:** essentially two things exist in the Universe, consciousness and energy.
07. **Death:** an example of the omnipresent transformations and deactivations of vehicles.
08. **Definitive truth:** strictly speaking, all truth, whether vanguard or rearguard, is relative.
09. **Eternal Father:** an example of an *imaginary friend* and brother of Santa Claus.
10. **Eye of Providence:** the imaginary anthropomorphic primary cause.
11. **Immobility:** strictly speaking, impermanence is the only permanent reality.
12. **Impossible:** one unit of measure of the consciousness' evolutionary level.
13. **Inviolable secret:** an example of impracticability in the face of consciousness.
14. **Mystery:** ignorance, the absence of evolution, or the not yet cogitated.
15. **Never:** another unit of measure of the consciousness' evolutionary level.
16. **Nothing:** an absolute *nothing*, in one dimension, can be *everything* in another dimension.
17. **Solitude:** something impracticable due to an ego's multidimensional interdependence.
18. **Tabula rasa:** a consciousness is always *full* and never stops its activity.
19. **Total knowledge:** an example of the many personal utopias regarding polymathy.
20. **Unknown:** a possible simple unit of measure of the consciousness' evolution.

Concepts. Do you still frequently use any of these concepts?

44. FORMAL TECHNIQUE OF TYPED TEXT

Mathematisation. In this display of a *formal mathematisation of ideas*, here are 30 technical procedures (copydesking) used on one page of text typed by this author:

01. Utilise a dash before and after attention attracting compound expressions.
02. Aesthetically frame numbered columns, when they exist in the text.
03. Aesthetically space and centre the words in the title using the computer.
04. Align the paragraphs' numbering (equal to this page: 01 to 09).
05. Analyse the correctness of citations and foreign expressions used in the text.
06. Ascertain if some expression to be italicised is without underlining.
07. Be more interested in the "root and trunk than the branches and leaves" in the text.
08. Check if there are incorrect, or unfortunate, comparisons and unnecessary repetitions.
09. Cut idiotisms, barbarisms, rhotacisms, solecisms and monophonies in the text.
10. Determine that enumerations are well ordered, according to the chosen criterion.
11. Enter a blank line *after* the title, in order to highlight it as the heading.
12. Examine the texts' form *only after* a detailed revision of the content.
13. Formulate, lastly, 5 critical cosmoethical questions, about the art-science of *form*.
14. Cede space *before* and *after* an enumeration whenever possible.
15. Hyphenate long words in order to adjust paragraphs and to avoid orphaned words.
16. Include, if appropriate, a synthesis-phrase-line, in *italics*, in a 40 line page.
17. Inspect, most accurately, all the topics of the text that have a *strong form*.
18. Justify every phrase in the text greater than 5 lines, even if it has semicolons.
19. Leave a blank line *before* the title, in order to numerate the entire text.
20. Note if there are antiquated, incorrect or inadequate subtitles or expressions.
21. Observe whether quotations marks ("") are necessary (only use in extreme cases).
22. Review all adjectives and adverbs of manner (*-ly*) in the text.
23. Revise the alphabetical, chronological, increasing or natural order of enumerations.
24. Scrutinize the spelling of words, *letter by letter*, with the computers' pointer.
25. Separate paragraphs' numbers with 2 spaces (equal to this line).
26. See if ciphers (numbers) are in *figures* and not written in full (middle of a phrase).
27. See if any underlining or *bold-italics* are needed (jargon in the subtitle).
28. Perforate very long topics that have no blank lines (to avoid a bulky appearance).
29. Study all superlatives, *et ceteras* and slang expressions in the text.
30. Track possible minicacophonies and maxicacophonies *throughout* the text (speak aloud).

- Questions.**
- A. Will the text clarify somebody? (See Bib. 1537).
 - B. Does the text not only express the author's vanity?
 - C. As the author, will I not be ashamed of the text in the next decade?
 - D. Does the text introduce any original idea?
 - E. Does the text only *beat around the bush* or *waffle on*?

45. PRINCIPLES OF YOUR ORIENTATION IN LEARNING

Truths. Knowledge of leading edge relative truths is a useful way for a conscin to adapt to interdimensional reality. *The most intelligent study is self-directed, done by the person themselves.* This is a superlearning, supereducational and superdidactical providence. During the critical circumstances of life - both intraphysical and extraphysical - you do not have an instructor at hand. In such crucial moments you will exclusively depend on your knowledge, your self-experience, or your accumulated experiences.

Strategy. Here are 12 aspects of a mentalsomatic strategy in relation to Conscientiology:

01. **Megagoal.** Organise schedules and plan activities, be it working at home, working outside, entertainment, assistential practices and rest, emphasising, as a challenge, the study of consciousness or the megagoal of lucid self-evolution.

02. **Instruments.** Before initiating personal study, verify that you have the indispensable tools: various colours of ink pen, paper, computer (multimedia), notebook, books, magazines, treatises, dictionaries, encyclopaedias and others (initiative).

03. **Environment.** It is important to optimise the circumstances of the intellectual work, observing the light, heat, furniture, wind, level of ambient noise, colour of the walls and physical isolation for the work (somatic optimisation).

04. **Attention.** Eliminate *psychological dispersion*, improving your attention and concentration: read aloud, write and schematise, starting with the easier exercises.

05. **Signals.** Geometrise the principle ideas: do schematic drawings, arrows, circles, squares, personal characteristic signals, indicative codes and signs.

06. **Enumerations.** Compose enumerations, transforming the text into items placed in an ascending or descending order, each with a specific critical value.

07. **Mentalsoma.** Transform a text or book (if you own the volume) into a field furrowed by the *plough of a consciential worker*: italicise, underline, scribe, make notes in the margins and fold pages of the volume, imprinting traces of a lucid mentalsoma in action.

08. **Key-points.** Establish the *key-points* of the main subject at hand: causes, effects, conclusions, rules, definitions, principles, diagrams, syntheses and others.

09. **Record.** Go deeper into the text of each book without skipping pages, including the flaps of the dust jacket, preface, table of contents, index of topics and bibliographical references, noting the most relevant or interesting, and arranging your outline, judgment or critical summary in an *evaluation record* or as separate notes on paper.

10. **Reading.** Read books, brochures, magazines, newspapers, sundry articles, chronicles and newspaper editorials, in order to stay abreast of the *current facts* from the general holothosene or zeitgeist.

11. **Dossier.** Utilise efforts already made by collecting in a dossier (archive, files), all your works, projects, schemes, diagrams, notes, lists and references.

12. **Ordering.** Improve self-motivation in consciential studies through the ordering, correction, neatness and excellence of the completed intellectual work (finishing).

46. CONSCIENIOLOGICAL AND PROJECTIOLOGICAL PEDAGOGY

Pedagogy. There are intentional *didactic repetitions* throughout the text of this book. Here are 10 principles of *Conscientiological Pedagogy* that can be useful for a conscientiologist:

01. **Agent.** As an effective stimulating agent for an integrated consciousness' condition, a projectiological teacher will never be a substitute for direct personal effort from who is projecting. The presence of an agent only represents a *saving of efforts* in order to simplify the *confused groping* of the more inexperienced. (See Bib. 4780).

02. **Learning.** Every Projectiology school revolves around the *fundamental binomial* student-practitioner vs. teacher-conscious projector. The conscious projector does not teach, but helps the practitioner of conscious projections to learn.

03. **Aptitude.** What is relevant in a Projectiology school is the *level of aptitude* of the competent projectiologist. That quality alone brings benefits and effectiveness to their fundamental relationship with the practitioners or *holothosenators* of Projectiology.

04. **Self-control.** All affective, intellectual or bioenergetic subordination, including between the projectiologist and the practitioner, is an obvious symptom of consciential immaturity. One who projects themselves must be permanently challenged by *consciential self-control*, with obvious discernment, the major goal to be inevitably reached by them, and by us all.

05. **Catalyser.** The projectiologist is a circumstantial educating agent or a catalysing *retrocognitive agent*, watching over the gradual maturation of the student-practitioner. Strictly speaking, only the student-consciousness educates themselves. A lucid instructor does not persuade, but informs.

06. **Contagion.** The projectiologist-teacher - mature individual - has to be attentive to the *quality of the influence*, or the contagion, exerted over the student-practitioner. The projector is a human being undergoing evolutionary formation within multidimensional self-awareness.

07. **Teaching.** Every school has *politics*, this is inevitable in intraphysical life. As a *field of assimilation* for the practitioner, a Projectiology school is always its teaching body and the exemplarism they provide. There is no *teacher-proof* didactic method.

08. **Education.** A sufficient margin of error (questionings, practical attempts and omissions) must be allowed in the teacher student relationship in order for the practitioners to feel a climate of freedom in their efforts of *consciential independence*, or the autonomy of the integrated personality. *Just as all cure is self-cure, all education is self-education.* To ask is the students' right; to answer is the teachers' obligation.

09. **Empathy.** The priority condition between the projectiologist and projectors is their personal capacity to establish empathy with the practitioners of CPs. Evidently that empathy, in the holothosene of the group, excludes crude and spurious *energomatic seductions*.

10. **Maturities.** The more evolved the projectiologist's physiological, intellectual, affective and consciential maturities are, or their multidimensional self-awareness is, the better they will serve as a model and stimulus to the *integral consciential maturation* of the practitioner. The projectiologist - projector relationship should resemble a Serenissimus - Pre-serenissimus relationship.

47. CONSCIENIOLOGIC AND PROJECTIOLOGIC DIDACTICS

Neophobia. As leading edge relative truths (verpons) the concepts of Conscientiology shock misoneists, or neophobics, into suffering a characteristic *future shock*, for the first time. In the dissemination and implantation of leading edge relative truths a conscientiologist must be prepared to face, when necessary, 25 intraphysical or interpersonal (conscins) and extraphysical or interconsciential (consciexes) conditions:

01. **Approaches.** Sustain didactic approaches with maximum discernment.
02. **Altruism.** Emphasise the best of the adult being's (conscin) mature altruism as opposed to the worst of the infantile human being's (*consciential basement*) egocentrism.
03. **Ambiguity.** Push the listener towards unavoidable contacts with ambiguity.
04. **Attitudes.** Have the most correct attitudes possible concerning the evolution of the ego.
05. **Self-education.** Politely evolve through useful discussions, without sitting *on the fence* or crossing boundaries, but without engaging in *verbal insults*.
06. **Uproar.** Create an uproar, intentionally or not, in the most unexpected of moments.
07. **Shocks.** Be conscious that the majority of complainers are composed of older people, due to inevitable *human intergenerational shocks*.
08. **Conscientiotherapy.** Wherever developing a process of consciential communicability exercise the *therapy of renovating ideas* against *mental garbage*.
09. **Cosmoethic.** Adjust the code to the most intelligent consciential values.
10. **Debates.** Maintain *open challenges* with critical listeners and debaters.
11. **Derepressions.** Stimulate brains to think by themselves, without *telling them what to think*.
12. **Dialogue.** Remain grounded in the mentalsoma to mentalsoma dialogue technique.
13. **Evolution.** Administer the evolutionary feature ideal for the more lucid beings.
14. **Ideas.** Know this fact: the more listeners *complain about the ideas*, the better.
15. **Image.** Use your revolutionary or even irreverent self-image, without ironies.
16. **Impact.** Cause an inevitable impact in immature listeners and *their respective intruders*.
17. **Logicalness.** Establish logical limits of both what is socially acceptable, and what is cosmoethically reasonable and correct, without *self-mimetic mental masturbations*.
18. **Mentalsomatology.** Know how to confront, if necessary, the risk of *intellectual scandal*.
19. **Mesology.** Improve references to the customs and culture of environments.
20. **Methodology.** Implant better techniques in the application of the ideas transmitted.
21. **Onus.** Provoke, without intentionally seeking it, a certain *involuntary repulsion* in the more repressed portion of the listeners, in all intraphysical and *extraphysical* holothosenes.
22. **Paradigm.** Expose all the neo-ideas within the critical level of the bloodless revolutionary counterflow of the consciential paradigm, or the leading theory of self-evolution.
23. **Tho.** Do not forget the fact: thosenes always starts through thought (*tho*).
24. **Questioning.** Question intra and extraphysical consciential contradictions.
25. **Renovation.** Acquire the jovial image of a sincere consciential renovator.

48. THEORICE OF A CONSCIENIOLOGIST - CHANGE AGENT

Conscientiologist. A conscientiologist is a change agent or an evolutionary renovator of conscins in general, notably through their *presence which catalyses* retrocognitions of a personal, healthy, affective nature, or of another nature. Beyond extensive technical knowledge their relationship skills or personal contacts, both intraphysical and extraphysical, or multidimensional, are very important for a conscientiologist.

Strongtraits. Here, succinctly, are 6 ideal strongtraits, qualities or abilities of a conscientiologist, to be used without passive or active corruption:

1. **Communicability.** Capacity of interconsciential communication (between conscins).
2. **Creativity.** Evolutionary creativity dominating egoistic interests.
3. **Energosomaticity.** Control over personal CEs, also in favour of others.
4. **Mentalsomatics.** Reasonable, multimodal, intraphysical and extraphysical education.
5. **Self-availability.** Cosmoethical self-motivation maintained in a permanent way.
6. **Self-organisation.** Existential organisation based on intraconscientiality, applied in all aspects of intraphysical existence (Holomaturology).

Phases. In the life of a conscientiologist the executive phase, between 36 and 70 years of physical age, has to predominate, as many more answers constantly appear than during the initial or preparatory phase of life, from the 1st day until the 35th year of physical life, where many more questions are constantly asked (Intraphysiology).

Project. Initially it is worthwhile for a Conscientiology beginner to implant a pilot project of their *pre-supposed personal proexis* for themselves, through this they will be enriched and approach their original extraphysical reality, or where they come from.

Self-research. Through self-research, those aspiring to be a conscientiologist, gradually define the details, implement the standards of work, and produce the services to clarify the proexis, until finally consolidating it, aiming for the attainment of complexis. There is no substitute for *effort*. *Shortcuts* only create pseudovictories.

Errors. A conscin's *ectopic errors* are identical to those in *software*: they uninterruptedly repeat until corrected by the conscin concerned. *Who fears making a mistake, does not learn to correct it.* (Experimentology)

Conscientiometrology. Conscientiometrology provides the means for a conscin to effectively debug their deep-rooted ectopic errors in less time.

Archive. An experienced conscientiologist has to become, with the development of persistent self-performances and through multimedia information, an archive of problem resolutions within deeply experienced maxifraternity. (See Bib. 4673).

Desk. The conscientiologists' desk must be a *help desk* that provides free access to all conscins arriving with requests for evolutionary help or those within interconsciential assistantial services (Assistentiology).

49. PROJECTIOLOGY AND CONSCIENTIOLOGY CLASSES

Logic. Here are 9 logical considerations or arguments for you, teacher, to become a candidate to give theoretical and practical classes of Conscientiology or Projectiology:

1. **Brain.** There is no completely simple *object*. Among *all* objects known in the *entire* Physical Universe, by *all* the Sciences conducted under the mechanistic and materiological Newtonian-Cartesian paradigm - on its way to being exhausted -, the human brain is the most sophisticated and fundamental to research a lucid being or anybody.

2. **Conscientiology.** Conscientiology employs your own consciousness as an essential and, at the moment, irreplaceable *direct research instrument*.

3. **Conscientiotherapy.** Conscientiotherapy is the research of Conscientiology and Projectiology as therapeutic resources for conscins and / or consciexes.

4. **Consciousness.** However, *mens agitat molem*. For the neoparadigm, the leading theory of Conscientiology, the consciousness governing a human brain is the most complex and important *object of study* for a man or woman to investigate and understand, if they are willing. You have a powerful *mentalsoma* from the moment that you admit this fact.

5. **Education.** *Who teaches something is the first person to learn the subject taught*. Be the merchant of your own ignorance, but superaware of your *self-potentials*.

6. **Projectiology.** Projectiology is the practical and systemised research of general projections of the consciousness, notably of lucid projections to other dimensions, where the consciousness manifests beyond the soma or human body.

7. **Self-evolution.** A human consciousness lucid regarding self-evolution, through multidimensionality and the seriexis, values the *self-cure* of self-parapathological disturbances, affecting the holosoma, dynamising their evolutionary directives through 7 beneficial steps: conscious production of the VS, or vibrational state; establishment of energetic self-defences; direct extraphysical deintrusions; elimination of frequent unconscious mini-intrusions; lucid acceptance of the condition of consciential energetic bait; performance of penta, or the daily personal energetic task; and the installation of their offex, or *extraphysical office*, in the condition of a human epicon in the personal intraphysical base.

8. **Self-projectiotherapy.** A conscientiologist or projectiologist who gives a class of Conscientiology or Projectiology, beyond improving their multidimensional communicability, practices pure self-projectiotherapy; joint parapsychic exercises; projectiological research; the summation of CEs; and amplifies their sense of universalism and Cosmoethics.

9. **Truths.** To achieve these 7 steps, a conscin has to deeply study Projectiology, a science able to provide you an understanding, to a deep level, of these and other leading edge relative truths, or verpons. (See Bib. 4712).

Question. To close the preceding considerations this question is to be answered with all the self-critique possible: Teacher, are there superior subjects and facts more important for you to clarify than those from Projectiology or Conscientiology?

50. ITINERANT EXPERIENCE OF CONSCIENIOLOGY

Birth. In the initial phase of implanting the technical and legal foundation of Conscientiology, through the practices of Projectiology, the International Institute of Projectiology and Conscientiology, for example, offered specialised courses and did not have a teaching staff large enough to attend all the requests for courses coming from tens of locales throughout Brazil. This fact gave rise to the dynamic figure of an Itinerant Conscientiologist.

Renovations. This Projectiology teacher, faces at least 11 essential self-renovations (recoxis) upon starting to travel to give classes in different locales:

01. **Assistanciality.** Personal maturation of their assistanciality in significant unexpected cases, to the most diverse people; entropic, parapsychic en route accidents; and needy consciences in the extraphysical dimensions.

02. **Communicability.** Stimulation of personal interconscientual communicability to a most positive and surprising level, often surprising even themselves.

03. **Groupkarma.** Update and amplification of contact with elements of the multiexistential and multimillennial groupkarma, in the current, critical intraphysical life.

04. **Holothosene.** A greater, patently obvious to themselves, predisposition to healthy inspirations from extraphysical helpers and the inspiring entrance of verpons into their libertarian intraphysical psychosphere, derived from the holothosene of the Serenissimi (*Homo sapiens serenissimus*).

05. **Leadership.** Intensification of the individual work of leadership in the midst of dangers, intraphysical temptations, and disparate interpersonal and social involvements.

06. **Luddism.** Confrontation of the ludic and intriguing aspect promoted by a change in the environment of the communicative educator conscin who encounters different peoples, customs, foods, languages, methods and other existential interests.

07. **Organisation.** Improvement of self-organisation so as to essentially depend on themselves during travels, in the face of still unknown beings, psychospheres, holothosenes and places in the competent performance of itinerant teaching. *Modern thinkers* are itinerants.

08. **Parapsychism.** Fulltime catalysis of increasing parapsychism and personal bioenergetics, evident to themselves.

09. **Postures.** Acquisition of constructive new personal postures in interviews, lectures, debates, conferences and in the delivery of regular classes, corresponding to the sociocultural variances and contact with differently formed personalities, yet with common objectives. Democracy, human rights and development are interdependent.

10. **Proexis.** Execution of a proexis by a consciousness with a more ample sense of universalism who practices wholesale behaviour. *There are retail proexises and wholesale proexises.* The proexis of an Itinerant Projectiology teacher is characterised by indisputable, wholesale, universalistic and polykarmic existential behaviour.

11. **Retrocognitions.** Affective retrocognitions incentivise adjustment of the proexis.

51. TEST OF THE QUALITY OF YOUR STUDIES

Autodidactism. *Autodidactism is to bring the holomemory to the cerebral memory.*

Quality. Here within a natural sequence of technical procedures are 15 questions for you, experimenter, to test the quality of your advanced studies and research of Conscientiology and Projectiology:

01. **Self-organisation.** In the morning can I say how I will use my day? (Self-disciplinology).
02. **Bioenergetics.** Do I always check the condition of the CEs, or consciential energies, before starting to study? (Energetic self-awareness).
03. **Habits.** Do I habitually study, coherently, every day, in the same place?
04. **Rationality.** Do I habitually create maps, sketches, synopses or diagrams to represent essential points in readings? (Methodology of Mentalsomatology).
05. **Incorruptibility.** When I encounter unknown words, am I honestly accustomed to consulting the dictionary, without laziness or hesitation? (Intellectual self-incorruptibility).
06. **Selectivity.** Am I accustomed to scan over a chapter before carefully reading it? A scientist prefers the latest books; the literary, the most ancient.
07. **Rapport.** Am I accustomed to scan a chapter, looking at the paragraphs' titles, before reading it carefully? (Constructing energosomatic and mentalsomatic affinity with the text).
08. **Introduction.** Am I accustomed to read the chapter's final summary prior to a full reading? (Intellectual appetizer). Reading is mentalsomatic gymnastics.
09. **Concentration.** Do I gather notes on a subject in the same file? (Archival Consciousness - Archivology - or intellectual concentration).
10. **Notes.** Am I accustomed to take notes in draft form?
11. **Reading.** Am I also accustomed to take notes in draft form when I read? (Mature reading). The effort to write *anticorrupting notes* is always worthwhile.
12. **Synthesis.** Do I usually try to summarise each reading in sentences and short paragraphs? (Synthesising intellectual sense). *Science* is a lucid experience. *Art* is an instinctive reflex.
13. **Summation.** After reading a chapter and making notes on the same, do I usually write by hand a summary of that chapter as a whole or type it into a specific computer file? (*Projectiographic spirit*). A note from today can serve for the rest of the life.
14. **Self-critique.** As a good habit, am I accustomed to analyse, without laziness, the intellectual work produced, to discover where it may still be weak in accordance with everything that I studied and learned? (*Intellectual reperspectivisation*).
15. **Scope.** Do I consciously try to employ the information learnt from the courses I partake in, to help me in my professional work and in all the other activities of intraphysical life? (*Theoretical intellectual consciousness*).

Realism. An unavoidable realistic conclusion applies here: if the answer was no to any of these questions, reader, you still cannot be considered a student who is good, rounded and has an elevated level of discernment regarding Conscientiology and Projectiology.

52. INSTRUCTIONS FOR AN INTERCONSCIENTIAL LIFE

01. **Appearances.** Do not measure conscins by their appearance (physiognomy) or by the size of their bank accounts, nor consciexes by their para-appearance (Holosomatology).
02. **CEs.** Do not be deceived by first impressions. The quality of the each consciousness' consciential energies is most relevant, they are a person's true business card.
03. **Company.** Avoid negative companions - conscins and consciexes.
04. **Contacts.** Contact conscins and consciexes who are more evolved than we are.
05. **Discernment.** It is intelligent to walk in good company in any consciential dimension. Sooner or later holomaturity brings this touch of discernment.
06. **Evocations.** Avoid sarcastic comments, hence eliminating unconscious evocations of sick consciexes. *Nobody keeps a helper's support through sarcasm.*
07. **Fraternity.** Above all, it is worthwhile to not underestimate the *megastrength of fraternity.*
08. **Identification.** Learn to identify, without any doubt, healthy consciexes through the CEs of each. CEs transcend Human Chemistry and Biology.
09. **Interprison.** Give an intruded conscin a second chance, but not a third one as that can signify unhealthy complicity and groupkarmic interprison. Limits to assistance exist.
10. **Intrudability.** Do not judge that the problems of interconsciential intrusion only happen to others. No intraphysical setting exists without interconsciential intruders.
11. **Names.** Memorise the name of conscins, and beyond this, record the quality of the CEs of the conscins in Socin and the quality of the CEs of consciexes from the Sociex.
12. **Overestimation.** It is even worthwhile to not *overestimate* the power to change other conscins facing an *existential turning point*, or the recycling of consciential evolution in general.
13. **Paraperceptions.** Always keep your paraperceptions open, because even when you are *tipsy* you can be temporarily accompanied by some sick consciex.
14. **Promises.** Keep promises including those made to consciexes. To promise without fulfilling it is a negative evolutionary trace. We all have an integral memory. Nothing is forgotten.
15. **Resignations.** It is worth being prepared to lose an intraphysical battle, in order to win an evolutionary war within the groupkarma. There are resignations that constitute *megavictories.*
16. **Respect.** Respect all the things living intraphysically and all the things living extraphysically. Multimodal consciential life can never be extinguished.
17. **Responsibility.** It is worthwhile to stop blaming intruding consciexes for everything bad that happens. We must assume responsibility for all personal acts.
18. **Thosenity.** There is no point *cutting* what can *be untied*, in the interconsciential relations of any dimension where you manifest self-thosenes.
19. **Underestimation.** It is also worthwhile to not *underestimate* the power to change ourselves when faced with an *existential turning point* or the recycling of our consciential evolution.
20. **Will.** Resist the impulse to shout at a deaf person regarding multidimensionality. Evolution is made, first of all, from the will of a mature consciousness.

53. LISTENER'S MECHANISMS OF DEFENCE

Types. It is important for Conscientiology researchers to identify conscins who are still deeply encased in *ego defence mechanisms*, through which they seek to resolve their conflicts, numb their anxiety and mitigate frustrations or threats. According to their self-defences here are 12 types of misinformed human listeners who, despite being bearers of goodwill and good intention, are conscientially inexperienced or without discernment.

01. **Compensation.** Those who fail in something or an extremely desired aspiration and unconsciously try to counterbalance this by becoming good in something else. Example: the physically unattractive youth who becomes a notable personality in literature.

02. **Denial of Reality.** Those who avoid unpleasant realities whether by ignoring them or by refusing to recognise them (ostrichism). Examples: parents who are blind about the defects of their children; the popular adage “the worst blind person is the one who does not want to see”.

03. **Displacement.** Those who displace a strong dose of aggression towards substitute objects, more neutral targets, foreign to the true cause of the frustration (or annoyance). Example: a man censured by his boss, arrives home and shouts at his wife.

04. **Fantasy.** Those who deny an unpleasant reality and discharge their disaffection into digressions. Example: erecting *castles in the air*, imagining they are in a *fake world*.

05. **Identification.** Those who dedicate themselves to hero worship and to imitating qualities of another person, when under pressure from conflicts that are still without a better solution. Example: adolescents and their reactions to immature television heroes.

06. **Introjection.** Those who incorporate or internalise into the structure of the personality the achievements or qualities of the people threatening them. Examples: the anticosmoethical concept of “if you can’t beat them, join them”; prisoners who become informers.

07. **Projection.** Those who attribute their characteristic’s to other people behaviours. Example: the ex-wife saying “it was all his fault”, namely the ex-husband’s (and vice versa).

08. **Rationalisation.** Those who present valid, socially acceptable excuses to justify their own wrong, improper or politically incorrect behaviour (intellectualisation). Example: the fox’s “mechanism of the green grapes” in Aesop’s Fable.

09. **Reaction Formation.** Those who face a conflict by avoiding it, denying the attraction and emphasising the avoidance, substituting the first impulse for another opposite one. Example: the religious sermon against a sin, which is more exciting than the sin itself.

10. **Regression.** Those who feel insecure when under intense sickening stress, return to immature or inadequate patterns of behaviour (crying; sulking; obstinacy). Example: the spouse who always returns to their mother’s house when they fight with their partner. (See Bib. 4781).

11. **Repression.** Those who unconsciously forget what happened, because remembering would generate anxiety or dangerous sentiments. Example: suppressed memories.

12. **Sublimation.** Those who indirectly express some impulse. Example: redirection of the maternal instinct through social service, teaching, leisure or the practice of paediatrics.

§4. METHODS TO LISTEN TO A CONSCIENIOLOGIST INTERLOCUTOR

Listen. Listening to others on some subject is not an easy task. It is even more difficult to listen to someone on the complexities of *consciousness*, or about us. Any *emission of an idea* allows different levels of agreement on behalf of the listener. Here are 20 ways for you to listen to an interlocutor's dialogue, or even a consciex in an *extraphysical telepathization*:

01. **Abstraction.** Do not listen to another while thinking about *different subjects*, off topic.
 02. **Agreement.** Do not transform an idea from another's discourse into an *object of agreement*. This resource is a primary argument or a *passive mistake*.
 03. **Alienation.** Do not listen to, nor invent ideas, the other *is not saying*.
 04. **Bias.** During a constructive debate do not listen to another while only *thinking* about what ideas you will say next (primary self-defence).
 05. **Deafness.** Do not establish with another a *deaf-people's dialogue*, or one without communication.
 06. **Dialogue.** Listen to the other in an *attentive and polite dialogue*.
 07. **Disagreement.** Do not transform an idea from the other's discourse into an *object of disagreement*. This resource is a primary argument or an *active mistake*.
 08. **Egocentrism.** Do not listen to the other only to confirm or reject *self-thosenes*.
 09. **Fossilisation.** Do not only hear from another what *you have already thought* in respect to what the other is telling you (stagnating apriorisms).
 10. **Illogicality.** Do not only highlight from another's speech the *emotional*, the pleasing or what disgusts you, according to a possible monopoly of the *abdominal sub-brain*.
 11. **Imagination.** Do not hear from another only what *you imagined* they were going to say.
 12. **Impulsiveness.** Do not hear from another only what you can adapt to the *impulses* of love and affection, or repulsion and anger, which you have already felt in relation to them, whether the interlocutor, in any conjuncture, is a conscin or a consciex.
 13. **Intraconscientiality.** Do not hear from another only *those points* that make sense of the ideas or the way of seeing things that you are more directly connected to. *A big ego is always what most disturbs interconsciential communicability*.
 14. **Manipulation.** Do not only hear from another the ideas *you are hoping to hear*.
 15. **Monologues.** Do not listen to another composing 2 simultaneous *parallel monologues* (mental static and noise), instead of establishing a natural dialogue with the person.
 16. **Neophobia.** Do not merely listen to the ideas from another that *you have already heard*.
 17. **Personalism.** Do not use only those parts of another's speech *that relate to you*, the use of an ego-defence mechanism or egoistic selectivity.
 18. **Preconceptions.** Do not hear from another only what *is desired or hoped to be heard*.
 19. **Sensation.** Do not hear from another only *what is felt by you*, without saying anything.
 20. **Underestimation.** Do not force the introduction of ideas from another into what you are already *accustomed to think*, in an obvious lateral sub-evaluation or tendentious analysis.
- Discernment.** Only *item 6* indicates the correct way to listen with discernment.

55. SELF-DEFENCE IN THE FACE OF ANTAGONISTIC ENERGIES

01. **Flows.** It is impossible to live an intraphysical existence without receiving flows of contrary or antagonistic energies from people, consciences and subhuman animals.

02. **Communication.** A conscientiologist while communicating the findings of Conscientiology within the binomial *instructor-student*, during lessons, seminars and debates, always receives loads of antagonistic energies against them and their personal work of liberating consciousnesses.

03. **Narrow-mindedness.** The impact of Conscientiology's leading edge relative truths (verpons) generates consciential energies, in those who are excessively narrow-minded, neophobic or under the influence of *sub-brainwashings*, against the communicator of these truths.

04. **Indoctrinations.** This is a spurious product of repressions, sacralisations and conditioned reflexes originating from *musty conservative doctrines*.

05. **Conflicts.** The victims of poorly-resolved conflicts, those emotionally intoxicated by themselves, also seek to unload their frustrations onto the expositor of the renovating ideas that demand traumatizing changes from them. (See Bib. 4740).

06. **Object.** These 2 types of personalities commit a crass error of object: they are attacking the debater or the transmitting person with all of their ego defence mechanisms, as opposed the ideas or arguments conveyed by the instructor or informer.

07. **Serenity.** The conscientiologist must be prepared to serenely understand those primary reactions, the ideological patrollers and reactionary agents.

08. **Retaliation.** One should never retaliate against antagonistic loads with other low-level sexochakral or anticosmoethical, frustrated, emotional or energetic loads.

09. **Confidence.** Firstly remain confident, without any fear of the negative effect of the flows of consciential energy that will be received.

10. **Deassimilation.** Extraphysical assistance, defensive auric couplings and the deassimilation of foreign energies act efficiently to neutralise those disturbing occurrences when they are indisputably intentional and premeditated.

11. **Aggressiveness.** In extreme cases, where certain *didactic aggressiveness* needs to be used, the conscientiologist has to maintain mental hygiene in order *to not think badly* of the person, neither during nor after the interconsciential energetic attacks.

12. **Expositions.** The ideal defensive resource will always be the clarification of delicate subjects and the consequences in people, through logical arguments, with self-discernment (mentalsoma) and without emotionally loading (psychosoma) explanations.

13. **Holomaturity.** That energetic-didactic-therapeutic-emotional-intellectual method can be characterised by the act of *obtaining an overview of others' frustrations* with the application of maxifraternity and the consciousness' integrated cosmoethical maturity.

14. **Keys.** The conscientiologist's competence and energetic control, are the intelligent keys to solve all the causes and effects of antagonistic energies from other consciousnesses. *CE moulds the consciousness' holothosene and self-thosenity*.

56. TECHNIQUE TO REGULATE THE SUPPLY OF LISTENERS

01. **Facts.** *The facts of conscious projection are self-persuasive, they speak for themselves.*
02. **CPs.** Nobody can live without producing unconscious consciential projections, at a minimum, every night while resting the soma (body).
03. **Projectiology.** Projectiology is inevitable in the evolution of consciousnesses.
04. **Self-deliberation.** Each consciousness through cadenced self-evolution, now or on a certain day in the future, here or there, wanting to or not, will begin to understand and, through their own will, deliberately produce the phenomenon of lucid consciential projection.
05. **Prioritisation.** Integrated maturity, self-discernment and intelligent prioritisations should come to the fore in the projects of those who explain Projectiology.
06. **Cosmoethicology.** Cosmoethically if we should not indoctrinate anyone; cosmoethically we should also not deceive others, causing them to lose time, opportunity and consciential energies with themes they are not yet prepared to understand.
07. **Logicity.** Logic from the mentalsoma recommends: “verbal arguments are no use against facts”, sugar-coating pills, or “trying to hide the sky behind a sieve.”
08. **Ideas.** The relativity of the mass marketing of transcendent ideas is an obvious fact, but it is of no use to promote evolutionary rape by forcing a consciousness’ level of discernment: not even a *Homo sapiens serenissimus* gets to do that. (See page 749).
09. **Maturity.** Maturity is not compatible with wasted effort, countless repetitions of experiences, or the loss of evolutionary opportunities in human life.
10. **Renovation.** In any public lecture, the *quality* of the sum of ideas matters more than the quantity of listeners. The only thing of value here are the renovating concepts.
11. **Mentalsomatology.** Informing conscins of leading edge relative truths (difficult and not likeable) from the mentalsoma, takes priority over the old, emotional, *show-business*.
12. **Advantage.** If a person is not mature enough to *metabolise* the meanings of a presentation through the mentalsoma, it is a waste of their, and your, time and CE, if they remain in front of you pretending to listen to you and all of your argumentation, rhetoric or speech.
13. **Technique.** The technique of regulating the supply of *listeners* can be cosmoethically employed due to the limitations of a cramped auditorium when no entrance-fee was charged.
14. **Repression.** Here are 4 more explosive *themes* able to generate the selection, or spontaneous exclusion, of listeners who still have an excess of repression, castration and *latrinas*:
 - A. “The indefensible immaturities of Jesus of Nazareth, or the person called *Christ*”.
 - B. “The influence of *interconsciential intrusion* in this still pathological Socin”.
 - C. “The 1001 current immaturities regarding (human) *homosexuality*”.
 - D. “The overvaluation of human diets: meat versus *vegetarianism*”.
15. **Parapsychism.** Clairvoyant presenters can *console themselves* by observing the larger *extraphysical audiences* that always attend the debates on major Conscientiology subjects.

57. TEST OF YOUR FORWARD-LOOKING KNOWLEDGE

Conscin. When seen from an extraphysical perspective a conscin, as an *inter* or *multidimensional* being, can be approached by 5 types of consciousness, or elements of a Sociex:

1. **1st Desoma.** A consciex who only passed through the deactivation of the energosomatic connections (*silver cord*). They may be in a condition of *post-desomatic* parapsychosis and *melex*.

2. **2nd Desoma.** A consciex who passed through a complete deactivation of the energosoma.

3. **Parabrains.** A consciex who leaves their psychosoma resting and communicates directly using the isolated mentalsoma, through parabrains-to-parabrains consciential waves.

4. **LP of the Psychosoma.** A conscin lucidly projected through the psychosoma. A not very common fact that nevertheless constitutes the most frequent projective phenomenon.

5. **LP of the Mentalsoma.** A conscin lucidly projected directly through the mentalsoma. A very rare occurrence. Through this procedure the supreme condition of cosmoconsciousness is attained.

Self-experiences. There are experiences, or interdimensional experiences, that strictly speaking are not always entirely ineffable. These can only be experienced by a conscin themselves, with the existence of other conscins and consciexes, their opinions, help or other techniques being of little use. For example: the identification of personal energetic signals (*energomatic signals*); the identification of personal animic and parapsychic signals (*parapsychic signals*); the experience of cosmoconsciousness; and healthy self-retro-cognitions.

Conscientiology. Whomever is motivated by self-knowledge techniques and consciential openness, can satisfactorily master all the experiences cited here through the theoretical and cosmoeethical self-research offered by Conscientiology.

Evolution. An even higher level of intimate evolution in intraphysical life can lead a conscin to conflicts. In Socin with all your patrimony of transcendent experiences, which are above the average for human beings, you can one day feel like a foreign body, an exotic plant or a fish out of water, going against the flow of the water, on a collision course (*foreigner syndrome*).

Groups. From there the principle of groups are born, bringing the challenging reality of the evolutionary duo, *rexis*, *invexis* and a long series of intraconsciential conquests.

Entropy. During a positive growth crisis, a conscin has to think with holomaturity, avoiding to live like a *miner of depression*, who weakly affirms: “I feel so fragile”. Or like that self-pitying person who only uses augmentatives to dishearten: “I am super-weak”. Or as with that conscin who is unable to boldly demonstrate well-being, with a positive disposition, as they are dominated by the infantile dread of *others’ envy*. Who acts this way, is still confined to the consciential basement, *trying to hug smoke, write in water or build in the clouds*.

Test. As a rule, someone fears another’s *evil* because they have carried that evil in their own intimacy for a long time. According to the dictates of natural Human Physiology, your eyes and feet point to the front. (See Bib. 4672).

58. TEST OF A CONSCIENIOLOGIST'S GOOD HABITS

Test. Here are 20 questions regarding qualifications, or personal good habits, that are logically assumed to be natural for a conscientiologist or a veteran conscientiologist:

01. **Archivology.** Do I maintain a specialised archive of clippings, personal communications, photocopies, notebooks, CD-ROMs, practical field books and guides?

02. **Assistanciality.** As they are tools of useful work, do I produce auric couplings and sympathetic assimilations (symases) in favour of other people?

03. **Autodidacticism.** Will I experience schooling, with *multidisciplinary autodidacticism*, from at least 1 higher education course for the rest of my intraphysical life?

04. **Bibliographies.** Have I composed bibliographical annotations over my entire life?

05. **Bioenergetics.** Do I always release pacifying and self-defensive CEs, or consciential energies, with the triggering of a VS, or vibrational state?

06. **Registers.** Do I make lists and collect addresses, questionnaires, tables, enriching accounts, selected biographies, reports and dates?

07. **Communicability.** Do I fluently dominate 3 practical languages in the day-to-day?

08. **Cosmoethicology.** Do I constantly exercise lucid cosmoethical self-incorruptibility, where and when possible, intra and extraphysically?

09. **Debates.** Do I participate in verbal and written debates, round tables, brainstormings and the discussion sections of reputable publications?

10. **Didactics.** Have I already attempted personal didactics, lecturing or teaching a theoretical and practical course of Projectiology or Conscientiology, even if elementary? (See page 114).

11. **Enumerations.** Do I have the habit of logically listing technical observation and research materials? *Discernment is to research an anthill without sitting on it.*

12. **Readings.** Do I keep growing my personal library with selected works?

13. **Mentalsomatology.** Do I technically organise written leading edge ideas?

14. **Microinformatics.** Have I attained the cybernetic condition of a disciplined, productive and efficient digitiser (pc user) in the constructive use of microcomputers?

15. **Participation.** Do I permanently perform activities that liberate conscins and consciexes with polyvalence, awareness of the team and a sense of community?

16. **CPs.** Do I produce, even eventually, CPs or conscious projections?

17. **Research.** Do I maintain, without sacrifice, increasing self-motivation and critical interest for the leading edge relative truths of Conscientiology?

18. **Publications.** Have I already published at least 3 technical articles that received independent heterocriticism from erudite personalities or competent specialists?

19. **Writings.** Do I always write down original ideas and comments in a disciplined way?

20. **Trips.** Do I know at least 3 countries in a universalistic way, beyond a touristic awareness, solely for fun, as a neglected hobby or as part of a *mediocre herd of tourists*?

Test. Which of these habits have you already incorporated, without sacrifices, into your life?

59. SIGNALS OF NON-VERBAL INTERANIMAL COMMUNICATION

Thosenes. A consciousness controls the *subtle irradiations* of their thosenes, through the energosoma, psychosoma and mentalsoma; but the consciousness also commands the body of flesh and its respective *physical irradiations* in all human circumstances.

Signals. These 19 signals almost always characterise non-verbal communicability:

01. **Arms.** Arms opened while greeting someone, displays the person's sincerity.
02. **Coat.** When standing firmly holding the two lapels of a coat (jacket) you are confessing the sexism you always vehemently denied, a characteristic of common *Homo erectus*.
03. **Embrace.** Even without entering into the merit of your *multiseriexis autobiography*, the CE, or warmth of your good embrace, generates another hug from the person you hugged.
04. **Empathy.** Through the *subconscious empathy* of your gestures, attitudes and postures you allow people to read you, *like an open book*.
05. **Eyeglasses.** By taking off your glasses and putting one of the temples in your mouth you are buying *time to assess* the circumstances or conjunctures.
06. **Feet.** Sitting, cross-legged and kicking the air with your foot several times, announces your impatience to the world around you.
07. **Fingers.** You reveal astonishment when widening the eyes and putting fingers to your mouth.
08. **Gesture.** Your doubt appears in the gesture of rubbing an eye.
09. **Hands.** Hands on your hips suggests ease and readiness; crossed behind the back shows personal authority; rubbed together may indicate the depth of the unbridled anxiety of fervent adrenaline.
10. **Head.** While seated, resting a leg on a knee and crossing your hands behind your head, conveys that you are judging yourself as superior, *the greatest of mortals*.
11. **Index finger.** An index finger on an eye, or near the nose, says you are making a *critical evaluation* of the subject at hand.
12. **Legs.** A leg over the arm of a chair attests to indifference. Both legs straddling the back of a chair demonstrates prepotence.
13. **Necktie.** You can show obvious vanity when adjusting the knot of your tie.
14. **Odour.** Your personal smell seduces or repels the living beings near you.
15. **Self-defence.** Crossed arms emphasise a personal *self-defensive position*.
16. **Smile.** A smile gives voice to the deaf (mute). However, even a mere smile, when nervous, can already generate extreme discomfort and embarrassment in other people.
17. **Touch.** A handshake with both hands shows the political level of the person.
18. **Walk.** You inform an attentive observer of your depression, decision, preoccupation or exhibitionism, merely by the way you walk (gait).
19. **Word.** Every personal gesticulation, grimace, mannerism, twitch or wave is a word from a conscin's non-verbal interanimal language, anywhere.

Subhumans. *Even subhuman animals express emotions without speaking.*

60. THEORICE OF INTERCONSCIENTIAL COMMUNICATION

Resources. Between the dimensions of life interconsciential communicability operates through 3 resources: devices, mediums (sensitives) and conscious projectors.

1. **Devices.** An *interchange* between consciousnesses using non-living physical instruments occurs via electric or electronic mechanical devices: telephone; recorder; radio; answering machine; television; computer monitor; word processors; and specific instruments, like the *Spiricon* and *Vidicom*. It is expected that such devices, and the *electronic voice* phenomenon, will be more trustworthy in the future. For the time being it is not possible to recommend any type of instrument, like a telephone, for use in interdimensional communication in the waking state. This is the most precarious means of interconsciential communication among the 3 types that function. Large *laboratory equipment* is useful to verify hypotheses; but they are not able to create truly new theories.

2. **Mediums.** An *interchange* between consciousnesses using living conscious or unconscious instruments, occurs via human beings or even more rarely via subhuman animals. Sensitives (intermediaries; channellers) from the most diverse genres of parapsychism act here: clairvoyance, clairaudience and others. The two most used modalities are psychophony and psychography. Pure mediumistic communication from a consciex, or extraphysical consciousness, is very difficult as there is always interference from the human sensitive's animism, even when they are unaware of the parapsychic procedures. As a *prosthetic communication* system it is precarious, unreliable, *second-hand*, indirect, via a third party and only in the *extraphysical vicinity*.

3. **Projectors.** An *interchange* between consciousnesses using *conscious* human projectability, occurs with and through the interested party, via direct personal experience, eliminating these 5 previously referred to intermediaries: human, subhuman, electronic, electrical and mechanical. *The most advanced extraphysical encounter is an interview with a Serenissimus.* CP temporarily extracts the conscin from human life. It is not merely a form of communication, it is the *direct experience* of a conscin in another consciential dimension. From among the 3 types of interconsciential communication it is the most trustworthy.

Ideal. Strictly speaking none of these 3 means of interconsciential interchange offers complete security to a *group* of conscins. Intrapysical life itself is specifically individual. The direct, lucid, personal, projective form of interconsciential communication is the ideal as it eliminates intermediaries. Logically the undeniable importance of lucid projectability and Projectiology arises from there. Do you want to know another new world? To communicate to other consciousnesses without the human body? It is best to directly see this new world for yourself, with your own *paraeyes* during a lucid projection.

Conscientese. The ideal would be to transmit this text to you through conscientese or recorded on an *electronic card*. Forgive the incompetence of this author. Today we do not have the skills to do this and so we use the computers' word processor.

61. TEST OF YOUR VERBAL CONSCIOUSNESS

Procedures. Here are 25 technical procedures within the theory and practice (theorice) of conscientiological or *laringochakral* verbal expression:

01. **Citations.** Avoid an excess of other people's citations, examples and cases.
 02. **Colloquialism.** Speak off the cuff when necessary and where useful.
 03. **Communicability.** Enable the relationship through interconsciential communication.
 04. **Debates.** Organise meetings, brainstormings and public debates if necessary.
 05. **Diction.** Improve the personal characteristic nuances of your diction.
 06. **Didactics.** Refine and potentiate acceptable resources and didactic supports.
 07. **Epicon.** In order to usufruct the *extraphysical monitoring* you receive, relax your intimate condition to predispose your parapsychism. (consciential epicentrism).
 08. **Energosomaticity.** Keep the laringochakras' energetic channels open so as to maintain empathy and an elevated interest in your personal communication in any place.
 09. **Frontochakrality.** In every interconsciential *visual contact* get as much as possible from the frontochakras' bioenergies, or from each look.
 10. **Gesticulation.** Improve your personal gesticulation and all corporal behaviour.
 11. **Holothosenity.** Use the 2 palmochakras to track the *environmental holothosene*, to sanitise and *parasanitise* the volume of the sound of your voice in the environment.
 12. **Intellectuality.** Thoroughly plan scheduled public lectures and intellectual activities in advance and without mental laziness.
 13. **Interviews.** Actively participate in meetings and interviews by asking questions.
 14. **Logicity.** Order a verbal exposition in ideal logical sequences.
 15. **Media.** Be specifically prepared for each *communication medium* to be faced.
 16. **Mnemotechnique.** Eliminate *mental blanks* in interconsciential communications.
 17. **Phonetics.** Pronounce the English, or the language you are using, with reasonable correctness, without errors of consonance, government and other mistakes (phonemes).
 18. **Public.** Combat infantile inhibition regarding speaking in public (unhealthy stress).
 19. **Self-organisation.** Be mentally organised in presentations so you can synthesise the subject in a few lines, in an initial or final summary or *abstract*.
 20. **Self-production.** Improve your personal visual and intellectual appearance in general.
 21. **Speech therapy.** Polish each detail of the emission of your strong, firm voice.
 22. **Tachypsychism.** Take advantage of every unexpected incident within the environment and atmosphere created by the energetic, gestural and oral exposure (rapid self-thosenity).
 23. **Thosenity.** Correct your personal posture when exposing your thoughts from a specific *power place*, controlling all the spectators' or participants' interventions.
 24. **Vocabulary.** Enrich your personal colloquial vocabulary or *cerebral dictionary*.
 25. **Voice.** Constantly hold your line of self-explanation through your voice.
- Test.** When facing a listening audience do you have *positive* or negatives stresses?

62. TEST OF YOUR GRAPHIC CONSCIOUSNESS

Arguments. Here are 20 useful arguments for those who write about Conscientiology and desire to polish their graphic consciousness through their new energosoma and soma:

01. **Scientist.** A scientist is not a writer, nor literary. Their universe is science.
 02. **Article.** A scientific article is never a soap opera or a mere small literary chronicle.
 03. **Memory.** Don't rely on memory to write: record information, scientific notes and findings. The *dictionary* and *vade mecum* must forever be your personal friends.
 04. **Phenomenon.** To describe a phenomenon the researcher needs to know it well. Avoid only asking, first and foremost always prefer to *respond* when you can.
 05. **Consciousness.** A consciousness is defined by personal consciential energies (CEs), words, gestures and actions. Observe the minute details of growing self-thosenity.
 06. **Form.** *The form must never harm the content of scientific information.*
 07. **Exactness.** In spite of living on a planet with more than 10 thousand *unwritten languages*, we always have a unique written word to most accurately express a given desire.
 08. **Word.** Generally, a specific word exists to *define* a thing or situation.
 09. **Style.** The right word should not be substituted for another, less suitable word only to benefit the stylistic elegance of a scientific report. The *frame* is not the canvas (message).
 10. **Simplicity.** In any type of interconsciential communication simpler words should be preferred over the inflated, but without fear of technical erudition.
 11. **Idea.** Whenever possible, each phrase from a conscientiologist should contain a specific idea; and each paragraph a complete reasoning. *Logic* demands limpidity in the ideas.
 12. **Phrases.** Short phrases are much more efficient than long ones.
 13. **Opinion.** Opinion based in facts is much stronger than merely adjectival opinion. *Science* is based on facts and the accumulation of findings.
 14. **Time.** The majority of phenomena do not occur at a scheduled time.
 15. **Sub-information.** Avoid giving *information* in halves, or in other words, *sub-information*, or often, mere *disinformation*. Sub-informing is an anticosmoethical act.
 16. **Anti-information.** *Anti-information* - or *antinews* - always explains *what did not happen*. Frequently it is an effect of the Parapathology of an exacerbated imagination (imagery).
 17. **Emotion.** Avoid letting yourself become enveloped by emotion when performing the work of clarifying consciousnesses (claritask). The *consoltask* is very different from the claritask.
 18. **Multitude.** Among crowds there are on average 4 people in each square meter and *each has* a minimum of high-level thoughts. This does not include the consciexes.
 19. **Library.** Scientific research *always* starts and *always* finishes in a Holotheca.
 20. **Attention.** The here and now of mass communication only offers consciential *fast food*. Every *crowd* tends to the lowest common denominator. Complete attention is always not enough.
- Test.** Cosmoethics supplies you, as a writer, with a very pertinent practical question, that has a high level of self-discernment: - Will I be ashamed of this text in the next decade?

63. TEST OF YOUR INTERCONSCIENTIAL DISAPPROVALS

Discernment. It is not easy to live a discerning intraphysical life with the psychosoma. *Taking attitudes of healthy disapproval always demands great skill.*

CEs. These attitudes need to be well articulated in order to not absorb excessive amounts of intrusive and troublesome CEs from others (unconscious symases).

Assimilations. There are all kinds of disapprovals. We can establish auric coupling with people and at the same time prevent unhealthy energetic assimilations. Everything is a question of conscientiological technique and personal performance.

Evaluation. In researching your own feelings with sufficient self-critique, you can evaluate if, more recently - in the last month for example - you took some disapproving attitude equal to these 11 postures very characteristic of *Homo hostilis*:

01. **Anathematisation.** To fulminate with *anathema*: to curse; to excommunicate a person; to cast a spell on somebody; to exorcise; to threaten with *hypnotic CE*.

02. **Disrespect.** To *disrespectfully* repulse: to close the door in *someone's face*; to violate the right of a fellow being to think; to give someone a pejorative nickname.

03. **Exprobration.** To *arrogantly* object: to maintain an icy reception; to preach a proselytizing sermon; to threaten somebody through doctrinal or inculcating catechetics; to exprobrate.

04. **Hypercriticism.** To *hypercritically* rebuke: to burst into an uproar against somebody; to raise a formal protest against a person; *to spew anger*; to trample over.

05. **Hypocrisy.** To *hypocritically* censure: to apply the philosophy of unhealthy *criticising and then praising*, producing sneering laughter at the beginning and gentle advice later; to vehemently condemn an act, but then to conclude “there is still time” and “not everything is lost”.

06. **Inculpation.** To *accusingly* disparage: to remind somebody of their duty; to take back a neglected obligation; to solemnly rebuke; to attribute guilt.

07. **Injury.** To *injuriously* imprecate: to make offensive accusations to a person; to demonstrate obscene or debauched gestures; to *send someone packing*; to be extremely offensive.

08. **Irony.** To condemn with *an unpleasant look*: to scowl; to grimace; to give a look of askance; to look away; to smile with patent irony.

09. **Negligence.** To *carelessly* abhor: to bypass a person; to put somebody in a corner; to disdainfully turn your back on a peer. (See page 308).

10. **Sarcasm.** To *contemptuously* recriminate: to shrug the shoulders; to turn one's nose up at somebody; to hold a person in low or no regard; to laugh sarcastically.

11. **Vandalism.** To *vandalistically* execrate: to throw rotten eggs at somebody; to perform a *public burial* of a still living person; *to thunder* against a person's eardrums.

Thosenity. If you took some of those disapproving attitudes, observe: - How was it? And after? What effects occurred? Today, 30 days later, what are the consequences? Then you will have the results of the quality of how you cosmoethically live with self-thosenes in the ordinary existence. (See page 388).

64. TEST OF YOUR INTERCONSCIENTIAL RELATIONSHIPS

Self-view. The majority of people want to have better extraphysical assistance. This is a perfectly natural and acceptable reaction. We generally see ourselves from the best possible perspective. But how others (conscins and consciexes) see us does not always coincide with our own view of ourself, or the self-image maintained by the conscin.

Judgments. It is better to know ourselves objectively and with this, in the near future, have the possibility to eliminate undesirable qualities and to strengthen what our *intrapysical judges* (conscins) and *extraphysical judges* (consciexes) recommend be improved, through their *coincident judgments*, or explicit or anonymous consensuses.

Relations. If, as a conscin, you *do not maintain* good relations with other conscins in daily life, how is it possible to maintain good relations with extraphysical consciousnesses (helpers) whenever lucidly projecting from the soma? It is useless to just ask for extraphysical assistance. *To be well assisted from the extraphysical dimensions it is necessary to have merit.*

Self-critique. Here are 20 characteristics, in the form of questions, of relations with people (conscins) for you to interrogate your own consciousness, or in other words, to perform a maximum critical self-evaluation of your interconsciential relationships:

01. **Ambiguities:** Do I live with sufficient diplomacy? (Inevitable ambiguities).
02. **Antimisanthropy:** Do I truly like people and subhuman animals?
03. **Climate:** Do I pleasantly govern personal acts? (Interconsciential climates).
04. **Coexistence:** Do I attentively care for my intraphysical appearance? (Essential hygiene).
05. **Cordiality:** Do I present myself as being reasonably amiable to others?
06. **Cosmoethicology:** Do I demonstrate cosmoethical flexibility? (Healthy self-compromise).
07. **Education:** Do I live with sufficient discretion? (Interconsciential respect).
08. **Extroversion:** Do I have an entertaining spirit when amongst a group?
09. **Maturity:** Do I have justifiable optimistic serenity? (Consciential health).
10. **Maxifraternity:** Do I demonstrate that I am open to the approach of others?
11. **Mentalsomatology:** Do I express myself objectively, without exaggerations or obscurities?
12. **Mood:** Do I have an unhostile sense of humour? (Predisposed to fraternity).
13. **Neophilia:** Do I exemplify good adaptation to human situations and new ideas?
14. **Parapathologies:** Do I suffer from complexes? (Pathologies of the brain / parabrains).
15. **Polykarmality:** Do I live oriented by a dignified cosmoethical consciential objective?
16. **Self-control:** Do I present acceptably balanced sensibleness?
17. **Self-discernment:** Do I firmly maintain the personal principles I live by?
18. **Self-incorruptability:** Do I live showing that I am a just being? (See Bib. 4738).
19. **Self-sufficiency:** Do I demonstrate self-confidence in evolutionarily critical moments?
20. **Sociability:** Do I keep myself in the condition of being good company for everyone?

Test. Through this *test of introspection* you can sensibly conclude if you deserve assistance from evolved extraphysical helpers or not. What conclusion did you arrive at?

65. TEST OF THE SCIENCE OF RECONCILIATION

01. **Soma.** There are conscins who do not arrange enough intelligence to prevent the putrefaction of their soma while still consciously living in it. For example: those who maintain a sedentary lifestyle; those who smoke; those who are intoxicated with excessive drink or drugs; and - more importantly - those who have not reconciled with their adversaries. Disaffection prematurely ages and kills the human organism.

02. **Multidimensionality.** A more intelligent intraphysical life is one beginning with the peaceful predominance of a circle of *interconscin relations*, and finishing with the peaceful predominance of a circle of *interconsciex relations*. This is the inevitable course of a consciousness' multidimensionality: we amplify our list of extraphysical helpers, including many conscin friends from our youth and old age, that are today again acting as consciexes in the *post-desomatic* intermissive period.

03. **Evolution.** Friendship is wisdom. To love is to recognise the evolutionary level of another conscin, the object of affection. To maintain an honest and *lasting* friendship is more difficult than a *temporary* passion. A *smile* constructs. *Man* is the only animal capable of laughing.

04. **Understanding.** No pre-serenissimus consciousness is perfect. We all need mutual understanding regarding our outbursts of immaturity. A lack of reconciliation delays the evolution of any consciousness, in spite of their talents.

05. **Reconciliation.** Healthy retrocognitions indicate the fact: we all spend numerous intraphysical lives merely learning to reconcile with companions from the evolutionary group. This is due to negative traces remaining from the groupkarmic interprisons of our millennial past.

06. **Science.** The science of reconciliation should be taught from the beginning of high school. We all would gain from this within our current Human Society.

07. **Foreigners.** Strictly speaking, on the evolutionary route neither you nor this author lives with strangers or foreigners. *All friendships have multimillennial bases*. We all know each other very well, and have done for a long time. Self-retrocognitions evidence this fact.

08. **Population.** It is always a self-corruption, or anticosmoethical, to appeal to the increase in the terrestrial demographic index as an excuse. Every groupkarma is always composed of millions of consciousness, and has been for thousands of centuries. (See page 624).

09. **Backwardness.** Within the composition of the groupkarma, are you ahead or behind? Are you still obliged to use this current, critical, human life for *belated reconciliations*?

10. **Arena.** Do you get along well with your mother, father and consanguineous siblings? Every multiexistential reconciliation starts from there: in the *home arena*, the nuclear family.

11. **Concepts.** In this case, has the edition of your *personal affective dictionary* still not been revised? Do you still live the concepts and actively use anachronistic and *pathological words* like, for example: *enemy, anger, hatred, rancour, retaliation* and *revenge*?

Test. The answers to these questions gives you the degree of the current dynamisation of your consciential evolution through the psychosoma, or emotional parabody.

66. CONSCIENIOLOGICAL TECHNIQUES FOR A BETTER LIFE

Motives. At our evolutionary level these 10 basic motives inspire the creation of thosenes by conscins and impel essential human actions. Conscientiology presents them in order for you to achieve the objective of each, at a mature evolutionary level:

01. **Survival.** *Eagerness* regarding physical survival: through a career chosen with discernment you dedicate yourself to fulfilment of the *trinomial motivation-work-leisure*. This is able to guarantee dignified socioeconomic survival in Socin without the indignity of subjugations or parasitism. (See Bib. 4754).

02. **Fear.** *Eagerness* to be free from all fear: by eliminating the fear of death - thanatophobia, the mother and father of all fears - through extraphysical experiences, you permanently liberate yourself from the tormenting fears and phobias generated by the abdominal sub-brain of common people (existential robotisation). *Wisdom is characterised by an absence of fear, including the fear of competition.*

03. **Protection.** *Eagerness* to protect against the worst: through VSs you acquire energetic self-defence in any dimension where you manifest (enerspring), minimising intrusions on yourself and eventually attaining permanintfreeness.

04. **Sex.** *Eagerness* for sex: through consciential openness against repressions and inhibitions you can achieve the maturity of self-sexuality, this includes the deliberate technical enjoyment of advanced hologasms. (See page 249).

05. **Love.** *Eagerness* for pure love: through holomaturity and Cosmoethics, beyond the now out-dated emotional adventures, you constitute an evolutionary duo within the groupkarma that is able to offer pacifying mature affection due to the joint service of the 2.

06. **Health.** *Eagerness* for greater health: through self-mastery of the energosoma you assimilate techniques for bioenergetic compensation, perform self-cures of mini-illnesses and maintain your chakras unblocked.

07. **Immortality.** *Eagerness* for immortality: through CPs (conscious projections) you have proof that only the soma is deactivated upon physical death; the consciousness continues to live, manifesting itself through the psychosoma, convincing you of your own immortality.

08. **Self-determination.** *Eagerness* for self-determination: through greater knowledge of the consciential microuniverse you acquire consciential self-organisation and self-control. This makes you attain maturity of your freewill, knowing your own objectives, liberating yourself from dependencies, sacralisations, gurulatries, myths and superstitions.

09. **Self-expression.** *Eagerness* for self-expression and personal success: through the prioritisation of your identified megastrongtrait and hyperacuity - recuperating important cons - you seek extraordinariness based on the claritask and even recexis, or existential recycling.

10. **Fame.** *Eagerness* for popularity and fame: through multidimensionality you nourish more constructive and consistent ambitions, thus losing interest in becoming an *encyclopaedia entry*. Instead, you desire to fulfil consciential gestations and be a lucid completist.

67. TECHNIQUE TO OPTIMISE STUDIES

Fatigue. *Intellectual fatigue is among the greatest problems that keeps Socin still pathological.* Here are 20 guidelines for you to take advantage of Conscientiology studies:

01. **Health.** Keep yourself in good physiological shape, eliminating *physical defects* that impede mental activity: defective sight; auditory deficiencies; tooth decay; adenoids; poor diet; lack of sleep; psychological exhaustion and others.

02. **Place.** Create a *working environment* favourable to study: light; temperature; humidity; clothes; chairs; place; fresh air; relative silence and others.

03. **CEs.** Accustom yourself to study in the *same place* at the *same time* after a rapid balancing movement of CEs, or consciential energies.

04. **Habits.** Acquire the habit of fixing *attention* without spurious interferences.

05. **Concentration.** Dedicate intense *mental concentration* on what is to be studied.

06. **Attention.** Do not allow your own *attention* to start confusing or worrying you.

07. **Intentions.** Realise all studies with two intentions: *to learn and to remember.*

08. **Autodidactism.** Always have a very clear notion of the *autodidactic* objective.

09. **Topic.** Conduct a preliminary examination of the projectiological *topic* being studied at that moment: books; magazines; articles; cuttings; discs; personal notes; or the internet.

10. **Knowledge.** Invest the greater part of your time and attention in the *weak points* of your knowledge, include an enumeration of questions, themes, problems and hypotheses.

11. **Mentalsomatology.** Prolong the duration of study periods so you keep yourself *neuronally warmed up*, without boring or tiring yourself.

12. **Sign.** When interrupting studies, leave a *specific mark* so you can quickly recommence where you stopped, without losing time or effort.

13. **Examples.** Develop *your own concrete examples* (hooks) for all the general principles and rules of Conscientiology and Projectiology.

14. **Paragraphs.** Mentally recall each *paragraph* after reading it, where appropriate.

15. **Markings.** When the books are yours do not hesitate to definitively, *extensively mark* them to emphasise the essential ideas. That effort is valuable for the rest of your life.

16. **Scheme.** Design a personal *scheme*: maps; graphs; diagrams; drawings; paintings; tables; and enumerations; when you desire to dominate extensive complex material.

17. **Scope.** Apply knowledge how and when possible, in practical daily activities: facts; *comparisons*; cases; and examples.

18. **Learning.** If you do not encounter rational associations in the topic being studied, devise - for yourself - an entire *artificial scheme* to learn and remember.

19. **Memorisation.** Do not hesitate to *memorise* word by word, date by date, formula by formula, if there is no better way; but remember there are already computers for that.

20. **Mnemotechnique.** Utilise *3 tips* to learn to remember: read aloud; read rapidly; seek to learn the whole and not the parts.

68. PSYCHOPHYSIOLOGICAL SELF-RELAXATION TECHNIQUE

Definition. Psychophysiological self-relaxation - of nerves, muscles and mind - is the gradual voluntary act of relaxing the entire soma and your mind (mental passivity). This allows the release of the energosoma and, then, the psychosoma carrying the intraphysical consciousness, in the development of a lucid consciential projection.

Technique. Here, in 10 sequential steps, is the psychophysiological relaxation technique. This is capable of working for all types of conscin, and should be applied over a 30 minute period:

01. Isolate yourself in a closed room where you will not be disturbed while practising the exercises. Be naked or wear light, loose clothing.

02. Lie on a bed or sit in a comfortable armchair. Close your eyes.

03. Tense your muscles and count from 1 to 5, slowly. Then, relax for 20 seconds before exercising another group of muscles. Do not contract the muscles with all your strength, simply tense them.

04. Once you have initiated the state of self-relaxation do not yield to the inconvenient urges to itch yourself, dry-swallow, clear your throat, cough or move your fingers and joints.

05. Contract and relax each group of muscles two or three times. Try to inhale while contracting, hold your breath while counting and exhale while relaxing.

06. Focus attention on the sensation of alternately contracting and relaxing the muscles of a specific body area. Keep the rest of the soma still.

07. Tell yourself that your entire being is located solely in that part of the soma you are working on. The technique should simultaneously constitute a mental exercise, primarily, and thereafter, an organic, physical exercise.

08. Abruptly tense and relax, beginning with the muscles of the fingers, then the hand, the forearm, the biceps, of one side and then the other. Do the same with the muscles of the head, starting with the top of the head (crown or sinciput).

09. After that, tense and relax the muscles of the face, the forehead, the eyes, the eyelids, the cheeks, the chin and the mouth. After that, tense and relax the muscles of the neck, the back, the shoulders, back and front; and also the chest and then the abdomen.

10. Finally, tense and relax the muscles of the buttocks, the legs, the feet, the toes, first on one side then the other.

Results. Do not expect immediate results the first time that you practice progressive muscular self-relaxation. Seek to learn, little by little, the most effective procedures that work best for you, through daily exercises over two weeks.

Sleep. Avoid doing the self-relaxation exercises at night, because they induce sleep. You can end up sleeping tranquilly without consciously projecting. In this case a consciential para-comatose can take charge of you.

Insomnia. Employing gradual muscular self-relaxation eliminates insomnia. Lucid projectability has been a goal unattained by humanity, as a whole, for millennia.

69. MENTAL SELF-CONCENTRATION TECHNIQUE

Will. A determined will (self-volition) becomes inevitable and irreplaceable in the intelligent acts of a consciousness. Strictly speaking, all the qualities necessary to equip a competent conscious projector are summarised in one single item of your consciential equipment: your *granitic or sideritic*, unbreakable will.

Definition. Mental self-concentration is the undistracted direct focussing of your own senses and conscious *mental faculties*, on a single subject, through a dynamic and powerful engagement of your will utilising the consciential pointer.

Evidence. There is old laboratory evidence: the *consciousness' concentration* can influence the molecular structure of water, metals, mercury in particular, and the cells of the soma. With mental concentration even *mutism* can be communicative.

Concentration. *To concentrate mentally is to live with greater intensity.* True mental concentration enables you to not hear the blasts at an enormous, nearby quarry.

Shift. Knowing the precise time *to shift mental gears*, either when you must cease concentrating or when you must concentrate, constitutes a key to voluntary conscious projection. This includes the psychosoma's lucid take-off, for instance, and projections with continuous lucidity.

Technique. Here is a mental self-concentration technique that can induce you to project beyond the soma with lucidity. These 9 steps are capable of working for all types of conscin:

1. Isolate yourself in a closed room where you won't be disturbed while practising the exercises. Remain naked or wear light, loose clothing.
2. Place a small lit candle on a wide plate - so as to prevent a fire - on one side of the room.
3. Sit in a comfortable chair, or a spacious armchair, about 3 meters from the candle on the plate. Maintain a straight back and rest your hands on your thighs.
4. Darken the room completely. Leave only the light of the burning candle.
5. Intently fixate on the burning candle ahead of you. Concentrate on the candle until losing awareness of the rest of the physical universe around you.
6. For you, at this moment only two things exist in the world: you and the candle. The candle is an extension of you, of your soma and of your consciential microuniverse.
7. While facing the burning candle, when you feel normal awareness becoming suspended, first imagine, or visualise, the psychosoma moving out from the soma toward the burning candle. After, *feel* the exit and movement toward the candle.
8. The exercises should be practiced with the maximum impulsion from a resolute, unbreakable, hyperdynamised will.
9. If desired you can focus on the frontochakra, or the umbilicochakra, in order to hyperdynamise your energies, intensify the exhaustive efforts and with increasing power persistently potentiate your motivated will to the maximum.

70. PROJECTIVE SELF-VISUALISATION TECHNIQUE

Definition. Projective self-visualisation is a procedure whereby you seek to *mentally* see images created by your own imagination and which induce conscious projections.

Assistance. Visualisation exercises powerfully assist the conscin to lucidly leave the soma, predisposing the misalignment of the consciencial vehicles, intensifying the capacity to observe, analyse and improve the memory.

Procedures. Here, in 12 steps, is a visualisation technique that can logically predispose you to leave the human body:

01. **Isolation.** Isolate yourself in a closed room where you will not be disturbed while practising the exercises.

02. **Armchair.** Sit in a chair with armrests or in a comfortable armchair located one and a half meters from a white wall that acts as a background screen, have no furniture or any decorations nearby that could distract or deviate your attention.

03. **Vase.** Place 1 vase (without a plant) in front of your visual field.

04. **Fixation.** Intently fix your attention on the vase until memorising its every minutia, including its shape, colour, contours, base, the mouth of the vase and the object's utility.

05. **Visualisation.** With your eyes closed visualise and mentally recreate, outside of your head and at a distance, the vase and the room with all the precise angles, contours and proportions.

06. **Verification.** As the visualised images vanish, open your eyes and verify the true appearance of the room.

07. **Repetition.** Repeat the exercise for 20 minutes each day.

08. **Alarm clock.** Once clear visualisations occur, place an alarm clock before you and memorise the time. Close your eyes and visualise the alarm clock, including its shape, colours, contours and hands (or numbers) of the clock.

09. **Mental.** From afar, visualise the mental alarm clock ticking.

10. **Power.** After some minutes, open your eyes and verify if the actual time shown by the alarm clock is approximately the same as the time you visualised.

11. **Will.** If the time is the same, the power to project a part of your consciousness, through the impulsion of your will, is reaching its maximum.

12. **Minutiae.** Visualise yourself leaving your soma in your psychosoma.

Self-visualisation. Self-visualisation does not mean you only think in the act of leaving the dense body. You need to visualise, in detail, your extraphysical duplicate rising up and liberating itself into the extraphysical dimension.

Soma. Experience of the visualisation procedure makes you forget the existence of the soma and you can project yourself directly through the mentalsoma, in which case you will feel yourself without any body at all, invisible to yourself. (See Bib. 4767).

Mine. *You possess the largest gold mine: all you need to do is excavate within yourself.*

71. AVOIDANCE OF USELESS CULTURE TECHNIQUE

Priorities. The priorities of a lucid conscin must be centred on discerning what erudition is useful from what erudition is superfluous or frivolous, hence avoiding useless culture.

Application. For Conscientiology there is no benefit in knowledge that does not have an immediate or practical application in advancing the evolution of a conscin or consciousnesses.

Tow. There are many people towing a trailer full of personal culture, constituted of many good and useful things, and also a vast weighty bulk or encumbrance of *dispensable knowledge*.

Examples. Here are 10 examples of the frivolous erudition of *amateurs*, or more accurately, non-professionals regarding consciential self-discernment:

01. **Anecdotes.** Stringing together 5000 jokes or anecdotes *without pausing for breath*.
02. **Bathtub.** Relating 15 famous events that occurred in a bath.
03. **Bellicosity.** Knowing all the large weapons named after people.
04. **Biology.** Having complete knowledge of the spawning seasons, and similar unsought details, of the most important fish in the Baltic Sea (pseudoscientific mnemonic-technique).
05. **Criminology.** Narrating in detail, dozens of famous crimes that had international repercussions (amateurish, villainous mnemonic-technique).
06. **Chronology.** Recounting all the names and dates of the most extraordinary jailbreaks from Devil Island (amateurish, numerical or chronological mnemonic-technique).
07. **Mythology.** Providing a mythological panorama in minute detail.
08. **Musicality.** Reciting, without any error or omission, all the samba lyrics of the great composer, Cartola, an artist from the city of Rio de Janeiro (artistic mnemonic-technique).
09. **Onomastics.** Knowing the holders of oddball records like “*cow pad hurling*”; “*demolition using the head and empty-hands*”; “*live gold-fish eating*”; the “*most tattooed men*”; and the International *Long Distance Spitting* Champions (amateurish, nominative mnemonic-technique).
10. **Teratology.** Listing 10 famous personalities who had an extra finger(s) on their hand(s).

Consciousness. The following 4 consciential resources are sabotaged by such frivolous erudition:

A. **Energy.** Dispensable knowledge requires a wasteful use of consciential energy (CE) and does not provide any return that advances evolution.

B. **Time.** Frivolous knowledge sabotages intraconsciential time (Chronology of the conscious execution of the proaxis). Useless culture is *maintained* by the abdominal *sub-brain*.

C. **Space.** *Superfluous knowledge pointlessly occupies intraconsciential space.*

D. **Memory.** Useless knowledge constitutes *weight* (mental garbage) in the cerebral memory, blocking the flow of engrams from the conscin’s *integral memory*. A simple concept-gram (retrothosene) from the *holomemory* counts for 10 from the cerebral memory.

Basic. A conscin must seek the fundamental and eliminate the unproductive and inoperative. In recuperating significant cons every conscin needs to cast off the *heavy burden* of all useless things in order to reach a state of hyperacuity.

72. REFLECTIONS ON LUCIDITY VERSUS RELIGIOSITY

Reflections. Here are 15 reflections on the lucidity of a conscin, or intraphysical consciousness, already awake to Conscientiology, Interdimensionality and Holosomatology:

01. **Anthropolatry.** *Anthropolatry* - the cult of man - is completely exhausted. The focus is now on the self-determined maintenance of the consciousness' uninterrupted lucidity, in whichever condition or dimension they manifest.

02. **Cause.** *There is a specific intelligent cause for everything that exists: that is obvious.*

03. **Dogmatism.** *Religious faith* represents personal inexperience and *brainwashings* through false dogmatic impositions, mystical passions, devotional hypocrisies and insincerity.

04. **Epistemology.** Even the *Philosophy of Science* seeks practical demonstrations of phenomena or facts. They will never succeed in demonstrating and systematising faith, belief without personal experience, or unverifiable absolute truth. All *truth* is relative.

05. **Fact.** We still do not understand how the Primary Cause (*primothosene*) arose out of *nothing*, to unleash *everything* or all that exists: this is a fact.

06. **Indignity.** Religion, when accepted as a *necessary restraint* to curb the disobedience of humankind, of uneducated conscins and of women (the majority of religious followers), is an unquestionable attack *against human dignity*.

07. **Inexperience.** Amongst mature adults only the ignorant, inexperienced, *unconsciously educated* and those suffering from chronic mental laziness, need religion - an *infantile laboratory* - that, for many people, is a mere self-corruption.

08. **Philosophy.** Mere *endless philosophising* (unpractical), does little to help evolution.

09. **Protoknowledge.** *Religion* is a way of philosophising, idealising the World and Man, according to the primitive conceptions of the ego's protoknowledge.

10. **Rationality.** Due to a lack of information, for now, we do not possess deeper research and still need it to emerge, along with new evolutionary experiences, so we can present more appropriate and rationale conclusions regarding the Primary Cause. The only one responsible for the imperfections of this Planet is *God*. Science is still searching for the cause of the beginning of Life on Earth.

11. **Sectarianism.** Strictly speaking, all *systematised religions* of theological empires pursue sectarianism for their own benefit. This is all based on a foundation of outright immoral deception.

12. **Self-discernment.** Even natural or *innate morality* and self-retrocognitions corroborate this list of argumentative reflections based on more ample consciential discernment. And this is excluding the evolved principles of experienced Cosmoethicology. (See Bib. 4702).

13. **Self-experimentation.** Evidently, an *ultimate religion* will never exist. However, once substituted by important personal experiences, *the end of religion* will occur.

14. **Theology.** *Theology*: merely a fictitious synthesis based on absolute truths.

15. **Universes.** If a mega-entity existed *before the Universe*, it must have resided *outside of this Universe*, something inconceivable, as the term *Universe* includes everything that exists: that is Philosophy.

73. CONTRIBUTIONS TO CONSCIENIOLOGICAL EXPERIMENTS

Universalism. Conscientiology *leads a consciousness to universalism in their rational approaches*. This means that with mature experiences, and the passing of time, a preference for derepression, versatility, ecumenism, polyglotism, *inter* and *multidisciplinarity* can be observed. A healthy aspiration to demolish all boundaries arises.

Areas. A researcher can take practical advantage of the essential ideas and sets of rational approaches from the following 12 cultural areas listed below in alphabetical order. These areas can be emphasised as being the most legitimate contributions to Conscientiology and Projectiology from among the various lines of human thought:

01. **Astronautics:** existing correlations of the psychophysical impacts of extraterrestrial flights and their respective immediate effects on the conscin's universalism.

02. **Catholicism:** the historical phenomena of physical bilocation recorded in hagiography from diverse eras, at a rudimentary, mystical, idolatrous and doctrinaire level.

03. **Medicine:** Nosology, when related to Psychopathology and its relationship with conventional therapies, even though they are superficial due to being solely restricted to the soma (carbon).

04. **Metapsychism:** the study of the significant historical collection of classic, spontaneous parapsychic cases, from the dawn of the vast field of 19th century parapsychism.

05. **Orientalism:** the inquiries and case studies of intraphysical rebirth, in this case accepted and experienced over the centuries in a mystical, idolatrous and doctrinaire manner.

06. **Parapsychology:** the applications of modern research techniques to the Psi Factor and to emergent, yet serious, altered states of consciousness. (See Bib. 4786).

07. **Philosophy:** deepening the understanding of self-critique and heterocritique through Logic and conventional Ethics, indispensable for an ego or conscin.

08. **Psychology** (the majority of schools): behavioural analysis of a conscin specifically inside the soma, a still *periconsciential* and four-dimensional approach.

09. **Spiritualism:** the historical, mystical, idolatrous and practical aspects of animism, mediumship, deintrusion and parathological interconsciential intrusion.

10. **Theosophy:** the inquiries, even if primary and often fantastical, regarding the mental-soma and its implications for a conscin and Holosomatology.

11. **Yoga:** the practical research of the chakras, *sidis* (powers) and the still not communicable state of samadhi, or expanded consciousness, in other dimensions.

12. **Zen-buddhism:** the condition of satori, oceanic feeling or climactic experience and its consequences from a philosophical perspective, notwithstanding the non-deintruding belletristic literature.

Artefacts. The more open the consciousness, the more inclusive the self-knowledge will be, the freer the action of personal freewill and the more agile the self-evolution. Libraries, bookstores, encyclopaedias and objects or *artefacts of knowledge* are there to be utilised in order to underpin consciential experiments. Let us focus our eyes on the works; our minds on the ideas; and our mentalsomas on the research of leading edge relative truths (verpons).

74. TEST OF DISCERNMENT THROUGH 60 BOOKS

Headings. We highlight 60 books from the general section of the library. Some were *best-sellers*. These works were written with *good will, good intention* and reasonable *talent*:

- | | |
|---|--|
| 01. "At the Feet of the Master" | 31. "The Mystery of Death" |
| 02. "The Threshold of a New Age" | 32. "Mystical Asceticism" |
| 03. "The Book of Jewish Belief" | 33. "The Mystical Doctrine" |
| 04. "The Book of Sorcerers" | 34. "The Occult Sciences" |
| 05. "Brother Against Brother" | 35. "Physiognomy and Phrenology" |
| 06. "The Complete Book of Dreams" | 36. "Poems as Prayers" |
| 07. "Conversion" | 37. "The Priestess of the Moon" |
| 08. "Cross of Caravaca" | 38. "The Profane and the Initiates" |
| 09. "Meeting With God: A Daily Guide" | 39. "The Religion of Humanity" |
| 10. "Esoteric Christianity" | 40. "Religious Syncretism" |
| 11. "Esoteric Teachings" | 41. "The Revelation of Ramala" |
| 12. "The Faith that Guides me" | 42. "The Apprentice's Ritual" |
| 13. "Fall and Salvation" | 43. "Sacred Enigma" |
| 14. "The First Fruits of the Kingdom" | 44. "Sai Baba the Man of Miracles" |
| 15. "Foundation of Paradise" | 45. "Satanic Possession" |
| 16. "Ghost Land" (Mysteries of Occultism) | 46. "The Redeeming Calvary" |
| 17. "The Gods of the Bible" | 47. "The Science of Sacraments" |
| 18. "A Guide for Preachers" | 48. "Effective Pastoring" (Sculptors of Souls) |
| 19. "Heaven and Hell" | 49. "The Secret Science" |
| 20. "The Immense Power of Hypnosis" | 50. "The Spirit of Evil" |
| 21. "Immortal Truths" | 51. "Sublime Expiation" |
| 22. "An Initiation to Hermetism" | 52. "Supreme Revelations" |
| 23. "The Ideal Initiate" | 53. "The Symbolism of the Light" |
| 24. "In the Abyss of Sin" | 54. "The Symbols of the Sacred Science" |
| 25. "In the Shadows of the Other Side" | 55. "The Temple of Satan" |
| 26. "Love and Hatred" | 56. "Theurgy and Practical Magic" |
| 27. "The Magical Powers of Jewels" | 57. "To the Edges of the Sacred River" |
| 28. "Man and the Supernatural" | 58. "Virgin-Mothers" |
| 29. "Messages from Mars" | 59. "The Way of the Disciple" |
| 30. "My Preparation For Ganymede" | 60. "The Way to God" |

Test. *There are books that evidence immaturity just by their title.* Others are stillborn or a *waste of thoughts*. The short sightedness of fanaticism and the narrow mindedness of indoctrination do not have *a sense of self-discernment*. They fossilise words. They wear out subjects. They deepen repressions. This author would not have any pleasure in signing his name to any of these books. Experimenters do you still recommend books with such titles? (See Bib. 4706).

75. TEST OF 30 EPITHETS OF A GUINEA PIG - CONSCIOUSNESS

Gestation. Like the gestation of a foetus, a leading edge relative truth (verpon) *develops in the darkness* of its matrix before emerging into the light. The placenta eliminates residual toxins.

Renovations. It is also thus in Embryology, Anatomy and in the placental Physiology of the *consciential gestation* of leading edge renovating ideas, or those related to Evolution.

Placenta. Even the placenta must be anatomised in Conscientiology research.

Truth. A very ancient but constantly renovated relative truth speaks for, and defends, itself. Strictly speaking, it requires neither men nor women to underpin it.

Intelligence. But, *it requires intelligent heads* in order to be implanted in this evolving Socin.

Controversy. At the very least, a public person becomes controversial in the *existential test* (proexis) of the claritask, if they are disposed to implode *conservative pockets*.

Cries. When sectarian, misoneistic, neophobic, *professional, mini-brainwasher* personalities feel opposed in their tropospheric interests, they attack with *war cries*, like tribal *headhunters*, defending their *prey*, the *managed public, tamed readers* or sufferers of chronic robexis.

Bestowal. Freely and impartially placing myself, *in naturalibus*, in the condition of a *guinea-pig - conscientiousness*, this author will share 30 epithets, nicknames or war cries created against this person who researches conscientiousnesses. In more than 4 decades of parapsychic research, including 1/4 of a century dedicated full-time to Projectiology, both in Brazil and abroad, this author was personally *bestowed* with carefully chosen epithets, nicknames, monikers and insults by legions of conscins, and this does not include any of the colourful obscene words from the Sociex's extraphysical parapsychotics. Analyse these words. (See Bib. 4680).

- | | | |
|-----------------------------|--------------------------------|-------------------------------|
| 01. Antichrist | 11. Heresiarch | 21. <i>Owner of the Truth</i> |
| 02. Apostate | 12. Iconoclast | 22. Paraphrenic |
| 03. Arrogant | 13. Intransigent | 23. Presumptuous |
| 04. <i>Bogey-Man</i> | 14. Irreproachable | 24. Pseudo-scientist |
| 05. Dissident | 15. Materialist | 25. Quixotic Old Man |
| 06. Egocentric | 16. Mentally ill | 26. Radical |
| 07. Elitist | 17. <i>Merlin the Magician</i> | 27. Sacrilegious |
| 08. <i>Father Christmas</i> | 18. <i>Methusalem</i> | 28. <i>Small genius</i> |
| 09. Forgetful | 19. Moses | 29. Utopian |
| 10. Hallucinator | 20. Obsessed | 30. Visionary |

Mosquitoes. As an optimist regarding consciential experiments, this author hopes the new generations of conscientiologists will find greater recognition, and no longer be paid such “homages” from the *Old Guard*, the mosquitoes attacking the trailblazers.

Openness. *Consciential openness critically reviews the mechanistic paradigm.* Omniquestioning and libertarian holothosenes dethrone dogmas, myths and superstitions. We register these facts because the *populace* has a short memory. *Verba volant, scripta manent.*

76. TEST OF YOUR INTELLECTUAL CONSCIOUSNESS
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Education. According to Modern Pedagogy, without education greater evolution of a personality does not occur. That is a given. Holosomatology indicates that at this evolutionary level the mentalsoma is the preferred vehicle for consciential manifestation. Through Conscientiology it becomes inevitable that a lucid consciousness, beyond formal education, applies permanent autodidacticism during their entire intraphysical existence.

Test. Through this exhaustive list of 25 directly compared variables you can check your own reality regarding mental and intellectual effort, ask yourself these questions by prefixing them with “Am I” or “Do I”:

Seeker of Evolution

01. A merchant of my ignorance?
02. Accept the living megamultiscience?
03. Always enrich the house’s library?
04. Always seek to have my own merit?
05. Base myself on self-competence?
06. Carry everything *in the palms of my hands*?
07. Comprehend more deeply?
08. Confront intimately lived polyglotism?
09. Cultivate incessant *bibliophily*?
10. Distinguish myself through self-capability?
11. From the *interdimensional intelligentsia*?
12. Get on well with encyclopaedias?
13. Have a clear vision of things?
14. Interrogate various lines of research?
15. Know myself like my own hands?
16. Know through personal experiences?
17. Learn what I can from the root?
18. Live a truly *sapiential existence*?
19. Make an effort in intellectual endeavours?
20. Not fear any form of human erudition?
21. Observe *practical polymathy in life*?
22. Plant and water the *orchard of knowledge*?
23. Put *my finger on the essential*?
24. *Recoup* forgotten knowledge?
25. Summarise knowledge?

Accommodated to Ignorance

- Associate myself with *scholarly ignorance*?
- A *dermatologist of consciousness*?
- At most read two works per year?
- Live reflecting the light of others?
- A happy, *sub-endowed person*?
- Led by the hands* of others?
- Understand everything with blinkers?
- A monoglot with *dull erudition*?
- Not have a personal library?
- A member of the *unthinking masses*?
- A common *tropospheric consciousness*?
- Keep the *pages* of books *glued* together?
- Have *functional paralysis of the mind*?
- Live interrogating only *mental garbage*?
- Run from self-knowledge in fear?
- Only have *knowledge by hearing about it*?
- Adore absolute truths?
- A charlatan of *vegetative life*?
- Always follow the *law of least effort*?
- Profess *unconscious stupidity*?
- Not know the meaning of *polymathy*?
- One who has never written any correct page?
- An obscurantist *carried on the breeze*?
- Suffer shock from the *present-future*?
- Suffer from *chronic mental laziness*?

Question. Does *yes* appear more in the 1st or in the 2nd column? It is always best to perform your own experiments. It is better to remain with 1000 doubts than to admit any belief.

77. TEST OF 10 DAYS OF ISOLATION

01. **Self-awareness.** *There are conscins with a first class temperament and second class intellectuality.* In the conquest of CPs it is most important for the experimenter to obtain the maximum condition of *extraphysical self-awareness*.

02. **Restriction.** When physical and psychological conditioning has exclusively human roots it dramatically obscures a conscin's multidimensional reality.

03. **Openness.** Every effort to break this physicalist structure restricting the consciousness solely to the animal-carnal dimension, or to an absolute preoccupation with the soma, influences the maintenance of a projected person's lucidity.

04. **SCP.** To go out of the soma without awareness, or with a minimal percentage of lucidity (SCP, or semi-conscious projection), is a common and inevitable condition for a human being.

05. **CP.** On the other hand, to leave the soma, attain lucidity and later remember the extra-physical experiences, already counts as a *non-standard behaviour*; different from the ordinary routines of intraphysical life.

06. **Techniques.** Without motivation, or a vigorous self-imposed shock, it is very difficult to break the crust of the *consciential restrictions* created by human life. This is the reason for the existence of so many methods to temporarily free oneself from the deep-sea diving suit that is the soma, and to project with lucidity (break of routine; sensory deprivation; fast).

07. **Saturation.** Among these techniques the test of a *period of solitude* must be emphasised. This is not merely an internal psychological journey within yourself, but a personal immersion, with concentration saturated *thinking about the vehicles of consciential manifestation*, going into your own holosoma in a centripetal direction.

08. **Psychosoma.** For example, when in the psychosoma, you feel lighter, healthy, there is no need to breathe and you can *fly* (volitate) when you want. It is worth the effort to think about this.

09. **Derepression.** In this case a minimum period of 10 days of isolation is recommended. The more materialised, overexcited or undisciplined you are, the longer your solitude needs to be. And, there is an indispensable factor: cut out all the lies of doctrinal conditioning, the deceit of mysticisms, the abstruse rituals, the ephemeral psychophysiological crutches and the supports external to your own consciousness.

10. **Will.** The consciential encounter has to be with yourself, with your will. And not with new forms of common *brainwashing*, for example: prayers; mystical meditations; contemplations; inspirational music; sacred objects; alienating directed readings; ritualistic meetings; and similar prematernal resources.

11. **Self-knowledge.** Having eliminated these crutches, you cut contact with the material world: newspapers, television, *videogames*, meetings with other people, exciting foods, strong emotions and stimulating environments. Thus, you can reflect more, *break your animal self-image*, advance your self-knowledge in leaps and bounds, along with the personal development of projections of continuous consciousness.

Test. By chance, have you already isolated yourself for 10 consecutive days in this life?

78. TECHNICAL FOUNDATIONS OF PROJECIOLOGY AND CRITICISM

01. **Definition.** An *editor* specialised in critique (for example: Robert Basil), the *publishing house* dedicated exclusively to the publication of critiques (for example: Prometheus Books), the heterocritiquing *author* (for example: Martin Gardner) and the critiqued *work* (Anthology) (for example: *Not Necessarily the New Age*), have assured places and positive functions in the panorama of the pursuit of self-research indispensable to *Homo sapiens criticus*.

02. **Elements.** The 4 elements cited help to define the *real intentions* and positions of people, and groups, in the face of relative truths fundamental to the consciousness.

03. **Blindness.** Within the *terrestrial population* of 6 billion and 300 million inhabitants, in 2004, we have to recognise a fact: that millions of human consciousnesses, now, and over the lifetimes of the next generations, will deactivate their soma entirely blind and unaware of their own multidimensional reality. (See Bib. 303, 4728).

04. **Accommodation.** As optimistic as one may be, and with as much effort directed towards the clarification of the population, or the amassing of vanguard knowledge in favour of our fellow beings, it is impracticable to cure deep-rooted, crude, immaturities and the accommodated condition of legions of captive conscins who are still involved with, and completely overwhelmed by, the ephemeral ecstasies of human experiences.

05. **Self-mimicries.** On the other hand, avidity for money, the pursuit of social prestige and the intellectual spotlight on the human stage, speaks loudly and silences the voice of self-incorruption in the intimacy of the consciousnesses addicted to repeating dispensable intraphysical experiences or subjected to outdated self-mimicries.

06. **Intrudability.** There are incalculable numbers of intraphysical and extraphysical intruders acting upon isolated consciousnesses, and groups of consciousnesses, that are highly active in the interdimensional commerce of CEs, or consciential energies.

07. **Self-critique.** The quality of the self-critique depends on the consciousness' level of lucidity in the use of their emotional body. There are attitudes that define evolutionary positions.

08. **Conscientiology.** Conscientiology emphasises self-discernment, the integrated maturity of the consciousness (holomaturity) and the employment of Cosmoethics by a personality who intends to accelerate their self-evolution. Paradoxically they place the ego above the egokarma and their groupkarma, in the effort to achieve the lucid exercise of polykarma. Money is substituted in importance by the application of CEs. Multidimensional endeavours make a consciousness value *Parahumanity* and the extraphysical origin, even more.

09. **Serenism.** The acquisition of serenism becomes most appealing for the person, being a goal to be conquered with effort. Thus, criticisms generated by inexperience and erroneous approaches towards the mere *dermis of the consciousness*, lose all emotional impact.

10. **Self-knowledge.** Personal knowledge, generated by experience of the facts, dispenses with merely theoretical arguments, of any nature, regardless of whom from. *The wise, when insensate, read a lot, killing spontaneous ideas and do not create anything useful.*

79. ENUMEROLOGY OR INFORMATIVE DIAGNOSIS

Line-Idea. After having written a page, consult this list of 28 items (when printed), for an *informative diagnosis*. This is an informative, self-critical, conscientiological technique that uses enumerations and seeks to maintain *each idea on its line*:

N ^o	Title of the <i>Paper</i> (scientific article):	Omissions:
Order	Characteristics and Specifications	Total
01.	Composition: sum of total <i>topics</i> ; only the exact number	
02.	Discernment: specific <i>definitions</i> at the beginning and in the body of the text	
03.	Ideas: original rational <i>arguments</i> on the theme (content)	
04.	Syntheses: <i>synthesis-phrases</i> 1 line in length (form)	
05.	Methodologies: clear, practical, rational and objective <i>techniques</i>	
06.	Literature: <i>metaphors</i> of an exclusively scientific nature	
07.	Debate: specific <i>questionings</i> , questions or questionnaires	
08.	Ordinance: <i>classifications</i> (Taxology) of all types or categories	
09.	Terminologies: total of <i>synonymous</i> terms (progressions)	
10.	<i>Onomastics</i> : proper names in the text, without repetitions	
11.	Formatting: <i>underlinings</i> (<u> </u>) in italics, per expression	
12.	<i>Quotes</i> (“ ”); pairs of quotation marks in phrases, and citations	
13.	<i>Composite</i> expressions (- - -); with a minimum of 3 words	
14.	<i>Hyphenated</i> expressions (-) (or hyphens and dashes)	
15.	Explanatory <i>parenthesises</i> (); pairs of parenthesis	
16.	<i>References</i> to chapters or authors; without unnecessary repetitions	
17.	Dictionary: <i>neologisms</i> and originalities; only the number	
18.	Polyglotism: <i>foreign expressions</i> when enriching the verpons	
19.	Enumeratiology: <i>different</i> enumerations regarding the content (;)	
20.	Enumeratiology: <i>numbered</i> lists or enumerations	
21.	Enumeratiology: <i>untitled</i> enumerations (subtitles)	
22.	Enumeratiology: total of <i>stated</i> enumerations (items)	
23.	Exemplification: different written <i>examples</i> ; qualities	
24.	Exemplification: total number of examples; <i>quantity</i>	
25.	<i>Illustrations</i> : figures, drawings, tables, graphs, maps and others	
26.	<i>Cyphers</i> : equations, formulas, codes; percentages; notes; datings	
27.	<i>Bibliography</i> : specific exhaustive bibliographical sources (SEB)	
28.	<i>Bibliography</i> : exhaustive <i>conscientiological</i> bibliographical sources	

Version No. Date: / / Grand total:

Total of the lines: X ideas = %.

Diagnostic: Information load - **Sufficient** () **Average** () **Insufficient** ()

80. CRITICAL REVIEW OF CONSCIENIOLOGY BOOKS
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Elements. The review of commercial, technical, academic books and popular paperback texts is an important element of the projectiological and conscientiological bibliography. Here are 15 elements detailing how to take a critical approach to Conscientiology and Projectiology books:

01. **Aspects.** It is not just for a reviewer to only concentrate on the negative or positive *aspects* of a book, when they themselves admit both aspects exist in the work.

02. **Classification.** *Reviews* can be effective or ineffective, and may allow for an honest or unfair view of the book. They may have been done incompetently or even competently, however without a deep reading the work. The review also depends on the *health* (guts) of the reviewer.

03. **Degradation.** Degrading reviews: they tell more about the reviewer than the *book*.

04. **Errors.** Indication of *errors* in a book must be clarifying and useful, and not gratuitous.

05. **Essay.** An *essay-review* is the most evaluative and sensible approach to a book.

06. **Garbage.** If a *reader* knows the reviewer it becomes easier for them, the reader, to judge the review of the work. If they also know the author they can better judge both the work and the review. *The majority of books are mental garbage: they did not need to be written.*

07. **Irrelevancies.** It is not honest to emphasise *irrelevant aspects* (cover, use of capitals, grammar, Terminology, method of noting bibliographic references, price of the volume and other secondary items), in order to make a book worse in the eyes of the readers.

08. **Laziness.** A book review can be merely a summary of the contents. In this case, the personality of the reviewer is maintained in second place with emphasis given to the author's ideas and points of view. Sometimes this is due to mere mental fatigue, aprosexia or digitising cowardice.

09. **Negativity.** *Negative reviews* are good to call the reader's attention to the work. Strictly speaking, not every negative evaluation indicates that the book, or work, lacks value.

10. **Nitpicking.** It is not intelligent to seek and emphasise unimportant errors (*nitpicking*). No book is without errors or misplaced letters. Each *error* is a weapon and ammunition against the author.

11. **Patrol.** A review used as a deliberate technique of condemnation, warns the *populace* against reading the work, in a spurious way. Among pathological Socin this posture is peculiar to ideological patrollers, *brainwashers* or manipulators of consciences.

12. **Plague.** Professional book promoters employ technical reviews to explicitly support the work. This is a *tendentious analysis*, a typical intellectual plague of consumerism.

13. **Relation.** A harmonious, polemic or professional *personal relationship* between the reviewer and the author will set the exact tenor of the criticism and the reviewer's independence, or dependence. They always let involuntary revelations appear in their review. (See Bib. 4778).

14. **Reviewer.** The tenor of the review will be different when the *reviewer* has the same cultural formation as the author, or, if over accumulated intraphysical time, the personal points of view were always contrary to the specific, central subject of the book.

15. **Weapon.** A reviewer can, in a negative way (anticosmoethical), turn their criticism into a true *weapon* against the author, or against the theoretical positions assumed by the author.

81. CRITICAL REASONS TO RESEARCH YOURSELF

Self-knowledge. Based on facts here are 12 logical reasons for you to study Conscientiology, through rational research of yourself (self-knowledge):

01. **Intelligence.** *Today human intelligence is the most coveted and valued commodity on the planet.* It is the sum of learning, reasoning, memorising, environmental adaptation, as well as motivation and personal effort. We have *various* intelligences.

02. **Genius.** If you are more or less *well adjusted in relation to your head*, you are, in some way, an inventive, discovering, creative genius. It is worth accepting this fact and dedicating yourself to the cultivation of your self-genius. Self-discernment in *cerebral gymnastics* is the best investment.

03. **Investment.** Investing in yourself is worthwhile. It is intelligent to stimulate your brain now. The sooner the better for you. Without any egocentrism (parochialism).

04. **Specialisation.** If you decide to be a specialist (*expert*, adept) in some specific field of *human* knowledge today, you prepare yourself to be better, more useful and cultured tomorrow, for example, when physically middle aged and lucid.

05. **Consciousness.** It is even more important to seek more specificity: to dedicate yourself to the deep study (erudition, polymathy, encyclopaedism) of *consciousness* (Self-researchology).

06. **Brain.** The brain, or the consciousness' physical base, has a minimum of 100 billion neurons, *trillions* of connections (synapses, glia, neuroglia) and is only enriched when used. The human brain is more important than any *supercomputer* or object invented until now.

07. **Cultivation.** The brain's potentialities (mental faculties, qualities, propensities, talents) are multiple. For example, every memory needs to be cultivated. Neurons and neuroglia always need to be *massaged*. Your capacity to support mental efforts grows in direct relation to the constant use of the brain. Idleness is a vacuum.

08. **Cognition.** Self-cognition (understanding, comprehension) should be nurtured like a growing child. The brain increases its power when properly exercised, *thosene* by *thosene*, *idea* by *idea*, *verpon* by *verpon*, day after day, year after year.

09. **Universalism.** Let us seek to know everything to attain self-ability. Let each of us be a specialist, but live as a generalist (interdisciplinarity, universalism). A consciousness is a completely unique individual creation; yet each needs to be universalistic.

10. **Performance.** Personal effort (sweat, accomplishment, performance) to maintain intellect and alertness in intraphysical life, is more important than talent (genius, creativity, inventiveness or *heuristic self-thosenes*) in the attainment of success over yourself.

11. **Motivation.** In forming (preparation, chronogram) yourself into a scholar, over, for example, two decades, you have to make the work your own *hobby* and motivation.

12. **Confidence.** Whoever lives under negative suggestions (repressions) - "a brain as big as a nut", with "2 neurons, 1 in the left hemisphere and another in the right (*the IQ of a plastic fern*)" - will be better off forgetting this page. Yet, if you have 5% of self-confidence, it is worthwhile to face up to and *fight with yourself*, in a self-confrontation.

82. TECHNIQUE TO TAKE ADVANTAGE OF A RAINY DAY

Lucidity. There are *pathothosenic-pastimes*. Here are 25 *practical driving forces* for use by a lucid consciousness when reflecting on Conscientiology, taking advantage of free hours on a rainy afternoon during a holiday, weekend, Saturday or Sunday:

01. **Advantages.** Have I already built a *personal inventory* of the supply of my own evolutionary advantages in this dimension and in other consciential dimensions? (See Bib. 4710).
 02. **Assistance.** Do I use *rose coloured glasses* to fraternally assist other beings?
 03. **Aura.** Am I creating, little by little, an *aura of cosmoethical courage* for myself?
 04. **Books.** Am I up to date with reading books that signify *self-maturity*?
 05. **Circle.** Have I entered the *circle of success* of consciousnesses multidimensionally evolving with satisfactory lucidity in accordance with that received in this life? (See page 737).
 06. **Claritask.** Do I execute the clarification task beyond the natural or mediocre need?
 07. **Clipper.** Have I been doing the work of saving *newspaper clippings* for my use?
 08. **Conferences.** Do I attend quality conferences and debates on evolved themes?
 09. **Consciousnesses.** Do I, truly, treat the elements (components, conscins and consciexes) of *people who are closer* (groupkarma), as evolutionary companions?
 10. **Cosmoethicology.** Do I cosmoethically remove from my path everything considered undignified?
 11. **Course.** Have I taken a *course on logic* to learn to produce logical thoughts?
 12. **Epicon.** Do I visualise myself, all the time, as a lucid epicon?
 13. **Evolution.** Do I perform a *self-prospection of opportunities* everyday, wherever I go?
 14. **Facts.** Do I react in a mature way, with self-discernment, when faced with facts and para-facts, whether they be favourable, adverse, unexpected, exhausting, frustrating or disastrous?
 15. **Fears.** Do I dismiss fears, whether they are based on facts or my own imagination?
 16. **File.** Do I know how to value a personal *file of antecedent* experiences (holobiography)?
 17. **Ideas.** Do I transform that *common small idea* into a set of original ideas?
 18. **Index.** Do I research the *index of obscurity* regarding the content of my personal texts?
 19. **Invulgarity.** Do I live alert to the fact that Humanity reacts to the uncommon?
 20. **Money.** Do I avoid imprisoning myself as a slave to money, the mere merchandise of enumerated pieces of metal and paper that are attached only to intraphysicality?
 21. **Promises.** Have I shown due *caution* at the moment of promising something, in order to always fulfil the promise, without annoyance, carelessness, forgetting or a deficitary omission?
 22. **Science.** Have I been reading good books, not fiction, but those from *Mature Science*?
 23. **Self-critique.** Have I admitted all *the mistakes*, and also *my own omissions*?
 24. **Self-organisation.** Am I punctual, to the minute when possible, in favour of the dynamic of consciential self-organisation or consciential discipline that cuts impeding networks?
 25. **Verbactions.** Am I my own constructor of positive images, through examples (exemplarism, verbactions, holomaturity) in life? *Res, non verba.*
- Agreement.** Which of these 25 items are you in agreement with?

83. TEST OF PROJECTIOGRAPHY OR PROJECTIOLOGICAL REGISTERS

Procedures. Here are 15 relevant technical procedures regarding Projectiography's impartial analyses, critiques and realistic accounts, from the perspective of the reader or researcher in relation to their own, or another's, projective experiments (daily):

01. **Self-correction.** Do not refuse to correct your own errors of analysis or interpretation, apply an extensive *self-critique* to your own internal criticism.

02. **Criteria.** Avoid the *distortion of information*, using for this the criteria that facts orient the research and also corroborate the use of strong or forceful expressions.

03. **Data.** Do not forget to analyse the smallest data from the *technical files* of the projector's diary. This is evidence of the most important affirmations regarding the account's competence.

04. **Debates.** If necessary, make *just rectifications*, however without running away from a constructive debate, or useful, open and intelligent controversy when necessary.

05. **Unload.** Do not unload *criticism*, in a sensationalist way, on only a certain aspect (highlight) of an interpretation of a consciousness' always complex facts.

06. **Discernment.** It is preferable to maintain yourself with the healthy *cosmoethical sceptical optimism* of ample discernment, in order to not fall into puerile amateurism's credulity of the semi-critical approaches of *pachydermic complaints*. (See page 504).

07. **Facts.** Make the *primacy of facts*, or the always observed natural phenomena, the base of the credibility of projective narratives and parafacts, rather than the *implantation of ideas*.

08. **Reliability.** Put in first place, a concern for *preciseness*, impartiality and Cosmoethics in the detailed information of all critical procedures.

09. **Omissions.** Loyal transcribe information from experiences, without concealing ideas or *omitting information*. *A temperature of 50° does not mean anything if we do not know which scale was used*. Transparency is authenticity. (See Bib. 4724).

10. **Panoramic.** When analysing facts, parafacts, experiences and paraexperiences observe, in global critiques, if you simultaneously are not acting correctly *in the wholesale* and making a mistake *in the retail*.

11. **Plagiarist.** Do not unnecessarily repeat, like a *prattler*, an unpleasant concept that has already been emphasised in your own observations or by other traditional experimenters.

12. **Positivity.** Emphasise, consensually, the positive side of facts, the message from the parafacts, without committing the excesses of *acritical anything-goes* optimism (acriticism).

13. **Prioritisation.** Always prioritise the *spectator-projector*, rather than the *protagonist-projector*, in a detailed contrasting analysis of lucid projective experiences.

14. **Depth.** Avoid making *hasty generalisations* characteristic of those who do not have a method, logical principles nor technical depth in their self and heteroanalyses.

15. **Utilities.** Identify the purpose, content, perspectives and *utilities* of the experience, based on *what objective* and *whom* it will serve. This is most relevant in a heterocritique.

Test. Do you apply at least 10 of these technical projectiological procedures? Do you have a human or multidimensional *personal quality standard*?

84. TEST OF YOUR COSMOETHICAL HETEROCRITICISM

Variables. *Criticisms made of someone, or that are received from others, constitute hetero-critical acts.* Here, for your judicious analysis, are 30 variables of cosmoethical heterocriticism and another 30 variables of anticosmoethical heterocriticism, both categories are in alphabetical order:

Cosmoethical Heterocriticism	Anticosmoethical Heterocriticism
01. A series of opportune reasonings	01. A fixated idea with second intentions
02. Accurate application of evaluations	02. A rebellious yell in the face of the facts
03. Aspiration for the relative truth	03. <i>Bad-faith</i> of Zolius, <i>faithlessness</i> of Aristarch
04. Association of intelligent ideas	04. Blind and negative opposition
05. Attention to the object's particularities	05. Erroneous primary presuppositions
06. Chain of logical concepts	06. False demagogic reasonings
07. Concentration on the proposed objective	07. Gross ignorance of the subject
08. Credible exposition of opinion	08. <i>Hearsay</i> : illogicality
09. Criticisms based on the facts	09. Hunch: clear absence of research
10. Deep knowledge of the subject matter	10. Hypercriticism and self-corruption
11. Deep thoughts	11. <i>Imbecilities</i> : evident absurdities
12. Dispassionate competent analysis	12. Judging others based on yourself (act of)
13. Elevated sense of discernment	13. Mania: <i>hypotrophy of intelligence</i>
14. Emphasis on what matters in the analysis	14. Misunderstandings: lack of communication
15. Essential concepts of a critique	15. Negative precipitated conclusions
16. Exercise of pure intelligence	16. Obedience to fossilizing routines
17. High quality pros and cons	17. Obliquity of simplistic judgment
18. Impartiality in appreciations	18. Obviously tendentious comments
19. Informed judgment	19. Passionate prejudgements
20. Mature reflection of the exposition	20. Pertinacity in the error of the approach
21. Positive honest allegations	21. <i>Put everything in quarantine</i> (escape)
22. Pragmatic rational criterion	22. Rash and superficial judgment
23. Respect for another's intelligence	23. Sectarianism: classism
24. Serene and independent contestations	24. <i>Short-sightedness, close-minded</i>
25. Solid cultured argumentation	25. Spirit of manifest partiality
26. Spirit of critical investigation	26. Subordinate and gratuitous exaggeration
27. Subtleties of the spirit in the context	27. The intolerance of unjust pride
28. Useful functional approaches	28. The principle of seeing everything as shady
29. Very constructive analysed points	29. Vicious and incompetent exposition
30. Weighed and just conclusions	30. Voluntary lazy blindness

Test. What variables predominate in the reader's heterocritiques: those from the 1st or 2nd column?

§5. TEST OF PROJECTIOCRITICISM OR PROJECTIOLOGICAL CRITICISM

Excess. Self-criticism cannot be exaggeratedly confused or interpreted, to the point of becoming a sterilising or castrating self-censorship, indicative of tendentiousness incorporated into your approaches, opinions censured by myths, spurious influences, subconscious filtering in the analysis of facts or deviations from the forms of scientific procedure.

Sadomasochism. Excessive self-criticism is mere masochism, as excessive heterocriticism can be simple sadism. (See Bib. 4669).

Projectiocriticism. For whoever desires to evolve with conscious projections and achieve greater multidimensional maturity, here is Practical Projectiocriticism, or a rigorous conscientiological self-analysis, enumerated in 11 basic items:

01. **LP.** Only proceed to confront your own consciential experiences with *consensual* projectiological data, when fully convinced you have truly experienced a self-lucid projection and not another altered state of consciousness, or much less, reminiscences from movies, TV programmes, romances, readings, interests or vanities.

02. **Incoherences.** Research the causes and correlations of all *anachronisms, incongruences, incoherences, inconsequences* and *inconsistencies* of extraphysical perceptions during the projective experiments. Oneirism is not a lucid consciential projection.

03. **Distortions.** Do not withhold information under any pretext, do not write your reports under any pressure and do not deliberately distort the version of events seeking to avoid difficulties in the acceptance of your own experiments by neophobic others.

04. **Exclusions.** Be authentic in the analyses, always loyal to the facts, rejecting any propensity to highlight certain more convenient approaches while excluding inconvenient others.

05. **Frankness.** Use complete frankness in sensible rational approaches, during the detailed recording of your own extraphysical experiences.

06. **Imagination.** Eliminate augmentations forged by the imagination - or imagery - in the simple interpretation of parafacts or parapsychic occurrences.

07. **Preconceptions.** Dispel all kinds of possible dogmas, civilisation's taboos and preconceptions when deeply studying projective experiences.

08. **Doubt.** Abstain from forcing the transformation of doubt into certainty when addressing parafacts. *Just like a parachute, a human **mind** works better when open.*

09. **Fearlessness.** Derepress and realistically expose yourself without reservations, fear of complications, misunderstandings or threats regarding your own consciential projections.

10. **Confession.** When necessary, that is when you doubt your understanding, confess your personal ignorance regarding any subject under analysis, debate or question.

11. **Theories.** Do not limit the narrations of your real experiences to the level of existing theories and interpretations studied by yourself or by others, with the objective of maintaining discreetness, preconceived interests or premeditated reasons.

Test. Which of these 11 items do you already tranquilly dominate?

86. TEST OF YOUR CRITICAL ANALYSIS

Creativity. Creativity is the explicit manifestation, in the soma, of the mentalsoma's creative activity. *Mentalsomatics* expands through the consciential attributes.

Expression. The most logical expression of one's thought perfects the discrimination of sensations and the description of animic, parapsychic and bioenergetic experiences of a practitioner of CPs, or lucid consciential projections.

Writing. *The consciousness reveals itself in everything they type or write by hand.*

Diary. Here is a list of 22 critical observations able to help the analysis of your *projective diary*, and in the technical conscientiological evaluation of texts in general:

- AM- Ambiguities**, imprecisions, whims or imperatives of the author.
- CO - Contradictions** and incoherencies, real or apparent (paradoxes).
- CR - Core errors** of ideas, or the content of the thesis.
- DL - Divergences of language**, vocabulary, Terminology or nomenclature.
- DO - Deficitary omissions** or carelessness of some specific nature.
- EC - Mistaken**, fallacious, unfortunate or **erroneous corrections** (hyper-revision).
- EN - Disordered** chronological, spatial or **numerical enumerations**.
- EQ - Frank equivocations**, temerities, precipitations or apriorisms.
- FC - Functional cuts** of the text or eliminations from the *copydesk* or revision.
- FE - Fortunate expressions** that are correct, enriching or that are original ideas.
- FO - Errors of form**, language, or translation (intellectual betrayal).
- IE - Inadequate expressions** that are incorrect, antiquated or debasing.
- IT - Inadequate titles** - of depth and / or form - in relation to the subject in focus.
- MC- Mental creations** (materialised morphothosenes) positive or negative.
- OB - Obscurities** in the unintelligible statement, paragraphs or sections.
- OI - Opportune inclusions** or supplements that clarify the text even more.
- OS - Obsolete subjects** or those that are anachronistic, inconvenient or avoidable.
- PO - Personal omissions** of the commentator, reviewer, translator, critic or analyst.
- RD - Redundancies**, gongorisms or the author's *gushing eloquences*.
- RP - Unnecessary repetitions**, bathothosenes or the effort to make a thing super-explicit.
- SA - Scientific absurdities**, physical illogicality or physicalist nonsense.
- TE - Typographical errors** by the printers or typographers.

Initials. In the section in focus it is worth writing your initials in the corners of pages of the book, notebook, magazine, loose printed material or paper under analysis. As well as making notes on separate paper or in your own catalogue, and, if appropriate, creating other convenient critical comments from these, which includes the use of files, disks and other archives.

Test. You can start to apply this list, in practice, beginning now, about the text of this book. Go ahead without inhibition. Thus, you can immediately evaluate, here and now, the level or qualification of the self-criticism. Does this page make you think?

87. TEST OF YOUR DEEP SELF-ANALYSIS

Questions. In general a *pathothosene* hides an *unpleasant trait*. Do you want to know yourself? If so, then answer these 20 questions on the maturity and self-discernment of your intimate world, *mental peccadilloes*, authenticity and self-incorruptibility:

01. **Friendship.** Do I have difficulties maintaining a stable social circle and friendships? Difficulty is not a synonym of impossibility. Will diminishes the impossible.

02. **Aptitude.** Do I ever feel incapable of performing an individual task within a team? A conscin has the evolutionary or groupkarmic colleagues they deserve.

03. **Self-guilt.** Do I harbour a feeling of guilt in respect to anybody, whether a conscin or a consciex? The Cosmos is our real country. Nobody exists alone: *we coexist*. To evolve is to co-participate.

04. **Behaviour.** Is it difficult for me to behave as others expect, according to the circumstances? Every exaggeration always weakens the consciousness and their respective personal acts.

05. **Performance.** Do I have healthy pride in my self-accomplishments and *performances* in this dimension, and my para-accomplishments in other consciential dimensions?

06. **Economy.** Do I live disturbed about financial-economic security?

07. **Effort.** Are those who are *lazy (acedia)* truly wrong?

08. **Expression.** Do I have a necessity to *express* my own sentiments?

09. **Heterocriticism.** Do I feel wounded, wronged or self-victimised when criticised?

10. **Holokarma.** Do I sincerely admit the *law of return* or that I will answer for every act committed, *detail by detail*? Nobody comes to intraphysical life to worship.

11. **Leisure.** Do I consider every trip away from home as entertainment?

12. **Goals.** Do I establish carefully considered work goals, in order achieve them?

13. **Organisation.** Could I better employ my free time and available opportunities?

14. **Parapsychism.** Do I sincerely admit the reality of other conscins' parapsychism? And in regards to self-parapsychism? LP is the skeleton key to all the collars of the ego.

15. **Responsibility.** Do I feel happy to have self-conscious responsibilities?

16. **Resentment.** Do I harbour unconfessed feelings of grief, resentment, vulnerability or *envy*? An intra or extraphysical intruder is the most *friendly of enemies*.

17. **Wealth.** Do I think it wrong to want to be rich? (See page 310).

18. **Thanatophobia.** Do I fear physical death (thanatophobia), or the final projection?

19. **Work.** Do I like it when I am called upon to do something?

20. **Truth.** Do I judge it wrong to tell a small lie (*white lie*)?

Test. Only you should judge with self-criticism, and conclude, in the silence of your own introspection, whether the answers to these 20 questions were predominantly *yes* or *no*.

Profit. Who will profit from this test? You and all of us, conscins and consciexes.

Verbactions. It is most intelligent to always avoid writing the infallible ideas you have. There are contradictions between opinion and behaviour in the lives of many. *A conscin's healthy performance is the fruit of the continuous reiteration of verbactions.*

88. TEST OF THE AVOIDANCE OF 60 KEYWORDS

Reading. This page contains 327 words. *On average you, reader, spend only 1 minute to read and understand 300 words.* How do you apply your reading ability?

Words. According to Conscientiology, self-discernment - a characteristic of integrated maturity or *holomaturity* - recommends that you think twice before speaking, or writing, words that may signify some of these 60 conditions or qualities:

- | | |
|---|--|
| 01. Absolutisms (immaturities) | 31. Indiscriminations (precipitations) |
| 02. Accusations (<i>heterocriticisms</i>) | 32. Indoctrinations (proselytisms) |
| 03. Aggressiveness (belligerence) | 33. <i>Inexistences</i> (fables) |
| 04. <i>Anti-information</i> (rumours or gossip) | 34. Intercalations (if <i>inopportune</i>) |
| 05. Atypicalities (boasting) | 35. Jargon (excessively technical slang) |
| 06. Barbarisms (<i>asininities</i>) | 36. Latinisms (when unnecessary) |
| 07. Cacophonies (bathroom graffiti) | 37. <i>Misinformation</i> (ignorance) |
| 08. Circumlocutions (<i>bradypsychism</i>) | 38. Misunderstandings (<i>self-provoked</i>) |
| 09. Clichés (fossilisation) | 39. Obscurities (obtuseness) |
| 10. Commonplace (if avoidable) | 40. Obviousness (foolishness) |
| 11. Conventionalisms (formalism) | 41. Parochialisms (<i>small world</i>) |
| 12. Crutches (psychological scaffolds) | 42. Pedanticisms (snobbishness) |
| 13. Deceptions (<i>inexperience</i>) | 43. Pejoratives (<i>anticosmoethical</i>) |
| 14. Diverse <i>incorrections</i> (gaffes) | 44. Personal commitments |
| 15. Dogmatisms (<i>magister dixit</i>) | 45. Platitudes (lack of imagination) |
| 16. Dubiousness (<i>on the fence</i>) | 46. Polemics (when not useful) |
| 17. Eccentricities (when psychopathic) | 47. Preciosities (gongorisms) |
| 18. Euphemisms (<i>inauthenticity</i>) | 48. Redundancies (when avoidable) |
| 19. Exaggerations (puerilities) | 49. Regionalisms (out of their proper place) |
| 20. Excesses (consciential basement) | 50. Repetitions (lack of revision) |
| 21. <i>Foreignisms</i> (See page 943) | 51. Rhetoric (colloquialisms from the stage) |
| 22. Fossicking (<i>antiscientific art</i>) | 52. Slang (when dislocated) |
| 23. Hermetisms (esotericisms) | 53. Solecisms (lack of schooling) |
| 24. Hooks (when excessive) | 54. <i>Sub-information</i> (little reading) |
| 25. Idiotisms (intellectual oligophrenia) | 55. Superlatives (take care with <i>very's</i>) |
| 26. Impacts (prima donna, diva) | 56. Surrealisms (fruits of deliriums) |
| 27. <i>Impossibilities</i> (fairy tales) | 57. Technicalities (scientisms) |
| 28. <i>Imprecision</i> (lack of dictionaries) | 58. Trends (<i>a comet's flashes</i>) |
| 29. Incisiveness (when unnecessary) | 59. <i>Uselessness</i> (writing on water) |
| 30. <i>Incompleteness</i> (negative traces) | 60. Vicious pleonasms |

Test. Criticise the mistakes in this book through this list of keywords. This can help improve your intellectual consciousness.

89. CONCEPTS RELATED TO YOUR CONSCIENTIAL VEHICLES

Self-knowledge. *Desoma* is inevitable. Here are 18 technical concepts about the intraphysical consciousness' vehicles of manifestation that deserve understanding and analysis by a reader aiming for broader, practical self-knowledge:

01. **Androsoma:** the male human body, specific to a man.
02. **Astrosoma:** same as the psychosoma, the body of desires and volitions.
03. **Cephalosoma:** the *head-body*, the parabody of self-discernment, or the mentalsoma.
04. **Counterbody:** same as the energosoma, the vehicle specific to the conscin's CE.
05. **Energosoma:** the energetic body specific to the intraphysical consciousness, responsible for the temporary connection between the psychosoma and soma. The vehicle deactivated on occasion of the *second desoma*. The *key-parabody* in relation to our current evolution because only an *energomatic existence* occurs, and not the direct *somatisation* of the consciousness. Same as holochakra.
06. **Extraphysical body:** a general reference to the psychosoma, the vehicle most employed by a conscin in lucid extraphysical projections.
07. **Gynosoma:** the feminine human body, specific to a woman, specialised in the animal reproduction of intraphysical life. An evolved vehicle still very obscure to us as regards the manifestation of biological energies. *The gynosoma is the aphrodisiac body.*
08. **Holosoma:** the consciousness' set of the vehicles of manifestation; meta-organisms. The consciousness lives in a coincident *multi-organism* state.
09. **Intraphysical body:** the soma considered specifically as a *sophisticated object* in the Physical Universe, coordinated through the intermediary of the human brain's functions.
10. **Macrosoma:** an extraordinary soma, or one *super-customised* for a specific proexis.
11. **Mentalsoma:** same as the cephalosoma or the mental parabody.
12. **Metasoma:** same as the psychosoma, an instrument beyond the physical body.
13. **Mnemosoma:** the body of the memory or the mentalsoma considered specifically in relation to the multiexistential consciousness' memory, extremely important with regard to healthy affective retrocognitions. (See Bib. 4716).
14. **Noemasoma:** same as the mentalsoma or the parabody of self-discernment.
15. **Psychosoma:** the body of desires, or the consciousness' emotional body, responsible for the greatest number of *parapathologies* at the current evolutionary level. The vehicle deactivated on the occasion of the evolved *third desoma*, a goal attained by Serenissimi in their self-conscious evolution. Continuous lucid use of ideas-emotions improves this vehicle.
16. **Sexosoma:** the human body considered from the sexual or reproductive point of view. The only consciential vehicle able to reproduce less impermanent forms.
17. **Soma:** the biological or cellular human body. The vehicle deactivated on the occasion of the definitive or absolute *first desoma*. It is the high point of animal evolution.
18. **Vital double:** same as the energosoma or *holochakra*, that which is responsible for a *locked seriexis*, strictly speaking, a *not incarnated* vehicle. A term worn out through constant use.

90. THEORICE OF YOUR HOLOSOMATIC COORDINATION
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Polarities. In harmonic self-coordination, or in the homeostasis of the holosoma, it is important for you and us all, to be attentive with regard to, at least, 15 evolutionary *dynamic contrasts*, or poles, within intraphysical and extraphysical existences:

01. **Femininity.** If you are a woman, no matter how feminine, you are also going to need to act with masculine, *yang* energy. *Intraphysical life demands versatility.*

02. **Masculinity.** If you are a man, no matter how virile, you are also going to need to act with feminine, *yin* energy. The same intraphysical life also demands this.

03. **Symases.** If you establish an auric coupling, it is worthwhile to progress and involve yourself with the most positive or healthy *energetic sympathetic assimilations* possible.

04. **VSs.** If you succeed in installing, well, the VS, or vibrational state, as a healthy habit, it is worthwhile to frequently perform *prophylactic vibrational states*.

05. **Holorgasms.** If you practise daily sex within a healthy interconscial holothosene, you will achieve the execution of *holosomatic orgasms* (holorgasms).

06. **Invexis.** If you are an *existential recycler*, you will reach another more advanced level if you know the maximum possible regarding existential inversion (invexis, grinvexes, Invexology).

07. **Recexis.** If you are an *existential inverter*, you will reach another more advanced level if you know the maximum possible regarding existential recycling (recexis, grececes, Recexology).

08. **Parapsychism.** *Self-animism* has to function in coordination with your general self-parapsychism, or intra and extraphysically, in order to be more fecundate and efficient.

09. **Animism.** General *self-parapsychism* functions with greater intelligence, and is more constructive and evolutionary, if it operates in coordination with your self-animism.

10. **Gestations.** If you have already liberated yourself from all commitments to human gestations, evolutionary intelligence leads you to produce *gestations of conscial works*, great and enduring results in front of the effort of conscious self-evolution.

11. **Claritask.** If you predominantly execute the *consolation task* (consoltask), a still primary assistential undertaking, then you lack the objective of realising the clarification task (claritask), a much more advanced assistential undertaking.

12. **Consoltask.** If you already predominantly execute the *clarification task*, proceed to act with profound and intrinsic interaction *without disregarding* the primary task of consolation.

13. **Holomaturity.** If you have already acquired the 1/3 of the units of lucidity (cons) related to your *conscial basement*, from now on proceed to recover the remaining *important cons* in intraphysical life, aiming toward integrated maturity (holomaturity).

14. **Polykarmality.** If you already understand and admit the level of your personal current egokarmic and groupkarmic accounts, proceed to now determinedly open your own *current polykarmic account*, truly dynamising your individual holokarma. (See page 627).

15. **Self-mimicry.** If you succeed in experiencing consecutive, positive, lucid retrocognitions you will now have the strength to seek to live *productive intraphysical self-mimicries*.

91. INTERVEHICULAR RELATIONS OF THE CONSCIOUSNESS

Thosene. A thosene is the consciousness’ unit of practical manifestations, it is composed of 3 indissociable components: thought, sentiment and consciential energy.

Soma. The soma (human body) is a conscin’s most important *thosenator*.

Thosenators. *The thosenators of a lucid consciex are the psychosoma and the mentalsoma.* Sigmund Freud failed to study *extraphysical egos* and the *seriexis*.

CEs. A consciex who deactivated the energosoma (second desoma) has CEs, or the consciential energies of their self-thosenes, derived from the psychosoma and the mentalsoma.

Energosoma. In the *energomatic existence*, a conscin indirectly manifests themselves into matter (physical) through the energosoma and obviously much more through the soma.

State. In intraphysical life a consciousness’ manifestations can present human characteristics very specific to this consciential state. The component of self-thosenes most altered by a conscin is the energetic (*ene*).

Modifications. However, a consciousness modifies their thoughts and feelings all the time, in any consciential state, irrespective of the location or dimension.

Nuances. Your personal manifestations, as an experimenter, alter themselves and can remain altered for a reasonable period of time, or they present small differentiated nuances, as you employ your *charged thosenes*, whether they are predominantly charged from one *consciential vehicle* or another.

Figure. What *charges* the thosene is the intention. Here are intervehicular relations in a didactic table showing 5 example-manifestations of a conscin:

Personal Manifestations	Holosoma			
	Soma	Energosoma	Psychosoma	Mentalsoma
Intraconsciential grief	<i>Choleric adrenalin</i>	Cardiochakra shock	Energetic fury	<i>Consciential amentia</i>
Intraconsciential egoism	Functional obesity	Unconscious vampirism	Blind possessiveness	Avaricious sectarianism
Intraconsciential vanity	Aesthetic surgery	Energomatic seduction	Autolatry (narcissism)	Acritical self-promotion
Interconsciential love	Mutual Orgasm	Active sexochakra: enerspring	Unbridled passion	Romantic love (hologasm)
Holosomatic Homeostasis	Physical health	Prophylactic VS	Extraphysical euphoria	State of cosmo-consciousness

92. THEORICE OF OUR SCALE OF SUBTLENESS

Scale. Through 6 different constituent elements, here is an increasing scale of rarefaction, or subtilisation, of the headquarters of the consciential microuniverse of all conscins. These are fundamental premises of Conscientiology for you to research:

1. **Soma.** The human body is the most solid, concrete, palpable, objective or least subtle constituent, delimited according to our organic or physical senses. The human body, by being the most solid, makes the common man and woman, without primary notions of multidimensionality, judge themselves - unfortunately for them - to be, first and foremost, only their somas and nothing more.

Myopia. This myopic vision that overestimates the soma is characteristic of physicalist conscins who still lack the practical discernment of consciential evolution. The exercise of deeply experienced and self-persuasive LP, or lucid projectability, is missing in them. For example, during the Middle Ages the *populace* admitted that witches had 4 pupils, two in each eye.

2. **Liquids.** More than 80% of the soma's solidity comprises of more or less dense fluids, for example: blood, lymph, cerebrospinal fluid, saliva and tears.

Syrupy. Compared to a dense solid state or one informally called *syrupy* (colloidal), these liquids exist with freer molecules.

3. **Gases.** The human being is a chemical being, or an unaware professional chemist, because they, even unconsciously, constantly manufacture the organism's chemical and gas exchanges. A conscin is a maximally restricted consciousness exercising *maximum liberty*.

Matter. In the scale of subtleness, thus far, we have remained in the domain of dense energy (matter) - a mere derivation of IE or immanent energy - or of the soma.

4. **CEs.** Beyond the organism's natural gases are the CEs of the auras, or energetic psychospheres, which are in constant movement in another state.

Energosoma. At this point of the scale of subtleness, within the structure of the holosoma (dimener), we leave the soma to reach the energosoma, the body of CE.

5. **Thoughts.** Ideas, or the *tho* from thosenes, are even more subtle constituents than CEs. *A consciousness is not only thoughts.*

Thosenes. Thosenes - thoughts, sentiments and consciential energies - exist and are unleashed by the consciousness through the mentalsoma.

6. **Consciousness.** The essence of ourselves, the consciousness - the most subtle reality known - when compared to the 5 previously referred to constituent elements of the scale of subtleness, is the most *rarefied* or *quintessential*. The consciousness supervises the holosoma and exists beyond the CEs they manifest through.

Paradigm. For consciousness the conclusion is: *subtleness* does not imply simplification or simplism. On the contrary, in this case it is sophistication and complexity. Hence the importance of accurately studying consciousness through the effects of self-thosenity. This establishes the pragmatic functions of the consciential paradigm.

93. TEST OF YOUR HOLOSOMATIC HOMEOSTASIS

Self-catalysis. There is a moment in the life of an intraphysical consciousness in which you are called upon to harmonise the integrated equilibrium of the holosoma with a self-catalysis.

Fissures. *There are conscins who live the absurd and contradictory as their reality.* In order to continue evolving without *consciential fissures* even the most lucid and self-sufficient *scientist* needs to grant time to relax in their intimate microuniverse.

Attitudes. Here are 20 attitudes to produce a self-catalysis of holosomatic homeostasis:

01. **Amplifier.** Become more of a *lucid amplifier of conscientiality* in the intraphysical and extraphysical holothosenes where you manifest yourself, on any occasion.

02. **Assistanciality.** Revise the *sense of humanity* applied in the day-to-day.

03. **Binomial.** Deepen the understanding of the *binomial discernment-affectivity*.

04. **Candour.** Grant the percentage of healthy candour necessary for all of us.

05. **Cardiochakra.** Make intelligent concessions in the exercise of the cardiochakra.

06. **Censorship.** Eliminate excesses of rigidity in *antiridicule censorship*.

07. **Conduct.** Meticulously analyse the useful extension of aseptic or cosmoethical conduct in the face of possible sterile or sterilising aspects of your own acts.

08. **Conscientiality.** Also let *yin* energy (if you are a man), or *yang* energy (if you are a woman), flow freely in essential self-thosenic manifestations.

09. **Distrustometer.** Do not permit a *distrustometer* to castrate pure authenticity.

10. **CEs.** Humanize personal CEs with intelligence (energomaticity).

11. **Aesthetic.** Give some attention, even minimal, to Aesthetics in life.

12. **Heterocritiques.** Respect and *reanalyse* the average utility of *heterocritiques* received.

13. **Holomaturity.** Enrich your personal knowledge regarding holomaturity.

14. **Mood.** *Break the ice* of austerity with the best good humour.

15. **Intraphysicality.** Strengthen the fixation to Earth, renewing the inevitable functional connecting ties to a productive life within dense energy (matter).

16. **Monopoly.** *Demonopolise* the actuation of a certain consciential vehicle upon the others.

17. **Psychosoma.** Account for the accumulation of blood, sweat and *tears of joy*.

18. **Sexochakra.** Liberate an *unimpeded* flow of your own CE from an active sexochakra.

19. **Subhumanity.** Remove the simultaneously *subhuman* and *unhuman* possible variables from our specifically *human* self-performances.

20. **Tenderness.** Permit the natural outflow of tenderness without arid suffocations.

Exclusions. All of this can be done *without* 7 pathological factors: psychological regressions; morbid repressions; eruptions of immaturity; useless self-mimetic repetitions; personal fragilisations; *erroneous deprioritisation* of essential evolutionary directives or transforming exception-conduct into standard-conduct. Assisted CPs and healthy projective retrocognitions often present this great objective in every evolutionary instance.

Test. Are you capable of facing all of this? Is it worth trying?

94. TEST OF YOUR DIMENSIONAL ATTITUDE

01. **Globalisation.** Evolutionary maturity and the integral memory recommend to a universalistic and discerning conscin capable of identifying other dimensions, the act of consciously living preoccupied, *as a priority*, with this natural dimension (theory of *biophilia*), corresponding to the *soma* and then, irrecusably, with other relevant connected dimensions that correspond to their *holosoma*, in a direct and global way (theory of *conscientiophilia*). (See Bib. 4719).

02. **Dimensions.** In light of the above, you, intraphysical consciousness, can uninterruptedly locate and recognise the existence of other extraphysical consciential dimensions. From this, 3 questions arise that define 3 attitudes:

First: *Should you live preoccupied with only this consciential dimension?*

Second: *Should you live preoccupied with only the extraphysical dimension?*

Third: *Should you live simultaneously alert to the 2 sides of life?*

03. **Involvement.** Without a doubt, discernment suggests it more intelligent for a conscin to live awakened to, involved and conjuncted with, all the dimensions they already identify and encounter in every moment, in an unavoidable way. Reflect on this.

04. **Duty.** If someone identifies other consciential dimensions, it is because they already possess consciential resources, paraperceptions and attributes, and therefore also have the liberty, freewill and duty to live consciously involved with these dimensions.

05. **Liberation.** On the other hand, the act of a consciousness definitively detaching from the human vehicle, or the intraphysical dimension, through the *desoma*, or even freeing themselves from the series of *resomas* and successive intraphysical existences, through the third *desoma*, or the evolutionary liberation conquered by a FC, or *Free Consciex*; the occurrence of which depends on mastery of the *soma*, *energosome*, or the vehicle related to the immediate energetic dimension, and beyond this the *psychosoma*, or emotional body. A FC enters the evolutionary *paradoxical fourth course* (*conscientese*), which occurs after the *vegetative, sub-human* and *human* courses.

06. **Soma.** The *soma* needs rest and cellular repair. Yet the consciousness never stops, nor needs to rest simultaneously with the *soma*.

07. **Utilisation.** Therefore it does not constitute alienation, much less an escape, if someone, an intraphysical consciousness, who already unconsciously loses themselves while sleeping for 8 of the day's 24 hours, or an unproductive one-third of their intraphysical life, takes advantage (LP) of this routinely wasted period to dynamise their evolution in better and more comfortable conditions. (See page 164).

08. **Sponsorship.** Furthermore: other consciousnesses also evolve with this help, sponsoring extraphysical assistance performed through conscious projections.

09. **Prestige.** A consciousness is worth the amount of their *multidimensional prestige*.

10. **Test.** What level is the dimensionality of your consciential microuniverse? Which of these 3 analysed attitudes do you live in accordance with? Does *biophilia* weigh heavily upon you?

11. **Work.** *No well done consciential work was easily accomplished.*

95. TEST OF THE DIFFERENCES OF CONSCIENTIAL DIMENSIONS

Differences. Aiming to self-test an attentive reflection on details, here are 30 essential differences between the consciential dimensions most utilised by conscins:

<i>Matter</i>	<i>Energy</i>	<i>Consciousness</i>
01. Human dimension	Energetic dimension	<i>Intima dimension</i>
02. Intraphysical life	Energetic life	Extraphysical life
03. Geo-existence: forms	Dimener: forces	Paraexistence: CPs
04. Tridimensionality	Dimension 3.5 (dimener)	“N” dimensions
05. Physical base (space)	Dimener of the physical base	Active personal offiex
06. Material base (conscin)	Energetic base	Consciencial base
07. Soma (human body)	Energosoma (parabody)	Isolated mentalsoma
08. Day-to-day somaticity	Energosomaticity	Holosomaticity
09. Animalised conscin	Energetic conscin	Projected conscin
10. Isolated conscin	Looseness of the energosoma	Isolated consciex
11. Healthy human feet	<i>Pre-kundalini</i> (geoenergy)	Extraphysical volitation
12. <i>Healthy feet on the ground</i>	Alienation (intraphysical)	Multidimensionality
13. Brain (mind)	Holothosene (<i>egregora</i>)	Parabrain (consciex)
14. Thosenity (actions)	Thosenes (<i>enes</i>)	Thosenes (<i>thosens</i>)
15. Terrestrial troposphere	Energetic field	Pure mental dimension
16. Euphoric face	Orgastic aura	Punctiform consciex
17. Tight hug	Auric coupling	Consciencial interfusion
18. Animic signal	Bioenergetic signal	Parapsychic signal
19. Coincidence (condition)	Looseness of the energosoma	CP of the mentalsoma
20. Animism (human)	Lucid energetics	Parapsychism in general
21. <i>Locked seriexis</i>	Oneirisms (deliriums)	Evolutionary paracoma
22. Enduring geovigil	Lived penta	Cosmoconsciousness
23. Intraphysical fixation	Lucid permanintfreeness	Alternating lucid life
24. Intraphysicality	Dimensional transition	Intermissibility
25. Native human language	IE (immanent energy)	Active conscientese
26. Groupkarmic course	Energetic course	Intermissive course
27. Organic homeostasis	Self-lucid prophylactic VS	Holosomatic homeostasis
28. Epicon: condition 1	Epicon: condition 2	Epicon: condition 3
29. Human social morals	More contemplated ethics	Deeply lived Cosmoethics
30. Humanity (Socin)	Lucid energisers	Parahumanity (Sociex)

Test. Which of these 3 consciential dimensions have you already succeeded in deeply experiencing? **Lucid self-projectability** is the exit from the labyrinth of compulsory seriexises.

96. SUBJECTIVE PHENOMENA OF PROJECTIOLOGY

Definition. Subjective projective phenomena are a parapsychic occurrence limited to the scope of Projectiology, or related to the phenomenon of conscious projection, the extracorporeal experience (*Out of Body Experience*), that occurs more within the consciousness (intraconscientiality) and with the projector's vehicles of manifestation partially or completely projected, making the participation with the ambient surroundings (Mesology) secondary.

Psychosphere. Conscious human projection kills physical death or desoma. Among others, these 22 principle connected phenomena occur that are essentially related to the psychosphere or the holothosene of the human projector or projected conscin:

01. Benign or healthy extraphysical projective catalepsy.
02. Benign or healthy physical projective catalepsy.
03. Consciential self-bilocation.
04. Cosmic consciousness (state of cosmoconsciousness).
05. Double projection.
06. External autoscopy.
07. Extraphysical clairvoyance.
08. Extraphysical double vision.
09. Extraphysical intuition.
10. Extraphysical precognition. (See Bib. 4727).
11. Extraphysical psychometry.
12. Extraphysical repercussions.
13. Extraphysical retrocognition.
14. Internal autoscopy.
15. Near-death experience or NDE: pre-final projection.
16. Near-death experience or NDE: resuscitative projection.
17. Physical repercussions.
18. Pre-projective, projective and post-projective double consciousness.
19. Projective déjà vu.
20. Projective panoramic vision. (See page 186).
21. Self-telekinesis.
22. Waking dis coincidence.

Psychometry. In several of these phenomena, classified here as subjective projections, direct relations with the environment (or holothosene) frequently occur, as shown by occurrences of extraphysical psychometry for example. However, the roots and the universe of manifestation of such phenomena are circumscribed principally to the consciousness' intimacy, actually making the environment a secondary factor. Such an observation speaks equally in favour of the relativity and limitations of every phenomenological classification.

Theory. *A theory, however beautiful, yields before a contrary experimental fact.*

97. AMBIVALENT PHENOMENA OF PROJECTIOLOGY

Definition. Ambivalent projective phenomenon are parapsychic occurrences, astricted to the ambit of Projectiology, that may, or may not, unfold within the consciousness (intraconscientially) of a projected projector, however with important consequences outside of this same consciousness.

Conscins. Among others these 32 principal, connected, ambivalent phenomena occur with a conscin projected, or not, and with the participation of that same conscin:

01. Apparition of a projected projector to intraphysical beings. (See Bib. 4698).
02. Cardiochakral and umbilicochakral somatic self-deactivation.
03. Creation of morphothosenes.
04. Exteriorisation of motricity.
05. Exteriorisation of sensitivity.
06. Extraphysical elongation.
07. Extraphysical projective psychophony.
08. Extraphysical self-transfiguration.
09. Extraphysical telekinesis.
10. Extraphysical telepathy.
11. Extraphysical transmission of CEs by a projected projector.
12. False arrival.
13. Farewell consciential projection.
14. Intraphysical bilocation of a projector (conscin) witnessed by others.
15. Intraphysical multilocation.
16. Intraphysical or human parateleportation.
17. Intraphysical or human projective psychophony.
18. Possessive consciential projection.
19. Projection of a subhuman animal's double, detected by a conscin.
20. Projective ectoplasmy.
21. Projective heteroscopy.
22. Projective parapyrogenesis.
23. Projective pneumatophony.
24. Projective *poltergeist*.
25. Projective psychography (Also see Pangraphy: page 213).
26. Projective *raps*.
27. Self-psychophony.
28. Semimaterialisation.
29. Sonorous consciential projection.
30. State of suspended animation.
31. Travelling clairvoyance. (See page 206).
32. Zoanthropy. (*Intellectual fatigue generates hypothosenes in a jaded conscin*).

98. EQUIVALENT PHENOMENA WITHIN PROJECTIOLOGY
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Complexity. Within the phenomenological universe of Projectiology here, in their natural order of importance, are 8 occurrences - among others - that are equivalent in their essential manifestations. This evidences the complexity characteristic of a consciousness' microuniverse, in this case intraphysical, or of a conscin, a human personality:

1. **Projective catalepsy** or the dissociation between a conscin's sensations and motor functions; and *the state of suspended animation* in which a conscin has, temporarily, suspended the essential vital functions of their cellular body. During hibernation *turtles* manage to live 3 months in ice with a non-functioning, inactive brain surviving in a natural glucose solution without oxygen. (See Bib. 4680).

2. **Consciential bilocation** or the act of the projected human projector contemplating their human body (soma) through another vehicle of manifestation in an extraphysical dimension; and *external projective autoscopy*, or the act in which the individual sees themselves, directly in front of themselves, while keeping the consciousness completely lucid during the ordinary physical waking state (intrapysicality). (See Bib. 4696).

3. **Projective panoramic vision**, the retrospection of facts experienced by a projected human consciousness, through the super-activity of the evocative memory; and *extraphysical retrocognition*, the perceptive faculty with which the projected consciousness recognises beings, events, scenes, objects and experiences belonging to previous existences, retrolives and retrosomas.

4. **Travelling clairvoyance** or the projection of the consciousness' visual paraperceptions a distance from the soma, with a simultaneous verbal report of the extraphysical events witnessed; and *self-psychophony*, when a projected consciousness communicates through the vocal mechanisms of their own human body or soma.

5. **Resuscitating conscious projection**, involuntary, a fact common to survivors of clinical death; and the *spontaneous conscious projection (CP)*, a fact common to an intraphysical consciousness and affecting a great number of people in the adolescent age group.

6. **Psychosomatic projection** of the intraphysical consciousness, or conscin, through the *psychosoma*, a temporary phenomenon; and the *first death*, the desoma or discarding of the human body (soma), an irreversible or definitive phenomenon, also called the *final projection*, which may occur with the consciousness while they are lucid or without lucidity.

7. **Mentalsomatic projection** of an intraphysical consciousness, or conscin, through the *mentalsoma*, without the energosoma, a temporary phenomenon; and the *second desoma*, or the discarding of the energosoma (energetic body), an irreversible or definitive phenomenon.

8. **Cosmoconsciousness**, the condition in which the consciousness feels unified with the Universe, as an indivisible unity; and the *third desoma*, or the definitive discarding of the psychosoma (liberation), at which point the FC, or Free Consciex emerges, manifesting specifically through the mentalsoma in the pure mental dimension, a state whose nature is still very obscure to us. *Robexis is the condition antipodal to the expansion of cosmoconsciousness.*

99. PHENOMENA FROM THE PROJECTIOLOGY-THANATOLOGY RELATION

CP. CP, or conscious projection, makes the *intrapysical restriction* very relative. There is always *free space* within the links of the strongest chains. The first fact explains the second.

Climate. The moment of *biological death*, characterised by the deactivation and discarding of the conscin's soma, involving brain and clinical death, always offers a favourable climate for the occurrence of parapsychic phenomena, so the fact that lucid consciential projections (CPs) occur in this critical period is understandable.

Lives. What *intrapysical* life conceals, the *extraphysical* brings into the open in a fully transparent manner.

Border. In the relationship between Projectiology and Thanatology - the science dedicated to the physical contexts of death and the psychosocial contexts or medical-legal problems related to the desoma - 4 similar phenomena occur. Lucid consciential projections appear in the development of these and can be included among the supervenient experiences, occurring right *on the border of biological death*, or on the threshold of desoma:

1. **NDE.** The *near-death experience (NDE)*, a nearly-fatal event, an experience of the imminent intrapysical death of the soma, or an accidental forced projection. Characteristics: a projective occurrence that is involuntary or forced by critical human circumstances. Projectors: casualties; resuscitated ex-terminally ill; resuscitated dying patients; and survivors of clinical death. (See Bib. 302).

2. **Resuscitating CP.** The experience of pseudodeath, an apparent or provisory death, clinical death with a return, or a *resuscitative projection*. Characteristics: an involuntary or forced projective occurrence, due to critical human circumstances. Projectors: survivors of clinical death; non-terminal patients; and those clinically resuscitated after varying accidents.

3. **Pre-final CP.** The experience on a near-death bed, a pre-agonical experience, or the *pre-final projection* of a terminally ill person. Characteristics: an involuntary projective occurrence, or one forced by critical human circumstances. Projectors: terminal patients, including children, a field where an elevated number of parapsychic researchers are currently dedicated in a more intense manner (Base year: 2012).

4. **Farewell CP.** The experience of the first death or a *farewell projection*. Characteristics: a critical, voluntary projective occurrence; a final and to a certain point unconscious inter vivos apparition. Projectors: dying individuals or agonizing conscins.

Categories. These 4 projective and thanatological phenomena suggest two categories:

1. **Almost-fatal.** The 2 first phenomena, numbers 1 and 2, an NDE with a lucid and recalled projection, and a resuscitating CP, are only episodes of mini-deaths, nearly-fatal events, or almost always dramatic CPs.

2. **Fatal.** The 2 last phenomena, numbers 3 and 4, the pre-final and the farewell CP, are fatal events, occurrences that definitively terminate with a final CP, or in other words: biological death, or desoma.

Minimorexis. *A simple healthcare visit to someone dying may constitute a **minimorexis**.*

100. THEORICE OF THE RESEARCH OF PROJECTIVES CASES

Gravitation. Since the beginnings of life on this Planet projected conscins have *extraphysically* escaped Earth's gravitation through CPs. The first conscin to directly, *intrapphysically* escape the Earth's gravitational field was Yuri Gagarin, on 14 November 1958.

Paradigm. Narrative research, or that from individual and group cases (case studies), becomes indispensable and irreplaceable in the employment of the consciential paradigm, within the practice of Conscientiology and Projectiology, where we do not make use of common physical instruments such as those used in the intraphysical inquiries for the concrete, objective and rigid measurement of consciousness - an insubstantial reality. Case research is simply the criterial and consensual analysis of personal narratives collected in a methodical way.

Consensus. This author researches himself; you research yourself; thousands of other personalities research themselves; finally, a highly self and heterocritical analysis of these findings leads to a temporary and more ample group consensus.

Science. Innumerable advances in the fields of conventional science during this time have been attained through the unquestionable validity of case studies and the interviewing of diligent people. *No evolutionary achievement of a consciousness is born from improvisation.*

Conscientiology. Within Conscientiology and Projectiology, case studies range from the individual microuniverse to the macrouniverse of the Socin and Sociex.

Research. Within the scope of conventional science, here are 3 examples of positive case studies where scientific practice confirmed isolated information, through the minute analysis of case studies and practical observations:

1. **Odontology.** Within preventative Odontology case studies enabled the evolution of conventional science in the prevention of cavities through the fluoridation of water. This providential discovery began with the isolated observation of a certain dentist (odontologist), unknown to the general public at the time. (See Bib. 63).

2. **Pediatrics.** Within Paediatrics' nutritional research, modern practices of infantile alimantation were developed through case studies.

3. **Cardiology.** Within Cardiology, case studies led to the establishment of the rational use of aspirin (acetylsalicylic acid) as a preventative measure, that today is widely recognised as helping avoid heart attacks. All the collective effort of cardiological prevention made since then was unleashed due to the initial personal information from that unknown rural medical clinic.

Projectiology. That is the reason why the evolution of the practical findings of Projectiology have been occurring though the accumulation of evidence, from vast projectiological case studies, or in other words, the collection of numerous reports and synopses of the experiences of conscins temporarily out of their bodies, whether through spontaneous or induced parapsychic facts.

Facts. The mass of facts or phenomena, including multidimensional ones, ends up offering evidence of a verisimilar ratification of the realities of consciousness and its evolution.

101. TEST OF 11 QUESTIONS CONCERNING CP

Definition. A CP, or human conscious projection, is a spontaneous or induced experience of perceiving an environment, in which the centre of the consciousness (someone) seems to be situated, in a spatial location separate from their own soma. (See Bib. 4729).

Self-persuasion. *A CP is a parapsychic phenomenon and a self-persuasive experience.*

Answers. Here are 11 classic technical questions made during an initial approach to any original scientific subject, each succinctly answered here regarding the phenomenon of lucid consensual projection (CP):

01. **Agent.** *Who (Quis) produces a CP? Evolutionary or consensual principles, more specifically conscins and consciexes.*

02. **Existence.** *What (Quid) constitutes or generates a CP? The condition of discoincidence - to a greater or lesser degree - of the ego's vehicles of manifestation.*

03. **Order** (Space). *Where (Ubi) is a CP produced and developed? In any environment of the Physical and Extraphysical Universes where a consciousness manifests.*

04. **Time.** *When (Quando) is a CP produced? At any time and in any meteorological condition, because, strictly speaking the weather and Meteorology do not directly, or necessarily, influence the production of a CP.*

05. **Comparison.** *With what can a CP be compared? With other altered or related states of consciousness: dream, sleep, daydreams.*

06. **Cause-effect.** *Why (Cur) is a CP produced and developed? Through the normal nature of the Physiology and Paraphysiology of the consciousness' vehicles of manifestation, when they temporarily change their consensual state.*

07. **Resources.** *What (Quibus auxiliis) should a CP be produced with? Initially, utilising the psychosoma, or the consciousness' emotional body.*

08. **Method.** *How (Comodo) is a CP produced? Through the alteration of the vibratory or energetic frequencies of a consciousness' vehicles of manifestation.*

09. **Goal.** *What is the objective of a CP? The incessant evolution of a consensual micro-universe in the search, initially, for hyperacuity, holomaturity and MS (multidimensional self-awareness).*

10. **End.** *What is a CP produced for? Aiming at many varied applications, according to whether the CP is produced voluntarily or involuntarily.*

11. **Amount.** *How much should be invested in the CP? Up to the limit of not generating personal alienation in the intraphysical life of the consensual projector.*

Release. The study of CP is a path of prepaid intimate liberation for every conscin, *a beach-head* for personal exploration and conquest of the extraphysical dimension, through the extraphysical sphere of their individual CE, prior to the desoma.

Test. Answer for yourself: What is the quality of the relationship I maintain with the CP? What is the level of the LP, or lucid projectability, that I have been sustaining in physical life?

Wisdom. Wisdom is to evolutionarily organise your own consciousness.

102. RESEARCH OF THE CONTENT OF PHENOMENA
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Facts. Parapsychic phenomena have been occurring in the same constant manner since Antiquity. General understanding, related to facts, evolves little by little. For that reason, the most correct expressions we use to interpret such phenomena change with time, and from place to place. Over the course of time people tire of the terms.

Consensus. However there are 3 points of universal consensus:

1. **Name.** *A new, pompous name does not change the essence of the fact under analysis.*
2. **Semantics.** Semantics do not have the power to modify the structure of the phenomena.
3. **Science.** Science does not have - in its Terminology - worship of the word (label).

History. Therefore, there is “nothing new under the Sun”, except the *relative truth* (verpon) that is slightly amplified by every research with more correct, concrete and productive results.

Phenomena. Here are 4 parapsychic phenomena registered in the History of Humankind:

1. **Hypnosis.** In the 18th century, *animal magnetism* was identified and *recoined* as *mesmerism*, based on the theory of a German, Franz Anton Mesmer. After that, it was called *suggestion* and *hypnotism* in Europe; *lethargy* in Brazil; and in Spain the “novelty” was *rebaptised* as *sophronization*. The phenomenon, after two centuries of research, is still very obscure to us all. (See Bib. 4757).

2. **CEs.** In 1886 Karl von Reichenbach, a German, described an *energetic effluvia* of the human personality (CEs). In 1897 Hippolyte Baraduc, a Frenchman, published photographs of the *iconography of the fluidic invisible*, the same effluvia, that included fingers. In 1939 Semyon D. Kirlian, a Russian, *represented* the “new fact” regarding the irradiations, then called *kirliangraphy* or *electrography*, which has remained controversial for more than a century; *vexata quaestio*.

3. **Dermo-optics.** In 1920, *seeing without eyes* was called *transposition of the visual sense* by Frenchman Jules Romain, a pseudonym of Louis Farigoule, who also denominated the phenomenon *extraretinal vision*. In 1962 Iosif M. Goldberg, a Russian, *rediscovered* the “novelty” of *dermo-optical perception*, christening it *biointroscopy*. The phenomenon was not modified in any way, except for the *smoke and mirrors* of new places and new names.

4. **CPs.** Since time immemorial there has been people who *feel themselves leave the human body*. Two exponents amongst the Greeks were Plato, in 347 BCE, and Plutarch, in the 1st century; Augustine of Tagaste, in the 4th century; the Swede Emanuel Swedenborg, in the 17th century; and legions of other observers have described this old occurrence, known in the 20th century as *astral projection, unfolding or OBE*. And now, with the intention to better anatomise it, Projectiology denominates the phenomenon *lucid consciencial projection (CP)*.

Content. Let us understand, at a high level, the meaning of these challenging phenomena without overvaluing 7 facts: *forms, places, times, generations, people, hypotheses* or the more pompous *names* attributed to the facts. It is much more interesting to deeply understand the *parafacts* that apply to the practical content of *paraphenomena*.

103. SENSATIONS IN NEAR-DEATH EXPERIENCES

Learning. *Maturity affirms that we should learn because of evolution and not because of school.* NDEs bring immensely intelligent lessons to consciencial evolution.

Standard. Here are 22 sensations from NDEs, or near-death experiences:

01. **Ineffability.** Difficulty to translate the experiences into words.
02. **Floating.** Sensation of floating in mid air inside the room, near the ceiling.
03. **Knowledge.** Knowledge of dialogue and actions of those surrounding your soma while unconscious, together with hearing the news that you are dead.
04. **Incommunicability.** Witness relatives crying and trying to speak to them, without anyone perceiving the words spoken and the extraphysical interventions in that critical moment.
05. **Permeability.** To try to touch the people encountered, to no avail.
06. **Translocation.** Sensation of travelling at high speed or flying.
07. **Tunnel.** Sensation of a fast passage, in the dark, through a long tunnel.
08. **Buzzing.** Hearing strange and often unpleasant noises, buzzes, whistles and clinks. The sensation of hearing pleasant music can occur.
09. **Calm.** Strong sensation of tranquillity, peace and quietude.
10. **Solitude.** Sensation of deep solitude. (See Bib. 4748).
11. **Psychosoma.** The surprising sensation of possessing another body, beyond the human body, often a kind of functioning cloud.
12. **Encounters.** Occurrence of encounters with extraphysical consciences (consciexes).
13. **Parapsychotics.** Vision of consciexes disturbed by *post*-desomatic parapsychosis, in conflict or tormented, attached to some object, person or habit.
14. **Messenger.** Apparition of some being (consciex) composed of blinding light, radiating intense joy, affection or love, generally regarded as a guide or a messenger.
15. **Revision.** Telepathic, wordless dialogue with a messenger regarding past personal actions and the respective consequences in the human existence, done without accusations, reviewed like a movie or in front of an immense mirror, equal to an obvious self-evaluation (self-judgement).
16. **Mental.** A glimpse of the *mental dimension* as the centre of the consciousness.
17. **No-return.** To come across something symbolic, a barrier or door, that if crossed signifies not returning to the body (soma) and acceptance of the first desoma.
18. **Communities.** Vision of luminous extraphysical communities, similar to what is called *heaven*, according to the person's religious, mythical, cultural or archetypical notions.
19. **Morexis.** The messenger seems to negotiate some pardon in favour of a kind of existential moratorium (morexis) for who lucidly experiences this phenomenon.
20. **Interiorisation.** The return to the soma represents deep disappointment.
21. **Effects.** The after-effects of the experience are generally positive.
22. **Revelation.** The conscin learns not to openly share their extraphysical experiences, in order to better coexist with others during the remainder of their human life.

104. PERCEPTIVE EXPERIENCES OF A PARATOUCH

Perceptions. Multidimensionality requires personal conscientiological research of one's senses or intraphysical perceptions in relation to the four-dimensional, or tropospheric, dimension, and paraperceptions related to the extraphysical dimensions.

Certainties. Direct employment of human organs and senses allows us to authenticate certain realities that are able to give us relative certainties and permit new research.

Multidimensionality. Direct extraphysical employment of paraperceptions provides relative certainties through which we certify the multidimensionality of consciousnesses' manifestations. (See page 214).

Self-persuasion. Consciential phenomena are self-persuasive, that is: they by themselves convince the researcher of the reality.

Touch. The basic sense of the body is touch, *tactility*, that is: the tactile sensitivity that envelops the entire male or female body.

Impalpable. *There are people or conscins of obtuse tact, or impalpable personalities.*

Listing. The basic sense of touch can be analysed intraphysically, as well as through respective extraphysical developments, by composing a list of 11 phenomenological actions for research from among the consciousness' numerous other qualities:

01. **Energosomaticity.** Paratouch directly with CEs, or consciential energies, within the energetic dimension or dimener (energosomatic looseness).

02. **Haptics.** Touch with your fingers through regular typing (haptics).

03. **Manual.** Touch with the hands through the manipulation of things (manual).

04. **Parahaptics.** Paratouch the extraphysically intangible, with the parafingers, through *paradigitation*. There is a relationship here with more advanced parapsychism.

05. **Paramanual.** Paratouch with the parahands through *paramanipulation*, or the act of handling extraphysical paraobjects (elongation), which are intraphysically impalpable.

06. **Paratactility.** Telepathically paratouch another consciousness, whether a conscin in the intraphysical dimension (psychometry), or a projected conscin, or even a consciex, in extraphysical dimensions (parapsychometry).

07. **Paravisuality.** Paratouch with the paraeyes or to apply extraphysical vision (paravision) that can reach the condition of omnivision (travelling clairvoyance).

08. **Psychosomaticity.** Paratouch with the entire psychosoma, in a direct paracontact, with the crustal or tropospheric extraphysical dimensions (waking dis coincidence).

09. **Somaticity.** Touch or feel with your entire soma, as a whole, in direct contact. Here there is a relationship with the personal energetic aura. (See Bib. 1893).

10. **Verbally.** *Verbally touch* by employing words through dialogue (speech), that is, probing and tracing through the phonemes of colloquialisms.

11. **Visual.** *Touch with the eyes*, or in other words: to attentively observe through optics ("to have eyes on your fingertips"). Here there is a relationship with frontochakrality.

105. BIOSTASIS OR STATE OF SUSPENDED ANIMATION

Definition. The state of suspended animation is that in which an intraphysical consciousness temporarily suspends the vital functions of the cellular body, in the metabolic condition of *human hibernation*, and later returns to normal physiological conditions. This is biostasis, stenobiosis or thanatoidia.

CP. The state of suspended animation can, exceptionally, facilitate a conscious projection with an associated recollection of extraphysical events, because in certain cases, the individual's consciousness remains alert. This fact demonstrates the potentialities and enormous resistance the human body, a person's mind or the determination of a disciplined will is capable of when *Homo sapiens laboriosus* is self-motivated.

Types. Human beings' state of suspended animation can be classified into 7 types, all related to critical *near-death projective experiences*:

1. **Drownings.** People drowning in water with a temperature of less than 20° Celsius, when *respiratory arrest* occurs, and then surviving a prolonged immersion to later be revived without irreversible brain injuries or other sequelae. This phenomenon is due to the *diving reflex*. (See Bib. 4735).

2. **Burial.** The *voluntary burial* in which a person (yogi) lets themselves be buried underground or in a tomb, for a certain time, with an insufficient cubage of air to assure physical survival, isolated from all the sources that supply vitality while under the direct control of observers. **Human CP** is an imperious physiological phenomenon.

3. **Hypothermia.** *Hypothermic surgeries*, cerebral cryosurgeries or *artificial hibernations* applied to children and adult patients with difficult and problematic surgical issues, where conventional means are an impracticable solution, due to various reasons: small organs; low body weight; intervention near the heart; open-heart surgery; and elevated blood volume.

4. **Mistake.** The unintentional, premature, mistaken burial, an *apparent death* or desoma of sick people who are without heartbeats in a cold, rigid, cataleptic state and that are later exhumed or removed from their coffin, being saved from irreversible asphyxia in the process.

5. **Resuscitation.** The legendary historic resuscitation of apparently dead personalities, also called the *resurrection phenomenon*.

6. **Trance.** The deep *mediumistic trance* with a projection of the sensitive's or medium's consciousness through a loaded psychosoma, when the *paraphysiological* state of suspended animation is installed, characteristic of parapsychic faculties at work.

7. **Zombification.** The Voodooist phenomenon of zombification is a condition that resembles the death of the soma. Such people are victims of a potion composed of diverse ingredients, including toxins that induce a *state of coma*. Reanimation of the pseudodead is achieved through the application of a paste - *pepino zumbi* - that contains a hallucinogenic plant.

106. CHARACTERISTICS OF HUMAN PARATELEPORTATION

Definition. Human *parateleportation* is the phenomenon composed of dematerialisation, levitation, conveyance and *rematerialisation*, in which a conscin, man or woman, suddenly disappears from a specific location and *reappears* in another physical location. Here are 20 aspects of this phenomenon:

01. **Amnesia.** Rarely is there lucidity during the phenomenon. The parateleported, and their lucidity, disappear and reappear together in a far off, distant place.

02. **Being.** Parateleportation is a complex and *challenging* phenomenon. The parateleported can be a man, woman or child; a common citizen, a sensitive, a *civilised* human, an indigenous; from any social group or creed; or an animal such as a bull, cow or horse.

03. **Cloud.** *Parateleportation is a projection of a conscin.* The disappearance or reappearance of the parateleported can occur in the midst of a luminous cloud.

04. **Destination.** The parateleported does not decide or choose the destination.

05. **Direction.** Generally only the *outbound journey* occurs to the parateleported. Rarely does the *return* journey, in the opposite direction, occur soon after.

06. **Distance.** The distance of the parateleport ranges from the room where the experience begins to an adjoining room, or an even longer journey from one country to another.

07. **Duration.** The duration between the disappearance and the *encounter* of the parateleported ranges from brief moments - a tiny slice of time - upto hours. (See *Reappearance*).

08. **Hypotheses.** The phenomenon can be provoked by a few or various consciexes, extra-physical consciousnesses, and can be assisted. There are those who think such a fact is a way of Nature distributing things over the planet; or a resource of instantaneous protective removal.

09. **Localisation.** There are difficulties in locating the parateleported.

10. **Number.** Similar to an unconscious projection, the phenomenon generally only involves one person. It is rare for various people to be involved, each in turn.

11. **Objectives.** The objectives of the phenomenon are ignored and inscrutable.

12. **Points.** There are 2 *travel* points in the phenomenon: the departure and the arrival.

13. **Reappearance.** *Reappearance* of the teleported in the other place is instantaneous.

14. **Sensations.** The parateleported feels as if their own legs have vanished; being overcome by an extreme lightness of the human body and temporary unconsciousness.

15. **Shock.** The phenomenon does not cause any harm to the human body of the parateleported, but the psychic shock does produce temporary effects. (See Bib. 1489)

16. **Sound.** The phenomenon can occur in silence or with some noise.

17. **Space.** The *voyage* is limited to space, without any relation to time. There is no return to a past time and the parateleported does not disappear into a future time.

18. **Surprise.** The parateleported disappears from sight without any warning to those present.

19. **Temperature.** The *disappearance-dissolution* and the *re-emergence-reconstitution* of the parateleported's human body demands elevated temperatures.

20. **Unavoidable.** It is an unexpected, undesired and unavoidable phenomenon.

107. RESEARCH OF THE RECYCLING CONSCIOUS PROJECTION

Reperspectivism. Intraphysically you are worth the composition of your *synapses*. Here are 7 characteristics of a lucid recycling consciential projection, or one where a new perspective is taken of intraphysical life and the human projector's personal, polykarmic, libertarian tasks:

1. **Penta.** Dedication to libertarian activities of consciousnesses incentivises a person to undertake the difficult practice of penta, or the daily, assistantial, personal energetic task after 35 years of physical age, which *launches* the rest of the intraphysical life.

2. **Offiex.** After consolidation of the practice of uninterrupted interdimensional assistantial in the life of the practitioner, penta predisposes the installation of their offiex, or *extraphysical office*, which has as its epicentre the conscious projector, in this case, an epicon, or lucid consciential epicentre. (See page 739).

3. **Benefit.** Through the full, uninterrupted functioning of an offiex, the projector-energiser-epicentre is *bestowed* with the benefit of a recycling conscious projection (CP). *Here are 6 dimensions: 0 = point; 1 = line; 2 = plane; 3 = space; 4 = space-time continuum; 5 = four-dimensional space-time continuum; n (nth) = consciousness.*

4. **Sponsorship.** In the absolute majority of cases a recycling CP is *sponsored* and assisted by helpers. Before a *helper*, only an actor in the midst of a performance can appear to be another person.

5. **Regularity.** According to the development of libertarian works, a tendency for recycling conscious projections to *repeat themselves* occurs, from time to time, conforming to the necessities and demands of the multidimensional assistantial tasks. This occurs more and more at better evolutionary levels.

6. **Update.** A recycling consciential projection aims to *upgrade the efficiency* of the projector in the work of their extraphysical office, the base of the consciousness' liberating evolutionary tasks in intraphysical life. (See Bib. 240).

7. **Occurrences.** Here are 7 frequent occurrences where a projector is the protagonist in the events, or that are a consequence of recycling conscious projections: intensification of the energetic self-defences of the projector-energiser-epicentre; emergence of a series of projections of continuous consciousness; development of personal parapsychic faculties in general; experience of clarifying extraphysical retrocognitive events regarding human life and the directives of evolutionary undertakings; consolidation of the bases of libertarian tasks already in the field or universe of Polykarmology and Cosmoethicology; a clearer, deeper and more cohesive involvement with more dynamic segments of the groupkarma regarding consciential evolution; and the less impermanent settling of fundamental personal tasks.

Morexis. We should avoid confusion between a recycling CP - a projective phenomena that presents *periodicity* - and recexis, or projective existential recycling, a *singular change*, or a shift toward something better in the course of the human life of someone with obvious characteristics of a morexis, or projective existential moratorium.

108. TEST OF THE CONTENT OF PHENOMENA

Formula. *The formula of the search for megaknowledge: 1,000 syntheses = first analysis.*

Self-knowledge. Self-knowledge expands through this theoretical premise.

Attention. There are challenging aspects and content not satisfactorily explained in the long series of themes and phenomena confluent to Conscientiology. They demand maximum self-criticism and accurate attention from the experimenter.

Test. In a critical test for you to respond to, here are 7 questions highlighting the complexity of the phenomena of Conscientiology that still leave perplexing issues in the air:

1. **Hyperacuity.** Up to what level does religion hinder the faster recovery of units of consciential lucidity (cons) of a consciousness (hyperacuity) who is in the process of intraphysical rebirth and under the draconian condition of intraphysical consciential funnelling? After all, a devout adult is a child in the rite of passage from a baby's bottle to a pacifier, and is one who stopped there. Sophism is always a *pseudostrong* trait.

2. **Hypnosis.** How much can you trust hypnosis as a technique for consciential prospection, tracing and probing of memories of alleged experiences of alien abduction? Interconsciential contagions of parapsychic experiences, including within the area of retrocognitions, are facts contested by all attentive and participative parapsychic researchers. (See Bib. 4755).

3. **Mediumship.** What percentage of mediumistic or parapsychic phenomena can be analysed and present themselves as reliable when interpreted without the preponderant factor of the personal, personifying (personism), self-hypnotic, animic and energetic perceptions of a conscin with a high level of parapsychism or elevated sensitivity? As is known: lip-syncing *kills* the magnificence of the star's personality (*popstar*).

4. **Poltergeist.** Until what point is every person, without exception, but to degrees that vary depending on personal and intraphysical environmental (Mesology) predispositions, an inter-dimensional epicenter that unleashes the *poltergeist* phenomena?

5. **Regressions.** In cases of retrocognitive existential regressions or remembrances, to what level can hypnosis actually reach and probe the causal, integral memory or holomemory of a conscin? The holomemory is implacable within us.

6. **Religion.** Is the endeavour of the primary laboratory of religion valid in the initial phase of life for a conscin who recently arrived in intraphysical life, or would it be more useful to permanently eliminate it in order to already advance, during the phases of childhood and puberty, toward attainment of a greater derepressive percentage or a higher level of personal and integrated maturity (holomaturity), as early as possible? For many people belief is merely mental laziness.

Ufology. What percentage of ufological occurrences can be explained simply by the retrocognitive phenomena of conscins, based on the proposed, incessant, extraphysical, interplanetary consciential transmigrations involving this Globe, and in relation to other planets unknown by those earthbound?

109. PROCEDURES OF CONSCIOUS PROJECTORS

1. **VS. Facts** do not always have a scheduled time to occur. A veteran conscious projector (as with a penta practitioner), always has the conditions to activate resources for energetic self-defence in a short period of time; for this reason, the installation of the VS, or vibrational state, needs to be completely dominated by the consciousness.

2. **Contacts.** It is not wise for a conscious projector to be isolated from the human world and remain in the *intrapysical base*, or in exclusive contact with the sources of their research area. Even when not doing projective work, the projector should seek to improve their abilities through deep and frequent contact with terrestrial reality.

3. **Instruments.** Trips, courses, scientific communications, new people, films, books, disks and theatrical plays are important instruments to improve the projective performance of an awakened consciousness. This consciousness firmly maintains their feet *on the ground* and their mentalsoma fixed on the multidimensional realities of the Cosmos.

4. **Diary.** An extraphysical diary is an indispensable instrument for a veteran conscious projector. The more extraphysically active and committed they are, the more important the diary is. When more organised and thoughtful, it is more indispensable to record the consciential targets, research and annotations from their work.

5. **Planning.** Experience shows planned *projective initiatives*, through the production of intentionally induced conscious projections (CPs), produces better results when compared to experiences characterised by the improvisation and individual talent characteristic of involuntary and spontaneous consciential projections.

6. **Unexpected.** Projective planning includes a list of alternative extraphysical actions in case of unexpected occurrences while outside of the human body. According to Projectiology, a projector forewarned against all the *types of problems* able to be encountered outside of the soma, is better prepared to resolve them. (See Bib. 4743).

7. **Helpers.** Libertarian, multidimensional, evolutionary activities contain authentic democracy. An experienced lucid projector not only exercises their *critical consciousness* in relation to themselves, facts and extraphysical realities being experienced, but also to the performance of their extraphysical helpers. Helpers play the extraphysical role of mother or father; however, they do not over-protect, they truly aid.

8. **Critiques.** Internal critiques of the helpers can be formulated mentally, or through direct *extraphysical interviews*. Seek to stick to the results of the extraphysical assistential works, to be explicit and avoid personal attacks.

9. **Cosmoethicology.** *Homo sapiens projectius*, when projected, has obligations with the Socin in which they live. It is better to have an exact notion of the transitory nature of extraphysical freedom and temporary power, to cultivate what exemption is possible when covering extraphysical events, and the right to inform and criticise. They are cosmoethically responsible for the information obtained about multidimensionality by *unconscious pre-serenissimi projectors*.

110. TECHNIQUES OF VETERAN CONSCIOUS PROJECTORS

Challenges. A *permanintfree* being transforms an en route accident into a victory. You, projector or veteran conscious projector, are confronted with 10 challenging choices, among others, after you succeed in projecting out of your soma with satisfactory lucidity:

01. **MS.** To dilate, to the maximum, through extraphysical experiences or events, utilisation of the eight hours commonly lost, uselessly, with the sleep of the soma, in order to attain a high level of MS, or *multidimensional self-awareness*, and later a preliminary extraphysical interview with a Serenissimus.

02. **Holomaturity.** To eventually project with lucidity, yet seeking to greatly augment studies regarding self-knowledge, Cosmoethicology and the *integrated maturity* (holomaturity) of your consciousness.

03. **Overcoming.** To overcome the temptation to relax and allow the final projection (desoma or somatic deactivation) to arrive to you sooner, through some self-destructive social expedient, or due to self-obsession, like a well disguised *slow suicide*, such as: sedentariness or inactivity, excessive eating (bulimia), alcoholism, tobaccoism (smoking), light and heavy drugs, and other easily attainable pathological resources.

04. **Permanintfreeness.** To attain the condition of a totally, permanently intrusion free being (*permanintfree*) through the methodical and uninterrupted practice of penta, or the assistantial, daily, personal energetic task. (See page 736).

05. **Epicon.** To intensify techniques of multidimensional assistance until becoming the consensual epicenter (*epicon*) of an extraphysical office (*offiex*).

06. **Claritask.** To improve your practices of projectiological research and the interpretation of projective phenomena, with the essential intention of performing the *clarification task* (*clari-task*) with maximum logical coherence.

07. **Polykarmality.** To combat *megaweaktraits* with *megastrongtraits* seeking the objective of opening and advancing your polykarmic current account.

08. **Recexis.** To opt for existential inversion (*invexis*) or embrace, as a last resource, existential recycling (*recexis*), with the sole intention of producing positive results through greater consensual gestations from enduring evolutionary works.

09. **Proexis.** To be disciplined in seeking to accomplish the already acknowledged existential programme (*proexis*), until receiving a complementary period of intraphysical life or an existential moratorium (*morexis*). An *uneducated human* resembles a subhuman animal.

10. **Complexis.** To advance well beyond the demands of existential completism (*complexis*) with the objective of preparing, from this moment in intraphysical life, a better future terrestrial life in a new soma. (See Bib. 4745).

Test. *Experimenter, do you take yourself seriously?* As a projector which of these challenges have you overcome so far? Do you feel animated to overcome the challenging next steps towards lucid projectability?

111. THEORICE OF THE LAW OF PROJECTIVE ECONOMY

Logic. *In the economy of consciential life, an excess in one area means a shortage in another.* When the consciousness, through CPs or conscious projections, starts to take multidimensional advantage of the 1/3 of time lost in a day, certain immaturities diminish in the remaining 2/3 of the time. This is a simple question of arithmetic logic.

Attitudes. Therefore, within the *law of projective economy*, positive attitudes *augmentative* to consciential evolution, are simultaneously *diminutive* towards at least these 30 negative human attitudes (See Bib. 4731):

01. A common social being's inaccessible accommodation to misanthropy and nosomania.
02. Abusive use of ego defence mechanisms of a *mega-egoist* (one with a big ego).
03. Advancement of personal incoherence through useless and chronic laziness.
04. Barrier of fears, pusillanimity, phobias and permanent childish anxieties.
05. Behavioural components of the condition of an unsuspected *slow suicide* (retail).
06. Condition of unnecessary victimisation from deep-rooted self-obsessions.
07. Controlled by truths considered absolute in intraphysical existence.
08. Dictatorship of the sublevel in a conscin's alienating performances.
09. Draconian powers of the most mediocre, old *abdominal sub-brain*.
10. Excessive *materialistic* vanities, which do not generate productive results.
11. Frequency of traditional, consecutive omissions, errors and mistakes.
12. Illusions of retail acts against evolutionary *wholesale acts*.
13. Indifference to *mental laziness* regarding your own consciential evolution.
14. Invasion of the most unrealistic solutions on account of musty superstitions.
15. Lacunas in personal primary logic due to the condition of *brain shrinkage*.
16. Lapses attributed to proverbial immovable inattentiveness and casualness.
17. Megalomaniacal expansions of insatiable cupidity in sociocultural life.
18. Obtuse employment of your blocked consciential energies (CEs).
19. Overvaluing *demagogic sufferings* and aberrant fanaticisms.
20. Passion for exaltation of the *subhuman silliness* of illiteracy.
21. Pleas of illusory inexecutableness pertaining to a weak will.
22. Predominance of vicious, infertile, rebellious and antiquated personal negations.
23. Prepotent impulses of irrational medieval emotionalisms.
24. Repetition of useless frivolous acts regarding the wisdom of the general consensus.
25. Self-corruptions of a subordinated, yet verbally unmanifesting conscin.
26. Sexual immaturities until the end of the current *sexosoma's* life.
27. Sick exercise of unseen, unheard and inapproachable *arch-criminal genius*.
28. Subjection to personal frailties and vulnerabilities (*megaweaktraits*).
29. Submission to transitory, sectarian and fossilising human doctrines.
30. Volume of avoidable mega-entropies rampant among the surrounding existence.

112. QUALITIES OF A CONSCIEX OR A PROJECTED CONSCIN

Report. Due to manifestations of the consciousness in extraphysical dimensions, through the psychosoma or the mentalsoma, it is possible to report 16 curious qualities of a consciex or a projected conscin, from among others, for experimenters to research within the universe of Conscientiology and Projectiology:

01. **Asomaticity:** quality of the absence of a manifest vehicle in consciential projections directly through the mentalsoma.

02. **Elasticity:** quality of the voluntary, or involuntary, deformation of the psychosoma and the return to its original humanoid form. Phenomena related to this quality are: self-transfiguration, elongation, extraphysical mimicry, extraphysical clothes and zoanthropy.

03. **Heteropermeability:** act of allowing the passage of intraphysical objects through the *parastructure* of the consciousness' own extraphysical vehicle. *The effects of genetics act less on a lucidly projected conscin.*

04. **Imponderability:** quality of the absence of measurable weight in the consciousness' extraphysical vehicle of manifestation.

05. **Inaudibility:** quality of an extraphysically manifesting consciousness not being heard by conscins in the normal waking state.

06. **Invisibility:** quality in which the one manifesting extraphysically is not visible to conscins in the normal waking state (insubstantiality).

07. **Invulnerability:** quality by which a consciousness manifesting extraphysically is not injured as a result of human attacks, physical influences or physical objects.

08. **Irrespirability:** quality of the absence of the act of breathing (apnoea) - a system of the soma - in consciential manifestations through the psychosoma.

09. **Multiplicity:** quality of the voluntary multiplication of the psychosoma's forms.

10. **Non-reflectiveness:** quality of the absence of the reflection of your image, or the *para-appearance* of the psychosoma, in a common mirror.

11. **Omniliberty:** quality of the enjoyment of maximum consciential freedom, in certain extraphysical experiences.

12. **Paralibration:** act of stopping, flotation or inertia, of the consciousness manifesting extraphysically in the full *paraspaces* of manifestation.

13. **Paratranslocation:** act of the generally free locomotion of the consciousness manifesting extraphysically (self-kinesis; flotation; levitation; volitation).

14. **Self-luminosity:** quality of the irradiation of light through the extraphysical vehicles of consciential manifestation. (See Bib. 4785).

15. **Self-permeability:** quality of voluntary, or involuntary, passage through solid or substantial bodies such as dense intraphysical forms, as well as determined formations native to specific extraphysical dimensions.

16. **Transparency:** quality of the absence of a shadow of the psychosoma, even in sunlight.

113. PHENOMENA COMMON TO A PROJECTED CONSCIN

LPs. In relation to lucid projections, we must remember *non novum, sed nove*. Even though an ancient subject, in Projectiology it is exposed and approached through new techniques.

Forced. When *forced*, or generated by accidents, serious illnesses, surgeries and other causes, LPs, or lucid projections, can generally cause some of these 30 most frequent phenomena for the projected conscin:

01. A sudden understanding of things and, often, the condition of cosmoconsciousness.
02. Vivid and completely unusual thoughts or thosenes for the conscin.
03. Perception of unusual scents (the psychosoma's parasmell or para-olfaction).
04. Extrasensory perception or parapsychism at a non-habitual level.
05. Loss of emotions, or the influence of the mentalsoma over the psychosoma.
06. Revision of intraphysical life or the phenomenon of projective panoramic vision.
07. Sensation of the extinguishing or disappearance of the world (extraphysical trauma).
08. Sensation of weightlessness or being without weight (psychosoma).
09. Sensation of time passing more slowly or of chronological time stopping.
10. Sensation of chronological time passing more quickly (retrocognitions).
11. Sensation of cosmic unity or a greater understanding of cosmism.
12. Sensation of joy, free or spontaneous pleasure. (See Bib. 4675).
13. Sensation of being judged by your intraphysical acts (morexis).
14. Sensation of intimate peace or immense euphoria (condition of euphorex).
15. Sensation of being controlled by an external force (energosoma; helper).
16. Sensation of being a person different to what you were prior to that moment.
17. Sensation of being dead, or in other words, passing through the soma's death (NDEs).
18. Sensations strange to your own soma or beyond the soma's habituations.
19. Unusual sensations due to dis coincidence of the vehicles of manifestation.
20. Unusually vivid senses due to conscinial paraperceptions.
21. Sounds with a very clear meaning, including intracranial sounds.
22. Emergence of an imposed, decisive line or *point of no return*.
23. Emergence of a different brilliant light, that is neither natural nor intraphysical.
24. Tachypsychism, or the condition of rapid thought, unusual for the conscin.
25. Vision of figures of religious or *deceased people* (culture based archetypes).
26. Highly significant visions regarding personal, evolutionary or conscinial life.
27. Visions concerning the immediate, or more rarely, the remote future (precognitions).
28. Clear experience of a dimension of non-terrestrial conscinial existence.
29. Experience in a dark region similar to a tunnel.
30. Unquestionable experience beyond the soma, LP, or lucid projectability.

Volunteers. When any of these phenomena occur during healthy conscinial projections induced through the will, they do not present parathological connotations.

114. CONSCIENIOLOGICAL PRINCIPLES OF SELF-SUFFICIENCY

Individualisation. We live in an inseparable aggregate, or in other words, together in a condition of interdependence. However, before this, we are individualised as self-lucid consciousnesses. Each of us is born alone, even in the pathological state of conjoined twins. Each of us deactivate the soma, or human body, alone, even when in collective fatal accidents. Hence the relevance of self-sufficiency (self-security) for the conscin.

Postures. In researching self-sufficiency, we analyse the facts or eight postures of an already self-sufficient social being who has consciential self-control in daily life:

1. **Decision.** Decide a time, by yourself, without disturbance, to choose your destiny in an evolutionary critical moment. Let us make an *existential crisis* a consciential victory.

2. **Isolation.** Remain self-motivated and calm, without problems, when circumstances demand that you stay alone, isolated in a deserted locale.

3. **Reflection.** Reflect for hours, in a dark room, without feeling any anxiety, twisting your hair in your fingers or fidgeting with your hands.

4. **Sexuality.** Masturbate (whether a male or female conscin) with balance, in certain circumstances, without harmful evocations or sexual fantasies, in order to maintain the bioenergies of your mature sexuality harmonised and healthy.

5. **Solution.** Philosophise, or be a thinker for some time, in order to find the necessary solution to a serious problem, without becoming worn out or fragile.

6. **Sportiness.** Dispense with the need of a sports team to break sedentarianism, always be motivated to perform personal exercise practiced in a solitary manner.

7. **Studies.** Dispense with music, radio programmes or primary psychological crutches to stay motivated, attentive and concentrated on a determined research or study.

8. **Walks.** Prescind *radiotism* (earphones) during physical exercise. Take frequent, brisk, miles long, solitary walks.

Mentalsoma. According to the characteristics of these postures, a conscin's self-sufficiency and holomaturity is not based on actions derived from the soma, or the energosoma, or even the psychosoma. It is generated from the mentalsoma, the parabody of self-discernment. The mentalsoma is the evolutionary apex within a consciousness' holosoma and is the reason for the difficulty conscins face in being truly self-sufficient. *Just as the soma expresses a conscin, the mentalsoma expresses a consciex.*

Paradoxes. Among the greatest demonstrations of a conscin's self-sufficiency we can, for example, highlight 4 conscieniological paradoxes, because they are based on inevitable conditions of interdependence with other consciousnesses, specifically: penta, or the daily personal energetic task, a practice also dependant on extraphysical helpers; offiex, the extraphysical office whose advanced functioning also depends on helpers; complexis, whose attainment depends on our relationship with the groupkarma; and morexis, the condition that, to a certain point, depends on the Evolutionary Orientor, or Evolutiologist.

115. INDIVIDUAL PROOF OF CONSCIOUS PROJECTIONS

Powers. It is always best and most intelligent to use the development of personal potentialities to immediately improve the current human or intraphysical life.

Desoma. A consciousness waiting until the decomposition of the human body - desoma or somatic deactivation - to attain a condition of equilibrium, or an even more pleasant condition, constitutes a perfect nonsense. This can be achieved here, now, today.

Occurrences. Put succinctly, CPs, or conscious projections, generally exhibit 12 basic common occurrences that people experience in a spontaneous way, and in many cases later demonstrate a certain inhibition and reluctance in divulging:

01. **Apparition.** To make their presence as a projected consciousness be felt or perceived by other conscins, from a distance, through various means other than the ordinary physical presence, a reality that occurs very rarely: an *inter vivos apparition* and extraphysical telepathy.

02. **Bilocation.** To make other people see a projected experimenter, which occurs very rarely: the same phenomenon as physical bilocation.

03. **Confirmations.** To prove the authenticity of your own extracorporeal projection to yourself, after a detailed comparison of places, facts, beings and times experienced in a distant place without the human body: subsequent confirmations of a conscious projection.

04. **CP.** To feel the consciousness, essence or consciential microuniverse leave the soma, or human body: a true CP or conscious projection.

05. **Paratranslocation.** To feel the nucleus of your lucidity and volition dislocating to a distant point, without using the human body: extraphysical translocation.

06. **Paravision.** To be convinced of being able to observe, *in loco, in situ, de visu*, occurrences far from the human body: extraphysical vision.

07. **Primoprojection.** To pass through the experience of leaving the human body, with lucidity, just once: first conscious projection. (See Bib. 4746).

08. **Self-bilocation.** To see your human body *below* yourself: consciential self-bilocation. The soma, in this case, can be inert or, more rarely, in motion.

09. **Self-localisation.** To perceive yourself above your soma: conscious extraphysical self-localisation. The soma, in this case, can be inert or, more rarely, in motion.

10. **Self-persuasion.** To have certainty that you really *travelled* or conscientially dislocated outside of the human body in some way: projective self-persuasion.

11. **Take-off.** To feel the separation of the consciousness from their human body to a short distance away: projection within the intraphysical base.

12. **Telekinesis.** To produce physical effects outside the human body, without using it, a reality that only occurs very rarely: telekinesis (psychokinesis) and physical bilocation.

Proofs. Conscious projection irrecusably offers *individual proofs* to an intraphysical consciousness (conscin) regarding the existence of extraphysical dimensions, their own vehicles of manifestation, the theory of seriexis and other priority verifications.

116. PRACTICAL EFFECTS OF CONSCIOUS PROJECTIONS
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Effects. Here are 20 practical effects on daily life, that result from the production of lucid consciential projections, and are available to any person.

01. **Bait.** Substitution of unconscious and eventual mini-intrusions, common to elements of the unthinking masses, with the lucid condition of *intra and extraphysical assistantial bait*.

02. **Claritask.** Concrete realisation of the difficult *assistantial clarification task* (claritask), beyond the easy, common and still very egotistic, consolation task (consoltask).

03. **Cosmoconsciousness.** Acquisition of the condition of *cosmoconsciousness*, along with the lucid administration of all knowledge resulting from this event.

04. **Cosmoethicology.** *Evolutionary self-organisation* through the daily and nightly, intra and extraphysical experience of understood, accepted and experienced Cosmoethics.

05. **Energosomaticity.** *Energosomatic self-awareness* with the mastery of CEs.

06. **Freewill.** Incessant debrainwashing, capable of leading the consciousness to *mature personal freewill*. (See Bib. 4734).

07. **Groupality.** Creation of a system of selected, practical *personal principles*, in order to live better with the components of your own groupkarma in the day-to-day.

08. **Holomaturity.** Integrated maturity of the intraphysical consciousness, in the capacity of a lucid element of Humanity (Socin) and Parahumanity (Sociex).

09. **LP.** Perfecting LP, or lucid *projectability*, in a continuous, serial manner.

10. **MS.** *Multidimensional self-awareness* (MS), capable of leading the consciousness to cosmic Conviviology. No *educated conscin* is poor.

11. **Paradigm.** Achievement of multidisciplinary coherence in the face of an enormous number of variables from the *new paradigm* of Mature Science: the Consciousness itself.

12. **Penta.** Practical execution of penta (daily, personal energetic task).

13. **Polykarmality.** Movement of the *current personal polykarmic account*.

14. **Renewal.** Elimination of the *personal megaweaktrait* (the ego's largest *weaktrait*) from the consciousness' *evolutionary momentum*. *There are subliminal pathothosenes*.

15. **Self-control.** Consciential self-control, through personal identification of the fundamental reasons to live with equilibrium in the Physical Universe.

16. **Self-discernment.** A better understanding of self-conscientiality and the *Conscientio-gram*, with the priority of seeking the greatest lucid discernment, that of serenism.

17. **Self-retrocognitions.** Healthy self-retrocognitions, with acquisition of the *consciousness' seriality* and improvement of their multiexistential cycle, intermissions / seriexises.

18. **Seriexis.** Technical application of the intelligent preparation for the *next intraphysical existence*, from this moment on, in this regular human life.

19. **Time.** Recuperation of the 8 hours of sleep lost daily by regular men and women, for millennia. Only the soma needs periodic rest, not the consciousness.

20. **Universalism.** Application of open *universalism* in all manifestations.

117. PUBLIC UTILITIES OF CONSCIOUS PROJECTIONS

Applications. The phenomenon of UP, or the unconscious projection of a human - male or female - exists *ab initio*, or since the world began. These 20 therapeutic, parapsychic and public utilities are accessible to any person through the production of CPs:

01. A practical method of *space travel*, propelling Cosmonautical techniques and extraterrestrial life.

02. Anonymous or invisible direct *extraphysical assistance*, from a projected consciousness to intraphysical (conscins) or extraphysical (consciexes) beings. (See Bib. 4780).

03. *Archaeological* research: extraphysical tracking of fossils and antiquities, generally within the Earth's crust and on the ocean's floor.

04. Establishment of a *cartography* or consciential *energetic mapping* of *extraphysical* environments analysed through direct approaches.

05. Establishment of a *cartography* or consciential *energetic mapping* of *intraphysical* environments analysed through extraphysical approaches.

06. Establishment of definitive proof for another, of the existence of human consciousness beyond the soma, through *inter vivos appearances*.

07. Establishment of definitive proof for another, of the existence of an extraphysical consciential vehicle, usually the psychosoma, through *physical bilocation*.

08. Establishment of extraphysical diagnoses or *projective telediagnoses*.

09. Establishment of extraphysical prognoses or *projective teleprognoses*.

10. *Extraphysical rescues* of projected conscins, still fragile and under the domination of heterointrusion or interconsiential possession.

11. *Extraphysical tracking* of people who are missing; kidnapped; injured in plane accidents; victims of shipwrecks and other accidents.

12. Extraphysical tracking of *shoals of fish*, an ancient or primitive use.

13. *Geological* research: extraphysical tracking of minerals.

14. *Histological* and microbiological researches: employment of direct probing through the mentalsoma of a consciential projector.

15. *Historical* research: utilisation of healthy projective retrocognitions.

16. *Planned experiments* of consciential projections in a laboratory.

17. *Police* research: extraphysical tracking (identification and locating) of fugitives or people responsible for antisocial acts.

18. *Self-defensive* research: establishment and maintenance of a service of positive extraphysical monitoring regarding intraphysical life.

19. *Space* research: utilisation of consciential projector-probes.

20. *Speleological* research: extraphysical explorations of natural cavities in the ground, grouts, caves and water springs. *Universalism* coexists with sanitary isolation.

Theorice. *There are those who exhibit 100 technical **diplomas** without having created even 1 practical idea.*

118. PERSONAL UTILITIES OF CONSCIOUS PROJECTIONS

Conscientiology. *The soma is the first coffin for many of its, still living, intraphysical users. Conscientiology offers each conscin (humanity) the consciential leap necessary for them to not feel dead inside the soma.*

Applications. Here are 20 therapeutic (projectiotherapy or conscientiotherapy), educational (conscientiological pedagogy), psychological (consciential holomaturity), parapsychological (LP, or lucid projectability) utilities and specific technical procedures, within the practical personal applications of the production of CPs, or conscious projections.

01. Absorption of therapeutic extraphysical energy through CPs, a unique *Projectiotherapeutic* resource whose potentialities are still unappreciated.
02. *Dynamic amplification of the consciousness' lucidity* through the mentalsoma.
03. Assistance to the *mother-fetus* duo by the pregnant conscious projector herself.
04. Extraphysical self-capturing of *original ideas* by a lucid projector.
05. Self-cure of *phobias*: acrophobia, pneumatophobia, projectiophobia and thanatophobia among others.
06. Cure of interconsciential intrusion through direct extraphysical deintrusion.
07. The clearing of interconsciential and interdimensional frontiers through lucid projectability. *Social* universalism is a part of *multidimensional* universalism.
08. Derepression of the veteran conscious projector's *integral self-awareness*.
09. *Cosmoethical dynamisation* of the practical development of parapsychism superior to all kinds and manifestations of utilitarian paraperceptions.
10. Dynamisation of *peaceful extraphysical coexistence* with energosomatic connections.
11. Direct *encounters* with dear intraphysical (conscins) or extraphysical (consciexes) beings, outside of the soma, or human body, in extraphysical environments.
12. Execution of free and positive extraphysical actions by invalids, those generally physically handicapped, blind, deaf-mutes, prisoners, isolated pensioners and others.
13. Gradual liberation of the conscin from the prison of the human body and the imposed or compulsory cycle of seriexises, becoming a FC, or free consciex.
14. Improvement of performance in extraphysical experiences, either in the projected state, or in the consciousness' next extraphysical period (*post-desomatic intermission*).
15. Personal research of physical and extraphysical environments, beyond Earth, through *conscious exoprojections*.
16. Production of *instructive extraphysical voyages* by a projected conscin.
17. *Personal proofs* of the existence of the energosoma (*silver cord*), mentalsoma and others.
18. A *healthy burning of stages* in the dynamisation of self-evolutionary development.
19. Substitution of beliefs, dogmas, unverifiable absolute truths and sacralisations with *direct self-knowledge* absorbed by a lucid veteran projector.
20. Useful *visits* to human places that are difficult to access, interdicted, or all natures of extraphysical environments. (See Bib. 4704).

119. EVOLUTIONARY PARACONSEQUENCES OF CPs

01. **Co-option.** *Intraphysical rebirth*, above all, is an evolutionary *revision* and a *re-correction*. The *phenomenon of CP* is ancient, it has existed since the appearance of woman and man. However, the level of multidimensionality in Projectiology approaches is completely new, because it triggers the *multidimensional co-option* mechanism, which dynamises consciential self-evolution, in order to reach holomaturity and MS (multidimensional self-awareness).

02. **Paradiagnosis.** *A projective retrocognition is a paradiagnostic resource*. For example, the conscin recalls that they already had two other somas deactivated or victimized by cancer in two different previous existences. This makes the act of being a cancer victim again, now, more understandable to the consciousness in their parapatological personal case.

03. **Catharsis.** When you feel some depression while reading about a fact, for example, regarding the Middle Ages, it can be a reflex of some personal involvement with the epoch and the context being read about. This is the first sign of a *multidimensional catharsis* that can be clarified through healthy self-retrocognitions. (See Bib. 4709).

04. **Interdependence.** A conscin can have extremely interdependent libertarian manifestations. For example: the condition of lucid assistantial bait, the practice of penta, the condition of being an epicon, the installation of a personal offiex and the condition of a permanentfree being.

05. **Penta.** The practice of penta is like a temporary, lucid, assistantial, multidimensional existence for 40 to 50 minutes a day, for the entire life.

06. **Pressure.** Due to *holothosenic pressure*, for a young conscin to try to implement the daily practice of penta without having a well consolidated existence, it is like trying to have a session of music-therapy in the midst of a battlefield. They hear the music and simultaneously hear the cannon balls whistling past their ears and paraears.

07. **Epicon.** It is easy to conclude that an epicon lives in multidimensional conditions for, at least, a certain period of each and every day of their intraphysical life.

08. **Holothosene.** The *thosene*, for us, is the atom of the extraphysical dimensions, it gives substance to all types of paraforms. The *extraphysical sphere* of consciential energies - personal holothosene or holothosenic form - is more important and lasting than the soma, sex, physical age, physiognomy or presence. Through a multidimensional approach, the *logo* of an institution goes beyond simply being a registered commercial brand. It is the *holothosenic brand* of the basic idea defended and applied by the institution.

09. **Offiex.** The *personal holothosene*, when constructive, expanded or at its maximum, is an installed offiex, similar to a multidimensional ambulance, clinic, office, exercise room, extraphysical meeting point and convention hall for conscins and consciexes. It is a multidimensional *parapsychic centre* in permanent assistantial operation.

10. **Multicompletists.** There are advanced pre-serenissimi consciousnesses - *multicompletist consciousnesses* - who have already satisfactorily executed, for example, 3 consecutive proexises, with a connection between the 3 existences dedicated to these proexises.

120. ANALYSIS OF CONSCIENTIAL TENSION IN CPs

Analysis. A *pre-serenissimus* is a still imperfect *Serenissimus*. An **unconscious projector** is the architect who forgot to build stairs to the First Floor. Here are 12 analytical considerations regarding the tension of *conscious* projectors during their projective experiences:

01. **Physiology.** Conscious projection constitutes a *physiological resource*, it does not reflect or directly proceed mental disturbances. However, the phenomenon also occurs with patients who have mental disorders. This fact does not imply the same thing.

02. **Definition.** Tension can be defined as “the state in which one is taken beyond a normal emotional limit”. A *person with a bad temper* is synonymous with an *intruded conscin*.

03. **Vitality.** Every experience that is new or in an unknown place, can give rise to an atmosphere of tension or expectation in a consciousness, a dynamic reality who lives animated, even when the soma or human body is lying inanimate in the *intrapysical base*.

04. **Emotionality.** The majority of human CPs are produced through the psychosoma or the emotional *parabody*. *Maxifraternity* begins with simple affection.

05. **Synonyms.** Ten popular synonyms attributed to the CP phenomenon, related to the *death of the soma*, or *desoma*, well characterise the climate of consciential tension around the discarding of the human body: *desoma* or temporary, partial, somatic deactivation; rehearsal for death; semi-death; mini-death; preliminary death; temporary death; small death; *predesoma* or pre-deactivation of the soma; pre-experience of biological death, and a *trailer for death*.

06. **Dramatic.** In principle, the experience in which the projected projector lives is very important, serious and dramatic, because it reveals and defines the lesser condition of the *physical restriction* when breathing in Earth’s troposphere.

07. **Conditions.** A spontaneous CP, under critical conditions of great stress, is an unparalleled impactful, singular and *unique* experience for many people.

08. **Initial.** Initial CPs, or lucid primoprojections, have the strength to give a *new perspective on destiny* to the conscin-projector, who then begins to recycle intrapysical life.

09. **Repercussions.** The *extraphysical traumas* and the projected projector’s physical repercussions, reflect the CPs’ atmosphere of consciential tension.

10. **Climate.** Narratives of CPs from any epoch and place, expose the climate of extraphysical consciential tension, resulting from the necessity to experience important things *in a short period of time*, under extremely anomalous, atypical or special conditions.

11. **Account.** When consciential tension, or necessary stress, is not evident in a *projective report*, the exposition sounds false and *communicates a climate* that seems artificial, elaborate, and lifeless. *Personal exemplification*, through experience, is the ultimate synthesis of wisdom.

Serenity. Due to consciential tension the extraphysical helpers recommend practitioners always maintain serenity during the projective period, in order to take better advantage of the *extraphysical experiences*, unburdening themselves of anxieties and disputes until after returning to the regular waking state. The *Community* is the holothosene.

121. AVOIDANCE OF MISUNDERSTANDINGS IN CPs

Projectability. *If an investigator expects to discover something, that fact influences the discovery.* In the development of lucid projectability, it is intelligent to pay attention to, in order to avoid them, 12 misunderstandings common to novices in projectiological practices:

01. **CEs.** The active energies of the energosoma (*silver cord*) - the energetic link connecting the psychosoma to the soma, or human body - attributed, erroneously, to *intrusive consciexes* (extraphysical intruders), a clear error of object. (See Bib. 4753).

02. **Dream.** A dream about conscious projection taken, by mistake, as the experience of a *conscious projection*, that strictly speaking, was induced by a dream.

03. **Excursions.** The experiences of lucid *consciential projections* imprudently interpreted as being mere interdimensional tourist excursions.

04. **Fleeing-projection.** A fleeing-projection where, for example, a consciousness tries to rid themselves of the *soma, physically injured* in an accident and confuses this with an *instantaneous projection* in which there is a simultaneous occurrence of a lightning fast take-off of the psychosoma and immediate extraphysical lucidity of the projected consciousness.

05. **Imagination.** Imaginative projections of the mind (imagination) precipitously judged as being projections of the consciousness through the intermediary of the *mentalsoma*.

06. **Movements.** The novice projector's *psychological reaction of fear* when projected, impedes unencumbered movements in the presence of physical human furniture, structures and constructions, worsening extraphysical lucidity, sterilising future experiences and, in certain cases, even installing a projective recess.

07. **Phantasmagorias.** Pharmacological phantasmagorias - generated by the action of neurochemical substances in the human brain - foolishly interpreted as if they were expansive experiences of *cosmoconsciousness*.

08. **Psychosoma.** The projected psychosoma being mistaken, by a debutante-projector, as the *human body* (left inanimate in the intraphysical base).

09. **Semiprojection.** A semiprojection - partial exteriorisation of the psychosoma - confused with a *semi-conscious projection*, characterised by discontinuity of the projected consciousness' lucidity.

10. **Studies.** Serious research, complex analyses and decisive studies of consciousness (Conscientiology, Projectiology) taken only as a *pastime*, amenity or simple curiosity.

11. **Transfigurations.** Sophisticated transfigurations of the projected consciousness' psychosoma deemed, by those inexperienced in consciential projections, as being occurrences of *natural dreams* (oneirisms).

12. **Vices.** Negative routines (for example: the act of eating in excess, bulimia) and vicious habits (for example: the ingestion of alcoholic beverages, alcoholism), inadvertently used with the *intention of projecting* with lucidity.

122. CHARACTERISTICS OF PROJECTIVE PANORAMIC VISION

Definition. Projective panoramic vision is the spontaneous retrospective vision, in block, of human facts and psychological conditions experienced by a projected intraphysical consciousness, due to the superactivity of the evocative memory (See Bib. 4735).

Characteristics. Projective panoramic vision presents 10 basic characteristics:

01. **Instantaneity.** *The brain is still considered the conscin's **black box**.* The scenes of the panoramic vision unfold suddenly and successively, surprising the individual, like an ordered whirlwind of facts around the person.

02. **Simultaneity.** Simultaneous experience of different facts displayed through vivid images can occur, at the same time, on the same plane.

03. **Ordering.** Scenes from the panoramic vision can also proceed in a regular orderly way, whether in a direction inverse to the facts experienced; or in the standard direction, the exact chronological sequence in which they really were produced.

04. **Intensity.** The number of memories related to the panoramic vision varies from individual to individual (conscin or consciex). The recollections bring the entire panorama of the existence that passed until that moment, from the trivial to the most important occurrences. Partial recollections are restricted to a specific period of the intraphysical life.

05. **Images.** Images from the panoramic vision are pictographic, figurative pictures of everyday life with rare vivacity, a spectacle of sound, colour, movement and emotion unfolding before the consciousness.

06. **Clarity.** The scenes exhibit extreme clarity, highlighting all the smallest intrinsic collateral details of the occurrences from the panoramic vision, even the forgotten and unexpected scenarios. The scenes can emerge with incredible vivacity or can be projected in only two dimensions (*intraconsciential or mnemonic multimedia*).

07. **Sensations.** Impressions experienced in a panoramic vision are deep, whether they are of satisfaction, relief or remorse. The enveloping phenomenon allows a consciousness to analyse personal sensations in a parade of their very personal history, in pictures of critical moments and everyday happenings; both actions that felt rewarding, and attitudes that still embarrass. Rarely do the memories have an impersonal character.

08. **Duration.** The thousands of scenes - a perfect repetition, episode by episode - from a human life, lasts from some seconds up to a maximum of around 60 minutes. There are no sensations whatsoever regarding the passage of time.

09. **Significance.** A panoramic vision can be interpreted as an educational effort to help the consciousness understand the meaning of life or the human reality.

10. **Summary.** Memories from the panoramic vision can be of an entire period of consciential life, or can appear as if only a summary, with memories of only the most important or decisive episodes.

Traits. Do you lose something when identifying the basic traits of your consciousness?

123. TEST OF YOUR INFORMATIONAL CONSCIOUSNESS

Truths. Not all conscins are able to accept the relative truths of Projectiology. *There are multiple facets to any experienced and reported consciential phenomenon.*

Sophists. Whom *criticises without experience* or fights the phenomenon of conscious human projection with irony, explores a curious or risible part of parapsychism. Here are 11 ironic enunciations from literati, sophistic males and females, for your research of holomaturity:

01. **Exits.** Some leave the body and are distressed like a *blind dog* without smell to orient themselves. At this point, surrealist sectarian indoctrinations are created.

02. **Explorations.** Involuntary explorers, who when looking for secret passages access *immaterial fields* where human bodies are forbidden to dwell.

03. **Gravity.** It is not recommended to venture to *unknown spaces* without prior orientation, because there are places where only a *bare soul* can access. In this *other world without distance*, there are those who orient while *bathing in zero gravity*.

04. **Literature.** They refer to the wonder of the multitudes of clients and *captive readers* of the *astonishing newscasts* of those who return from the *fourth dimension*. They report on the amusing *ridiculous exoteric literature* from the news-stands.

05. **Mistakes.** *Adoring dreamers* continuously examine the *annals of detours to the unfathomable* after inadvertently penetrating the *Invisible domain*, while sleeping or meditating, like a person who distractedly goes through the *wrong door*.

06. **Paradise.** Passers-by leave the physical body and encounter *marvellous beings* that make sublime proposals. There are credulous people accepting *waves of hope* capable of letting them savour the *delicacies of this rediscovered paradise*.

07. **Settings.** The adventurous perform their *live acrobatics* in the midst of thousands of ebullient flows of energies and *unmodulated microvibrations*, in settings that have nothing in common with the interior structure of known space-time.

08. **Shifts.** Others feel they are in *another world without guides* and without landscapes, moving beyond space and time, where there is *negligible energy* and no eyes.

09. **Subtleties.** To sophists there are guides for every type of *trip to the unfathomable*, be it for tourism, business or espionage, with specialised agencies of *occult adventurers*, at reasonable prices. Quite subtle and ingenious insinuations arise in this sense.

10. **Tastes.** There are *dishes for all tastes*, from the *swamps of serenity* dedicated to evanescent orientals, to woven desserts for the pallid and mentally deficient, capable of nauseating even the most sensitive.

11. **World.** Other *Sunday dreamers*, *sliding backwards* to the present land, claim they contemplate eternity in a complete way, in *another mysterious world*.

Nonsense. Experimenter, it is worth confronting this nonsense with experiences. We live, in certain terrestrial areas, together with *subhumans* - wolves and hyenas, as well as hydrophobic dogs, - that are prepared to kill others in the *law of the jungle*.

124. TEST OF YOUR OPTIMISATIONS IN CPs

LP. From the standpoint of *lucid projectability* (LP) there are many living-dead people. Legions of conscins maintain their *intrapysical bases* like tombs. On the door, or headstone, of their *bedrooms* they ought to write: “Here lies Mr. So and So”.

Evolution. Technical optimisations, or the establishment of conditions propitious to success, allows you, as a conscious projector, to surpass your previous achievements, going from the empirical condition of immaturity to a more technical projective condition.

Derepressions. In the improvement of technical optimisations it is possible to make initial concessions until concluding if they really work and are, for the time being, indispensable; such as using *psychophysical crutches* and only allowing these greater ambiguities until the moment in which they can be discarded through intelligent derepressions and deconditioning.

Postures. Here are 25 optimising postures that aid a projector’s development:

01. Aim for the theoretical maximum performance possible in your efforts.
02. Always be prepared to face any type of surprise.
03. Always rely on a critical, searching, questioning and refuting spirit.
04. Amplify the extent of the extraphysical roaming of the projected consciousness.
05. Cling to the maximum possible objectivity in all dimensions.
06. Consciously apply all personal talents, potentials and resources.
07. Constantly have a well-balanced alimentary diet aiming to benefit the soma’s health.
08. Create periods of calm and reflection in order to project with greater lucidity.
09. Demonstrate goodwill towards all conscins’ libertarian causes.
10. Employ a creative and renovating spirit over trivial routines.
11. Fearlessly live with lucidity, in the counterflow of intraphysical life.
12. Give emphasis, first and foremost, to cosmoethical self-discernment, in everything.
13. Have an open mentality (*open mind*) to the most advanced renovations (neophilia).
14. Have permanent self-motivation originating from your own effort.
15. Keep good intentions in relation to all greater consciencial interests.
16. Look for clarifying and healthy evidence of consciousnesses, in everything.
17. Maintain good physical, psychological, psychic and bioenergetic disposition.
18. Mentally saturate yourself with projective subjects, facts, cases and examples.
19. Perform a minimum of projective exercises attentively and with concentration.
20. Persist with the sincere absence of all natures of sorrows and resentments.
21. Prepare all personal tasks or undertakings in advance.
22. Remain in active service and *good intellectual shape*, all the time.
23. Supply deep patience in the repetition of useful habits and practices.
24. Trust in the inevitable determinism of the facts and phenomena of Projectiology.
25. Uninterruptedly maintain healthy personal habits in your consciencial microuniverse.

Test. The logical challenges of projectability are here. Is it worth confronting them now?

125. TEST OF PERFORMANCES OF THE LUCID PROJECTOR

Experiments. Experimenter here are 30 extraphysical experiments for you to try to experience while projected with reasonable lucidity:

01. Approach *extraphysical passerbys* (consciexes) on a public street in a megacity.
02. Apply *extraphysical intuition*, when projected, as an evolved sensorial door.
03. Auscultate the energies of the *doubles* of intraphysical *objects* while projected.
04. Calculate your *extraphysical autonomy* in relation to projective periods.
05. Communicate when projected, *confirming* personal *suppositions*.
06. Construct your own *technical style* of projecting with full lucidity.
07. Employ the *mentalsoma* directly in a CP, leaving the psychosoma inside the soma.
08. Establish in yourself, the differences between a free projector and a *directed projector*.
09. Examine *self-telekinesis* in the technical precursors of the production of a CP.
10. Experience a sudden extraphysical expansion of *consciential lucidity* (mentalsoma).
11. Experience *extraphysical omnivision*, or seeing in all directions, while projected.
12. Extraphysically create a *duplicate of the psychosoma* through your own CEs.
13. Extraphysically interview a consciex interned in a *prior seriexis*.
14. Feel the characteristic compression of the *frontochakra*, in the brow, during CPs.
15. Find and identify a projected conscin during a conscious projection.
16. Identify the catalysers of *paraperceptions* when in the lucid projected state.
17. Know how to intelligently balance *emotionalism and technicalness* in CPs.
18. *Listen to the thosenes* of a consciex before they are exteriorised.
19. Locate an *extraphysical district* that is related to terrestrial, or intraphysical, districts.
20. Locate an *unaddressed consciex* inside your intraphysical base.
21. Participate in an extraphysical class from the *intermissive course* of a conscin or consciex.
22. Qualify the *projective potency* of your own soma-psychosoma energetic bond.
23. Qualify your *presence of mind* while taking decisions outside of the soma.
24. Research the *extraphysical light* that spontaneously appears in extraphysical dimensions.
25. See extraphysically, without the influence of the *perspective of objects* and scenes.
26. Seek to acquire the *habit of self-experience* of the phenomenon of conscious projection.
27. Study the traction-distension of the *energetic cord* connecting the soma to the psychosoma.
28. Try to free a friendly conscin from their *state of coincidence*, while they are asleep.
29. Weigh the distinguishing factors of departures and returns in *extraphysical excursions*.
30. Work with *extraphysical substances* through your own will and thosenes.

Test. Through this list of experiments you can precisely appraise the level of your own lucid projectability. Which of these experiences have you already, truly, satisfactorily experienced with lucidity in projected states?

Projector. *Each projected conscin leaves a very personal trail of consciential energies wherever they go. An association of ideas can also be the big-picture.*

126. TEST OF YOUR UNDERSTANDING OF CP

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about CP. Respond to each question by yourself, *unarmed*, without referring to Projectiology's *artefacts of knowledge* (books, notes, objects and other resources):

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of organising ideas:- Establish the advantages and disadvantages of producing CPs on a more advanced consciential level.

02. **Critical.** *Demand* an effort from your more complex personal mental processes:- Critique the approach of only experiencing spontaneous CPs compared to producing CPs through resolute will. (See Bib. 4736).

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories of the phenomenon under analysis:- Define *consciential projectability*.

04. **Description.** *Demand* a personal presentation of the characteristics of the phenomenon of which you are the protagonist:- Describe 5 real utilities of lucid consciential projections.

05. **Discussion.** *Demand* more than a simple description:- Discuss the cause of why Humanity, prior to Projectiology, has not employed CPs at an elevated technical level. *A lucid projector is not an atheist or an idealist, but a multidimensional experimenter.*

06. **Enumeration.** *Demand* your ability to recall:- Enumerate 15 relevant phenomena derived from the condition of lucid projection, on a subjective level.

07. **Exemplification.** *Demand* a demonstration of ingenuity through a direct personal contribution:- Give 5 examples of projective techniques, corroborated by you if possible, that evidence the consciential values extracted from CPs.

08. **Explanation.** *Demand* an emphasis of the theme in relation to cause and effect:- What is the reason that we are able to produce and understand lucid CPs today?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principle idea:- Why, unfortunately, has the human race lost millennia of intraphysical opportunities without lucidly employing the resources offered by CPs?

10. **Organisation.** *Demand* a recollection of the facts according to the criteria of increasing importance:- Organise a list of measures to be taken, in 3 different intraphysical areas, capable of optimising and dynamising the technical production of CPs.

11. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principals that sustain the rational concept of the conscious, human, projective phenomenon.

12. **Selection.** *Demand* a simple critical self-evaluation, according to pre-established criteria:- Indicate 3 diverse facts that exemplify the advantages of CPs for a youth, a pregnant woman and a person in the third physical age or a veteran of human life.

Summary. *Demand* that you are capable of presenting the essential points of the phenomenon under analysis:- Summarise 3 aspects of the cosmoethical, theoretical consequences of the conscious production of CPs with reasonable lucidity.

127. DETERMINISM OF HUMAN CONSCIOUS PROJECTIONS

01. **Effort.** *Personal effort is irreplaceable in intraphysical life.*
02. **Illiteracy.** Reader, you and this author are privileged in life: there are around 861 million illiterate conscins who are unable to write and cannot even read this page.
03. **Writing.** Written communication, in block letters from a printing press, did not exist throughout millennia of known Human History.
04. **Wheel.** Human beings also lived millennia without discovering the wheel and its respective uses (potter's wheel, water wheel, spinning wheel, pulleys, machines), which today are omnipresent in daily life.
05. **Simians.** Humankind's ancestors lived millennia walking on all fours, without straightening the vertebral column, in a condition equal to common simians.
06. **Interconsciousness.** Millennia and millennia have also passed on this Planet, since woman is woman and man is man, with all the human beings only producing spontaneous unconscious projections during their nights, while surrendered to sleep.
07. **Lucidity.** Now there are already some millions of more lucid human beings, who value the production of lucid consciential projections. (See Bib. 255).
08. **Sub-brain.** However, other billions of people still, and will continue for a long time to, only produce spontaneous, physiological, unconscious projections, and live subordinate to the lamentable condition of the abdominal sub-brain.
09. **Inevitability.** Notwithstanding this, just as the use of the wheel and written communication were inevitable, lucid consciential projection is inevitable and irreplaceable in the path of evolution. Sooner or later it comes to each conscin.
10. **Projectiology.** Projectiology does not bring anything particularly new or original: it merely emphasises a physiological, or more accurately, an inevitable paraphysiological phenomenon, a reality conventionally treated with indifference, but without which no human being lives.
11. **Impossibility.** You can live with indifference towards lucid projection, or squander its possibilities of helping you achieve consciential maturity, however you cannot always live *without* conscious projections. Therein lies the logic of the relation facts-parafacts.
12. **Determinism.** Conclusion: the determinism of lucid consciential projections is present, irreplaceable and indispensable in the march of the consciential evolution of us all.
13. **Indifference.** Researcher, you and this author can live with complete permanent indifference to conscious projections, as we have already lived for millennia, with indifference to the *wheel, writing* and many other advanced resources or means to improve our well-being in human life. This is an act of inexperience, ignorance or immaturity.
14. **Advantage.** However, one day we will have to *roll up our shirtsleeves* and take advantage of this phenomenon as we become a little more self-conscious and discerning.
15. **Tool.** Is it worth using CP as an advantageous tool from today?
16. **Challenge.** Lucid projectability and Projectiology are here, challenging you. It does not help to run away from facts. It is a mere question of time, Self-researchology and self-lucidity.

128. DIFFERENCES BETWEEN CONSCIOUS PROJECTION AND DREAM

Differences. Here are 20 specific differences between a CP and a natural dream:

01. **Actions.** Execution of extraphysical actions planned earlier in the physical waking state.
02. **Bilocation.** Verification, by awake witnesses, of the apparition of a projected consciousness manifesting through their *psychosoma* (*physical bilocation*).
03. **Conjugation.** Direct participation of various projected conscins (friends) in extraphysical experiments, at the same time and in the same place.
04. **Continuity.** Production of a *projection of continuous consciousness*, without lapses, with the consciousness maintaining uninterrupted lucidity throughout the entire episode.
05. **Encounters.** Self-corroborative and direct lucid *encounters* of the projected consciousness with known intraphysical (conscins) or extraphysical (consciexes) beings.
06. **Freewill.** Direct self-determination of extraphysical acts and experiences in the CP.
07. **Intensity.** Production of consecutive CPs over a short period of time, when the consciousness coldly observes various consciential actions, parafacts and dimensions.
08. **Interiorisation.** Acts of clearly experienced *lucid interiorisation* into the human body by a consciousness when projected through the psychosoma.
09. **Judgement.** Maintenance of spatial and temporal critical judgement during the entire projective period, in relation to temporarily maintaining the soma inert in the physical base.
10. **Liberty.** Magnitude of the well-being, sense of liberty and notion of consciential power during the extraphysical period of the lucid projection.
11. **Memory.** Preservation of ordinary physical waking state personal memories during the entire extraphysical period of a projection of *continuous* consciousness (uninterrupted).
12. **Participation.** Participation of the projected consciousness in not imagined but *real*, physical or extraphysical events, that are subsequently confirmed by themselves.
13. **Phases.** Elimination of hypnagogic (before the extraphysical phase) and hypnopompic (after the extraphysical phase) states in the production of a projection of continuous consciousness.
14. **Rationality.** Healthy maintenance of the capacity of ratiocination during the conscious projection, which can be expanded in the projected consciential state (cosmoconsciousness).
15. **Repercussions.** Physical (in the soma) and extraphysical (in the psychosoma) *repercussions* directly experienced by the conscious projector's consciousness.
16. **Soma.** Direct examination of their own soma while the consciousness is outside of it.
17. **Sounds.** Occurrences of *intracranial sounds* before and after the lucid projection.
18. **Take-off.** Acts of *lucid take-off* of the consciousness projected through the psychosoma, a singular and incomparable phenomenon of temporary liberation.
19. **Translocations.** Paratranslocations of a lucidly projected consciousness with a *depart-return-go again-return route*, in the same itinerary and with a logical mingling of the facts.
20. **Vs.** Installing Vs, or *vibrational states*, before, during and after a lucid consciential projection. (See Bib. 4752).

129. DIFFERENCES BETWEEN CP AND TRAVELLING CLAIRVOYANCE

Definition. Travelling clairvoyance is the partial projection of the consciousness' visual paraperceptions to a distance away from the human body, with a *live* simultaneous description and oral report, from the *traveller*, of the extraphysical events perceived or witnessed, including the psychosphere of intraphysical beings (conscins).

Differences. Here are 9 differentiating factors that allow distinction of travelling clairvoyance from a projection of the consciousness beyond the human body in the psychosoma:

1. **Bilocation.** In travelling clairvoyance the consciousness views distant scenes. In a full projection the consciousness can ostensibly manifest themselves through the psychosoma appearing to intraphysical beings (conscins) and producing physical bilocation.

2. **Cord.** In travelling clairvoyance the consciousness does not see the energetic formations enveloping the human body (energosoma). In a full projection the consciousness can minutely analyse their own energosomatic connections (*silver cord*).

3. **Paraperceptions.** In travelling clairvoyance the consciousness visualises *without touching* the things seen. In a full lucid projection the consciousness directly sees and easily obtains tactile paraperception.

4. **Paratranslocation.** In travelling clairvoyance the consciousness' perceptions are always crustal and superficial. In a full conscious projection, the consciousness experiences more vivid sensations, with a dislocation through *hyperspace* to the target-place, including extraphysical dimensions or districts, in a self-determined *depart-return-go again-return* journey.

5. **Participation.** In travelling clairvoyance the consciousness is a simple spectator of distant events. In a full projection the consciousness recognises themselves as a protagonist or effective participant in the extraphysical occurrences or parafacts.

6. **Permanence.** In travelling clairvoyance, although the *traveller* can see from a distance they are aware that they remain in the soma. In a full CP the consciousness has complete lucidity about the fact that they are manifesting through the psychosoma, and not the soma. *The more dynamised a consciousness' evolution is, the less they appear at the physical level and the more they appear at the extraphysical level.*

7. **Previous.** Travelling clairvoyance frequently functions like a preview of a lucid projection, in which the consciousness *attains a view* of where they will go to in the conscious projection.

8. **Speech.** In travelling clairvoyance the *traveller's* consciousness, in a trance, can see at a distance and simultaneously narrate what they observe, speaking through their human body. In a full and lucid projection, the consciousness is absent from their incapacitated human body and cannot act upon it, as it remains with only vegetative life, inert, in the *empty brain* condition.

9. **Take-off.** In travelling clairvoyance the consciousness does not experience the take-off of the entire psychosoma. In a projection of continuous consciousness the experience of conscious take-off is impressive and unique. A projective megasingularity. (See Bib. 4693).

130. DIFFERENCES BETWEEN CP AND BILOCATION

Definition. Physical bilocation is the simultaneous presence of the personality of 1 male or female individual in 2 places (intrapysical). (See Bib. 4679).

Parallels. Conscious projection and physical bilocation are both manifestations of the exteriorisation of the human consciousness which, temporarily, leaves its headquarters in the brain; suggesting in a clear and undeniable way that physical bilocation is merely a continuation, or a more evolved stage, of a conscious projection. Here are 7 distinctive parallels between both occurrences:

1. **Complexity.** In general, a projector can produce the phenomenon of conscious projection through their will. A bilocator is not always able to voluntarily produce physical bilocation, or a visible, tangible, intervivos apparition through their will. This demonstrates, in a like for like comparison, that this phenomenon is, without any doubt, more complex than the CP phenomenon.

2. **Duration.** In general, conscious projection tends to be brief. Physical bilocation seems to have the tendency to continue for more time.

3. **Paratranslocation.** In a conscious projection the somatic consciousness generally has the incontestable sensation of leaving the human body and then the intrapysical base. In physical bilocation the somatic consciousness generally perceives themselves already translocated to their destination, in an instantaneous way.

4. **Psychosoma.** In a conscious projection the consciousness can leave the human body on certain occasions and may not perceive themselves *inside* of the consciousness' vehicles, when and *even though* they are manifesting through the mentalsoma. In physical bilocation the consciousness always has the sensation of having some body, in this case, the psychosoma (emotional parabody), clearly similar to the human body (soma). (See page 356).

5. **Take-off.** In a CP, or a projection of continuous consciousness, the sensations of a lucid take-off of the psychosoma are generally clearly perceived. In physical bilocation the consciousness does not typically experience the act of temporarily leaving the human body.

6. **Telekinesis.** In a conscious projection the consciousness generally does not communicate well with either the new environment or the human beings encountered. In physical bilocation the projected conscin interacts with the new environment; executes physical acts, or in other words, produces telekinetic phenomena; communicates with fortuitous human witnesses; and, more rarely, can even bring some evidence that they were in another human environment. *Physical bilocation is an explicit conscious projection.*

7. **Witnesses.** In occurrences of conscious projection the one who perceives the intervivos apparition of the projector generally seems to see a single partially immaterial figure. In occurrences of physical bilocation the percipient of the intervivos apparition of the bilocator generally has the impression of interacting and communicating with a real, living person just like any other.

131. ROTATION OF YOUR PSYCHOSOMA TECHNIQUE

Definition. Rotation of the psychosoma is the method through which you produce a CP of your consciousness, through the psychosoma, by inducing rotational movements of this consciencial vehicle when you feel physically tired or sufficiently sleepy (hypnagogy).

Will. This essentially *paraphysiological* phenomenon depends solely on volition, without any mystical, symbolic or ritualistic resource, and allows the consciousness to accompany, with total lucidity, the most difficult stage of the consciencial projection: the conscious take-off through the psychosoma. (See Bib. 4765).

Position. Lie face down with your head turned to the right, for example, on the edge of the bed. Although this position is less recommended to induce conscious projections, in these peculiar conditions it is convenient, suitable and allows the individual to reach the hypnagogic state (alpha cerebral waves or the alpha state).

Escape. The consciousness tries *to mentally escape* from the physical world and upon entering the hypnagogic state thinks about throwing themselves backwards, into the dark, upwards, far away from the body and off the bed, through the left or right side, according to the experimenter's choice.

Decoration. The best side to choose for the rotation will be that one where there is no furniture or palpable physical objects, thus discarding conditioned, psychological reflexes concerning the environments *decorations* (furniture, carpets and other objects).

Characteristics. The intra and extraconsciencial technical procedures occur founded on 7 basic characteristics:

1. **Blindness.** The paraperceptive condition of your consciousness in that period, in the dark.
2. **Direction.** The upwards direction of the consciencial activity, above the human body.
3. **Intention.** The intention of your consciousness to be stationed a distance from the soma.
4. **Objective.** The objective of resolutely throwing yourself off of the bed.
5. **Paraback.** The position of the back, or *psychosoma's paraback*, in the pulling of your consciousness through this personal emotional *parabody* of manifestation.
6. **Side.** The selection of the side of your human body to exit through - left or right, with the body remaining lying face down, resting.
7. **Take-off.** The voluntary fast pulling of the consciousness due to the psychosoma's take-off: an experience of maximum *parapsychic* self-affirmation.

Psychosoma. In the development of this method, generally the psychosoma rolls at most two times in the air (space), to the side of the bed, finally standing erect with your *parahead* furthest away from your human body lying on the bed.

Paraface. In this case the *paraface* generally remains facing the direction of the bed.

Target. After some training and by the third attempt at most, a consciousness who has not lost enthusiasm can feel free and see themselves some distance away from the soma.

Groupkarma. *The psychosoma is to groupkarma what the mentalsoma is to polykarma.* This also stratifies the nature of the task: *consoltask* or *claritask*.

132. CURRENT RESEARCH ON NDEs

Conclusions. Here are 35 previous conclusions from current research (1994) into NDEs:

01. Science, officially, still tries to uncover a conventional way to explain the NDE.
 02. The NDE is a natural psychological occurrence related to biological death.
 03. The brain is assumed to have an *area genetically codified* for NDEs.
 04. NDEs seem to be an agglomeration of interactive consciencial events.
 05. CP is among the essential occurrences experienced at the core of NDEs.
 06. The visions preceding the soma's death are a natural part of the phenomenon.
 07. Some judge NDEs and the visions that precede death as identical phenomena.
 08. A person can have multiple NDEs over the length of their intraphysical life.
 09. NDEs suggest that we were born knowing how to solve life's problems.
 10. The sensation of having *a clear life purpose* is 1 of the results of infantile NDEs.
 11. A common message in NDEs is for the person "to clean what they have messed up".
 12. There is a certain therapeutic nature to the visions preceding biological death.
 13. There is an unquestionable *therapeutic power* evident in near-death experiences.
 14. A NDE can generate a *three-dimensional review* of the experiencer's life.
 15. The NDE is a *transforming experience*, capable of changing the experiencer's attitudes.
 16. A NDE makes the person, man or woman, more aware of consciencial life.
 17. A NDE makes the person more sensitive in relation to other nearby people.
 18. The long term effects of a NDE can improve the person's mental capacity.
 19. Who passes through a NDE achieves *greater maturity* than the average conscin.
 20. NDEs prevent people getting involved with alcohol, and light and heavy drugs.
 21. A revision of life happens in 25% of the adults who have near-death experiences.
 22. Infants' NDEs are very similar to the NDEs of adult conscins.
 23. Childrens' NDEs differ from adults due to the absence of a life review.
 24. The majority of childrens' near-death experiences present the element of *light*.
 25. 25% of adults' NDEs present the element of *light*.
 26. Some suppose that *light* is the core, the megafocus or key-element of a NDE.
 27. There is still no scientific explanation for the element of *light* and its function in a NDE.
 28. In the NDEs of adults, 50% take some decision to return to the soma that is in crisis.
 29. In the NDEs of children, only 20% decide to return to the soma. (See Bib. 3057, 3064).
 30. The death of the person's soma needs to be close for them to have a NDE.
 31. Narcotics (*Valium*) erase the memory (*chemical amnesia*) of NDEs.
 32. *Those who scientifically study the NDE, confirm the reality of the phenomenon.*
 33. It is estimated that 8 million NDEs occurred in 1982 alone. (See Bib. 1591).
 34. NDEs evidence the existence of consciousness independent from the brain.
 35. The majority of neuroscientists are not interested in studying consciousness.
- LP.** The advancement of LP is unavoidable due to Physiology and NDEs.

133. TECHNIQUE TO TAKE ADVANTAGE OF A MEGAPROJECTION

01. **Maxifraternity.** The communities of more evolved Sociexes maintain an anti-egocentric interconscial climate, or holothosene, which presents a level of maxifraternity sometimes not comprehended by a projected conscin, who is still very emotional and excessively mindful of the *very important* universe of their ego. (See Bib. 4758).

02. **Wastefulness.** Due to this, a lucidly projected conscin arriving at these extraphysical dimensions for the first time, does not always know how to take advantage of this exceptionally valuable opportunity and hence wastes it due to mere projective inexperience.

03. **Extrapolation.** In this case the projected conscin does not know how to extract transcendent knowledge while there. Their big ego exceeds the harmonised average of the interconscial climate present there, which is sustained by non-egoistic maxiuniversalistic consciexes.

04. **Big ego.** The projected conscin wants to announce their emotions, to *establish friendships* with the consciexes present, publically exposing themselves and often making their big ego shine in all its splendour, as they judge that there will not be another opportunity like it.

05. **Energetic.** This is a happy illusion. They should do exactly the opposite. They should *confine themselves to their own insignificance*, at least temporarily. Knowing how to see and listen is not easy at times, especially in extraphysical dimensions. It is intelligent to keep the *paraeyes* and *paraears* attentive because the energetic field installed there expands the consciousness, making you more alert, this predisposes a rapid maximum understanding of ideas, facts and parafacts or extraphysical experiences, which are generally fugacious and require skill to recollect.

06. **Level.** Conclusion regarding this entire context: a conscin projected, in a megaprojection, is sometimes unable to raise themselves to the average level of the consciexes present.

07. **Rapport.** The *less* imperfect conscial dimension is not assimilated by the projected conscin's *more* imperfect intelligence and emotionalism. Nor is the indispensable *rapport* installed between the projected conscin and the consciexes present.

08. **Climates.** Many of these conscious projectors return from such extraphysical experiences bitterly criticising, mistakenly, those consciexes, calling them apathetic, sick or indifferent, because they judge them based only on their own egoisms.

09. **Ignorance.** This is clear evidence of ignorance regarding evolved extraphysical interconscial climates.

10. **Helper.** In their personal projective agenda, the projector must minutely record such possibilities and how to react constructively when faced with them, in order to receive information, for example, from their extraphysical helper, prior to a CP. The helper is not an *intruder of intruders*. There is no spontaneous generation of a *Homo sapiens serenissimus*.

11. **Word.** When the projector's ego is exorbitant and locked in themselves, not even a friendly telepathic word from a helper can reach the individual to bring clarification.

Hyperacuity. *Hyperacuity makes a conscin leave "to know is to manipulate" for "to know is self-experience"*. Such a reaction constitutes an immense evolutionary stride.

134. A PROJECTOR'S PHYSICAL BASE

01. **Definition.** The physical base is the chosen secure place where the intraphysical consciousness (conscin) rests their soma while lucidly projecting to other consciential dimensions. (See Bib. 4735).

02. **Types.** There are various types of external physical bases for a conscious projector: the bedroom; lounge room; a hall; an office; a library; a laboratory; a *retrocognitarium*; a *projectarium*; a *precognitarium*. Strictly speaking, in theory, any terrestrial place can be an intraphysical base for a projector.

03. **Best.** The best and most common projective base is an energetically shielded bedroom, a quiet room where the door can be locked and the windows closed. *The predominant use of the colour blue in the decoration of the room has a sedative effect on the projector's sleep.*

04. **Bed.** For many experimenters a single bed 15 centimetres longer than the projector's human body is the ideal.

05. **Mattress.** Preferably the mattress will not have springs. It must be wide enough to allow the free movement of who lies on it.

06. **Sheets.** The sheets in the physical base should be soft, clean and cold. Cotton sheets are highly recommended because the natural textile generates less static electricity, which favours the natural sleep of who uses them.

07. **Pillows.** The pillows need to be sufficient to keep the head in the same horizontal position as the shoulders and spinal column. Verify this fact by standing with a shoulder against a wall. For an average person, the space between the head and the wall corresponds to the pillow's required thickness.

08. **Laboratory.** In laboratory experiments, the projector, lying in the dorsal decubitus, uses a U-shaped foam rubber pillow in order to remain immobilised and limit acoustic perceptions.

09. **Furniture.** Beyond a bed, other furniture can occupy the conscious projector's laboratory-room: chair, armchair, closet, two bedside tables and other equipment that has *no aggressive* applications and is not energetic rubbish.

10. **Instruments.** Various instruments are optional and can be used in the projector's physical base: a quiet digital clock with a display allowing consultation in the dark; a chronometer; a thermometer; a hygrometer; a barometer; an easy to operate torch; a direct or indirect (more silent) air conditioner; a portable recording device; a lamp nearby; diverse monitors and polygraphs among others.

11. **Offiex.** The physical base of a veteran projector actively engaged in a physical-extraphysical assistential team, can be transformed into the waiting room of an offiex or extraphysical office of multidimensional interconsciential assistance.

12. **Penta.** The daily, personal energetic task, or penta, is the resource that maintains the equilibrium and energetic homogeneity of an extraphysical office.

135. FUNDAMENTALS OF A PROJECTARIUM OR PROJECTIVE BASE

01. **Definition.** A *projectarium* is an ideal, scientifically prepared, physical base that facilitates the development of all types of lucid projections for men and women.

02. **Synonym.** Expressions equivalent to *projectarium*: anechoic projective chamber; inter-dimensional chamber; conscious projection laboratory; extraphysical-physical observatory; interdimensional door; *simulcognitarium* (locale for the simultaneous cognizance of parapsychic phenomenon or the exact instant in which it happens and develops).

03. **Reasons.** The environmental conditions of the intraphysical dimension or the *space-time continuum* always exert a reasonable percentage of psychophysical influence over the human body and the projector's consciousness, even when this is against the person's will. The ideal is to install an optimising, specialised, *physical base* where it is possible to assemble all the conditions propitious for completely lucid consciential projections: a scientifically planned *projective ecosystem*. Spontaneously generated *consciential evolution* does not exist.

04. **Space.** The internal physical space of the *projectarium* should extend beyond the perimeter of the more intense action of the energosomatic connections (*silver cord*), in other words: 4 meters radius from the human head of the projector resting in the dorsal position.

05. **Light.** Among the most intelligent conditions to install within a *projectarium* is the use of a matt blue colour in order to reduce the reflections of ambient light (indirect and adjustable) to the minimum.

06. **Sound.** The installation of a lining of specific material suitable for sound absorption and a soundproof, anti-acoustic lining - *deaf room* - in a room highly acoustically isolated, diminishes the negative factors of external ambient noises and vibrations, which can additionally be dampened through the use of shock absorbers.

07. **Temperature.** The use of a silent air-conditioner or one indirectly positioned towards the centre of the projector's location is another recommendation.

08. **Instrumentation.** Use of not uncomfortable instruments, like physiological registers, monitors, meters and trackers of all kinds; functional internal furnishings; ozone applicators and absorbers of significant mechanical shocks.

09. **Resources.** 3 other technical resources are worth testing: installation of the *state of imponderability* in the internal environment, with the nullification of gravitational force in the future; the installation of a special force field; and Faraday Cage research, together with the application of Ganzfeld stimulation techniques.

10. **Annex.** Maintaining an annexed, isolated room is ideal for the technical support and practical monitoring of experiments, allowing indirect observation via monitors.

11. **Notice.** The use of a written notice on, or a light switched on above, the entrance door, is practical in order to eliminate inopportune disturbances during experiments.

12. **Sun.** A mature **multidimensional consciousness**, just like the Sun, does not sleep for even a single minute. A lucid consciousness and the Sun are independent regarding day and night.

136. RETROCOGNITARIUM OR RETROCOGNITIVE BASE

01. **Retrocognition.** An extraphysical retrocognition is the paraperceptive faculty by which a conscin, projected beyond the soma, becomes aware of facts, scenes, characters, forms, objects, successes and experiences related to a time in the distant past.

02. **Types.** Retrocognitive projections can refer to 4 types of conditions: past periods of the current life; intermissive extraphysical periods; previous existences; and extraphysical periods of the conscin while projected.

03. **Definition.** A *retrocognitarium* is a scientifically prepared physical base that facilitates and predisposes the development of retrocognitive CPs of human consciousnesses.

04. **Synonymy.** Expressions considered as synonyms of *retrocognitarium*: chamber of the projective existential memory; retrocognitive projections laboratory; *door to the past*; silent room for mnemonic retrocessions.

05. **Reasons.** The environmental characteristics of the human dimension, the space-time *continuum*, always exert a powerful psychophysical influence over the projector's soma and consciousness. The most intelligent thing to do is to construct an optimised *physical base* that assembles the ideal conditions in a *projective retrocognitive ecosystem*.

06. **Space.** The *retrocognitarium's* internal space must be filled with all the furniture, bedding, decorative elements, objects, paintings, books and photos related to a historical past, within the specific timeline of the period and environments to be stimulated.

07. **Music.** A resource capable of efficiently helping in retrocognitive projective techniques, is to listen to orchestra music and popular, or folk, songs from the society and epoch of the civilisation you are looking to study through retrocognitions. The melodies should be listened to *before* the projective experiments.

08. **Factors.** The elements cited above establish a *rapport* in an intentional evocation of the *holomemories'* engrams, the real triggering factors of the recollections.

09. **Environment.** An environment saturated with elements from past intraphysical existences generates retrocognitions due to the optimisation of the evoked experiences.

10. **Passivity.** The projector, in this *retrocognitive nest*, becomes passive to the recollections. Scenes generally appear during the hypnagogic period, through travelling clairvoyance or full CPs. A healthy retrocognition prevents a conscin confusing who they *were*, with who they *are now*. This maximum self-knowledge emerges to sustain maturity.

11. **Notice.** The use of a written notice on, or a light switched on above, the entrance door of the *retrocognitarium*, is practical in order to eliminate inopportune disturbances at the site during the experiments. Absolute *amnesia* does not exist. All amnesia is hypomnesia.

12. **Groupality.** In the future, projective institutions will have *retrocognitariums* for group use, optimised by the intense *rapport* between specialised practitioners.

13. **Formula.** *The formula for self-research of the seriexis: 10 healthy self-retrocognitions = a determined self-proved prior life.*

137. PRECOGNITARIUM OR PRECOGNITIVE BASE

01. **Precognition.** Extraphysical precognition is the paraperceptive faculty by which an intraphysical consciousness (conscin), projected beyond the soma, becomes aware of facts, scenes, characters, forms, objects, occurrences and experiences related to a possible future time.

02. **Types.** Precognitions can be classified into 3 types: spontaneous prescience, prescience provoked in a laboratory, and projective precognition. Furthermore, *heteroprecognitions* and *self-precognitions* can also occur.

03. **Definition.** A *precognitarium* is a physical base scientifically prepared to facilitate and predispose the development of lucid projections, specifically precognitive, of a human consciousness. A precognitarium is enriched by *penta* and an *offiex*.

04. **Synonymy.** These 4 expressions are considered synonyms of *precognitarium*: chamber of the future projective memory; laboratory of *existential precognitive projections*; *door to the future*; silent room for extraphysical proscopy.

05. **Reasons.** The environmental characteristics of this human dimension, or the space-time *continuum*, always exert a powerful psychophysical influence over the projector's soma and consciousness. The most intelligent thing to do is to construct an optimised *intraphysical base* that assembles the real ideal conditions in a *precognitive projective ecosystem*.

06. **Space.** The internal physical space of the *projectarium* should contain a bed, furniture, decorative elements, objects, paintings and books related to the future life desired to be foreseen in the *precognitarium (intraconsciential multimedia)*.

07. **Environment.** The locale, saturated with the presupposed elements of a future life (or self-relay), generates extraphysical relations with the future epoch and environment.

08. **Factors.** Fixing the above cited elements in the memory, now, serves to establish a *rapport* for later intentional evocations in the infancy of the future life.

09. **Mixed.** There are occurrences of extraphysical retrocognitions where the projected human consciousness becomes aware of prior facts from the current existence, contextualizing characters from the past who have subsequently been reborn, allowing the making of projective forecasts regarding events in the near future. Such a complex phenomenon is a retrocognitive-precognitive *mixed effect*.

10. **Example.** Projective precognitions related to the projector's future life, should be sought by those living in the final period of their human life (*veterans of life*), dedicated to the preparation of the next intraphysical rebirth on this planet. For example, if the conscin still lives in Brazil and there is some indication that the next life will be in China, a typically Chinese evocative environment should be set up in the *precognitarium*.

11. **Notice.** The use of a written notice on, or a light switched on above, the entrance door of the *precognitarium* is practical in order to eliminate *inopportune disturbances* at the site while the experiments take place inside.

12. **ESP.** *Who admits the possibility of ESP obtains greater success in parapsychic experiments.* In this case, extrasensory perception and parapsychism are synonyms.

138. TECHNIQUE OF YOUR PROJECTIVE POSTURES

Technique. Here are 25 psychophysical postures that facilitate lucid consciencial projection:

01. **Bed.** Lie on your back on the bed, or on the floor, in a comfortable position.
02. **Clothes.** Loosen any indispensable underwear. If you prefer, be naked.
03. **Pillows.** Place 1 pillow, or cushion, under the head and 2 other pillows under the knees (popliteal area). This facilitates blood circulation.
04. **Legs.** Stretch the legs without muscular tension or rigidity.
05. **Feet.** Separate the feet (*prekundalini*), with at least 30 centimetres between them.
06. **Arms.** Rest the arms extended along (or next to) the soma.
07. **Hands.** Open the hands with the palms (palmochakras) facing downwards, on the outer part of the pillows that were placed under the legs (popliteal area or behind the knees).
08. **Head.** Rest the head in a position that does not strain the neck.
09. **Musculature.** Relax all muscles, without forgetting the masticating, face and neck muscles.
10. **Eyelids.** Close the eyelids naturally as if you were about to go to sleep.
11. **Mouth.** Close the mouth without provoking a contraction, or tensing, of the lips.
12. **Salivation.** Avoid continuously swallowing saliva, moving and itching yourself. In this case, everything here is inconvenient nervousness that is better to eliminate.
13. **Breath.** Let the breath flow as naturally as possible.
14. **Relaxation.** Gradually completely relax, including the fingers, attaining a state of general immobility or semilethargy.
15. **Torpor.** Calmly await the gradual torpidity of the soma.
16. **Soma.** Little by little, mentally, stop feeling the soma with the firm thought that the human body does not exist.
17. **Silence.** Make the consciousness enter the domain of *absolute silence*, as though the known Physical Universe had disappeared for you.
18. **Forms.** Concentrate on the idea that material, or intraphysical, forms no longer exist for you.
19. **Abstraction.** Seek the condition of intimate alienation to every material reality.
20. **Self-concentration.** Concentrate on the objective of the CP, avoiding all mental dispersion and any intrusive daydream in consciencial space-time.
21. **Take-off.** Imagine the exit of the consciousness rising above the body, through the take-off of the psychosoma or mentalsoma.
22. **Floating.** Intensely desire to float further above where you feel yourself.
23. **Rotation.** Roll the psychosoma to the side preferred at that moment.
24. **Sounds.** Hear the shrill extraphysical sounds related to the psychosoma's take-off.
25. **Self-consciousness.** If a practitioner loses lucidity in consecutive experiments, it is worthwhile to self-suggest awaking in the extraphysical dimension prior to the experiment.

139. TEST OF THE PREPARATION FOR ADVANCED JCPs

Techniques. In JCPs, or joint conscious projections, a projector can function as the coprojector of another. Two conscins can attain important JCPs through 20 sophisticated, critical, technical, conscientiological projective postures:

01. **Groupality.** In-depth study of the condition of consciential groupality.
02. **Invexis.** Commence the full experience of invexis or recexis.
03. **Duo.** Form an evolutionary duo with intense mutual libertarian activity.
04. **Megastrongtraits.** Establish a deeper *rapport* with some potential megastrongtrait present in both partners. (See chapter 145).
05. **VSSs.** Jointly unleash prophylactic VSSs, that is: periodically, at the same time and in the same place. The VS is assistential armour produced by consciential energy.
06. **Thosenes.** Use thosenic force with the thosenes *loaded in ene* (CEs).
07. **Couplings.** Form auric couplings among yourselves until both reasonably dominate this parapsychic procedure (facial clairvoyance). (See Bib. 4669).
08. **Symas.** Perform consecutive mutual sympathetic assimilations (symases) and symdeases.
09. **Signals.** Each should identify their own animic, parapsychic, energetic signals. CE is a very serious reality: 2 *laringochakras* already constitute an assembly.
10. **Enerspring.** Take advantage of any possible enerspring that may originate from 1 of the partners. The best *self-conscious thosene* is the one most recently generated.
11. **Seduction.** Use the resource of healthy, cosmoethical, sexochakral seductions.
12. **Couple.** Attain the elevated condition of a positive and constructive intimate couple.
13. **Chamber.** Keep your bedroom (*love nest*) energetically shielded.
14. **Intrusion.** The man performs positive, lucid, spermatic intrusion in relation to the woman, without human gestation.
15. **Minienerspring.** Contemplate the orgasmic aura of each other (*ephemeral minienerspring*) or the maximum elevated level of the manifestations of *Homo sapiens eroticus*.
16. **Maxienerspring.** Obtain - as a couple - a joint holorgasm (*maxienerspring*).
17. **Holothosene.** Little by little, create a *projectiogenic holothosene* in the couple's joint, or separate, physical base(s). *Action* is the materialisation of the public thosene.
18. **Projectarium.** Install a *projectarium* that both projectors can use together, simultaneously, with optimised, personal, technical self-preparations.
19. **Transmissibility.** Execute the classical technique of projective transmissibility.
20. **JCPs.** Finally, try, to produce JCPs, or simultaneous joint conscious projections. *We only acquire projective know-how through personal experience.*

Tests. Which one of these 20 arrangements have you, experimenter, already managed to satisfactorily perform? If you have already realised 10 preparations and your partner another 10, both should perseveringly insist in the experiments. Surprising projective and interconsciential results can come from this.

140. YOUR ASSISTED CONSCIOUS PROJECTION TECHNIQUE

01. **Definition.** An assisted conscious projection is essentially an animic-parapsychic experience in which you, as a conscious projector, see yourself being directly attended or commanded during the experiment by an extraphysical helper, a specialist in CPs. *The most advanced recycling of intermissive courses happens through assisted CPs.*

02. **Preparation.** In an assisted projection there can be a preparatory phase of the experiment: notice of the imminent projection; energy exteriorisation exercises; energetic showers of an extraphysical origin; self-energisations; sensations from the frontochakra; mental suggestions; and others. (See Bib. 4725).

03. **Passivity.** It is best to predispose a CP with the same psychological and physical passivity characteristically exhibited by a conscin who has surrendered to a common parapsychic trance, like that which occurs in other phenomena, such as psychophony.

04. **Clairaudience.** Paraperceptions can be utilised by a helper to suggest specific acts during a lucid exteriorisation, in the phases of muscular relaxation, mental concentration, a rolling take-off, *retake-off* and *reinteriorisation*. Do you seek *solutions* for your own life and for your peers?

05. **Assistance.** In an assisted projection, extraphysical assistance from an often visible helper is extended throughout the course of the exteriorisation of the consciousness beyond the soma, even while distant from the physical base.

06. **Advantages.** The assisted CP presents unquestionable advantages over other techniques employed to project the consciousness through the psychosoma: in many instances it allows for a conscious take-off; deepens self-confidence and reveals your ability to consciously project; it facilitates the most pleasant of sensations; it serves as the projection prior to other extraphysical assistantial tasks which you will participate in.

07. **Sleep.** The most common occurrence is for a helper to approach during natural sleep, while the vehicles of manifestation are spontaneously discoincident and provoke an extraphysical awakening. The posterior recollections of these projective events do not always have the same quality as those from a projection of continuous consciousness, where memories are maintained without gaps from the beginning to the end of the experiment. *Multidimensional myopia* is a megaweaktrait.

08. **Helpers.** As a rule helpers assisting CPs are consciexes accustomed to the phenomena of exteriorisation of consciential energies and assistance to sick intraphysicals and extraphysicals. In assisted CPs the helper can be a coprojector.

09. **Meetings.** The most common CPs of intraphysical consciousnesses (conscins) are those supported by helpers. This facilitates extraphysical encounters, which are generally difficult for a projected conscin, especially those involving the act of accurately adhering to predetermined extraphysical targets, schedules, dimensions or districts.

10. **Evocation.** Soon after the beginning of a projective experiment, in a propitious environment, evocation of a helper's presence can be performed without major problems.

141. CP THROUGH A DREAM TECHNIQUE

Dream. *A dream is an altered state of consciousness generated by the **soma**. A CP is an altered state of consciousness - and the soma - generated by the *consciousness* itself.*

Control. A controlled dream is a lucid consciencial projection produced from a natural dream. It is when your consciousness, in this circumstance, becomes self-aware, thus provoking the movement from a passive to an active condition, dissolving oneiric images and truly inspecting the extraphysical events.

Indication. This method is recommended to those who dream a lot, for example every night; give value and significance to common dreams; maintain the memory of many dreams without forgetting; accept that dreams can bring messages through reflection on the subconscious material; admit that dreams emphasise obscure aspects of the personality; and recognise the possibility that through dreams something evolutionary useful can be learnt.

Lucid. Psychological conditionings caused by the action of gravitational force over the intraphysical consciousness (conscin), alert the dreamer to the incongruity and unreality of the dream, and to the fact they are dreaming. The majority of lucid dreams, or *semi-conscious projections*, begin in this way, and nowadays are researched in a specialised way.

Construction. Construct your own dream choosing some intense motor activity, sport or favourite hobby, which is capable of providing pleasant sensations and simulating manoeuvres of free volitation outside the human body, in the extraphysical dimension. (See Bib. 4759).

Procedures. Here is a *technique to induce a common dream* that allows a *swimmer* to be lucidly projected through 7 technical procedures:

1. **Isolation.** At night, or at dawn, isolate yourself in a closed room where you will not be disturbed while practicing the exercises.

2. **Nudity.** Stay naked or use a light, loose bathing suit.

3. **Position.** Lie on the bed in the most comfortable position and close the eyelids.

4. **Surf.** Think that you are surfing on big waves, on a beautiful afternoon that is full of energy and sunlight.

5. **Images.** Sleep with the mind full of images of the sea; the movement of the waves; the wind blowing past you; the free movements of the body; *observe* and hear the seagulls' clamour.

6. **Recall.** Upon awakening, remain motionless in bed and try to remember the entire early-morning dream. If you do not remember anything change your position, first the head and later the soma, as during this period this can help in the recollection of experiences.

7. **Register.** Once the memories of the dream come to mind, try to register them in writing, or dictate them to a voice recorder. This is due to the fugacity of the memories of these 2 altered states of the consciousness: the natural dream and the CP.

142. VOLUNTARY TRAVELLING CLAIRVOYANCE TECHNIQUE

LP. Personal study of the travelling clairvoyance phenomenon - lucid consciential projections with inferior parapsychic results for the consciousness - can greatly help the development of LP, or evolved lucid projectability.

Experiences. Here are 20 technical experiences obtained through the production of *advanced*, voluntary, travelling clairvoyance:

01. **Alienation.** Healthy ephemeral space-time alienation can occur.
02. **Environments.** The easy, *millimetric* description of the most complex and remote environments, from a distance.
03. **Explorations.** Immediate practical extraphysical explorations emerge through the paraeyes and paratouch, and not the common touch.
04. **Instantaneity.** The instantaneity of the manifestations communicates a very real idea of *near-ubiquity*. (See Bib. 4735).
05. **Interaction.** The deepening of the notion of privacy and interaction with things, objects, bodies and consciential vehicles.
06. **Intimacy.** The secret, occult and intimate are exposed due to a greater irresistible power.
07. **Mentalsomatology.** A skipping of mental stages through physical-temporal shortcuts.
08. **Microcosm.** In this case, the aggressive microcosm seems to invade the docile macrocosm.
09. **Myoclonus.** The intense myoclonus occurring in the soma when the parabrain temporarily leaves the physical brain.
10. **Object.** An immediate *rapport* with objects in another continent. Initially, you are the object; the object is the *travelling consciousness*.
11. **Paraperception.** *Clairvoyance is the queen of instantaneous paraperceptions.*
12. **Power.** Travelling clairvoyance communicates the instantaneous maximum power of the conscin expanded over inert matter. Do you think you are fit for the acquisitions already won?
13. **Psychometric.** Direct psychometrics performed by the consciousness' own pointer, used as a sensing instrument in this case.
14. **Restriction.** Loss of reality due to intraphysical and corporal confinement.
15. **Sensations.** *Elasticity of the ego*, as if it was a *conscious breeze*, is an indisputable sensation in this context.
16. **Soma.** The act of not feeling the soma's limitations and breath due to the phenomenon.
17. **Space.** Experimentation of the target-physical-space occupied by the attained goal.
18. **Space-time.** Simplification of the *space-time continuum's* reality taken to its ultimate consequences.
19. **Target.** The mental or experiential sensation of the target-being or target-place.
20. **Tracking.** Consciential or random tracking becomes specific.

143. PROJECTIVE MENTAL SATURATION TECHNIQUE
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Definition. Projective mental saturation is the pressure of the idea of lucid conscial projection on one's mind. This pressure is exerted through healthy physical, physiological and mental means over a determined period of complete immersion in the specific subject of CP.

Saturators. Here are 10 saturating elements suitable to use to impregnate your subconscious with the idea of conscious projection:

01. **Desire.** Nourish the productive and insistent desire to be consciously projected with an elevated level of lucidity. (See Bib. 4766).

02. **Concentration.** In appropriate times and places each day, intensely concentrate thoughts on the phenomenon of lucid conscial projection.

03. **Understand.** Naturally try to understand the circumstances of projectiological phenomena in detail, establishing relations between conscious projections and human interests and concerns, such as your profession, cultural research, pastimes and the like. *The pressure from projective mental saturation creates the **holothosene of LP**.*

04. **Reading.** Read books, magazines, periodicals, leaflets and essays on the consciousness' bodies of manifestation and the multiple reports that exist of projector's experiences. Any investment of this sort will be rewarding.

05. **Study.** When possible perseveringly study, with in-depth analyses, events related to lucid conscial projections.

06. **Index card.** Make, if you can, a vast collection of index cards about projective subjects and place them in a practical way, by hand, all over the house: on the bedside table; on the bathroom mirror; on the desk; on the bookshelf; on the computer desk; above the television; by the living room table; on the walls.

07. **Recorder.** Use a recorder to register your, and others, projective techniques so you can continually listen to them. If you have a computer it will be even better to create an adequate programme or personal file for the subject.

08. **Amount.** Listen to people interested in the theme of conscial projections, such as veteran projectors, beginners, the studios or candidates for conscial projections, searching for the greatest possible number of ideas.

09. **Practice.** From the first attempt of the concentrated daily effort of mental saturation with CPs, intensively practice projective exercises in a series of disciplined attempts, without any dilution of continuity.

10. **Embedding.** Let yourself become so involved with the subject of *conscious projection*, for some hours each day, that you reach the point that it remains deeply embedded in your mental life and daily routines.

Opening. Due to this concentrated effort a loosening ensues within at most 3 weeks, with the occurrence of a small exteriorisation of your consciousness or natural dreams on projection, this being an effective opening towards lucid projection itself.

144. MOVING WAKING DISCOINCIDENCE TECHNIQUE
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01. **Hike.** The condition of healthy waking dis coincidence can be obtained, ephemerally, through a brisk walk or a quick hike.

02. **Awakening.** If you have a healthy heart prepare yourself to start a brisk paced 60 minute hike. Hippocrates, the historic pioneer of Medicine, said: “Walking is man’s best medicine”.

03. **Morning.** Choose a morning when you feel fully prepared from a physical point of view, are in good humour from a psychological point of view, and are in a safe environment.

04. **Prophylaxis.** Through the impulse of your will install a VS, or prophylactic vibrational state, for some moments, *warming-up* your energosomatic self-flexibility (CEs or consciential energies). The VS is the healthiest bioenergetic exercise technique.

05. **Velocity.** Go for a long rhythmic walk on a flat footpath with few pedestrians and without intense traffic. While walking fix your eyes straight ahead until reaching a physiological *cruising speed* based on the length of your legs and your soma’s physical condition. *Walking is the healthiest form of intraphysical exercise.*

06. **Optimisation.** At this point the ideal is to optimise the technical procedure by walking at 4:30 or 5:00 in the morning, even during summer time, in a safe place. This demands self-motivation but will amplify your self-discipline, self-organisation and enthusiasm.

07. **Temperature.** The temperature is more pleasant at dawn, there is less pollution, there are fewer pedestrians on the public footpaths, there are a minimum of vehicles on the streets and secondary roads, and there is greater silence for the creation of self-thosenes.

08. **Coronochakra.** Afterwards concentrate in the mentalsoma by directing CEs to the coronochakra.

09. **Automatism.** Then, after some minutes, you will feel an automatic, vegetative and cadenced movement from the entire soma due to the repetitive acts developed in this long, regular, rhythmic walk.

10. **Sensations.** The condition of waking dis coincidence arises with the clear sensation that you are becoming lighter, taller and a little behind the soma, visually seeing the most distant objects and landscape smaller.

11. **Factors.** 2 indispensable factors are acting here: the flat public footpath and a pair of sneakers anatomically and physiologically suited to walking in order to prevent slips, ankle sprains or falls during the parapsychic condition of waking dis coincidence. (See Bib. 4735).

12. **Research.** This occasion favours the mental search or investigation of *original ideas* on the subjects you are researching.

13. **IE.** In these circumstances the ephemeral condition of waking dis coincidence inevitably brings an intense absorption of IE, or immanent energy, that is reflected throughout the rest of the working day in the healthy condition of *Homo sapiens sportivus*.

145. JCP OR JOINT CONSCIOUS PROJECTION TECHNIQUE

Optimisation. Here are 21 procedures - as ideal as possible - of *sensorial privation*. They have been optimised for human circumstances, within the technique of *sexual hyperexcitability*, for the efficient production of a joint conscious projection, through the psychosoma:

01. **Wanting.** The romantically in love couple maintains the condition of *sexual wanting*. It does not matter if they are tired after a busy day at work.

02. **Time.** The *ideal time* for the experiment is at night, after dining with friends.

03. **Touches.** Inside the friends' car or in a taxi, sitting in the back seat the couple *physically touch*, or caress one another, *only* hand in hand.

04. **Coupling.** In this condition, both promote intense *auric coupling*.

05. **She.** She is left at the *door of her house*, or at the front of the building she lives in.

06. **Frontochakra.** When saying goodnight she looks at him, as he remains in the car, with the final *energetic look* of the night (frontochakra).

07. **He.** He goes home *as soon as possible*, without engaging in commitments or *dialogues* with other people that would *disperse the consciential energies* - preferably he lives in a neighbouring suburb. (See Chapter 139).

08. **Meeting.** From this point on both avoid, to the maximum, contacts or meetings with other subhuman or human beings, even those very dear.

09. **Rooms.** Both *immediately* go to their respective *bedrooms*.

10. **Exercises.** Both of them avoid, to the maximum, any dispensable *physical exercises*.

11. **Face.** Each one maintains the physical image of the smiling, inviting and *seductive face* of the other, visualised before them. They should not turn on the television.

12. **Bathroom.** Each attends to their natural *physiological needs*.

13. **Clothes.** Each wears their most comfortable, normal *pyjamas*.

14. **Bed.** Each goes to bed *alone*, without any another person, son or daughter, cat or dog. They should not answer telephone calls.

15. **Position.** Each lies in their customary *physical position* on the bed.

16. **Evocation.** Neither partner should evoke *other consciousnesses*, whether conscins or consciexes. Unconscious evocations must be avoided.

17. **Fixation.** *She* sleeps while mentally focussing on *his* seductive face.

18. **Mutuality.** *He* sleeps while mentally focussing on *her* seductive face.

19. **Experiences.** Up to two hours later - on average - upon waking, each records on paper all that was recalled from the shared *extraphysical experiences*.

20. **Stories.** At the first opportunity the impressions or consciential perceptions of the extra-physical meeting are exchanged using their *personal written notes*.

21. **Circumstances.** Whoever is able to project themselves to the other's bedroom should not consider themselves the best projector or the most energetically powerful member of the couple. *Intra and extraphysical circumstances powerfully influence JCPs*.

146. EXTRAPHYSICAL CATATONIA PREVENTION TECHNIQUE

Awakening. The non-production of CP is humanities millenary *mega-omission*. When projected from the soma the majority of intraphysical consciousnesses remain alert *in the extraphysical dimension* without showing themselves alert *to the same extraphysical dimension*.

Definition. *Extraphysical catatonia is a fixed condition that impedes the projected consciousness.* When projected from the soma the conscin always remains in the extraphysical state with the same stereotyped, unaltering, unvarying attitudes or activities.

Neutralisation. In this case catatonia is a consciential state comparable to the *slow motion* condition (out of the soma) because it neutralises the extraphysical experiences, sterilising the consciousness' extraphysical experience.

Psychosoma. This more frequently occurs with the psychosoma lying in an *extraphysical* dorsal position, situated immediately above the soma, or even in an immovable erect position in the bedroom's *extraphysical* environment. From there extracorporeal sleep can occur.

Cause. The principle cause of this catatonia outside of the soma is the block of, or insufficient, self-conscientiality of the projected consciousness.

Attitudes. Here - in alphabetical order - are 12 attitudes capable of preventing extraphysical catatonia, they are suggestions collected during a *brainstorming* held at the headquarters of the *International Institute of Projectiology (IIP)*, in Rio de Janeiro on 22 February 1992:

01. **Amateurish.** Avoid all the erroneous manifestations of a novice, beginner or amateur projector, in relation to experiences outside the soma.

02. **Attributes.** Improve your consciential attributes during the ordinary physical waking state, notably memory, attention and mental concentration.

03. **Blockage.** Investigate the probable causes of the *extraphysical* blockage of lucidity, by observing day-to-day *intraphysical* life.

04. **Cons.** Intensify the recuperation of your cons (lucidity and hyperacuity).

05. **Dematerialisation.** Healthily decentralise the values and involvement with life in dense matter up to the point where you do not get alienated from intraphysical life.

06. **Experiences.** Minutely analyse the extraphysical experiences of other conscious projectors, establishing comparisons and clarifying critical parallels.

07. **Lucidity.** Improve extraphysical self-awareness through the will.

08. **Multidimensionality.** Increase the intraconsciential space and time in relation to the lucid multidimensional condition.

09. **Recesses.** Study the projective conditions and any possible projective recesses during the period of the experiments under analysis.

10. **Subtilisation.** Subtilise the psychosoma's density when projected.

11. **Target.** Change the extraphysical dimension you are in, or think on another consciential target while outside the soma.

Technique. Employ the *classic technique of asking*: "Am I sleeping or am I awake?"

147. DIMENER OR ENERGETIC DIMENSION

Consciousness. *The world, whichever one, is a mere semblance outside of the consciousness.* Abstract thought does not exist for a consciousness. A consciousness exists beyond energy. Knowledge is always subjective. For a consciousness, any physical or extraphysical dimension constitutes an internal state, and not a place or space-time reference.

Community. An extraphysical community is a field of group CE, formed by the conglomeration of morphothosenes and holothosenes of cohesive groups of consciexes related through bonds of profound, complex and permanent mutual personal interests.

Dimension. Considering the 3 spatial dimensions - length, width and height - and excluding the ancient 4th dimension, time (temporal-space), strictly speaking, as a *working hypothesis*, we can call the 1st energetic extraphysical dimension, the *three and a half (3.5) dimension* or *dimener*. The dimener is for the energosoma what the atmosphere is for the lungs.

Pocket. Beginning with the fact that every bioenergetic field is situated in the still very obscure three and a half dimension; and that every extraphysical community constitutes a groupal energetic field; it can be concluded that: every extraphysical community is also situated in the dimener, composing a specific *interdimensional pocket* of groupal CE, inserted between the human and extraphysical dimensions, that is immediate and concomitant to the dense intraphysical dimension.

Field. The dimener is *equivalent* to the *Earth's energosoma* or, more appropriately, the energosoma of the Physical Universe (macrouniverse). This is not to be forgotten: the consciousness (microuniverse) applies specific CEs directly through the soma, psychosoma and mentalsoma. The bioenergetic field is the *mouth of the oven* from which animic-psychic events are generated, ensuing from the dimener. Here are 7 basic characteristics of the dimener:

1. **Bradykinesis.** The area of energosomatic connections' totipotent action (*silver cord*); of the condition called *double consciousness*; of oneiric images and of *slow motion*, hypokinesis, reduced parapsychomotor velocity, or extraphysical bradykinesis; expansion of the paravision (high *pararooms*, distant *parawalls*) reminiscent of effects like those produced by image distorting mirrors. *Appearances mislead. There are criminal martyrs.*

2. **Desomas.** The space-time of the 1st and 2nd desomas. The meeting point of projected intraphysical beings and the extraphysical beings who are experiencing the first desoma.

3. **Discoincidence.** The atmosphere specific to the condition of discoincidence of the vehicles of manifestation of the conscin, or intraphysical consciousness.

4. **Evolution.** Threshold of interaction and acceleration of the consciential evolutionary rhythm, with the impermanence of forms resulting from active energies.

5. **Gravitation.** Validity of the gravitational field as a deterministic system.

6. **Intermission.** Minimal stage, at least, of the periods of the intermission or the intermissive phases of the evolving consciousness.

7. **Looseness.** Level of free activity of the energosomatic looseness of each conscin.

148. THEORICE OF MULTIDIMENSIONAL SYNCHRONICITY

Synchronicity. The complex phenomenon of synchronicity evidences connections between human statistical truths and the action of the *law of causality*, in view of Holosomatology and the consciousness' multidimensionality. (See Bib. 3310).

Self-awareness. The evolved condition of multidimensional self-awareness amid intraphysical life allows you to observe and conclude: synchronicity is an active phenomenon, acting in experiences from one determined consciential dimension to another. This explains and makes a high number of apparent coincidences in intraphysical life irrelevant.

Occurrences. Here are 12 occurrences between consciential dimensions, that constitute the evident effects of multidimensional synchronicity, and that are capable of permitting you to experience the use of your LP, or lucid projectability:

01. **Arrivals.** The planned arrival of reborn consciexes, today, into the more intimate group-karmic circle, including transmigrants originating from other planets.

02. **Commemorations.** Mnemonic reflexes or dislocated invasions, not always correctly interpreted, from the commemoration of dates of happy events from your previous intraphysical existences, in the current, personal, human calendar.

03. **Communicability.** A broader multidimensional interchange, between consciousnesses, everywhere, during the intraphysical, or oxygen based, energosomatic existence.

04. **Farewells.** The farewells of consciexes, connected to you, in the phase of preparing for a resoma. They emerge in locales different from the researcher's current domicile.

05. **Helpers.** To reencounter your intruders, sick consciousnesses from the recent or remote past, with your extraphysical helpers in the privacy of your personal existential psychosphere.

06. **Holokarma.** The balances of your current holokarmic account stemming from prior intraphysical existences, imposing priority characteristics on the current existence being developed.

07. **Hyperacuity.** The state of ordinary physical wakefulness merged with lucid projective states, including the grand condition of cosmoconsciousness.

08. **Reencounters.** The intraphysical / extraphysical reencounters you participate in, at times with greater frequency and importance than appearances may lead you to believe.

09. **Retrocognitions.** Self-retrocognitions, even multimillenary or with extraterrestrial foundations, combined with memories from infancy, the conscin's consciential basement in the current life. *There are men still living, in 2012, as **ancestors of themselves**.*

10. **Self-relays.** The self-relays in works, or multiple proexises, uninterruptedly linking each life with another, and another, over the centuries.

11. **Time.** The union of the past, experienced by you, in diverse contexts, civilisations and evolutionary groups, with the present you live on Earth today.

12. **Transmigrants.** The more definitive farewells of consciousnesses, old groupkarmic acquaintances, who are now transmigrating from this planet to another and with whom you will no longer coexist in the immediate future.

149. PANGRAPHY OR MULTIMODAL PSYCHOGRAPHY

Definition. Pangraphy, *omnigraphy* or multigraphy is parapsychic writing produced by a team, with a minimum of *4 hands or parahands*. It occurs when the lucid consciousness of the projector-sensitive, in an animic-parapsychic-energetic trance, writes or registers through their soma, all that was observed by themselves, either through their paraperceptions, or while experiencing an extraphysical projection, with the addition of simultaneous assistance and inspiration from a helper or extraphysical communicator (consciex). *The truly permanent free conscin does not concern themselves with mere trifles.*

Ideas. Pangraphy - *parapsychic multimedia* - is among the most efficient forms of inter-conscinental and interdimensional communication that exist. Through pangraphy original ideas emanating from more than 1 consciousness, with a wider range of experiences, are captured.

Cleansing. The phenomenon of pangraphy only occurs with the depuration of mystical, sectarian or egocentric factors from a universalistic, unpossessed, parapsychic, intraphysical agent, as the occurrence of the phenomenon is rooted in the universality of critical factors.

Factors. The complex phenomenon of pangraphy embraces at least 8, often more or less simultaneous, conscinental sources or convergent parapsychic factors:

1. **Clairvoyance.** The resources of clairvoyance or the partial projection of the intraphysical parapsychic agent's visual paraperceptions, operating at a distance from the soma, and the reporting of the acquisition of information through the act of writing or recording.

2. **Cosmoconsciousness.** The state of cosmoconsciousness or the paraperceptive condition of the conscin, but one expanded in relation to the cosmos, life and the order of the Universe.

3. **Epicon.** Pangraphy produces a joint creation where the epicenter-conscin is a participant. They are not moved by forces not dominated by them, unlike a psychographic medium, or even an artist who is incapable of planning their own career. (See page 737).

4. **Intuition.** The phenomenon of instantaneous perception, intimate capture or the sudden entry of a thought without the interference of any rational process.

5. **Mediumship.** The recourses of polyvalent mediumship of a healthy, sensitive, parapsychic, intraphysical agent. In pangraphy, a lucid parapsychic conscin attempts to be a *mouthpiece for the consensus* of more evolved extraphysical dimensions.

6. **Projectability.** The recourses of LP, within pure animism, allow a conscious projector to capture extraphysical experiences with satisfactory recollections, or the tracking of occurrences beyond the barriers of time and the reductionist intraphysical dimension.

7. **Psychography.** The recourses of pure, lucid, inter vivos or interdimensional psychographic transmissions without any interference from the manifestations of primary unconscious personification (or conscious, or unconscious, animic mystification), when a conscin remembers a past life of theirs and judges it to be someone else's.

8. **Retrocognition.** The healthy paraperception of an intraphysical consciousness that allows them to integrate facts, scenes, forms, objects, events and self-experiences from intermissive periods or past human existences (self-retrocognitions).

150. ADVANTAGES AND DANGERS OF A MULTIDIMENSIONAL LIFE

Dangers. The multidimensional life of a lucid conscin simultaneously presents unmistakable evolutionary advantages and realistic existential dangers. Here are 5 existential dangers:

1. Pathological intraphysical **alienation** regarding commitments to material, personal (family), social and professional life. *Apathy regarding the obligations of human life impedes the execution of a conscin's proaxis.* There are *intruders* super-coherent with an error.

2. The **anticosmoethical**, or spurious and always short-lived, application of real energetic and parapsychic abilities, however that, in this case, inevitably lead the conscin to a sharp projective recess.

3. The undesirable **company** of unhealthy consciexes, sought in multidimensional excursions, who end up predisposing the chronic installation of frequent parapsychic accidents and disturbing extraphysical consciential intrusions.

4. **Hedonism**, or excessive, infantile, egocentric devotion to the transient pleasure of *extra-physical tourism*. Here there is a regression of the adult personality who is stationed and accommodated in their full consciential basement.

5. **Triumphalism**, or the compulsive interest in lucid projectability, notably for those who started to produce CPs through their own will, without having assisted CPs. A conscin judges themselves superior to others and forgets their own natural impotencies and may even end up neglecting the execution of their proaxis. (See Bib. 4682).

Advantages. Here are 5 evolutionary advantages of a lucid conscin's multidimensional life:

1. **MS**, permits the conquest of holomaturity or discernment, through the recovery of cons related to the integral memory, and permits the discarding of 3 dispensable conditions: the consciential basement; the *abdominal sub-brain*; and groupkarmic interprison. Those poor in ideas, the feeble-minded, the fanatic and the cowardly only use the abdominal sub-brain.

2. **Fearlessness**, derepression, desacralisation, deconditioning and *debrainwashing*, via LP, lead a conscin to expose themselves without reservation to the challenges of their immediate multidimensional future, once they become an alternating intraphysical pre-serenissimus.

3. **Maxifraternity**, within the condition of consciential openness and acceptance, with sincere motivation to serve others through the execution of the claritask.

4. **Proaxis**, or the more exact fulfilment of one's existential programme on Earth, through liberation from a mediocre energosomatic existence. Postures like this predispose the acquisition of complexis and, afterwards, a larger healthy morexis.

5. **Serenism**, or the condition of greater consciential self-control that annuls dispensable existential self-mimicry and conditions the conscin to consciential epicentrism.

Question. Do you not find, experimenter, that for a lucid and well-intentioned conscin the advantages here far outweigh the dangers?

Inevitabilities. Here are 6 inevitabilities in intraphysical life: the soma, oxygen, hunger, companions, a name and the desoma. *Desoma* does not extinguish all the conflicts that have an intra-consciential origin.

151. TEST OF YOUR MULTIDIMENSIONAL SINCERITY

01. **Multidimensionality.** *Every consciousness inevitably leads a multidimensional life.* This also happens with those intraphysically manifesting on this Planet.

02. **Solitude.** An intraphysical consciousness never lives alone, or only by themselves. Strictly speaking, *solitude* is not possible for any consciousness, not even you.

03. **Affinity.** Through empathy, a consciousness has an *affinity* with other consciousnesses, predominantly those like themselves or from the same evolutionary level and due to the radiation of CEs, or consciential energies, always lives with them.

04. **Health.** Consciousnesses similar to you, or that have an affinity with intraphysical consciousnesses, can be *healthier* or *sicker* according to the consciential energies and evolutionary levels of each. (See page 426).

05. **Energosomaticity.** What establishes the extent of the *quality of the relationship* between your intraphysical consciousness and other intra and extraphysical consciousnesses, is the extent of the quality of the personal, singular or completely individual consciential energies you radiate.

06. **Conscin.** Strictly speaking, no consciousness was *interned* in matter. Only CEs are.

07. **Sen.** CEs manifested without *emotions* or sentiments (the *sen* in thosenes) do not exist.

08. **Thosenity.** The CEs of every consciousness, including the intraphysical ones, do not manifest in isolation, but always together with ideas or thoughts and emotions or sentiments, through *thosenes*, or incessant self-thosenity.

09. **Potential.** Emotions determine the level of *quality of the consciential energies*, potentializing personal ideas in the consciousness' evolutionary condition.

10. **Paraperceptions.** According to their specific *evolutionary level*, in relation to the manifestations of other consciousnesses' thosenes, nothing escapes the paraperceptions of a healthy extraphysical consciousness, a more evolved pre-serenissimus, a *helper*. Included here are thosenes from intraphysical consciousnesses (conscins) and, obviously, those of the reader and this author.

11. **Intentions.** It is always a lack of experience for you, as a conscin, to uselessly try or think that you can succeed in hiding or disguising, your *real intentions*, or the self-thosenes, from that benefactor consciousness, your more intimate, principal, extraphysical helper.

12. **Authenticity.** If you want to evolve in a dynamic way, receiving greater extraphysical assistance, you are obliged to be sincere, authentic, upfront, reliable, loyal and *trustworthy* in the manifestation of your intentions and in the creation of your self-thosenes related to healthy conscins, as this will reflect in the consciexes around you, the extraphysical witnesses.

13. **Insincerity.** Intimate *insincerity*, a *lie in the thought*, or self-corruption, always repels greater conviviality with the helpers and the Evolutionary Orientor.

14. **Intrudability.** Insincerity is always egotistic and, through consciential energies, unleashes and maintains, *with maximum efficiency*, all types and natures of *interconsciencial intrusions* in this intraphysical dimension and in other consciential dimensions.

Test. Are you multidimensionally coherent, logical, loyal and sincere?

152. TEST OF EXTRAPHYSICAL ENVIRONMENTS

Evidence. LP, or lucid projectability, provides *self-persuasive evidence* to a researcher. This is necessary for them to recognise, by themselves, the existence of extraphysical environments, or other consciential dimensions, both those that are healthy or ill.

Fear. However, fear generated by the funnelling of the consciousness' intraphysical restriction, constitutes an effective *blocking factor* for LP. *Lucidity is self-discernment.*

Test. We can call unhealthy extraphysical environments a *Consciexarium*, *Weaktraitarium* or *Melexarium*. Here is how the *ideal environment* and also the worst or *most horrible* environment, has been conceived through 60 classic expressions related to healthy and unhealthy extraphysical environments. These expressions have been devised within Cosmology, mysticism and in the people's folklore and archetypes:

Healthier Mental Creations

01. Abode of the Just
02. Arcadia; Devachan
03. Breast of Glory
04. Celestial Homeland
05. Celestial Jerusalem
06. Eden; Zion
07. Elysium; Celestial City
08. Empyrean; New Jerusalem
09. Eternal Mansion; Theosis
10. Eternity; Immortality
11. Ethereal Seat
12. Garden of the Hesperides
13. Heaven; Promised Land
14. Heavenly Paramo
15. Kingdom of the Chosen
16. Nirvana; Assam
17. Olympus; Mount Olympus
18. Paradise; Kingdom of God
19. Presence of God
20. *Walhalla*; Avalon

Sicker Mental Creations

- Abode of the Demons
- Hades; Infernal Realm
- Pêro Botelho's Caldera
- Purgatory; Unhappy transition
- Cocytus
- Gehenna; Pandemonium
- Averno; Fire Lake
- Lethe; River of Death
- Eternal Fire
- Limbo
- Erebus; River of Fire
- Styx; Banks of the Styx
- Hell; *Sheol*
- The Depths
- Plutos' Kingdom
- Abyss; Underworld
- Tartarus
- Kingdom of Darkness
- Charon's Ferry
- Acheron

Evocations. In the act of thinking, feeling, evoking or seeking, you end up encountering the objective due to morphothosenes and transfigurations of the psychosoma. Who seeks the rational, positive and beneficial, repudiates the superstitions, the negative and sick mental creations. *By thinking, your CEs create your "paradise" or personal "hell", within yourself and for yourself.* In light of multidimensionality *pain* is a superfluous luxury.

153. TEST OF YOUR EXTRAPHYSICAL RELATIONS

Isolation. *Not even a lighthouse keeper lives in total consciential isolation.* A conscin is an intraphysical consciousness, but also a multidimensional or *extraphysical* consciousness.

Questions. Here are 30 questions for you to answer regarding your relationship and communication with conscins or consciexes, using the repeated expression *do you know how to:*

01. Do you know how to be or remain calm?
02. Do you know how to appear ostensibly calm?
03. Do you know how to appear calm outside and also *within* yourself?
04. Do you know how to sit remaining ostensibly calm?
05. Do you know how to stay seated?
06. Do you know how to stay seated and also calm on the inside?
07. Do you know how to stay seated and be quiet with your soma?
08. Do you know how to stay seated and also be quiet with your CEs?
09. Do you know how to keep silent remaining ostensibly calm?
10. Do you know how to stay silent?
11. Do you know how to be silent with your mouth and also with your soma?
12. Do you know how to be silent with your CEs or consciential energies?
13. Do you know how to listen remaining ostensibly calm?
14. Do you know how to listen with the ears and also with the *eyes*?
15. Do you know how to keep listening?
16. Do you know how to speak remaining calm within yourself?
17. Do you know how to think with tranquility before speaking?
18. Do you know how to speak correctly at the right moment?
19. Do you know how to speak with clarity using the correct expressions?
20. Do you know how to speak with the voice and also *with gestures*?
21. Do you know how to write remaining calm within yourself?
22. Do you know how to think with tranquility before writing?
23. Do you know how to write with clarity?
24. Do you know how to read remaining calm within yourself?
25. Do you know how to choose the most useful reading?
26. Do you know how to understand the act and consequences of the reading done?
27. Do you know how to relate the ideas or arguments of the text read?
28. Do you know how to think, maintaining attention and mental concentration?
29. Do you know how to organise your work?
30. Do you know how to tranquilly plan personal activities?

Test. If you responded *yes* for all the answers, congratulations. You are prepared to become directly acquainted with consciexes in the extraphysical dimensions. If this did not occur it is better to adjust the soma and perceptions and to have a little more tranquility within yourself.

154. TEST OF THE SOCIEX OR EXTRAPHYSICAL SOCIETY

Polarities. Conscientiology offers you a series of 30 polarities between *lasting* reality and the *ephemeral*, day-to-day human reality:

Multidimensionality (Sociex)

01. Person: sincere conscientiologist
02. Parapsychic lucid projector
03. Object of study: consciousness
04. Condition of self-conscientiality
05. Maximum subjectivity
06. Predominance of parapsychism
07. Advanced logical intuition
08. Laws of universal synchronicity
09. Multidimensional phenomena
10. Self-discovery through experiences
11. Erratic consciential time
12. Conscious thosenes and holothosenes
13. An advanced level of discernment
14. Consciex or extraphysical consciousness
15. Extraphysical self-awareness
16. Lived cosmoconsciousness
17. Lucid consciential projectability
18. State of continuous consciousness
19. High level of cons (hyperacuity)
20. Conscientiogram (mega-evaluation)
21. Multidimensional Paraecology
22. Discovered and lived Cosmoethics
23. Lucid experience of the holosoma
24. Practical discovery of bioenergy
25. Chakras (energomatic flexibility)
26. Hologasms: consciential gestations
27. Holomaturity (integrated)
28. State of consciential renovation
29. Lucid consciential self-evolution
30. Complexis (existential completism)

Intraphysicality (Socin)

- Person: sincere materialist
- Competent conventional scientist
- Object of study: matter
- Condition of social atheism
- Maximum conventional objectivity
- Predominance of Conventional Science
- Mere conventional logic
- Primary laws of cause and effect
- Physical, concrete and palpable facts
- Demonstrations through physical experiments
- Always ordered chronological time
- Approaches of isolated thoughts
- Criticism from pure conventional reason
- Conscin or intraphysical consciousness
- Intraphysical self-awareness
- The macho or feminist condition
- Multimillennial evolutionary paracomatose
- Ordinary intraphysical vigil
- Mediocre level of cons (lucidity)
- Conventional psychological analysis
- Modern consciential Ecology
- Conventional, social, human ethics
- Lucid experience of and through the soma
- Impulses from the human nervous system
- Organs (mere somatic flexibility)
- Orgasms: common human gestations
- Conventional psychological maturity
- Dispensable intraphysical self-mimicry
- Competent human practicality
- Incomplexis (existential incompletism)

Test. Are you predominantly located with variables from the 1st or 2nd column?

Courses. There are *intermissive courses* where the consciex renders service to a helper.

155. THEORICE OF THE PROSTHESES OF CONSCIOUSNESS

Soma. A consciousness possesses sophisticated extraphysical vehicles. The soma is a mere temporary prosthesis, used by you, in a temporary, limited, way on the crust of this Planet.

Mother. A mother is the most sophisticated professional prosthetic in intraphysical life.

Uterus. *The uterus is the prosthetic laboratory created to serve consciexes.*

Prostheses. Cybernetic resources, or the mechanisms for the technical materialisation of Human extensions, generally, composerustic prosthetic products. The computer is an external prosthetic for the memory of the 2 human cerebral hemispheres. The car is a temporary prosthetic for the 2 legs. These extensions of the soma call attention to 2 resources: *bytes-meganeurons* (neuroglia) and *wheels-megalegs*.

Objects. In immediate daily experience, objects for personal use are not always adequately or conveniently able to be adapted for another individual. Only in an exceptional way does somebody use, with functional efficiency and a good fit, another persons' pair of dentures, glasses or artificial leg. (See page 342).

Clothes. In the majority of instances, pieces from a simple set of donated used clothes require modifications or alterations so they obtain a real or reasonable suitability for another. In this case the intervening factors of CEs are excluded.

Devices. Now, we can consider how many modifications and adaptations are not needed for us to utilise, with functional efficiency, 5 other high level, sophisticated or complex prosthetic devices, namely:

1. **Soma.** The soma or the human body and a large percentage of its organs and systems.
2. **Brain.** The 2 cerebral hemispheres composing the human brain.
3. **Cerebellum.** The cerebellum and the entire neuromotor system of the human being.
4. **Speech.** The complex and sophisticated mechanism of human speech (laringochakra).
5. **Musculature.** Control of nearly all the human muscular mass.

Mediumship. This is exactly the characteristic that occurs in a *mediumistic trance* or in all types of mediumistic phenomena, psychophony, psychography and others. Because of this, human mediumship is a very precarious and not a very trustworthy system of interconsciential communication. It is the cession or temporary loan of an extremely personal prosthesis, the entire human body - soma -, a robot in this case, so it can be used and commanded by another, a foreign or intrusive consciex. This is why parapsychic resources need to be accurately analysed with self-discernment and exhaustive criteria. They cannot be overestimated or sacralised.

Suicide. Based on these concepts, in a war of robots, or *prosthetic wars*, nobody dies. Only the robots - the *prosthesis of men* - are exterminated. Surprisingly, the same happens in homicides and suicides. All those who suicided are extraphysically frustrated consciousness, because they acted against the effect and not against the cause.

Consciousness. The suicidee never manages to destroy their consciousness, which is, strictly speaking, an object that cannot *die*, be *killed* or be *assassinated*. *Conscientiocides do not exist*.

156. PRINCIPLES OF NEURONAL SELF-CONVICTIONS

01. **Neurons.** In each human being *neurons* are, *at least 100 billion* highly specialised cerebral cells. The set of neurons is the same for men and women. But the number and nature (quality, specialisation) of the *connections* (*trillions*) that join the neurons, the synapses, that unceasingly intercommunicate (*4 billion signals per second*), are different and individualised in each human consciousness.

02. **Connections.** A person can be physically or intellectually fragile, or vigorous, depending on the level that their muscular fibres (muscular mass) and corresponding *interneuronal connections* (neuroglia) previously, simultaneously, developed in the cerebral hemispheres.

03. **Musculature.** Developments in the muscular fibres and interneuronal connections do not appear abruptly. They are the fruits of *summers and winters*, motivation and repeated exercises, to fix themselves in the soma, little by little, effort after effort.

04. **Geniuses.** There are those who hypertrophy the muscles and exhibit a monstrous or teratological soma. There are those who have biceps the size of their head. There are those who develop specific, above average, interneuronal connections and whose mental creations are different from the majority. Geniuses are *interneuronal monsters* in multiple sectors of human creativity. *Each human being is the final product of their neurons and synapses.*

05. **Convictions.** A consciousness indirectly materialised in an object, the soma, depends on the brain's connections being capable of providing well made *neuronal convictions*.

06. **Synapses.** Who identifies the volume and quality of their own synapses lives better. Incompetence appears due to a lack of specialised synapses.

07. **Holothosene.** Somebody, without the corresponding muscular fibres, cannot be strong in a determined type of physical work. Somebody without adequate interneuronal connections cannot develop a specific *psychological task*. *New* accomplishments demand *new* interneuronal connections. Your essential convictions, your *individual holothosene*, your more deeply rooted fanaticisms, or the values *fossilised* in you, are true or false creations, but were developed drop by drop of your own sweat and blood.

08. **Repressions.** Nobody *acquires a firmly held conviction* in an instantaneous manner. An individual is a practicing catholic, a follower of zionism, or an adept of militarism, due to the peculiar interneuronal connections they created in themselves over time, through personal effort. Repressions, sectarianisms, ultra-orthodoxies, fanaticisms and idolatries are born from there.

09. **Gymnastics.** Let us not nourish a *hope for change* after only *2 months* of effort, when others' (or our own) convictions and the corresponding interneuronal connections are based on *2 decades* of daily use or *cerebral gymnastics*.

10. **Recharge.** No intellectual *renovation* can be expected without a great effort to *recharge the brain* and to create specialised interneuronal neoconnections dedicated to a *new* order of ideas. The older the *veteran of life* is, the more difficult the *rearrangement* of the *somnolent neurons* will be (senility, senescence, arteriosclerosis).

157. EXPERIENCES OF YOUR POSITIVE STRESSES

01. **Definition.** Stress is the organisms' set of reflex reactions to aggressions of a physical, psychic, infectious or other order, that are capable of disturbing the homeostasis or stability of the internal environment of the soma / holosoma.

02. **Tension.** Tension is the physical cause that generates physical, physiological, energetic and holosomatic reactions as the consequences of stresses in general.

03. **Reactions.** Reactions to stress can activate cortisone (suprarenal), the thyroid, endorphins (hypothalamus), sexochakral CEs (progesterone and / or testosterone, or the libido), the digestive tract, sugar and insulin, cholesterol, as well as produce tachycardia, alter the supply of air, blood, skin, physical senses and the paraperceptions originating in the holosoma (energosoma, psychosoma and mentalsoma).

04. **Scale.** The standard scale of resistance to stress includes traumas such as the desoma of a spouse, divorce, delivery of a verdict, personal illness, being dismissed from work and others of a similar nature. However, this conventional scale does not consider the reality of Holosomatology and the consciousness' condition of multidimensional hyperacuity.

05. **Types.** As an individual reaction, there are many types of stresses, notably the erroneous reaction, or *negative stress*, which can hold dangers and can even be fatal (physical death); and the correct reaction, or *positive stress*, which brings satisfaction and advantages, enriching consciential self-evolution. *The stress of competition* leads to Olympic records. *The productive stress of studying* leads a person to pass the final exam.

06. **Intelligence.** According to the quality, there are stresses with *less* intelligent adaptation and those with *more* intelligent adaptation. There exists the *stress from stimulating danger*: violent games; the act of skydiving; the adventure of free climbing in the mountains, belonging to those bordering on suicide; or the act of hang-gliding. There are others less dangerous: riding on a roller coaster, snow skiing, or watching a horror movie.

07. **Satisfaction.** We came to the Intraphysical World to be happy, or to live with reasonable satisfaction, but this depends on self-disposition, self-motivation and a well-administered life. The powerful negative force of stress appears even when breaking up with a girlfriend, when failing to start in a competition, or in the act of not concentrating on our school exams. There are heads without brains. There are no abdomens without *sub-brains*.

08. **Quantity.** *While negative stress is damaging, little stress is also noxious.* Examples of this are found in retirement and a sedentary life, that is, inactivity that can lead to desoma. We need to work in order to keep our health stable, for financial sufficiency or a dignified human survival.

09. **Help.** It is worth cooperating with the Socin to which we belong, helping self-evolution and the evolution of our groupkarma, without any self-destructions.

10. **Inevitable.** It is also worth assembling energetic self-defences, managing well the challenge of general stresses that are inevitable in consciential evolution.

158. AVOIDANCE OF INTERPERSONAL REPULSIONS

Goal. An *ad hominem* argument criticises the personality of the debater and not their fraternal ideas. Evolutionary productivity is the goal of all cosmoethical questioning.

Contacts. Direct contact is part of the Physiology, Somatology or the intraphysical consciousness. From time to time every conscin needs skin to skin, pore to pore, or chakra to chakra interpersonal contact with another person or other evolutionarily related or alike people, without any unhealthy interconscinial intrusion.

Repulsions. That is why it is important to know the causes of the facts that generate repulsions - natural or artificial - between people. Here are, with all realism and practicality, 12 conditions capable of provoking repulsions or repudiations between you and other people:

01. **Hygiene.** The smell of the body (BO), or specifically the feet of who has not taken a soapy bath for some days. *Each soma requires daily hygienic care.*

02. **Bad Breath.** Bad breath (halitosis) or even the hunger of who has not eaten for hours. The predisposition to halitosis increases with physical age and is not perceived by the person.

03. **Menstruation.** The characteristic physiological odour of the menstrual period, in the days of heavier flow, in the young woman or even during physical middle age.

04. **Deodorant.** The use of perfumed deodorant, or personal deodorizer, that tends to displease the majority of humans' sense of smell, which is always very discriminatory.

05. **Perfume.** Use of a personal perfume unable to captivate everyone's sense of smell.

06. **Lotion.** The wild lotion that a woman uses to wash herself or puts in her hair.

07. **Medicine.** The vapour from a remedy used in the treatment of skin disease (dermatosis) or another type of therapy. Unanimity does not exist regarding *odours*.

08. **Lipstick.** An intense lipstick colour, that stains the skin and clothes the woman touches.

09. **Make-up.** The excessive make-up of an overdressed woman, whose face - temporarily - cannot be touched in order to not ruin the cosmetic art.

10. **Linen.** The lady dressed in linen clothing who avoids getting close to people, sitting, wrinkling the fabric or breaking the creases of the clothing.

11. **Beard.** The thick beard of a man does not predispose him to a direct kiss on the face.

12. **Austerity.** The austere or very serious expression of an individual with an *unwelcoming look* that excludes the listener from the summation of ideas.

CE. However all these cases are easy to correct and avoid. The worse and the most difficult amongst all the natural factors of interpersonal repulsion is CE, or laden, vampirising conscinial energies that drain surrounding chakral energies and which belong to a person ignorant regarding Bioenergetics and who lives ignoring this fact.

Knowledge. To know your own CEs is much more important for you than notions of physical hygiene, natural medical cures, *seductive tricks*, social visual appearance or your alluring facial expressions. Any person can easily become a human energetic drain. Even you. It is always worth thinking about this.

159. AVOIDANCE OF 35 THREATS TO YOUR SOMA

Facts. *The habits and customs of modern intraphysical life generate threats to the soma.* Here are 35 threats to the soma that are important to identify and avoid:

01. **Agrotoxics:** pesticides; herbicides; the *dirty dozen* agricultural poisons.
02. **Alcoholism:** alcohol addiction, within the family, within the Society; degrading effects.
03. **Artificial juices:** diet of a *fat person exploding* from “so much happiness”; nescience.
04. **Atmospheric pollution:** thermal inversion; environmental degradation and abuses.
05. **Canned food:** artificial products; abuse of liquids; *snacks*; psychological escapes.
06. **Chromosomic inheritance:** genetics; biological degeneration; atavisms; *sub-races*.
07. **Conservatives:** nutritional chemical additives; drinks; foods.
08. **Dead foods:** candies; *tough sinewy meat*; bars and taverns; *junk food*.
09. **Drugs:** cocaine; marijuana; LSD; narcotics; analgesics; mixtures.
10. **Excessive solar exposure:** *tropical skin cancer*; between 10am to 4pm; ignorance.
11. **Existential disequilibrium:** unstable interests; insecurities and anxieties.
12. **Fatigue:** disorganisation; chronic lack of giving and receiving honest loving care.
13. **Humid apartments:** without sunlight; *unknowing prisoners without cosmovision*.
14. **Ideological pollution:** sectarianisms; *brainwashings*; diverse *robexis*.
15. **Information pollution:** *vidiotism*; radiotism and mercantilist bibliotism.
16. **Injections:** nosocomial infections; unnecessary surgeries and mutilations.
17. Long **allopathic treatments:** medicine as a corroborated *industry of illness*.
18. **Low levels of oxygen:** to live without free and pure air; artificial light; pollutants.
19. **Mesological inheritance:** Ecology; parochialisms and *geolatry*.
20. **Neurovegetative disturbances:** antidystonics; anxiolytics; nervousness.
21. **Noise pollution:** streets; nightclubs and *metalheads’ festivals of deafness*.
22. **Nuclear pollution:** plants; caesium; weapon factories; atomic waste.
23. **Psychic disturbances:** frequent intoxications and unconscious mini-intrusions.
24. **Refined salt:** industrialized, poison free, kitchen salt; industrial abuses.
25. **Saturated fats:** margarines; acidic oils; fried food; fatty meats and lard.
26. **Scintigraphies:** excessive supplementary examinations; *following the latest trend*.
27. **Sedentary life:** *rusty* without brisk walks or physical exercise.
28. **Tap water in cities:** pollution; constant ingestion of fluoride; contagions.
29. **Tobaccoism:** tobacco, indefensibly, has 12 components that are various toxins; crime.
30. **Uncontrolled eating:** eating anything, all the time; *a pipe to the belly*; bulimia.
31. **Unhealthy stresses:** tension; suppression of emotions and repression of fears.
32. **Urban centres:** a lot of anxiety; psychotic leaders; negligence; decadences.
33. **Visual pollution:** enticing advertisements; *miracle cures*; cure-all.
34. **White sugar:** prejudicial confectionary that is harmful to your health; industrial abuses.
35. **X-rays:** excessive radiation; uses of contrasts; mercantilist abuses.

160. AVOIDANCE OF THE IMPROPER USE OF YOUR THROAT
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01. **Organ.** The throat (laringochakra) allows us to sob, shout, converse, sing and call out. *The larynx is the voice box.* Within mature sexuality it is a sexual organ, for example, through the constriction of the throat, hypophonia and in the act of fellatio. The laringochakra suffers in the gallows, in decapitation and through the muzzles and bridles of Socin's, or Human Society's, brainwashings. Certain CEs *float* on closed lips, speaking *sooner* and saying much more than a recorded encyclopedia. This is a fruit of the laringochakra.

02. **Dog-collar.** A dog-collar is a kind of *inhumane* collar, invented by beings called *humans*, that encircles the neck of *subhuman* animals. Example: the spiked dog collar of a *guard dog*, a subservient slave or *subhuman soldier*, at times an unknowing murderer; also called *mans' best friend*. This is whom man teaches to kill other men, in the defence of themselves. (See Bib. 4724).

03. **Ego.** Men - particularly in relation to *Homo sapiens submissus* - also like collars and leashes on themselves. Conscins of advanced physical age, predisposed to somatic deactivation, arrive in unhealthy extraphysical environments drawn by *collars of the ego*. Here are 6 of the most notorious collars of the ego: the classroom, the church, the race, the school, the party and the club. As a result of the holosoma's Paraphysiology and Parapathology, a blockage of the laringochakra potentialises the rigidity of the ego's collars.

04. **Neck-chain.** The neck-chain was the collar used to hold slaves, for more than a century, castrating their speech. There are people, slaves of inhibition and shyness in their interconsciential communications, who forge a *neck-chain from the laringochakra*.

05. **Parapsychotics.** There are many voluntary intraphysical consciousnesses, *reservists from unhealthy extraphysical dimensions*, who are already inadvertently preparing to be *post-desomatic parapsychotics* in extraphysical consciential dimensions.

06. **Laughter.** *Neck-chains of the ego* facilitate peals of laughter in intraphysical life and deep reflections in unhealthy extraphysical environments. Boastfulness makes a braggart *tell stories* or boast intraphysically and later remain silent extraphysically.

07. **Mutilation.** Strictly speaking regularly cutting the beard, a natural type of mutilation used by a normal, yet hypertricot or hairy, man, diminishes the circulation of the energies specific to the laringochakra or their capacity to communicate with greater fluency.

08. **Necklace.** A necklace (laringochakra) can adorn the neck of a vain woman and from there, energetically obstruct (block) the coronochakra on the top of the head.

09. **Psychophony.** The parapsychic phenomenon of psychophony, or parapsychic channelling, is functionally based in the laringochakra.

10. **Tongue.** The tip of the tongue is worth carefully considering. It is the spokesperson for the powerful CEs of the laringochakra, demolishing or sowing, killing or giving life to those around us, with incessant multidimensional repercussions. A *loudspeaker* is an extension of the laringochakra. Speech is clarity.

161. PHYSICAL AND CONSCIENTIAL FATIGUE RESEARCH

Disposition. A conscientiologist always has to be well disposed and motivated for self-experimentations that can demand sharpness from all their consciential attributes.

Fatigues. Here are 20 observations regarding physical and consciential fatigue:

01. **Additional.** There are additional causes of fatigue, beyond sleep deprivation.
02. **Causes.** Causes of fatigue include: intense emotional effort; insufficient ingestion of calories; vigorous physical or mental efforts; and adverse climatic conditions.
03. **CEs.** In certain cases many of these factors can be attributed to an energetic decompensation of the conscin's CEs, or consciential energies, vampirised by other conscins from their intraphysical environment or by sick consciexes (energosoma).
04. **Climate.** Climate has always been a factor that indisputably influences motivation.
05. **Collective effort.** A continued collective effort, or one prolonged for many hours, can lead to physical exhaustion and intellectual fatigue, or a drop in the consciousness' hyperacuity.
06. **Conditions.** Individual ability to endure fatigue varies from conscin to conscin due to their holosomatic homeostasis.
07. **Consequences.** There are diverse consequences from physical and psychological fatigue.
08. **Deception.** Tiredness can also be produced by the sensation of deception or disappointment, on account of susceptibilities, grievances or resentments (psychosoma).
09. **Drowsiness.** An exhausted person who is still *not sleeping*, can in certain cases easily rest or *fall asleep*. *The number of hours of personal sleep are always important.*
10. **Effects.** Effects of fatigue: inattentiveness; lack of consciential concentration; deficient execution of the work in progress; hypomnesia and a drop in self-motivation (mentalsoma).
11. **Habits.** Taking meals at the correct time and sleeping at night prevents fatigue.
12. **Judgment.** Fatigue produces a negative influence on the sense of judgement.
13. **Motivation.** Motivation can compensate for fatigue within an elevated moral atmosphere. Hence the value of the *trinomial motivation-work-leisure*.
14. **Panic.** Fatigue can even generate frank panic in certain circumstances.
15. **Performance.** The absence of sleep provokes a decrease in the performance of general consciential activities and temporarily annuls LP, or lucid projectability.
16. **Sleep.** Sleep deficiency is the most common cause of fatigue.
17. **Stimuli.** Tired and stressed individuals are better sustained with social support, sensorial stimulations and intelligent leisure linked to their personal activities.
18. **Temperature.** An elevated environmental temperature can deplete the cellular or intraphysical forces of those working (soma).
19. **Work.** A social being, upon returning home after work is generally fatigued. This is worse at the end of the working week: Thursdays and Fridays.
20. **Youth.** Even a young conscin, who works from dawn to dusk for weeks, can fall asleep from fatigue, even in an erect or standing position.

162. RESEARCH INTO A NOT SLEEPING CONSCIN
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Disposition. As already noted, a conscientologist always has to be well inclined and motivated in experiments regarding their own consciential microuniverse.

Observations. Here are 20 observations concerning a *not sleeping conscin*:

01. **Ability.** When exhausted, there are those who develop the ability to sleep at any time, in the most strange, inappropriate and even dangerous places.

02. **Afternoon.** In general, in the majority of human activities, the least bad performance for a *not sleeping conscin* is achieved in the afternoon.

03. **Beard.** The act of *shaving a beard* can bring a refreshing effect worth two hours of sleep for a not sleeping man. It is both a physical and a psychological effect.

04. **Behaviour.** Visual hallucinations interrupt one's performance and drastically modify personal behaviour for the worse.

05. **Danger.** A lack of sleep leads to the tendency of falling asleep, even in extremely dangerous situations. This has been witnessed in the catastrophes that are wars.

06. **Dawn.** The *worst* performance of a not sleeping conscin is soon after dawn.

07. **Effects.** *A critical lack of sleep decreases one's morals, self-motivation and interest.*

08. **Fear.** Even a fear or phobia can impede deep and reparative sleep.

09. **Hallucinations.** Visual hallucinations arise after 72 to 96 hours without sleep.

10. **Inefficiency.** Any worker, regardless of the nature of the work, becomes inefficient after 3 days without sleep.

11. **Intellectuality.** In the majority of cases, intellectual performance is the personal manifestation most impaired by sleep deprivation.

12. **Irrationality.** The *not sleeping conscin's* inappropriate and irrational behaviour is the principle cause of their inefficiency.

13. **Lapses.** After a prolonged period of sleep deprivation, the decrease of the individual's performance manifests through lapses.

14. **Less.** A *not sleeping conscin* suffers *less* with tasks that are motivating, or highly incentivized and have a short duration.

15. **More.** A *not sleeping individual* suffers *more* with prolonged and repetitive tasks.

16. **Pacification.** An exhausted and insomniac person, above all, wants to be able to sleep in peace for some time. Here a permanent longing for intimate pacification occurs in the consciousness.

17. **Reactions.** The reactions of *not sleeping* men or women are slower.

18. **Sleep.** The loss of any of the phases of the sleep cycle can provoke upheavals in the human personality or conscin. Only the soma requires the repose of sleep.

19. **Symptoms.** Therefore, there are very evident symptomatic aspects of the deterioration of a *not sleeping conscin's* personality.

Triduum. After 3 days and 3 nights - a triduum - without sleeping, an enormous physical effort is required for the person to remain awake.

163. TEST OF YOUR CONSCIOUSNESS IN A SOMA

01. **Self-conscientiality.** A simple and enduring truth: the soma is a fruit of the mother's *abdominal sub-brain*. To become aware of the existence of your consciousness in a soma - in a seriexis - nothing is better than the technical effort to research some factors that amplify self-awareness.

02. **Building.** Go to a tall building, whose construction extends down to the street.

03. **Floor.** Go upto the building's 15th floor or storey. (See Bib. 4750).

04. **Window.** Upon reaching a front-facing window, look down. Observe, in detail, the people - passers-by - walking on the footpath or crossing the street.

05. **Head.** First of all, as with all healthy people who walk with balance, the top of the head moves through the balanced and alternating interplay of the left leg and the right arm extending to the front, or vice versa.

06. **Equilibrium.** This balanced interplay of the body's members gives equilibrium to the structure of the entire moving body. The *pre-kundalini* and *palmochakras* move more.

07. **Members.** Be attentive to the fact: people move their heads less and their legs and arms more, the members being propelled frontwards from behind.

08. **Pace.** *There are those who* walk (pace) slowly and those who walk hastily.

09. **Race.** *There are those who* cross the street almost running while looking to the sides.

10. **Tardiness.** *There are those who* drag a leg and walk tortuously slowly.

11. **Abdomen.** *There are those who* live through the *abdominal sub-brain* and exhibit a protuberance of the abdomen predominating over the complex whole, producing a *consciential ectopia*.

12. **Weight.** *There are those who* carry a heavy package and lean the body to a side.

13. **Escape.** *There are those who* toss their head laterally, as if escaping their own thoughts, but always in a certain direction, led by the *soma-thosenator*.

14. **Thosenes.** *There are those who* walk as if carrying a full can of water balanced on their head, perhaps, in this case, more weighed down by their own thosenes in that moment.

15. **Reflection.** It is useful to reflect on all the living bodies seen by you, approached from above, dislocating yourself from the street.

16. **Top.** Any attentive observer concludes that the soma only exists to carry the *top of the cranial box*, which directs the person's entirety.

17. **Means.** The conscientiometric test of reflection will make you ponder more deeply that we are the *top* of the head, vitalising the brain. The remaining portion of the soma is a mere instrument or set of indispensable intraphysical levers for our brain to operate.

18. **Brain.** And not only this. A consciousness on Earth acts directly through the microcosm of the brain. If the head separates from the trunk, the body decomposes. When brain death occurs the consciousness leaves. The headquarters of an *epicon's* CEs is their head, or the brain in the cranium.

19. **Being.** *As human beings we are the cogitations behind our foreheads.*

20. **You.** You are beyond the neurons and way beyond the CEs of the soma.

164. TEST OF YOUR SELF-CONVIVIALITY WITH SOMATICITY
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Personalities. A mother, father, doctor, teacher, sensitive, loved one and other personalities can help, as collaborators, by giving explanations and resources, and can even supply techniques for you to understand yourself and the Universe. However, they cannot, *even if they wanted to*, provide 4 conditions:

1. Have any *healthy* idea, emotion or consciential energies for you.
2. Take the initiative for you and extract any deeply-rooted *unhealthy* idea, emotion or consciential energies, if you do not want and permit this.
3. Understand facts for you, this is a personal acquisition that only you can make.
4. Have practical experience for you, this is a direct, personal and highly individual job.

Soma. To achieve such understanding, every conscin has to start by knowing how to manifest through the holosoma, starting with the soma. Therefore, each has to *personally* take the first step, adequately understanding and treating the soma, in order to understand the rest of the holosoma. Thus, 20 *principles* emerge for intelligent conviviality with the soma:

01. Always be moderate if drinking alcohol. Always to be avoided.
02. Always discuss domestic problems with those we live with, for example: money and day-to-day things.
03. Do not smoke: there is no honest justification or rational defence for tobaccoism.
04. Drink less than 3 cups of coffee, tea or soft drink per day.
05. Earn enough money to cover basic expenses.
06. Frequent a club (or clubs) or have regular social activities.
07. Have 1 or more *friends* whom you can trust with personal subjects.
08. Have at least 1 hot and balanced meal per day.
09. Have fun at least 1 day per week (ego, free time and healthy leisure).
10. Have only truly useful personal convictions (sociocultural).
11. If angry or worried, talk openly about your sensations and emotions.
12. Maintain a circle of friends and acquaintances (health of a social conscin).
13. Maintain a weight suitable to your physical height (stature of the soma).
14. Maintain your health, including your vision and dentition.
15. Organise time efficiently (evolutionary self-organisation).
16. Perform physical exercise until you sweat, at least 2 times per week.
17. Regularly give and receive affection (harmony of the *soma-psychosoma double*).
18. Sleep at least 7 hours, 4 nights per week (the soma's rest).
19. Take some time for yourself during the day (incessant self-analysis).
20. Within a radius of 100 kilometres, have at least 1 *relative* whom you can trust (human groupkarmic conviviality). (See Bib. 4751).

Test. In your life, have you already settled on this *code of conduct* that is feasible, accessible and ideal for any conscin? **To evolve** is to know how to coexist with omnipresent entropy.

165. TEST OF BIOCHEMICAL SELF-AWARENESS

01. **Biochemistry.** The level of your awareness regarding Biochemistry prolongs your intraphysical life, or kills your soma (human body) sooner (suicide).

02. **Medication.** A conscin can be irrecoverably harmed by the ignorant application of self-medication, just as they can by the more sophisticated, professional, technical medical treatment of Therapeutic Technology. *Biochemistry simultaneously vivifies and kills.*

03. **Diet.** Through nourishment from solids and liquids (diet), a conscin prolongs or shortens their terrestrial journey. Even *inoffensive* common coffee creates a habit and dependence.

04. **Weak-minded.** Light and heavy criminalised drugs, produce human robots, or people *crippled in the head*, it starts with the destruction of creativity.

05. **Product.** Today (Base year: 2006), there is a commercial pharmaceutical product, the orally taken potent *neuroleptic* H., that is widely used in the market as a component in psychiatrists' *therapeutic armoury*. Continuous use of this product for *only 4 months* leaves the patient with irrecoverable brain damage (vegetalisation) for the rest of their human life.

06. **Lobotomy.** In certain cases the patient, *chemically lobotomised* by this product, manages to perceive and recognise that their condition will never, cerebrally, be the same after using this powerful drug prescribed for psychomotor agitation.

07. **Ingredient.** There is also a chemical ingredient, for example, component D. of various anxiolytics, in the international drug market; used in dozens of pharmacological products, including those for oral use; whose *continued use for 3 years* has the same destructive and mutilating effect as product H.. Such medicines are professionally prescribed, on a large-scale, everywhere.

08. **Lobotomised.** Conscientiotherapy research shows, unfortunately, that there are millions of *chemically lobotomised* conscins around the world. Such people cannot recuperate even 50% of the hyperacuity (cons) of their real condition as a consciex.

09. **Medicine.** When mercantilist, the anticosmoethical professionals of Medicine - the so-called *White Mafia* - not only objectify greed for worthless metal, money, but also in order to achieve this commercial-industrial goal they do not hesitate to prescribe such deadly drugs to legions of vulnerable, defenceless and uninformed patients.

10. **Corruptions.** Conscious self-corruptions and conscious, mutual, group heterocorruptions within the Medicine (Pharmacology) of today, are the most deep, common and destructive that we can detect in Intrapysical Society.

11. **Pathology.** Modern Pharmacology, a blessing and a balm for Humanity, is also an extremely potent creator of Pathology among Humankind. A blade (razor) is excellent for an adult to shave, but is a megadanger in the hands of a 3 year old child.

Test. Each *pill* is a turn-off. It would be useful for each Conscientiology experimenter to ask in a naked and raw self-analysis: - Do I always truly know the nature and consequences of the nutriment (food) I bring to my mouth and swallow?

166. TEST OF PERSONAL HUMAN IMPOSSIBILITIES
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Discernment. The first megamyth is that of perfection. The identification and peaceful acceptance of fundamental human impossibilities allows a conscientiologist to obtain greater discernment, critical judgment and serenity regarding their own potentialities, impotences and limits in personal freedom and the interdependence between beings.

Economy. According to Conscientiological Science, in day-to-day intraphysical life it will always be an *economisation of mistakes* for a consciousness to recognise - the sooner the better - with optimism and an open mind, these 21 fundamental impossibilities or *less impermanent*, at least for all of us, leading edge relative truths (verpons):

01. Anybody conceiving a functioning human body, without spermatozoa.
02. For a consciousness to act without mobilising CEs, or consciential energies.
03. For a consciousness, at the current evolutionary level, to breathe regularly in the soma without experiencing, at the very least, unconscious consciential projections.
04. To achieve non-deficient, *absolute perfection* in terrestrial life.
05. To always, only promote *joint orgasms* with someone.
06. To attain new evolutionary levels without imprinting, in a self-conscious way, *signs of the infinite* in your own existence.
07. To be 100% exposed to the intimacy of your *consciential microuniverse*, or in other words: your own consciousness.
08. To continuously live as a physical human being without some form of *sexual hangover*.
09. To destroy your own consciousness or any other human consciousness.
10. To entirely free yourself, an intraphysical consciousness, from the *influence of Biochemistry* in interpersonal, or social, relationships.
11. To entirely, completely possess some consciousness beyond your own.
12. To evolve as a consciousness without being submitted to intraphysical lives.
13. To evolve without the hierarchy of personal knowledge and evolutionary experience.
14. To exclusively monopolise a partner's orgasms.
15. To exclusively monopolise another's thoughts.
16. To exclusively monopolise someone's love or affection.
17. To live dynamising self-evolution without a *criticise then praise* philosophy.
18. To live undisciplined, with *absolute sincerity*, all the time.
19. To live without being influenced by anterior, or *pre-fetal*, experiences.
20. To live, without personal effort, entirely exempt from immanent, instinctive *animal predispositions*, or in other words: self-corruptions.
21. To think or to act 100% without emotion, due to the existence of *thosenes*.

Test. Do you have awareness of your own human impossibilities?

Food. *Some people are just like onions: they only have skin.* However, even so, they seek to assist, or in other words, to feed consciousnesses or help their peers (claritask).

167. TEST OF PERSONAL INDEPENDENCE

Soma. *Science* is freedom. It is useful to research the degree of personal independence in relation to manifestations with the soma, or through the human body, in the intraphysical life. Do you give due weight to the fact that you can freely use the soma's tools? Let's look at only 8 questions:

1. **Cards.** Are you good at shuffling cards and cry out if some of them escape your hands? There are people without any leisure time and others who only manage to play clutching their cards to their chest in a special contraption.

2. **Eyelash.** Do you see well with 2 eyes and *lose your temper* if an eyelash enters one? There are conscins born with congenital blindness (amaurosis) of both eyes and who live their entire intraphysical life like this.

3. **Finger.** Are you a dexterous person in the kitchen and cry out when you burn the tip of your finger? There are millions of people without food and hundreds of others, seated in orthopaedic chairs, who can only prepare food with enormous difficulty.

4. **Fork.** You have a free hand and utter a strong profanity because the fork has one prong smaller than the others? There are those who eat with their hands and thousands of people using special forks with brackets, metal strips for fingers, leather gloves, clasps with bands, belts and leather straps for the hand, all in order to be able to eat in some way and only with great effort. There are millions of hungry conscins in various places on Earth, poor people disqualified regarding self-consciousness. *Who helps, wins.*

5. **Nail.** Do you have both hands free and vociferate due to a simple broken fingernail? There are many people living *without* fingers, *without* hands and even *without* arms.

6. **Shower.** Do you bathe alone and fulminate when the shower has a weak flow? There are thousands of people without showers or who only bathe with help, uncomfortably seated in bathtubs in special mechanical devices. There are *intruders* that insistently advocate laziness.

7. **Steering Wheel.** Do you drive a new car with those two hands and swear about a hard steering wheel? There are millions of people without their own transport and thousands of them only manage to drive with special mechanical devices for the accelerator, brakes, to change gears and to steer, leaving and entering the vehicle in a wheelchair.

8. **Thighs.** Do you have 2 healthy legs and lament the thinness of your thighs? There are millions of people, diversely enabled regarding the legs, who use canes, crutches, wheelchairs and even artificial legs to walk with difficulty. There also exists so-called *truncated-humans*.

Test. How do you react to all these day-to-day situations, in a positive or negative way? *If we do not know how to live with the soma, how will we live well with the mentalsoma?* Each conscin answers, in their Personal Evolutionary Register (PER), for the advantage of having legs, arms, hands, eyes and the other *intraphysical comforts* of their soma.

168. TEST OF YOUR INVESTOR SELF-AWARENESS

Budget. In organising the monthly family budget, a consumer must enter a practical list into their personal computer of at least 8 inevitable rubrics:

1. **Food:** unavoidable and irreplaceable consumption of existential sustentation.
2. Domestic **appliances:** spending on the essential maintenance of the home.
3. **Clothes:** acquisition and use of clothing, footwear and *social necessities*.
4. **Education:** somewhat mandatory personal expenditures with formal schooling.
5. **Transportation:** bus, rail or car expenses (life within the *automotocracy*).
6. Medical-odontological **expenses:** maintenance of your health and insurance.
7. **Leisure:** spending on entertainment, *hobbies* and well deserved holidays.
8. **Savings:** the amount saved as an economic-financial reserve.

Maximisation. As an average consumer, you seek to satisfy the most urgent personal desires. Using limited personal means with the hope of maximizing the existential objectives sought. Beyond this, hundreds of other things exist in the world around you that you would like to have, if the money was available. The majority of people live in this way, just like you. This fact is natural and perfectly understandable.

Consciousness. Who reflects more deeply on this investment framework, will see that the average person attends to all this and feels the most fulfilled possible. In general, these applications or investments relate more to the soma and transitory physical life. The much more important and permanent consciousness is little attended to in this context.

Test. This approach changes the test regarding other investments, namely those directly related to the consciousness. Answer these 8 questions for yourself:

1. **Studies.** *Do I feed my consciousness with theoretical studies of parapsychism?*
2. **Parapsychism.** *Do I utilise animic and parapsychic energetic practices in favour of my consciousness? Who dominates the VS takes a step ahead of the multitudes.*
3. **Holosoma.** *Am I aware of the knowledge my consciousness has regarding the holosoma?*
4. **Self-knowledge.** *Do I educate my consciousness with integrated self-knowledge?*
5. **LP.** *Do I, through the production of LP, or lucid projectability, conscientially lead myself to multidimensional extraphysical holothosenes (ambientexes)?*
6. **CEs.** *Do I spend CEs on my own consciousness aiming to avoid the frequent unconscious mini-heterointrusions and eventual, parapsychic en route accidents?*
7. **Volitation.** *Do I distract my consciousness with the production of advanced projective resources, for example, extraphysical volitation and the state of cosmoconsciousness?*
8. **MS.** *Do I save my consciousness from primary ignorance, through the acquisition of evolutionary experiences and MS, or multidimensional self-awareness?*

Integration. Who desires to be a more complete and integrated personality and takes care of the investments regarding the soma, does not forget direct investments regarding the consciential microuniverse. *Science is wealth.*

169. TEST OF THE FEAR OF BIOLOGICAL DEATH

Test. *Rebirth is hope. Desoma is saturation.* The phenomenon of human conscious projection proves only for you, in your own intimacy, the fact that death of the soma does not affect the continuation of the consciousness' vital line. Therefore, in theory it can definitively extinguish thanatophobia, or the fear of death, for you, which is *the father and mother* of all human fears and phobias. You know with certainty, within yourself: you will continue to live after cerebral death and, ideally, the donation of your soma's organs.

Errors. So, strictly speaking these 22 expressions frequently used to signify the ordeal of the body's biological death, are unquestionably *wrong*:

01. **Cessation of life:** the life of a consciousness seems to be a perpetual existence. *We did not come into existence to reach an end or extinction.* *Suicide* is the worst option for any conscin.

02. **Close the eyes:** quite to the contrary, the consciousness opens the *paraeyes*.

03. **Deathly shadows:** there are many shadows and many lights in extraphysical dimensions, it depends on the level of lucidity of the consciexes that compose each environment.

04. **Descending to the grave:** only the soma is buried, not a lucid consciousness.

05. **Disappearance:** a consciousness is indestructible and does not disappear.

06. **End of life:** life does not have an end, only the intraphysical existence terminates.

07. **Eternal rest:** the more evolved the consciousness is, the less they rest.

08. **Extinction:** in this case, the only thing made extinct is the deactivated soma (desoma).

09. **Fall lifeless:** exclusively without life in the rustic and ephemeral soma.

10. **Fatal moment:** it is not fatal because the being's life always continues.

11. **Fatal outcome:** against the entire *flood of nonsense* rampant in many places, this outcome only exists for the soma, when it is definitively deactivated through the desoma.

12. **Final sleep:** there will be many other sleeps in the future, in other somas.

13. **Last hour:** desoma only affects the organised biological life of the soma.

14. **Leave life:** no consciousness leaves their own life. (See Bib. 4706).

15. **Loss of life:** only the current organised human life is lost.

16. **Rest in peace:** at times, a consciex will have much more work.

17. **Sleep forever:** at our evolutionary level, a consciousness never sleeps.

18. **Sleep of the dead:** strictly speaking, at our current evolutionary level a consciousness does not die, let alone sleep. Only the soma needs deep, periodic, reparative rest.

19. **Supreme moment:** not so much, all that occurs is the deactivation of a worn out consciential vehicle and at most, a biological or consciential shock.

20. **To gain glory:** not always, only completist conscins have euphorex.

21. **True rest:** simply non-existent; a consciousness rests by working more, with greater lucidity and increasing motivation in accordance with the level of lucid self-evolution.

22. **Ultimate journey:** only of this physical journey; pre-serenissimi have others ahead.

Test. Does the fear of death, or thanatophobia, still overwhelm you?

170. BIOLOGY AND PARABIOLOGY RESEARCH
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Wisdom. *Here are 10 wise fact-lessons from Biology and Parabiology:*

01. **Anti-egoism.** Each person has only 1 stomach, with a limited capacity for non-egoistic work. It matters little if you possess 1 kilo of rice, store an immense mountain of bags of rice, or own a large cereal processing company, with thousands of bags: you eat no more than a few grains of rice at a time. You, alone, will never be able to eat the entire rice harvest from an average year. The rational order is *anti-egoism*, the act of sharing.

02. **Need.** Nobody manages to live well without attending to Human Biology, breathing, eating and resting the soma. The same occurs with sex. A *sexually starved* man or woman, who is not attending to natural biological functions, will always be sick. An orgasm only through the imagination brings cravings, spurious evocations and unhealthy obsessions.

03. **Facts.** Arguments do not exist against *facts*. Against the wise facts of Biology, nescient egoistic arguments do not advance, regardless of their origin or the self-corruption.

04. **Homosexuality.** A man and woman must know themselves and mutually know one another. *Homosexuality* is antibiological. Like *prostitution*, it cuts the line of descent; it does not permit reproduction or the continuation of the species; it does not participate in the natural diversification that maintains the flow of Life. Like *masturbation*, it is egoistic, not being the ideal option. It is antiphysiological *exception-conduct* and not standard-conduct.

05. **Monogamy.** Each healthy human consciousness has only 1 *human body* and only 1 sexual organ, emphasising monogamy. Every monopoly, even sexual, is egoistic and antinatural. *The uniqueness of the sexual union is health. Sexual promiscuity is an illness.*

06. **Mutilations.** Above all, who appears on Earth comes to physical life to live it. We have 8 hours to rest the soma, therefore, a maximum of 1/3 of our time to lucidly project our own consciousness. A consciousness seeking to remain lucid outside of the soma for longer than this, becomes alienated, sick and prematurely deactivates the soma. Biology, Parabiology and *Holosomatology* do not permit mutilations.

07. **Nature.** The more *natural* the exercise of sex, the calmer and more relieving the sexuality is. The more antinatural or antibiological the sex, the more problematic it will be.

08. **Orgasm.** Shared, non-egoistic pleasure is the best or the ideal. A simultaneous *joint orgasm* is better than a solitary orgasm due to masculine or feminine masturbation. The best pleasure is joint, high quality and not promiscuous.

09. **Hearing.** We have a single mouth to eat, drink and *even* speak. We have 2 always open *ears*, 1 on each side of the head, *only to listen*. The ears are not useful for anything else. Speaking too much (verbiage) is antibiological. It is useful to be silent, listen to Biology more and *reflect*.

10. **Ovum.** Despite being 85,000 times physically larger than the active and aggressive masculine spermatozoid, the feminine egg is passive, waits in the uterus, surrenders itself to and allows itself to be penetrated by that spermatozoid. In this does *Biology* naturally demonstrate that femininity is submissive and masculinity dominant? Distorting the facts is to contaminate yourself, falling into Pathology and Parapathology.

171. DIFFERENCES OF MALE AND FEMALE CONSCINS

01. **Consciousness.** *A consciousness itself does not have a sex.* Sex only exists in the soma.
02. **Sex.** Due to the soma, the sexosoma, or biological human body, derived from the laws of Genetics, a human being inevitably has a sexual nature. Yet we all were males (androsomas) and females (gynosomas), and will be again in the near future.
03. **Conscin.** A sex emerges as the consciousness funnels into the intraphysical restriction of becoming a conscin, during intraphysical rebirth (Resomatology).
04. **Traits.** The specific tendencies demarcating feminine and masculine personality traits emerge from there. (See page 248).
05. **Brain.** A male exalts the natural brain or Encephalology more.
06. **Organism.** Due to maternity and its biological consequences, the female emphasises the human organism more, which has the *abdominal sub-brain*, the solar plexus, or umbilico-chakra, as its base. Due to this, and while Socin remains pathological, woman are excessively exploited.
07. **Systems.** The male and female organic systems are markedly differentiated with respect to details of the periods of sexual life, or Sexosomatology.
08. **Male.** A male has a more uniform and constant development of their organic life without major traumas, or in other words: after infancy and puberty, sexual maturity is reached and he continues being physiologically active, without complications, even in the third age of veterans of intraphysical life, or the elderly.
09. **Female.** A female, with her hormonal systems more active since menarche, has the beginning of her ups and downs in life. Later, she faces pre-menstrual tension (PMT), menstruations, fecundation, gestation, childbirth, nursing, new menstrual periods, until arriving at menopause, altogether a profound corollary of diverse intimate transformations. All this periodically affects her mood, thosenes, emotions and CEs.
10. **Soma.** A male says: “My body”. As a result, he separates the soma from the consciousness. A female says: “Me”. Therefore she creates an absolute psychological interaction of her own soma with her consciousness. However, a soma (human body) is not the consciousness (conscin).
11. **Patriarchate.** The *abdominal sub-brain* of the female has paradoxically been the real maintainer of the harsh draconian patriarchate throughout millennia of human lives.
12. **Holosoma.** A male tends more towards reason, or the mentalsoma. A female tends more towards instincts and emotions, or the soma and the psychosoma. Such conditions indicate the holosomatic tendencies of both male and female conscins.
13. **Tho.** A clear majority of mathematicians, thinkers and philosophers are male. A male thinks more, or loads self-thosenity more with the *tho*.
14. **Sen.** Consequently, the majority of feminine conscins are *affectively passionate*. A female feels more, or loads self-thosenity more with the *sen*.
15. **CE.** Behind all the manifestations referred to, we all employ our CEs, or consciential energies, in a conscious or an unconscious way.

172. DEVIATION OF YOUR SEXOCHAKRA BY SOCIN

01. **Ignorance.** *You, a consciousness or conscin, come to this world to have pleasure.* The CE of the sexochakra is the basic individual energy. Until what point is *chastity* abortive? Socin completely ignores the *holosoma* or the consciousness' set of vehicles of manifestation.

02. **Soma.** Socin acts exclusively upon the soma, caring little about the energosoma, the psychosoma and your own integral personality. (See page 272).

03. **Anonymity.** The man (or woman), employed to function, serve or professionally work in some commercial, industrial or multinational firm; including those of the *great theological empires*, transnational religions and sects (sublimation of sex); is just another anonymous element among a group of jobs, diluted amongst the *workforce's clonism*. In this, those responsible for the enterprise see the corporate objectives as above all other values and even humans, because *paid workers* can be substituted at will, whenever they wish. This is savage capitalism.

04. **Schemes.** A company demands everything possible from you, a “well-paid” employee and imposes its schedules, schemes and programmes on you, which you must obey to the letter, and which are fully supported by any modern country's Social Laws.

05. **Accommodation.** The employee accepts the imposed conditions in order to survive and, when not an *existential inverter*, resigns themselves to the schemes as they have already settled down, started a family or are looking after dependent people.

06. **Optimisation.** Seeking to attain, as much as possible, the level of a *model employee*, the *highest honour* in a company, the employed man (or woman), obviously, invests all they have to be promoted, to attain higher positions and to improve their professional and social *status* through the optimised performance of their largest efforts. (See page 691).

07. **Contradiction.** This employees' conduct is *ideal for the company* and, in the majority of cases, *awful for themselves*, the intraphysical consciousness (conscin).

08. **Overtime.** During your workday you apply all the more evolved CE, or consciential energy, that you absorbed from the repositories of immanent energy (IE). At times, you expand your efforts and self-motivation, performing overtime and night work. The company praises and rewards you however they can, within legal provisions. Thus, the robotisation of humans becomes complete with *sub-brainwashings*. Ultimately, from there, robexis (existential robotisation) and a *satisfied robot* are born. (See Bib. 4747).

09. **Vampirisations.** Returning home after your daily work without sexochakral energy, which was left at, or absorbed by, the factory or office, you feel drained - even though energy is inexhaustible - without the strength or self-motivation to *make love* or have healthy pleasures, in a life mechanised and vampirised in a direct and unambiguous way.

10. **Neuroses.** From there arise dissatisfactions, conflicts, neuroses and another classic patients for psychologists, psychotherapists, psychiatrists, gurus and exploiters of human insecurities and vulnerabilities, who are in a very *deep collusion with the companies* (managers, CEOs).

173. FOUNDATIONS OF THE PARAPSYCHISM - DAILY SEX RELATION

Binomial. Here are 11 points related to the *binomial parapsychism-sexuality*:

01. **Science.** In relation to more or less healthy males and females, conventional science admits they can and should, have an active *sex life* until the end of the human life.

02. **Sexochakras.** *Sublimations of sex are infantile and inefficacious before Biology.* Here are 5 ancient sexual practices that are not recommended as standard-conduct: *coitus incompletus, coitus interruptus, coitus prolongatus, coitus reservatus* and *karezza*.

03. **Lack.** Sexual privation kills *parapsychic creativity*. Without mature and satisfied sexuality it is almost impracticable to maintain high level consciential performance through the mentalsoma. The flea-intruder generates the leech-possessor.

04. **Coronochakra.** Intellectual based parapsychic work demands use of the *coronochakra's* energies and a predominance of the mentalsoma or consciential attributes.

05. **Relief.** For a person to keep the coronochakra liberated they firstly need to satisfy sexual needs, in other words: to regularly satiate their androchakra (or gynochakra), just as they satiate thirst, appetite, sleep and other biological needs.

06. **Intellectuality.** In the daily production of *intellectual works* for decades on end, a conscin needs to live attending to their basic, radical or sexochakral energies.

07. **Pressure.** The demands of relief from tension are even greater still when the intellectual works present *parapsychic content* or foundations. By themselves these require intense, constant and defensive CEs due to pressure from the conscin's healthy and unhealthy multidimensional relationships.

08. **Hypersexuality.** It is no exaggeration to state: every parapsychically developed human personality, in the exercise of their talents or high level parapsychic super-endowments, has, as a consequence of maintaining their consciential self-efficiency, an *active, intense and permanent hypersexuality*.

09. **Average.** It would not be extraordinary if the average sexual activity that this person experiences is at least 1 act of sexual intercourse per day, year round. This sexual performance is independent of the gender or sex (male or female) or physical age.

10. **Maturity.** Only a *sexual performance*, from this satisfied level, is capable of maintaining the desired equilibrium of energosomatic maturity, without intrusions and unhealthy, extraphysical, consciential, energetic interferences.

11. **Schedule.** In those intellectually advanced, parapsychic personalities that habitually work during nocturnal periods, throughout an entire year, *sexual intercourse* comes after work, at dawn, or even daily, in the early hours of the morning. In this case, the CEs of the coronochakra are prioritised to attend to parapsychic services first. Later, through sexual activity, *sexochakral satiety* vaccinates the person against chronic emotional and affective lacks (sexochakra and cardiochakra). *To live is to donate yourself.*

174. RESEARCH ON THE PRACTICE OF DAILY SEX

Female. Excessive exposure of women - *doing everything* in front of the entire world - contributes nothing to *feminine dignity*. Daily sex does not demand excessive exposure.

Determinants. According to Conscientiology, yearning to evolve leads a conscin to control their CEs; this leads to *sexual maturity*; this, ultimately, establishes the practice of daily sex. Here are 30 determinants related to the practice of daily sex:

01. The *human being* is the animal with the most developed sexuality on this Planet.
02. Due to the gynochakra women have more *sexual problems* than men.
03. *Sexual inappetence* is a pathological disturbance generated by the soma.
04. *Sexual abstinence* of a healthy adult is biologically mutilating and castrating.
05. Living only in the solitary pursuit of pleasure, through *masturbation*, is an illness.
06. Sex is an *alleviator of stress* and tension, which leads to intimate pacification.
07. There are people - men and women - who are *sexual dependents* of other people.
08. There are *professions* in which the raw material is the professional's own soma.
09. Uncertainty, anguish and depression generate a *sexual block between an intimate couple*.
10. The relationship with the soma - or the *pleasures of the flesh* - should not be obsessive.
11. There are *sexaholics* or immature social beings, who admit being addicted to sex.
12. There even exists, today, various functioning *Associations of Sexaholics Anonymous*.
13. On the other hand, sex is used as a therapy for various disturbances and maladies.
14. *Sexual frequency* varies from person to person. Mature sex is tranquil.
15. Only you can determine the healthy limits of the *sexual appetite* (desire).
16. Control of our own desires is an ability generated through the *mentalsoma*.
17. Sex can be a valuable *motivation* for life itself; though it should not be the *only one*.
18. Each person should qualify and quantify their current *stage of personal sexuality*.
19. A minimal level of sexual relations keeps one's *personal yield* low.
20. High *sexual output* increases the conscin's general performance and production.
21. The *practice of daily sex* is the prescription indicated for the development of CEs.
22. Daily sex attends to the healthy level of the male or female's *basic instinct*.
23. According to statistics, at most 10% of the general population practices daily sex.
24. *Daily sex maintains CEs intensified and a conscin much more creative*.
25. Daily sex cures the *sexual compulsion* of an insatiable lover and a nymphomaniac.
26. Daily sex justifies the woman's daily *pill* for 3 weeks, each month.
27. The sexual act, for some minutes each day, prevents one from *thinking about sex* for the rest of the day.
28. Nobody can judge themselves a *sexual athlete* only by practising sex daily.
29. Having daily sex is the opposite of the condition of suffering from *sexual anxiety*.
30. In general, a practitioner of daily sex develops a craving after *3 days of sexual fasting*.

Test. What personal control do you have over CEs? With what sexual frequency? Here is a *laringochakral-sexochakral relation*: the singer's vocal cords / the groupie's vaginal folds.

175. DAILY EXERCISE OF THE SEXOSOMA TECHNIQUE

Gift. Just like respiration, hunger and thirst, sex is an indispensable necessity in the micro-universe of an intraphysical consciousness. For Conscientiology, the sexual act is neither dirty, sordid, prohibited, painful, unpleasant and nor is it unhealthy. It is simply an intelligent gift from Human Biology. Each conscin needs to study self-sexuality.

CEs. For veteran conscientiologists, conscious carriers of active CEs, daily sex imposes itself as a healthy habit and a stimulating routine.

Sexochakra. If a conscin does not dominate the sexochakra, how will they dominate the other chakras and the entire holosoma? A *human being* is born to love and to obtain happiness from it.

Proexis. When *making love* daily, the person, for the rest of the day, stops occupying their consciential space and time with sex, instead applying themselves to the execution of the pro-exis. For example, according to statistics, certain adolescents think about sex every 4 minutes and 2 seconds.

Sexosoma. Here are 12 healthy indications for the practical, daily exercise of sex:

01. Explicit disinhibition and open dialogue brings mature sexuality to an intimate couple, independent of their physical ages or the shape of their somas.

02. Until establishing the daily exercise of sex, each partner should install a prophylactic VS before and after each sexual session, in order to maintain their *love nest*, or bedroom, energetically and cosmoethically shielded. Every *sexual deprivation* is best avoided in order to minimise the sexual hangovers and sick intra and extraphysical consciential intrusions.

03. A woman arrives at sex through love, affection and attention from the man. A man arrives at love through sex. He requires time for organic recuperation between consecutive sexual acts. Regular exercise of your sexual organs maintains their active and healthy sexual functioning. The real sexual organ is truly in the mind (between the ears).

04. Both the woman and the man have to be active and passive in sexual relations, familiar with the details of the gynochakras, androchakras and mutual erogenous zones.

05. It is better to vary the sexual schedule and not to set it in a rigid or routine way.

06. Everyday the best affective atmosphere and opportunity for sex should be created.

07. Between the 4 walls of a couple's bedroom democracy prevails: everything is permitted within the norms of physical and mental hygiene. Nothing is perverted when it is jointly appreciated by the 2 of a lucid, intimate couple.

08. The couple's films and magazines, pillows, instruments and other *sexual additives* stimulate the couple in the healthy practice of daily sex. *Bureaucratisation* is separation.

09. Mutual masturbation and a variety of contraceptives help the female to avoid pregnancy. *Cleanliness and absence of laziness are essential to healthy and mature sexuality.*

10. Hygiene immediately before and after each sexual session is important for both partners, without exception and regardless of the time, place or environmental conditions.

11. The *enemies of mature sex* are: STDs, dysentery, physical fatigue, drugs, tedium, filth, promiscuities, emotional blackmail, jealousies and insecurities.

12. Variation of the environment and positions predisposes *continuous sexual recycling.*

176. THE PENILE AURA VISION / EXPANSION TECHNIQUE

Energy. *The practical manifestation of pure affectivity is energetic, before it is sexual.* Homeostasis of sexochakral energy, or of the masculine sexosoma, becomes indispensable in relation to the mature and healthy affective-sexual life of the male in general and an *existential inverter* in particular, far from celibacy and even further from a *vow of chastity*.

Orgasm. The sexual deflowering of a virgin female is a unique, mechanical and historical, yet secondary, personal act. Simultaneous, joint, repeated and alleviating orgasms of the female are much more important, while still a semi-virgin and especially in the firmly turgid youth, a modern gymnast, who is sexually inexperienced or immature. The man's erection is indispensable to penile-vaginal penetration, which is able to produce an orgasm from among the 3 fundamental orgasms possible for a woman (vaginal, clitoral and anal).

Joint. Without control over a more prolonged state of erection through the man's will - notably while still young - it is impractical, for the majority of women, to experience satisfying, simultaneous and joint orgasms with a sexual partner.

Technique. Here are 10 procedures to maintain homeostasis of the masculine sexosoma's sexochakral CE and consequently maintain a more prolonged penile erection:

1. **Isolation.** You, experimenter, should isolate yourself in a closed room where you will not be disturbed while practising the exercises. Undress yourself.

2. **Dorsal.** Remain in the dorsal position on the bed. Use a pillow under the head.

3. **VS.** Install a VS, or *vibrational state*, based on the maximum self-competence possible.

4. **Erection.** After installing the VS, simultaneously proceed to install a high level *penile erection* through the adamant will and imagination without, however, less dignified sexual fantasies or unhealthy interconsciential evocations.

5. **Aura.** Observe the *aura of the penis* while maintaining the dorsal position on the bed.

6. **Contractions.** Also, through your will, stimulate successive intermittent movements of the *contractions of the penis* while in the state of maximum erection.

7. **Reverberations.** Analyse the synchronized flashes and *reverberations of the penile aura* with the stimuli of the contracting movements of the penis, generated through the will.

8. **Occurrences.** At this point the will is going to maintain 6 simultaneous occurrences, each obtained in an increasing scale: conservation of the VS; sustenance of the penile erection; vision of the erect penis' aura; maintenance of contractions of the penis; synchronisation of penile contractions with refulgence of the penis' aura; and a clear *amplification of the penis' aura*.

9. **Deintrusion.** Simultaneously with the condition of an erect penis, pay attention to the essential fact of the VS to keep the energetic field positive and pure, without any energetic intrusions, intrusions from unhealthy consciexes or energetic hangovers. (See page 466).

Duration. Try to sustain the VS and the penile erection for a minimum of 10 minutes to start with, dynamising the improvement of your performance, observing the vibrant penile aura and its consequent expansion. This technique does not aim to increase the *myth of machismo*.

177. PRINCIPLES OF SEXUAL CONSCIENTIAL ENERGY

Principles. The sexual act is pure adrenalin. Nobody has sex depressed. Here are 35 principles of sexochakral CE obtained through Conscientiology research:

01. *Intraphysical life*, or human life, is essentially energetic or energosomatic.
02. Most conscins *only live* with the soma: they have not yet discovered the *energosoma*.
03. To live with the *holosoma* is to occupy the entire space of the consciential microuniverse.
04. *Energosomatic self-flexibility* facilitates greater or lesser density in CEs.
05. The goal is to turn the act of perceiving and *awareness of perceptions* into a single thing.
06. The will determines the *level of the mobilisation* and the distribution of personal CEs.
07. CEs present signals and effects through all the somatic senses.
08. Your energosoma is your energy body. You are a CE generating system.
09. The energetic psychosphere's *energetic skin* establishes the borders between conscins.
10. A sustained *primary attraction* between two conscins is a bioenergetic occurrence.
11. To love a conscin is to live in a state of constant *energetic interfusion* with them.
12. Only the interfusion of sexual CEs permits a deep interfusion between two conscins.
13. The necessities and experience of sexual pleasure vary from conscin to conscin.
14. Sexual CEs can live confined in the gynochakra or androchakra, without leaving.
15. The flow of sexual CE and the vivacity of the arousal can lie dormant within the lover.
16. The exercise of mature sex is an intraphysical, bioenergetic, intraconsciential action.
17. *Energetic habits* always regulate the sexual and affective habits of people.
18. There is no gratifying sexual relationship with the *energetic absence* of one partner.
19. The bedroom is where you learn to correctly employ your healthy sexual CEs.
20. The sexosoma, energosoma and holosoma are all involved in the most pleasant sexual act.
21. The will can reunite, move, disperse, liberate or discharge sexual CEs.
22. There are those who sexually *give themselves* with the soma, *without giving* their sexo-
-thosenes and sexual CEs.
23. A man can penetrate a woman physically, *without penetrating her energetically*.
24. A woman can let herself be penetrated physically by a man, *without ceding CEs to him*.
25. The sexual act can be cold, only with the sexosoma, without the use of the energosoma.
26. Without an effective union of sexual CEs, there is no real satisfaction in mature sexuality.
27. The erogenous zones have a direct relation with *personal energetic signals*.
28. Sexual desire is an *energetic charge* seeking to be well alleviated by an orgasm.
29. You can live with sexual energies charged (healthy) or uncharged (lacking).
30. The charge of CEs is the amount of CEs in the energosoma capable of performing work.
31. The best *common orgasm* is the mutual thosenic orgasm of both lovers.
32. In a *thosenic orgasm*, sexual thoughts, sentiments and CEs are present.
33. A thosenic orgasm consolidates the understanding, union of CEs and mutual satisfaction.
34. A thosenic orgasm constitutes the first step towards a *holosomatic orgasm*.
35. **Consciousness** is the essence of the holosoma. **Love** is the essence of the sexosoma.

178. PARAPSYCHIC PERCEPTIONS AGAINST SOLITUDE
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Evolution. Consciential evolution is continuous action. *Inactivity is disease.* Functioning maintains the organ. Idleness causes addictions. An unused house becomes a ruin. An idle engine rusts. A human aura is always in motion. Sexual inactivity is stagnated CE.

Parapsychism. Every conscin is animistic and sensitive to various modalities of parapsychic manifestations. Therefore, a lucid human projector can obviously live in the condition of temporary physical isolation, but, if they wish, will never feel any type of solitude because of permanent and conscious conviviality with Sociexes.

Senses. Here are 7 parapsychic perceptions, accessible to all people, capable of keeping a lucid projector away from feelings of sorrow and often the self-pity responsible for the basic conditions of consciential solitude:

1. **Energetic.** Energetic phenomena with *impressive* positive intraphysical consequences on the projector, such as currents of cold air, energetic showers, *gentle touches*, *raps* with pleasant results, telekinesis around the soma and others.

2. **Facial.** Spontaneous facial clairvoyance with people from your more intimate social circle, who are foreign to the practice of the phenomenon.

3. **Psychography.** Conscious psychography, through the projector, under a constant flow of energies and authentic messages clearly directed to them from extraphysical helpers.

4. **Monologue.** Psychophonic monologue, although a rare parapsychic phenomenon, in which the helper speaks to or converses with a projector through the projector's own vocal mechanism, while they are projected nearby in a conscious state.

5. **Penta.** The practice of penta, or the daily, personal energetic task, always energetically restores the practitioner, who is in contact with the extraphysical assistants and other consciential dimensions during the peaceful, healthy intrusions.

6. **Flashes.** Travelling clairvoyance in the *flashes* of visual images, clear or instantaneous snapshots of parafaces from the extraphysical busts of friendly, healthy consciexes.

7. **Projection.** A projection of continuous consciousness can bring experiences, enriching extraphysical interviews with components from the circle of multidimensional relations (Sociexes), from the offiex, or extraphysical office, and from the assistential works underway. *Intraphysical rebirth (resoma) is a mere ephemeral consciential camouflage.*

Efficiency. From among all the resources of the human conscious projector's multidimensional contacts with other consciential friends, in good intimate equilibrium, the most gratifying will always be that with the most impactful effects on the lucid projector's consciential micro-universe.

Phenomenon. However, from the list exposed here, the most efficient parapsychic phenomenon to completely neutralise the solitude of a conscious projector is, without a doubt, the last: a personal projection of continuous consciousness from the beginning to the end of the phenomenon of the discoincidence of the conscin's vehicles of manifestation.

179. THEORY OF THE STATE OF AMOROUS PASSION

Theory. Projective phenomena lead to 11 observations regarding the *theory of the altered state of consciousness* belonging to specific amorous passion between human beings, or conscins:

01. **Trance.** The impassioned state is not a sick condition, but an unconscious *energetic-affective-trance* that effects the acts of thinking, feeling and desiring.

02. **Coupling.** The impassioned being lives comfortably in an unconscious, yet permanent, *energetic-coupled* condition with the object-being of their affection.

03. **Exclusivity.** The auric coupling of an amorous, sensual or sexual passion can become exclusive, depriving the human personality of their condition of *being totally free*.

04. **Clairvoyance.** The impassioned person, spontaneously, has incessant *facial clairvoyance* with the loved object-being, almost always without identifying the phenomena.

05. **Idealisation.** Unknowingly, the impassioned being unconsciously sees their partner in a different way, not with natural vision but through facial clairvoyance, under the influence of *auric transfiguration*, always for the better, making the person appear younger, more beautiful, luminous and transparent. Starting from the *sex appeal*, the impassioned person idealises and energetically polishes for themselves, with their own personal artistic style, the appearance of the object-being.

06. **Enerspring.** Passion, with a predominance of active sex, maintains itself through the intimate couple's sexochakra connections; and in platonic *inactive sex* through the incomplete couple's cardiochakra connections. In the state of high-level amorous passion, people do not suffer breaks in continuity of the *energetic inflow* from sexual intercourse and can live in the holothosene of a constant or uninterrupted *honeymoon* (enerspring for 2).

07. **Symases.** Continuous *symas* can generate *energetic vampirisms* and energosomatic compensations in favour of the energetically stronger lover.

08. **Phenomena.** Above the energetic operation of the sexochakra and the cardiochakra, 6 phenomena - auric coupling, facial clairvoyance, visual transfiguration, sympathetic assimilation, *energosomatic compensation* and energetic vampirism - can generally be produced in a constant unconscious way, independent of whether the beings have had or maintain constant or regular sexual intercourse.

09. **Aura.** In the physical waking state during face to face sexual intercourse, the *peak of positive visual transfiguration* is seen, through facial clairvoyance, by the impassioned being at the exact moment of the partner's *orgasmic aura*.

10. **Mentalsomatology.** Upon becoming acquainted with these phenomena through energetic, emotional and conscious projections, a conscin can lucidly and cosmoethically manage them through the mentalsoma in intraphysical life and in extraphysical emotional effusions, or in the *projected state*, extending their own amorous connections.

11. **Holothosene.** From there one can establish that in more pure affective approaches, a *sexual holothosene* can be an evolved condition of positive CEs from the gynochakra or androchakra.

Obvious. *The obvious is often the most difficult aspect to perceive in phenomena.*

180. THEORICE OF FEMALE AND MALE ENERGIES
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01. **CE.** CE is derived from IE, or immanent energy; the secondary plantochakras constitute the *pre-kundalini*, which absorbs primary geoenergy (telluric, or from the earth).

02. **Geoenergy.** Absorbed geoenergies proceed from the soles of the feet to the knees and the perineum, maintaining men and women's *kundalini* (sexochakra). Masculine and feminine bioenergy has been known in the Orient for millennia (*yin and yang*).

03. **Organs.** The perineum is in the centre of the midline of polarity, in the woman it is just below the vagina, uterus and the 2 ovaries; and in the man, just behind the scrotal sac containing the 2 testicles. The 2 ovaries and the 2 testicles, in the same manner as the 2 plantal chakras and the 2 poles of *yin* and *yang*, provide the initial energy of human life from the woman, who generates *ovules*; and from the man, who generates *spermatozoids*.

04. **Generation.** All the energy specific to a conscin, manifesting in the form of a woman, or *female ectoplasm*, is *initially* generated by the ovaries. The energy manifesting in the form of a man, or *male ectoplasm*, is *initially* generated by the testicles. *Shrinking* of the testicles has to be avoided.

05. **Seed-matrices.** The transference of ovules from the ovaries influences the production of the woman's CE and the construction of spermatozoids also influences the production of the man's CE. These are the *seed-matrices* of the masculine and feminine CEs or energosomas.

06. **Fixation.** Prior to menopause, the *factor of physical fixation* essential to an intraphysical consciousness acting in a female form, is her pair of ovaries. Prior to the so-called andropause the factor of physical fixation of the man, is his pair of testicles.

07. **Exams.** The adult female needs to *directly examine* herself (anatomy and physiology); know (for example: which ovary corresponds to the menstruation); protect; avoid **salpingectomy**, or **tubal ligation**; and stimulate the vitality and production of her ovaries. The adult male also needs to *directly examine* himself (Anatomy and Physiology); know; protect; avoid a vasectomy; and stimulate the vitality and production of his testicles. These are the roots of the sexosomas, the sexochakras, the sexual energies and CEs in general, or the *binomial gynosoma-androsoma* responsible for the continuity of human lives.

08. **Male.** In a relationship the *man* also needs to examine; know; protect; and stimulate the vitality and production of the ovaries of the beloved female human being, prior to the woman's menopause. A female is born with approximately 400,000 ovules.

09. **Female.** The female also needs to directly examine; know; protect; and stimulate the vitality and production of the testicles of the beloved male human being, regardless of physical age. *The spermatozoid truly is a type of microenergosoma.*

10. **Indication.** Hence the logical reason why the *practice of daily sex* is recommended to adult males and females, and even youths, when they intend to maintain healthy CEs.

11. **Orgasms.** A man has 2 types of orgasms; a woman has 3. An orgasm can last 3 to 4 seconds in a man and 4 to 6 seconds in a woman.

181. CHARACTERISTICS OF A FEMALE'S SEXOCHAKRA

Complexity. The more complex sexual reactions of sexochakral energy concern the female, notably in the pubescent period and the premenstrual phases, due to an exaggerated generation of conscial energy, characteristic of sexual excitability and to changes in the hormonal mechanism of the feminine body or gynosoma.

Signals. Here, in physiological order, are 15 sensations, reactions or signals of sexual excitability (desire) or the awakening of the flow of feminine sexochakral CE:

01. **Cardiochakra.** Uncontained increase in the respiratory frequency.
02. **Pulse.** Acceleration of the frequency of the pulse throughout the entire episode.
03. **Pressure.** Temporary increase in arterial pressure.
04. **Redness.** Uncontrollable, *sudden blushing* of the cheeks (peripheral blood circulation). This is the most obvious factor of sexual excitement.
05. **Temperature.** Perceivable elevation in somatic temperature, specifically in the feminine sexual area (vaginal eroticism).
06. **Gynochakra.** *Sensation of pulsation* in the feminine sexual organs after sensitive and spontaneous local turgidity (feminine sexochakra or gynochakra).
07. **Labia.** Specific tumescence of the labia minora and majora as a reaction and response to the liberated sexual instinct (not rarely, dilatation of the pupils occurs).
08. **Vagina.** Personal sensation of the liberation (expansion) of the *intravaginal space*.
09. **Thighs.** The tendency to compress the thighs or sit with the legs closed.
10. **Secretions.** Perceivable vaginal moistening with the release of female genital secretions that often manage to dampen the underwear.
11. **Nipples.** Subtle vibration of the aureoles (breasts) and tumescence of the nipples.
12. **Smiles.** Irrepressible propensity to smile, giggle or openly laugh.
13. **Laryngochakra.** *Constriction of the throat* capable of disturbing the fluency of speech.
14. **Evocations.** A fixed idea (monoideism) regarding the realisation of the sexual act, or the emergence of an irresistible desire *to go to bed*, including the triggering of persistent sexual fantasies. Here, through conscious or unconscious evocations, undesirable extraphysical intrusions can occur. Conscial, or mental, hygiene is indispensable.
15. **Masturbation.** In determined propitious social circumstances, a sometimes irresistible urgent pressure for the female to masturbate.

Coupling. These characteristics spontaneously promote, even unconsciously, the sexochakral energetic coupling of the female being studied, with predisposed men and women in close proximity. This fact is independent of the age of those nearby. *Abstraction potentialises the imagination in Heuristics and even in Sexology.*

Discipline. This leads to affective, energetic disturbances and interpersonal relationships that need to be self-disciplined in order for the conscin to achieve full parapsychic, holosomatic self-control and to live in harmony with all living beings.

182. THEORICE OF THE EXCLUSIVITY OF SEXUAL ORGANS
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01. **Somas.** The social life of Modern Socin, with its unprecedented growth in the world-wide population of conscins along with the increase of intruding consciexes full of affective liberality and sexual permissiveness, makes the exclusivity, integrity and hygiene of the somas of an allied, lucid, evolutionary duo extraordinarily relevant.

02. **Sexosoma.** With regards to joint sexuality the most important thing for a partner in an evolutionary duo is the healthy, exclusive, unpromiscuous maintenance of the partner's own sexosoma (sexochakra). (See page 259).

03. **Monogamy.** In view of the social, sexual and affective freedom in the Occident, it becomes impracticable for a duo's relationship to last without explicit reciprocal fidelity, based on, if possible, the condition of transparently pursued monogamy.

04. **Pollution.** Nowadays any sexual slip up constitutes anticosmoethical corruption and sexual pollution with unpredictable consequences, as shown through fooling around, antivirginity, semivirginity, incurable herpes and the deadly plague of AIDS - the largest human epidemic - spreading everywhere. However, let's be optimistic, we will survive AIDS.

05. **Status.** The interconscinial affective and sexual climate of generalised, free, permanent prostitution infects the Socin's atmosphere, almost establishing a basis for the *social status* of women as much as for men, despite the pill and *condoms*.

06. **Imposition.** Within healthy conviviality, exclusivity of the sexosoma and the sexual hygiene of both partners is imposed ahead of all other intraphysical values.

07. **CEs.** Presently the most difficult thing to find, identify and even more importantly, *preserve and maintain* is a penis or vagina without physical pollution. And there is an even worse *caveat*: the energetic pollution, or the extraphysical CEs, of these sexual organs.

08. **Principle.** An evolutionary duo, has to deal with the principle of the practical difficulty of the *sexual division* of a penis or vagina among 2 or more, that is: sharing, with someone else, the partner's sexual organs that were energised by them.

09. **Values.** We have to recognise, with all realism, that a penis or vagina *intruded* or energised by other sick conscins or consciexes, completely lose their basic functional value. This is independent of other intrinsic cosmoethical values, connotations regarding jealousies, possessive claims and further considerations that, in this case, become completely secondary.

10. **Reflections.** Reflections of a realistic nature, like this, are useful and more frequent for a lucid evolutionary duo that desires to maintain their evolutionary development, in the execution of their *proaxis, for 2. In a climate of social permissiveness, enduring love without exclusive sexuality is unsustainable.*

11. **Trustworthiness.** In order to sustain itself as reliable and enduring an evolutionary duo's sex has to be special, distinct, specific, singular, *purified*, private and exclusive along with all the other very personalised characteristics possible (intimate dialogue and others).

183. PRINCIPLES OF MATURE SEXUALITY
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01. **Sex therapy.** In 1992 international sexologists came to affirm the principles of Sexology as therapeutic - Sex Therapy - where sentiment is the foundation underpinning sexual relations between lucid male and female conscins.

02. **Anti-stress.** Sexual intercourse between a man and a woman is an efficient instrument to combat negative stress, the generator of a wide range of illnesses.

03. **Relation.** The best sexual relationship is that formed with a fixed partner. Promiscuity creates sexual Pathology - or the sexually transmitted disease (STD) - in this epoch of the deadly epidemic of AIDS, and incurable oral and genital herpes.

04. **Maturity.** *Mature sexuality is only achieved with the abolition of all barriers between a couple.* Disinhibition is the constant order of the day between the 4 walls of an evolutionary duo's energetically *shielded* bedroom. (See Bib. 3648).

05. **Frankness.** Adoption of the most absolute frankness structures the fundamentals of healthy sexuality. Without permanent mutual confidence between the partners, an orgasm - *horizontal life* - can still be excellent, but, the periods of pre-orgasmic and post-orgasmic daily conviviality - *vertical life* - end up being awful.

06. **Exercises.** Far removed from pious hypocrisies and mystical demagogies, the practice of sex is as healthy and as natural as *jogging* or other physical exercises.

07. **Pressure.** The orgasm is the best way to normalise blood pressure in arterial hypertension, a nosographic *key to the door* of premature somatic deactivation.

08. **Orgasm.** The orgasm generates a state of positive vitality in a couple in relation to intraphysical life and even in relation to extraphysical or multidimensional life.

09. **Joint.** The ideal orgasm is a couple's joint simultaneous orgasm; it is better than a solitary, or even reciprocal, orgasm from masculine or feminine masturbation.

10. **Taboo.** For more than a century the prohibitions from hypocritical puritanism turned sexual relations into Socin's megataboo. However, sex is a gift from Human Biology and, when well practiced, always brings more gratification than stress.

11. **Evolution.** Despite the rigidity of the Human Physiology and Anatomy, Sexology evolves. Consider that, today, *sex without pregnancy*, *safe sex* and an astronaut's *zero gravity sex* already exist, this undoubtedly brings some novelties to the fixed area of rigid, millennial, sexual practices between men and women.

12. **Lack.** A lack of sex is among the worst conditions for a man and woman, as they become vulnerable to, and defenceless against, unhealthy extraphysical intrusions.

13. **Activity.** As *veterans of life* a more or less healthy man and woman can and must, have an active sexual life until the end of their human life (lifetime).

14. **Daily.** All of these facts corroborate Conscientiology research recommending the intense and permanent practice of daily sex for who desires to healthily control their CEs, or consciential energies, and their active, healthy self-parapsychism.

184. TEST OF THE QUALIFICATION OF YOUR MATURITY
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Characters. Here are 15 biopsychic differences that mark and define the masculine and feminine characteristics of a mature human (conscin) personality:

<i>M a s c u l i n i t y</i>	<i>F e m i n i n i t y</i>
01. Afraid less frequently, bold	Afraid more frequently, submissive
02. Anxiety: prestige, power and reason	Maintenance: emotion and affective bonds
03. Appreciation of the concrete as a whole	Appreciation of the concrete through the detail
04. Combative, self-sufficient, valiant	Tolerant, dependent, gentle, fragile
05. Desire for conquest and temporal fame	Longing for happiness and inner peace
06. Extensive energetic movements	Soft, graceful and superfluous movements
07. Gets angry more frequently (unrestricted)	Gets angry less frequently (docile)
08. Greater malignancy and sadism	Greater benignancy and masochism
09. Interest in the fundamental, leadership	Interest in the secondary, naivety
10. Predominance of logical knowledge	Predominance of intuitive knowledge
11. Preference for judgments of form	Preference for judgments of value
12. Resists the confession of their errors	Admits errors with less embarrassment
13. Sex appeal: feminine sexosoma	Sex appeal: attention and tenderness (male)
14. Tendency towards categorical abstraction	Tendency towards concretism in evaluations
15. Tendency towards rapid decisions	Predisposition to doubt and admission

Maturities. These differences concern the biological organic physical maturity of the soma, or the genetic inheritance; and the psychological mental maturity of the soma's active brain, or the mesological inheritance (social and cultural environment or holothosene). Such differences do not originate directly from integral consciential maturity (holomaturity).

Personalities. If compared, the multidimensional personality, or integral consciousness, in itself, is richer, more composed and complex than the male or female human personality, the proprietor of the ephemeral vehicles of manifestation. In theory, a consciousness is neither masculine nor feminine. A consciousness itself does not have a sex. There are many masculine and feminine myths. The *sexosoma* is the soma. The consciousness surpasses energy, being more potent in comparison to the energosoma, and it governs the holosoma and not only the soma or sexosoma. (See Bib. 4704).

Test. Who really governs the consciential microuniverse, the will and intentionality in a vehicle of manifestation or in the holosoma? Are you, conscious, self-controlling, secure and fully self-sufficient? Or is it the sex, the animal instincts of your own soma that controls? Are you merely male or female, or truly a lucid consciousness? It is intelligent to answer such questions for yourself, cosmoethically if possible, with self-criticism and without self-corruption. *Daily sex is creative: when producing more sperm, the male produces more original ideas. Love is courage.*

185. HOLORGASM TECHNIQUE

Projectiology. A holorgasm is a multidimensional trance. According to projectiological research related to CEs, introduced to the public in 1990, here are 14 technical procedures, within more mature and evolved sexuality, to personally attain an extraphysical or holosomatic orgasm (holorgasm), or to produce it in another:

01. **Satiety.** The couple, in a condition of *sexual satiety*, lie naked on the bed in a room (bedroom), with the ambient temperature kept at 20° Celsius, if possible.

02. **Reception.** Lying on his back in bed, the man welcomes his companion on his right side.

03. **Interaction.** The woman *physically entwines herself*, skin against skin, supporting her head on the man's right shoulder, in a condition of complete affective interaction.

04. **Involvement.** The partner (man or woman) who is the stronger donator of CEs initiates an exteriorisation through the coronachakra, intending to invade the soma (human body) of the weaker partner (receiver), completely involving and dominating their energetic psychosphere (energosoma).

05. **Passivity.** The energetically weaker receiving partner (man or woman) tries to make themselves passive to receive the intermittent flows of CEs from the stronger partner.

06. **Assistance.** Set in motion by the will, in its initial manifestations the energetic impulsion is nearly always supported by extraphysical assistants (helpers).

07. **Coupling.** Within 10 to 15 minutes the energetic flows of the sender intensify themselves in a surprising manner, starting to form clearly perceivable, intermittent, *vitalising energetic circles and* generating irresistible myoclonuses in the receiving partner, due to a powerful coronachakra to coronachakra coupling.

08. **Discoincidence.** At this time the emitter's energosoma is found to be discoincident, *predominately* projected from the soma, enveloping the receiver's holosoma.

09. **Sender.** *The holorgasm generally occurs first in the emitter of the CEs.*

10. **Improving.** The holorgasm varies in intensity from experience to experience and improves with the disciplined repetition of practical sessions.

11. **Interfusion.** The holorgasm can reach a condition of joint, or simultaneous, *holosomatic interfusion* between the partners. (See page 365).

12. **Awakening.** In certain cases of deeper affinity, the energetically weaker lover (receiver) can feel, even well after the holorgasm, the awakening of their freely functioning chakras for the first time in their life.

13. **Benefits.** A simultaneous holorgasm initially brings 5 benefits: mutual energetic compensations; development of energetic or parapsychic sensitivity; deepening of mutual romantic bonds; self-sufficiency and resourcefulness in personal manifestations and attitudes; and an increase in each partners' emotional self-control.

14. **Phantom.** The holosomatic orgasm - or the *phantom holorgasm*, - is also recommended for an injured person who is without their sexual organs, functioning just like the occurrences of *phantom pains* and *phantom limbs*.

186. SEXUAL PREDISPOSITIONS TO HOLORGASM

Application. Here are 13 reactions or characteristic states of an intimate couple's or affectionate pair's temporary sexual satiety and the practical, energetic and projective applications, notably regarding sexual predisposition to the holorgasm:

01. **Priapism.** Due to an intensification of sexual acts over consecutive nights and/or days, the male may evidence a condition of *painless priapism*. The greater the number of *healthy* orgasms, the greater the general creativity of the man and woman.

02. **Erection.** Non-pathological, *painless priapism* allows the male greater self-restraint over their orgasms, maintaining an erect state for longer and thus permitting greater pleasure for the partner, leading her to temporary sexual satiety.

03. **Relaxation.** After a series of consecutive sexual acts, complete relaxation of the walls of the vagina or vaginal folds ensues.

04. **Dilatation.** Relaxation results in the maximum dilatation of the intravaginal space, the first sensed or noticeable physical sign of sexual satiety.

05. **Emptiness.** Dilatation of the intravaginal space allows an external view of the hollow, distended or *empty vagina* on the male's behalf, whether approaching the feminine sexosoma from the front or from behind. Reminder: the *pill* is more infallible than the Pope.

06. **Air.** This explains the greater predisposition for external air to enter the vaginal cavity and the associated sonorous effects, independent of the woman's age.

07. **Satiety.** Although temporary, the condition of the female's maximum sexual satiety is installed, which is more difficult to attain than the male's.

08. **Integration.** On the other hand, the woman's state of maximum integrated physical, psychic and emotional relaxation arises and she feels at peace with the Universe.

09. **Ejaculation.** At this point the woman can reach a rare, critical point of not even sensing or perceiving the ejaculation of the male inside her relaxed vagina, being, at times, in a state of healthy dis coincidence in relation to her vehicles of conscial manifestation.

10. **Conjunction.** This condition of temporary sexual satiety, through the complete joining of male's and female's sexosomas, is the ideal for a loving couple when attempting to achieve a joint or simultaneous holorgasm through the coronochakra.

11. **Interests.** Following the temporary loss of interest and sexual appetites of both partners, lucid consciousnesses - never rendered inert or satiated - naturally seek a greater goal: a more ample, generalised, extraphysical or holosomatic orgasm. This occurs far beyond the sexual act, the so-called *4 legged knot*.

12. **Sexochakra.** In a natural, sexual orgasm there ensues a projection of CE from the radical chakra or sexochakra (androchakra or gynochakra).

13. **Coronochakra.** In a holorgasm there ensues a projection of CE from each partner's coronochakra. *A holorgasm is much more assistantial than an orgasm.*

187. DIFFERENCES BETWEEN AN ORGASM AND A HOLORGASM

Essentials. Within the techniques of mature human sexuality, here are 11 essential differences between the common, intraphysical, biological, sexochakral orgasm and the uncommon, extraphysical, evolved, parapsychic holorgasm:

01. **Evolution.** The less evolved *sexochakral orgasm* derives from the sexual instinct biologically programmed by the Genetics. The more evolved extraphysical holorgasm is determined by the lucid will of the conscin, without prior programming, nor standardisation established outside of the consciousness.

02. **Vehicles.** A *sexochakral orgasm* makes the soma vibrate. A *holorgasm* makes the entire *holosoma* vibrate, from the coronochakra to the “entire” energosoma.

03. **Satiability.** Always very fleeting, finite and localized a *sexochakral orgasm* leads to temporary sexual satiety.

04. **Insatiability.** An extraphysical holorgasm leads to permanent, positive and healthy consensual insatiability and stimulates the consciousness’ evolution. This *does not stop* and is always insatiable in its evolutionary nature.

05. **Extension.** The *sexochakral orgasm* has a defined and standardized intraphysical or physiological limit. The extraphysical holorgasm is unlimited and very personalised as regards its much more encompassing holosomatic or paraphysiological manifestations.

06. **Proximity.** The *sexochakral orgasm* develops better with physical, skin to skin, pore to pore, proximity between the conscins. The extraphysical holorgasm develops better beyond the soma, independent of the conscins’ physical contiguity.

07. **CEs.** The CE, or consensual energy, of the *sexochakral orgasm* suffers the influence of the space-time dimension. The CE, or consensual energy, of the extraphysical orgasm develops better beyond the space-time dimension.

08. **Dependence.** The *sexochakral orgasm* manifests independently of the extraphysical orgasm. This manifests better when the sexochakral orgasm leads the consciousness to temporary, physical, sexual satiety.

09. **Manifestations.** The CE mobilized in a *sexochakral orgasm* manifests itself in a retail way, in a manner more connected to the soma. The CE of a holorgasm manifests itself globally in a wholesale way, reaching and overcoming the consciousness through the entire holosoma.

10. **Joint.** Simultaneous *sexochakral orgasms* have to be coordinated by intertwined partners. Holorgasms, when joint, have to be sponsored and commanded by one conscin, the partner who is more powerful regarding CEs.

11. **Standards.** The *sexochakral orgasm* presents an intraphysical or finite pattern in its limited manifestations. The extraphysical holorgasm always evolves in an unpredictable crescendo expanding from the consciousness’ evolved manifestations.

Circumcision. Circumcision (mutilation) is an absurd racial *primitive branding* done by parents, just like owners (ranchers) that brand cattle in order to identify them.

188. SYNTHESSES REGARDING THE CONSCIOUSNESS

Definition. A synthesis is a consciential operation that proceeds from the simple to the complex. Here are 15 syntheses regarding the consciousness:

01. **Sphere.** A sphere is the *formal synthesis* of solid bodies in intraphysicality.
 02. **Hole.** A black hole is the *energetic synthesis* of the evolution of matter (energy).
 03. **Encyclopaedia.** An encyclopaedia is the *intellectual synthesis* of knowledge from a collective or gathering of conscins. (See Bib. 4690).
 04. **Condensation.** A popular digest of a book can be an *atrophied synthesis* of the wisdom accumulated in it by the author or authors (Anthology).
 05. **Shortcut.** The shortcut of an *evolutionary rape* can be an *abortive synthesis* in evolution. The intraphysical rebirth of a conscin is a synthesis. Desoma is analysis.
 06. **Omission.** Often an omission can be considered a *lacunal synthesis* in the body of the consciousness' knowledge (deficitary omission).
 07. **Oversimplification.** The oversimplification of taking shortcuts can be a *castrating synthesis* of consciential experience.
 08. **Concentration.** The state of mental concentration is the consciousness' precise *synthesis of attention*. For example: 5 litres of *blood* continuously flow inside you and you do not perceive it. However, we find the discharge of *adrenalin* exceptionally stimulating.
 09. **Thosene.** A thosene is the *indissociable synthesis* of the 3 essential elements of a manifesting consciousness: thought, sentiment and consciential energy (CE).
 10. **Holomemory.** The memory is the *archival synthesis* of all the past experiences in a consciousness' lucid condition. Cerebral, integral and other kinds of memory exist.
 11. **Vision.** The phenomenon of panoramic vision is the *epilodal synthesis* of an entire human life of the conscin impelled to perform a realistic examination of their own performances.
 12. **Discernment.** Discernment is the *synthesis of the attributes* of all the evolutionary acquisitions accumulated in the consciential microuniverse. Whether male or female: we have glutei which are the strongest muscles in the soma. However, we are not born *to be smacked*.
 13. **Holorgasm.** An extraphysical holorgasm is a consciousness' *emotional synthesis*, beyond the psychosoma and the soma. The priority *wisdom* is to love.
 14. **Cosmoconsciousness.** The condition of cosmoconsciousness is the projected consciousness' *synthesis of manifestations*. It is not a *utopian dream*, it is a *sophisticated* reality.
 15. **Serenissimus.** *A Serenissimus is the ambulant synthesis of a conscin's evolution.*
- Reflection.** A leading edge summary demands reflection and does not go well with impulsivity and precipitations. To shorten, compress, abbreviate, suppress and reduce does not mean the same as to summarize. Self-knowledge, gained without incurring mutilating wounds in the experiences, maintains the infrastructure and foundation of consciential evolution.
- Serenity.** It is foolish to put the evolutionary cart *before the horse*. It is best and most intelligent to proceed slowly, evolutionarily always going forward, with serenity.

189. FOUNDATIONS OF THE *BINOMIAL PARAPSYCHISM-SEXUALITY*

Pre-kundalini. *Sex is the biggest human sport, everywhere.* In a healthy human personality (conscin) the sexual act is the irreplaceable foundation for the initial exercise of the basic geo, or telluric, energies of the *pre-kundalini* and *kundalini*

Binomial. The binomial parapsychism-sexuality cannot be excluded from consciential research and not even from the projective practices of good lucid projectors.

Bases. For the binomial parapsychism-sexuality to function in a complete and fruitful way for a conscin, it needs to be established on 5 bases of indisposable sustentation:

1. **Sexuality.** Maintenance of a mature, active and satisfying sex life, to the maximum possible without deprivation, with a monogamous partner, in order to exclude interference from problematic intruders and frequent obsessions of the partner, or in other words: indirect, surreptitious, interconsciencial heterointrusions.

First. The first base of the binomial's sustenance directly attends to the bioenergetic aspect through the sexochakra. There are those who like *zeppelin breasts*.

2. **Masturbation.** The eventual use of self-masturbation as a complementary resource to a sex life. Masturbation - *self* and *hetero* - does not in any case act as a definitive, essential resource. Over time it does not eliminate sexual needs by itself. Within human sexuality masturbation is a *physiological exception conduct*.

Second. The second base of the binomial's sustenance attends to the bioenergetic aspect, as a *sexochakral complement* to the hypersexuality of a parapsychically developed person.

3. **Mentalsomatics.** Production of intensified daily, parapsychic, intellectual, work, capable of reinvigorating the affective, extraphysical and physical energies, like a self-affirming mandate of continued, motivating, consciencial liberation.

Third. The third base of the binomial's sustenance attends to the animic, energetic, parapsychic and *intrapysical* aspect, notably through the mentalsoma (Conscientiology).

4. **Absorption.** Extraphysical absorption of immanent or cosmic energy through 2 types of manifestations: assistance to needy consciexes (penta and the offiex); and unimpeded extraphysical volitation (euphorex or extraphysical euphoria). (See Bib. 3668).

Fourth. Through multidimensionality and holosomatics the fourth base of the binomial's sustenance attends to the animic, energetic, parapsychic and *extraphysical* aspect.

5. **Holorgasms.** Deliberate, useful realisation of holorgasms with the partner, in order to continuously maintain high level holosomatic homeostasis.

Fifth. The fifth base of the binomial's sustenance is often the most difficult.

Fooling around. It is important for young existential inverters to observe the current, liberal, permissive customs of *fooling around* or *hooking up with someone*, instantaneous contact, *commitmentless making out*, *immediate intimacy* (intimate couple), that after the *first one-night stand* can become anticosmoethical, antiproexis and *antiparapsychic* sexual promiscuity.

190. TEST OF 30 ANTISEXUAL ITEMS

Keys. *The coronochakra and the sexochakra* are the **keys to the wheel of resomas and desomas**. Both the biovortexes are antipodal and extreme in the soma / energosoma.

Sex. Here are 30 obstacles capable of impeding you, experimenter, from developing a satisfactory sexual session with your partner:

01. A quarrel or momentary, but consuming, misunderstanding between the intimate couple.
02. A simple mini-illness, for example 1 partner with a common cold.
03. A sudden and urgent professional trip of the 1 partner who is absent.
04. A surprising social mishap or incident involving 1 partner.
05. A welcome guest in the intimate couple's home.
06. Absence, or even the presence, of a preservative or condom.
07. An en route accident of a parapsychic nature involving 1 or both lovers.
08. An extra job, or 1 of the partner's exhausting professional work.
09. An unexpected and preoccupying phone call for 1 or both of the partners.
10. An unexpected visitor to the intimate couple's home.
11. Confusion of 1 of the lovers with the schedule (the time or clock).
12. Disconnection between the lovers' levels of sexual excitability.
13. Excessive ingestion of alcoholic beverages by 1 or both of the partners.
14. Excessive sexual satiety or an ephemeral period of sexual exhaustion.
15. In certain cases of the woman, the physiological state of human gestation.
16. In certain cases, the physiological period of menopause, obviously of the female.
17. In certain cases, the physiological period of menstruation, obviously of the female.
18. Lack of an energetically shielded bedroom for the intimate couple's session.
19. Manifest energetic absence in 1 of the lovers: the soma without the energosoma.
20. Personal state of 1 partner's pathological extraphysical intrusion.
21. Sexual illness of 1 of the lovers, including vaginitis common to women.
22. Temporary impotence (male) or frigidity (female) (sexual disinterest).
23. The condition of a *sexual hangover* in 1 or both lovers.
24. The condition, in certain cases, of the male's obvious precocious ejaculation.
25. The stressful state of 1 partner's physical tiredness (asthenia or fatigue).
26. Tiresome dysentery, notably of the male.
27. Torrential rain capable of creating alterations in the day's social plans.
28. Unavoidable presence of children or grandchildren in the intimate couple's environment.
29. Unforeseen traffic congestion in the place or even in the neighbourhood.
30. Use of antidesire, or sexual desire suppressing, medication by 1 of the partners.

Test. All of these sexual impediments can also be obstacles to the projective, energetic performance and even to penta (the daily, assistential, personal energetic task). Everything depends on the level of personal will, which either overcomes the obstacles, or not.

191. EXPERIENCES IN FAVOUR OF AND AGAINST SEXUALITY
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Comparisons. *Sex, just like breathing, sleep and hunger, demands the natural attention of Human Physiology.* Who employs parapsychism needs to exercise sexuality in order to be free of unhealthy, extraphysical, interconsciential intrusions. Here are 30 comparisons of experiences in favour of and against, the mature exercise of sex:

Pro-sexual Experiences

01. Active sex with mature gonads
02. *Advanced altruistic orgasms*
03. Advanced and mature sexuality
04. Affective-sexual self-discipline
05. Condition of permanent deintrusion
06. *Cosmoethical sexochakral seductions*
07. Cosmoethical sexual self-awareness
08. Dominated personal sexochakral CE
09. *Euphorizing sexual holothosene*
10. *Exoteric Sexology*: sexual technique
11. Full and active *sexual competence*
12. Healthy use of an active sexosoma
13. Identification with their own sex
14. Intimate openness and liberation
15. Lucid affective-sexual plenitude
16. Masculine and feminine *geishisms*
17. Mastery of *contraction / expansion*
18. *Maximum liberty between 4 walls*
19. Minimum knowledge of Sexology
20. Modern physical and mental hygiene
21. Periodic sexual recyclings
22. Personal disinhibitions, extroversion
23. Positive *chemical assimilations*
24. Pro-sexuality physical exercises
25. Reasonable emotional self-control
26. Self-mastery of healthy bioenergies
27. Sex: biological gift, greatest sport
28. Study: *gynochakras / androchakras*
29. The person's physical and mental health
30. Tranquil sexual desire: accessible object

Antisexual Experiences

- Inactive sex: hypotrophy of the organs
- Primary egocentric orgasms
- Repressive and immature sexuality
- Libertinisms and promiscuities
- Self-obfuscations and heterosuggestions
- Unconscious sexochakral seductions
- Mute insincerities and self-guilt
- Sexochakral CE dominating the will
- Depressive personal sexual holothosene
- Subhuman sex*: void of any useful technique
- Sexual incompetence and chastity
- Offspring, abortions and antiquated routines
- Non-identification with yourself
- Self-prohibitions and false moralisms
- Chronic affective-sexual lack
- Virginities and semi-virginities
- Inexperience in *contraction / expansion*
- Subject to mesological repressions
- Crass ignorance of Sexology
- Organic and consciential pollutions
- Fatigue, tediousness and *sexual hangovers*
- Various inhibitions and lack of dialogue
- Chemical nausea* regarding the partner
- Sedentary life: soma without turgidity
- Insecurities, jealousies and repressions
- Ignorance regarding bioenergies
- Antisporting and desire-severing sex
- Mystical sublimations of sexuality
- The person's physical or mental illness
- Misplaced sexual desire: unapproachable object

192. TEST OF AN INCOMPLETE COUPLE

Sincerity. Every *problematic conscin* leaves the soma without, however, leaving the Earth's troposphere. In energosomatic seduction the consciousness' sincerity is what matters most to qualify the relationship as natural, inevitable and cosmoethical, or, as elaborated, avoidable and anticosmoethical. Insincerity maintains self-corruption, or *mental peccadillos*.

You. Authenticity permits the experience of cosmoethical incorruptibility.

Couples. No person, not even you male or female experimenter, compose only 1 couple in relationships with other people. Strictly speaking, we compose numerous couples regarding CE, affectivity and our day-to-day relationships. Here are 20 aspects of sexochakral seduction, in a crescendo of interpersonal manifestations of human sexuality:

Pre - Couple	Incomplete Couple	Intimate Couple
1. 25% <i>yin / yang</i> energies	50% <i>yin / yang</i> energies	100% <i>yin / yang</i> energies
2. <i>Déjà vu</i> , pre-love	Social limits of friendship	Sexual and auric osmosis
3. Mutual retrocognitions	Social contact and approaches	Maximum intimacies
4. Sexual uni or biattraction	Visual uni or bipassion	Uni, bi or multiorgasms
5. <i>Eye-to-eye</i> flirtation	Preliminary caresses	Common human gestations
6. Whistles and courtship	Games of <i>non</i> -sexual love	Joint multiorgasms
7. Flirting and seduction	<i>Inactive</i> and craving sex	Active <i>friends with benefits</i>
8. True repulsion at 1 st sight	Dialogues on <i>cushions</i>	Surrenders on <i>pillows</i>
9. True love at 1 st sight	Platonisms and sighs	Pore-to-pore completeness
10. Stare insistently	5 centimetres from the person	The depths of the pair
11. Infantile inconsequences	Immature consequences	Mature consequences
12. Vulgar initial contact	Sexochakral autonomies	Affective investments
13. Rigid social blockages	Mutual <i>misplaced desire</i>	Companionship and consensus
14. Natural noncommitment	Lucid <i>selective chastity</i>	Formal engagements
15. Maximum independencies	General interdependencies	Maximum dependencies
16. <i>Affection outdoors</i>	<i>Prêt-a-porter</i> affection	<i>Affection indoors</i> (bedroom)
17. Energosomatic actions	Primary somatic actions	Holosomatic <i>multiactions</i>
18. Obvious bi-inexperience	Primary bi-immaturities	Complete bimaturities
19. Mutual availability	Repressed passions	Pure romantic love
20. Active <i>past</i> -present	<i>Pre</i> -sexual <i>present</i> -routine	Karmic <i>present</i> -future

Test. Here are 3 questions for you to ask yourself: How many incomplete couples do I compose? How many intimate couples do I compose? Am I cosmoethically sincere with all partners integrating with me in the incomplete and intimate couples that I compose?

Pair. Rationally, variables 5, 7 and 15 from the intimate couple are definitively negative for an evolutionary duo. Incomplete couples present *indefinitions*.

193. TEST OF THE QUALIFICATION OF AN INCOMPLETE COUPLE

Aspects. *Socin* is still a maladjusted child. In *Socin* there are various aspects of the incomplete couple condition that demand research using specific approaches.

Classification. In an initial approach, the incomplete couple condition can be classified into 2 types: unilateral and bilateral. (See Bib. 4718).

1. **Unilateral.** The unilateral incomplete couple condition is installed when there is manifest longing and sexochakral desire, or in other words, the condition of evident lust from 1 of the constituents - male or female - for the other, this goes as far as *pouring on the charm*, or clearly insinuating what they can, in the presence of the other person.

Rupture. The type 1 (unilateral) incomplete couple condition frequently maintains a conflictive relationship that culminates in a rupture and intentional separation by the uninterested conscin, who does not feed the interchakral reciprocity *pursued* by the other, insinuating, covetous and often clearly intrusive party.

Exploitation. The unilateral type incomplete couple condition can still lead to, generally temporary, affective exploitation by the *coveted* conscin *over* the other, the one vulnerable regarding their own sentiments or in an unresolved sexual-affective condition.

Exploiter. The spoliatory unilateral incomplete couple condition is much more common when the exploitation is developed by the female over the covetous male.

2. **Bilateral.** The bilateral incomplete couple condition is installed when there is manifest longing and sexochakral desire, or the condition of evident mutual lust from both the man and the woman, without, however, any occurrence of the sexual relationship being consummated.

Pursuit. The condition of the type 2 bilateral incomplete couple, frequently comes to resemble a temporary *cat and mouse (Tom and Jerry)* relationship, that generally, only due to adverse circumstances, ends up becoming accommodated with a reciprocal loss of interest, because the sexual relationship was not consummated at the right time, or during the peak period of mutual sexochakral interest.

Orgasms. In the bilateral incomplete couple condition, it is common for orgasms, affective-sexual relief, to occur on the part of 1 or the other component through masturbation, that may occur - in general with much dissimulation - in determined social circumstances propitious to this type of manifestation, for example: dances; the lambada; and other rhythms.

Deviations. Cases of the bilateral incomplete couple condition may create problems of deviations in the partners' proaxis through the intrusion of spurious and undesirable elements in the climate of reciprocal understanding, indispensable to the effective accomplishment of joint tasks previously planned in the *Intermissive Courses (ICs)*.

Test. Here are 3 questions to ask yourself: How many unilateral incomplete couples do I compose today? How many bilateral incomplete couples do I compose today? Do I live with transparent cosmoethical sincerity with all my partners?

Truth. *The search for leading edge relative truths always inconveniences those who fear.*

194. TEST OF YOUR BASIC SEXUAL INSTINCT
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Wisdom. Every conscin with an average IQ very well knows how to utilise personal sex, with just the *trivial invariable*: the spontaneous force of human nature itself.

Self-knowledge. According to Conscientiology, self-knowledge is indispensable in the dynamisation of evolution and must completely embrace Holosomatology.

Holosomatology. For us conscins, Holosomatology begins in the soma.

Soma. The soma exists because of sex. Sex really only exists, functionally, in the soma.

Consciousness. The psychosoma and the mentalsoma, for example, do not depend on sex. A consciousness itself does not have a sex. Nevertheless, the principal sexual organ is the will.

Sex. The soma and sex are maintained by CEs, or consciential energies (will).

CEs. Without self-mastery of CEs, beginning with the VS, or vibrational state, it is difficult, if not impracticable, for any conscin to reach an elevated level of self-knowledge.

Instinct. Each conscin has their own soma and *basic sexual instinct*. This needs to be discovered, identified and self-defined in order for the conscin to - only then - reach the tranquil condition of sexual maturity, infrastructure essential for self-knowledge.

Conduct. As a conscin the discovery, identification and real definition of the basic sexual instinct occurs through choice, or the inevitable personal choice of your *standard* sexual conduct from among 4 sexual behaviours in practical day-to-day intraphysical life:

1. **Masturbation.** Human sexuality through masturbation is sex with yourself; a natural, solitary pleasure to obtain self-knowledge of the soma. It is a *physiological exception-conduct*, a compensatory practice available to everyone: boys (*masturbation*) and girls (*fingering*), men and women. Being an emergency procedure, masturbation alone is pathological when it becomes standard-conduct in the universe of human sexuality.

2. **Bestiality.** Badly resolved human sexuality with a subhuman being; technically, bestiality, or the choice, for example, of a young mare by a man; or a large dog (mastiff) by a woman. Within the universe of human sexuality, bestiality, besides being an aberrant sexual ectopia, is always a *pathological exception-conduct*.

3. **Homogenitalism.** Human sexuality with someone of the same sex; homosexuality (hom erotism) or lesbianism. A sporadic, *anti-physiological exception-conduct*. Within the universe of human sexuality, homosexuality, being an antiphysiological, forced *sexual ectopia*, can only be considered pathological when it becomes standard-conduct.

4. **Heterosexualism.** Human sexuality with someone from the other sex; heterosexuality or heteroerotism. This is the *physiological standard-conduct*, within the premises of Conscientiology it is the only proper, or ideal, way to comprise and maintain a healthy evolutionary duo. *Heterosexuality is the standard-conduct of human sexuality*. Rationally it only becomes pathological in the case of the sexaholic - the insatiable lover - or in the case of the nymphomaniac.

Test. Have you already defined the personal basic sexual instinct within the universe of sexuality? *Auric coupling* functions best between an androsoma and a gynosoma.

195. TEST OF YOUR SEXUAL MATURITY

Comparisons. Here are 32 didactic comparisons between a renovating sexual consciousness and a retrograde sexual consciousness, according to Holosomatology:

<i>Renovating Sexual Consciousness</i>	<i>Retrograde Sexual Consciousness</i>
01. Sex as a reliever of tensions	State of chronic sexual lack
02. Diversified sexual experience	Sexual history with only 1 partner
03. Explicit sexual selectivity	Dissimulated promiscuity
04. Relative sexual infidelity	Absolute sexual fidelity
05. Deliberate practiced <i>geishism</i>	Taboo of sexual virginity
06. Consciously used sexosoma	A consciousness with a <i>somatic sex</i>
07. Mature sexual performances	Immature sexual performances
08. Physiological application of sex	“Sublimation” of glorified sex
09. Sex as a Biological gift	The sexual act considered as “sordid”
10. Maximum intimate permissiveness	Prohibited physiological practices
11. Free love between 4 walls	<i>Machismo</i> of the man and of the woman
12. Passive and active feminine sex	Long suffering wife as a <i>feminine robot</i>
13. Vaginal contraction techniques	Unsatisfactory use of a passive vagina
14. Experience of joint masturbations	Submission to the taboo of masturbation
15. Use of <i>sex without mutilations</i>	Corporal mutilations (surgeries)
16. Will as the greatest sexual organ	Inhibiting pseudo-aphrodisiacs
17. Technical sexual instrumentality	Primitive sexual mentality
18. Sexual acts in the menstrual period	Sense of repulsion to menstruations
19. Copulation being a transfusion of love	Copulation being only animal instincts
20. Unavoidable energosomatic seductions	Blind energosomatic seductions
21. Use of the <i>aesthetic curves</i>	Untouchable sexual organs
22. The turgidity of lived sportiness	Flaccid sedentary flesh
23. Exposed exoteric <i>Homo eroticus</i>	Sombre esoteric <i>Homo eroticus</i>
24. Lucid <i>sexual holothosene</i>	Ignorance regarding sexuality
25. Energetic assistance via sex	<i>Pathothosene</i> versus <i>sexothosene</i>
26. Experience of <i>bioenergetic Sexology</i>	Sacralisations of sexuality
27. Life with daily sexual sessions	Life with sporadic sexual sessions
28. Practice of <i>holorgasms</i>	Only fecund somatic orgasms
29. Cosmoethical <i>sexual openness</i>	Multiple sexual inhibitions
30. Cosmoethics against self-corruption	False sociocultural moralism
31. A vital task placed before sex	Sex placed before a vital task
32. Predominance: consciential gestations	Predominance: human gestations

196. TEST OF YOUR ENERGO-SOMATIC SEDUCTION

Antipathy. *Self-conscious antipathy is always a manifestation of sadomasochism.*

Self-knowledge. Within the direct self-knowledge furnished by Conscientiology, it is fundamental for any conscin to learn about their personal CEs through means of practical exercises. All people use energosomatic seduction, or exercise the power of seduction, in the omnipresent game of seduction that constitutes human life, where the most apt always win, or in other words: the conscin who is better in regard to CEs.

Division. In relation to energosomatic seduction, people can be classified into at least 7 well-characterised types each with respective subdivisions:

1. **Employment.** *People can be classified into 2 types regarding the employment of energosomatic seduction: who uses personal magnetism, charm, charisma or energosomatic seduction on a large-scale, constantly; and who uses the power of their energetic seduction on a small-scale and only rarely.*

2. **Consciousness.** *People using energosomatic seduction on a large-scale, constantly, can be divided into those conscious and unconscious of their CEs and the corresponding useful application of them in favour of consciousnesses. Universalism is not cheap mass production.*

3. **Technique.** *People constantly employing large-scale energosomatic seduction, when conscious, may do so because of the survival instinct (amateurs), or because they perfected this skill through technical efforts (professionals, for example, voluntary circumvaginal contractions) available to whomever is motivated. (See Bib. 4667).*

4. **Quality.** *Consciously, these same people, who constantly employ large-scale energosomatic seduction, can be well-intentioned, in accordance with Cosmoethicology, or badly-intentioned, evidencing a bad-character.*

5. **Value.** *People only rarely employing energosomatic seduction may do so unconsciously, because of the survival instinct, or they may be conscious of their actions, without however valuing their consciential energies (amateurs).*

6. **Eventual.** *These same people only rarely employing energosomatic seduction, yet conscious of their actions, may be well-intentioned, in accordance with Cosmoethicology, or badly-intentioned, evidencing a bad-character and anticosmoethical behaviour.*

7. **Equilibrium.** *According to their CEs all energosomatic seducers are 1 of 3 types: balanced or lucid, when using energetic seduction in a joyful, pleasant and correct manner, in favour of the evolution of all; enslavers, when authoritarian, irresistible, overpowering and manipulating consciousnesses through unjust appropriation or unpunished expropriation of others' consciential energies (masculine machismo; feminine "machismo"; gayism; lesbianism); and enslaved, when not resisting and passively subject to the game and the yoke of someone else's CEs.*

Self-classification. Today, which type of energosomatic seducer do you classify yourself as?

Cosmoethics. Cosmoethics sponsors the funeral of pathosenes.

197. TEST OF YOUR SEXUALITY

Homeostasis. *The soma has a sex, the consciousness does not. Homeostasis of the holosoma* arises from harmony of the *sexosoma*. Here are 35 questions for you to evaluate your sexuality:

01. Today is my sexuality moralistic and repressed? Or open and pleasurable?
02. For me, is the sex act sordid? Or a *gift from Human Biology*?
03. With sexuality, do I feel manifest pleasure? Or do I feel hidden shame?
04. Do I enjoy strong and mature sexuality? Or is it still very weak and immature?
05. Do I cultivate self-esteem regarding life generally? And regarding my personal sexuality?
06. Have I already lived a phase of *sexual abstinence* or *sexual inactivity* in adulthood?
07. Most of the time do I play the role of a macho man (or very attractive woman)?
08. If necessary can I live continuously not practising sex for 1 month?
09. Do I live as a *sexophobe*, *sexaholic*, or as a sexually very “normal” or healthy person?
10. Is the frequency of my *sexual sessions* or *masturbations* very reasonable?
11. Do I live *sexually in lack* and unsatiated, or truly disinterested about sex?
12. Is sexuality a component of my health, or do I have it as a progressive disorder?
13. Do I live committed or submissive to any sexual practice that is in some way abusive?
14. Is there any compulsion, reaction or pathological case in these personal sexual practices?
15. By chance, in the condition of *Homo eroticus*, do I exemplify a *sex addict*?
16. Am I truly able to think about things other than sex, whenever I wish?
17. Do I suffer, or not, from the condition characterised by or diagnosed as *sexomania*?
18. Do the sexual organs of the *sexosoma* fully satisfy my personal instincts?
19. Do I live sexually satisfied with the lips, the tongue and the fingers?
20. Am I very familiar with *sexy sex*, erogenous zones and desire inhibitors or cutters?
21. In the bedroom, within those 4 walls, am I sexually *super-disinhibited*?
22. Do I potentialize sexual desire with films, magazines and other *erotic coadjutants*?
23. After *orgastic sessions*, do I always eat good food and sleep tranquilly?
24. Does sexuality actually help my professional work? And vice-versa?
25. Do I live, or not, merely as an *object of lust* suffering *sexual hangovers*?
26. Does my *active sexuality* correspond to the level of bioenergies or CEs?
27. Do I have good control over my *sexochakral energies* and self-parapsychism?
28. Are my personal energies and *sexual holothosene* truly positive? For everyone?
29. Do I know well my and my sexual partner’s, basic *sexochakra*?
30. Does sexuality personally contribute to the evolution of my LP, or lucid projectability?
31. Is there still self-corruption in the *energomatic seductions* of day-to-day personal life?
32. Do I always keep *affective / sexual relationships* stable? And deintruded?
33. Am I already able to integrate active sexuality with the purest romantic love?
34. Have I managed to generate a true holorgasm, one beyond an *orgasm of the sexosoma*?
35. Have I already managed to unite active sexuality with deeply experienced multidimensional

Cosmoethics?

198. TEST OF 90 SEXUAL THEMES

Course. An *evolutionary duo* is the association of 2 thosenities. Here are 90 themes from this author's extracurricular course "Conscientiology, Projectiology and Sexuality", for research of your self-awareness regarding mature sexuality:

- | | | |
|-------------------------------|---------------------------------|------------------------------|
| 01. Bioenergetic 2 days | 31. Sexual fantasies | 61. Sexual mentality |
| 02. Sex education | 32. Sexual female | 62. Sexual mirrors |
| 03. Sexual additives | 33. Sexual fidelity | 63. Sexual mysticisms |
| 04. Sexual aesthetics | 34. Sexual films | 64. Sexual openness |
| 05. Sexual arousers | 35. Sexual freedom | 65. Sexual organs |
| 06. Sexual aura (CEs) | 36. Sexual frigidity | 66. Sexual parapsychism |
| 07. Sexual avoidances | 37. Sexual frolics | 67. Sexual penis (sexy) |
| 08. Sexual birthmarks (Genes) | 38. Sexual geishism | 68. Sexual performance |
| 09. Sexual bubbles | 39. Sexual gels | 69. Sexual perfumes |
| 10. Sexual caresses | 40. Sexual groupkarma | 70. Sexual pleasures |
| 11. Sexual chakras | 41. Sexual hangover (day after) | 71. Sexual points |
| 12. Sexual climates | 42. Sexual health (holosoma) | 72. Sexual positions |
| 13. Sexual clothing | 43. Sexual holothosene | 73. Sexual promiscuities |
| 14. Sexual competence | 44. Sexual hygiene | 74. Sexual publications |
| 15. Sexual consciexes | 45. Sexual identifications | 75. Sexual recyclings |
| 16. Sexual Cosmoethics | 46. Sexual impotence | 76. Sexual relations |
| 17. Sexual couplings | 47. Sexual inhibitions | 77. Sexual rings |
| 18. Sexual dances | 48. Sexual instincts | 78. Sexual satiety |
| 19. Sexual deficiencies | 49. Sexual instruments | 79. Sexual seductions |
| 20. Sexual democracy | 50. Sexual interest | 80. Sexual segregation |
| 21. Sexual deviations | 51. Sexual intrusions | 81. Sexual self-satisfaction |
| 22. Sexual dialogues | 52. Sexual kisses | 82. Sexual sessions |
| 23. Sexual dimener | 53. Sexual lack | 83. Sexual soma (sexosoma) |
| 24. Sexual diseases | 54. Sexual life (maturity) | 84. Sexual techniques |
| 25. Sexual disinhibitions | 55. Sexual locution | 85. Sexual theorice |
| 26. Sexual ectopias | 56. Sexual longevity | 86. Sexual therapies |
| 27. Sexual energy | 57. Sexual love | 87. Sexual thosenes |
| 28. Sexual enerspring | 58. Sexual male | 88. Sexual vaginas (sexy) |
| 29. Sexual enticements | 59. Sexual marks (soma) | 89. Sexual virginities |
| 30. Sexual exercises | 60. Sexual maturity | 90. Sexual weaktraits |

Test. Do you already satisfactorily understand all of these subjects of interest for the mature structuration of sexual and bioenergetic self-conscientiality? Highlight, in yellow, the expressions obscure to you. In this way, let us study this serious subject a little more.

Moral. *It is always worthwhile to be careful: the most common "human moral" is hypocrisy.*

199. INTRAPHYSICAL SUBSYSTEMS OF YOUR CONSCIOUSNESS
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Complexity. *It does not matter if you consider yourself simple or sophisticated: every consciousness is extremely complex. You are an immense supermarket of complexities. Conscientiology studies precisely these complexities. Projectiology researches the practical, yet extraphysical, side of these complexities. Lucid consciential projection comprises an *altered state* of consciousness, just as clairvoyance and precognition do. For us to better understand *global consciousness* we need to understand the subsystems, processes or *ordinary I's (egos)* that comprise the nature of the *ordinary state* of consciousness.*

Subsystems. Here are 12 *subsystems* or pure ordinary resources within the human body or soma, intrinsic to a conscin's (intraphysical consciousness) *global system*:

01. **Interoception.** Sensing the intimacy of the *human body*: the development of *interoception* or the information received from the soma's internal state; the sensation of physical equilibrium; corporal posture and muscular cramps.

02. **Exteroception.** Sensing the *world exterior* to the human body: the development of *exteroception* or the information from receptors we feel the world outside the soma with; the common senses, vision, hearing, touch and smell.

03. **Information.** Input processing: the arrival of *information* through receptors, the occasion when a form is received that is then modified, increased or decreased, until it becomes a construct of the mental product, idea or concept. Cultural beliefs and preconceptions form in this way. Acculturation automates the processing.

04. **Memory.** The storage of information about experiences, thoughts and sensations (impressions) comprise the personal bank of the ego's ideas (mnemotechnique).

05. **Knowledge.** Internal speech to yourself; awakening (*awareness*).

06. **Identity.** The sense of *identity* regarding the reality of your own ego.

07. **Emotions.** The *emotions*: love, fear, anger, joy, sadness, passion and others.

08. **Spatiality.** *Spatial* reference: the *here*; the perception of being in the world.

09. **Temporality.** *Temporal* reference: the *now*; the perception of being in chronological time. The two references - spatial and temporal - always acting together.

10. **Processing.** The processing of information: the act of perceiving, knowing, giving significance and "knowing what to do"; formal, logical, illogical, and irrational reasoning.

11. **Subconscious.** Invisible, positive and negative intelligent processing of the explanation of behaviour (conduct) or of the organised experiences. The Freudian unconscious is included in this ordinary *act* (integral memory, retrocognitions).

12. **Motricity.** Motor output: personal control over the muscles (muscular mass) and the soma, resulting from evaluations and decisions capable of permitting psychomotricity.

Mixtures. A consciousness *in a soma* (conscin) uses extraphysical resources *mixed* with intraphysical resources. When healthy an extraphysical consciousness (consciex) employs the psychosoma *without the soma and without the energosoma*, employing pure extraphysical resources *without any mixtures*.

200. PROPHELYLAXIS FROM HUMAN ILLUSIONS
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Attitudes. *Logic* refines a consciousness' rationality. Consequently, self-discernment is generated. This in turn installs the condition of holomaturity. This complex succession permits the avoidance of useless repetitive acts in human life, through 3 attitudes: generalised deconditionings, derepressions and desacralisations.

Principles. Here are 12 principles, as examples of greater consciential maturity, available for you to employ in order to create a vaccination or *prophylaxis from human illusions* originating in Socin, through addictive sects, fascist groups and mercantilist, scientific, philosophical, ideological, religious or commercial sadomasochistic doctrines:

01. **Alienation.** Do not alienate yourself from your name, material possessions, friends and *natural* family, in favour of *artificial* families: the *feet on the sand* of human inexperience.

02. **Self-criticism.** Maintain a sense of self-criticism in every circumstance, never putting some belief ahead of priority, personal experience.

03. **Confessions.** Within some sect (*paradise of the maladapted*) or sectarian doctrine, avoid making personal confessions that could be used against you tomorrow.

04. **Indoctrination.** Do not submit to the pressures of doctrination, suggestion, hypnosis, somnambulism and sub-brainwashings, whether obvious or disguised by sociocultural masks.

05. **Emotionality.** Do not decide an issue under the pressure of emotionality.

06. **Exposition.** Do not participate in situations in which you are exposed to or threatened by physical, emotional, sexual or economic-financial abuses.

07. **Gurulatriy.** Regardless of the pretext, for who, with whomever and wherever, do not cultivate daily canticles, gurulatriy and *perineal* energosomatic seductions. *It is worth distancing your self from any conscin insistently wanting to convince you about something.*

08. **Publications.** Be on guard against institutions, associations, editors or publishers that *only* publish apologetic books; or *only* critical books; or those who *only* edit works of industrial-commercial-mercantilist-prolific-best-selling-authors deliberately aiming to keep the reading public with a mental age of a 10 year old (*bibliots*).

09. **Answers.** Do not accept vague generalities or inadequate explanations as answers to enquiries or permanent constructive questionings.

10. **Robexis.** Marginalise destructive groups, media's and *mind control systems* that predominantly defend the mental rubbish of the dollar sign, the gun or sex, the feeders of legions of *bibliots, radiots and vidiots: the satisfied robots.*

11. **Sects.** Do not submit yourself to ideological pressure, alignment to parochial customs, cultural idiotisms or excessively extravagant ways of acting and living, in the manner of ridiculous, absurd, castrating, ritualistic, mystical, religious and political sects.

12. **Truths.** Do not allow yourself to live exclusively under the orientation of absolute truths or those unverifiable through experimentation, dogmas imposed on personal freewill or odd inhumane practices that are unproductive regarding self-evolution.

201. AVOIDANCE OF EXISTENTIAL SOMNAMBULISM TECHNIQUE

01. **Religiosity.** According to historians' statistics, from 60 millennia ago until today, humanity has created about 100 thousand *religions*. This has helped the evolution of everyone. However, they have not solved Human's basic problems.

02. **Self-mimicry.** Today, 90% of humanities components still live as somnambulists through the *abdominal sub-brain*, losing 1/3 of their conscious life on Earth simply sleeping (hibernation). An example of the use of the abdominal sub-brain: the person able to sleep while standing. The majority of men and women are insecure, without reasonable emotional self-control and live needlessly repeating dispensable experiences from past existences (undesirable self-mimicry).

03. **Protoknowledge.** Classical mysticism, beneficial for those who still need infantile, uterine, or cosy protoknowledge, is not the ideal way for those who desire to free themselves from myths and illusions, to walk using the strength of their own legs and to dynamise consciencial self-evolution. There are even *designer labelled* self-corruptions. For dozens of religions a *temple* is money. There are ostensibly mercantilistic, opportunistic books: *instant books*.

04. **Idolatry.** The mystic is a genuflect man, living on his knees. In this case kneeling is blind adoration, credulity, ingenuity, religiosity and salvationism. And this is when it is not even worse, such as: maudlinity, *ridiculousness*, demagogic humility, false sanctity, frank fanaticism, a *holy war* or the indefensible inquisition.

05. **Dogmatic.** A *genuflect man* is an individual admittedly submissive to unverifiable absolute truths (dogmas). This means slavery and irrational surrender to someone else's will, self-subjection to manifest and non-criminalised sub-brainwashings.

06. **Conditionings.** Who abdicates their freewill, freedom to think, feel and act, becomes dependent on repressions, spurious conditionings, illogical sacralisations, *walking with crutches* and *living endlessly on the scaffoldings of life*.

07. **Parapsychism.** The exercise of *parapsychism* - transcendentality - does not necessarily imply kneeling and being a slave dependent on other consciousnesses.

08. **Multidimensionality.** Within consciencial multidimensionality LP provides for the development of an interested conscin's paraperceptions, without any necessity to submit themselves to others. On the contrary, the consciousness works together, shoulder to shoulder, hand in hand, with more evolved beings and not with a *yoke around their neck* or a *bell under their chin*, a condition that belongs to *Homo genuflectus*. They have self-awareness, know their noble objectives and no longer continuously need to be pushed ahead.

09. **Self-knowledge.** *Who stops to believe starts to know, by knowing themselves*. It is up to you to take advantage of the lost 1/3 of your conscious life on this Planet.

10. **LP.** *Lucid projectability* is not subjugated to any kind of religiosity, nor the materialism of conventional and periconsciencial science, but it enables consciencial advancement through self-knowledge, greater discernment and holomaturity.

202. PARACOMATOSE OR THE STATE OF EVOLUTIONARY COMA

01. **Megacity.** Brazil, São Paulo, Capital, the largest Brazilian metropolis.
02. **Place.** Physical base: a suite on the 25th floor of the hotel; Sunday, 2nd semester, 1991.
03. **Consumption.** There are the toxic residues: the air smells of chemical products; the water smells of chlorine; the carpets are treated with chemical products.
04. **Interiorisation.** I tranquilly arrive at my soma (interiorisation) returning from a projection of continuous consciousness that had an assistantial extraphysical basis.
05. **CEs.** I am only wearing a light pyjama top when I receive a spontaneous shower of consciential energies: a multidimensional, post-projective, energetic shower.
06. **Dynamic.** I get up from the bed, go to the bathroom and afterwards go to the nearest window in the room. Space is still a prison. Hyperacuity is liberation.
07. **Moon.** From the window, I see the satellite above, the exposed, clear, almost full moon.
08. **Jungle.** Below, the *concrete jungle* of the megacity stretches into the distance.
09. **Meteorology.** The weather and the environment (holothosene) are without wind or rain.
10. **Advertisement.** A gigantic neon advertisement flashes the name of a commercial bank off and on, in two colours, clearly evidencing the strength of economic power in a capitalist regime.
11. **Clock.** The enormous colour *display* informs: one hour and one minute in the morning, during the Brazilian summer. There are millions of conscins returning from the *Paratroposphere*.
12. **Thermometer.** The temperature on the same display announces: 19° celsius outside.
13. **Lights.** From the view through the window, intermittent lights reveal 3 high towers. *Homo habilis is the animal with a human body capable of inventing useful devices.*
14. **Indoors.** I hear internal sounds from the suite's refrigerator and air conditioner.
15. **Outdoors.** Externally there is intense noise from the traffic. Cars drive by and impolite drivers sporadically honk their horns in the middle of the night: this is an Industrial Socin.
16. **Traffic.** The vision of Rebouças Avenue's 4 uphill lanes shows them, from time to time, to be congested with much heavier traffic flow than the 4 downhill lanes.
17. **Buildings.** Without exception the office and apartment buildings, clearly visible for more than 7 blocks, have scattered lights still on.
18. **Indifference.** Minutes before, outside of the soma, I flew around out there, but the Paulistas' feverish nightlife actively continues throughout the night, indifferent to this fact.
19. **Sleep.** The contrast catches my attention: the thousands of people driving and honking their horns in vehicles will, without doubt, go to sleep during the day.
20. **Paracomatose.** A conclusion is easily reached by connecting all the mentioned facts: *evolutionary paracomatosed* lose up to 1/3 of their life needlessly sleeping together with the soma (paracomatose), which truly does require physiological rest. They always not only lose this time of consciential experience during the night, but, also during the light of day, which during daylight savings begins in four hours time. *Quousque tandem?* For how long will this continue?

203. THEORY AND AVOIDANCE OF 7 MEGA CONFLICTS

Megaconflicts. A normal conscin is not *isolated*, or a person living in a bubble. According to the principles of Conscientiology, complex megaconflicts exist that merit accurate research in order to be located, defined and avoided by us all.

Pre-serenissimi. *Strictly speaking, one certain truth cannot contradict another.* Let us examine at least 7 megaconflicts characteristic of the conviviality of pre-serenissimi:

1. **Generations.** Conflict between *intraphysical generations*: irreconcilability of the *old* generation versus the *new* generation. Technological acceleration shortens the generations. There exists a kind of *infancy with a time card*, for professionalised minors. Intervening variables: interpersonal conflict; intergroup communication; groupkarmic interprison; energosomatic intrusion.

2. **Consciousnesses.** Conflict between *consciousnesses*: divergence between *conscins* (human consciousnesses) versus *consciexes* (extraphysical consciousnesses). Intervening variables: interconsciential conflict; explicit hostility; interconsciential assistantiality; megaweaktraits; consciential immaturities; egokarma; *abdominal sub-brain*; *brouillerie*; *brouhaha*; *poor understanding*; *misunderstanding*; *quid pro quo*; intrusive stigmas; destructive macro-PK; open war; genocides. A child is the *latest edition* of a consciex.

3. **Ethics.** Conflict of *ethics*: discord of the *human* or social moral versus the Cosmoethic or *cosmic* moral. Today, people have sexual experiences at an increasingly early age. There is a larger population of conscins. Intervening variables: intrapersonal conflict; neophobia; misoneism; philosophical conflicts; consciential maturity.

4. **Holothosenes.** Conflict of holothosenes: irreconciliation of the *old* holothosene versus the *new* holothosene. There exist religious doctrines maintaining irrational or *improbable prohibition*: the faithful cannot *dream against their own faith*. Intervening variables: intraconsciential conflict; conservatism; sectarianisms; consciential renovation.

5. **Existences.** Conflict between *existences of conscins*: discrepancy between an *anterior* epoch versus the *current* epoch. Intervening variables: chronological time; pathological retrocognitions; robexis or existential robotisation.

6. **Dimensions.** Conflict between *consciential dimensions*: dissonance between *four-dimensional* / *multidimensionality*. Intervening variables: interdimensional group intrusion; interconsciential climates; intrasomatic paracomatoses; *post-desomatic* parapsychoses; existential spaces; *extraphysical communities* versus *intraphysical bases*; offixes.

7. **Societies.** Conflict between *Societies*: disorder between *Socins* or Intraphysical Societies versus *Sociexes* or Extraphysical Societies. Here, *societas sceleris* cannot be forgotten, for example: the Mafia, Cosa Nostra (Italy), Camorra, *Organizatsiya* (Russia), Yakuza (Japan), Chinese Triads, Ku-Klux-Klan (USA) and the Red Command (Brazil). There is also a Terrestrial Sociex and an *Extraterrestrial Sociex*. Intervening variables: intersocial group intrusion; groupality; social classes; incessant interplanetary transmigrations; *Invisible College of Serenissimi*; FCs or Free Consciexes.

204. TEST OF YOUR RENOVATING CONSCIOUSNESS

Neothosenes. Dispensable self-mimicry is the biggest generator of *incomplexis*. It is very pertinent to state that there is nothing new in the world. The transitoriness of human things and values is a fact that we all need to understand within Conscientiology and multidimensionality. *New times call for neoconcepts (neothosenes) and new social positionings.* We need to have discernment and a great deal of courage to diminish everything that has no reason to exist, whether for ourselves or for all consciousnesses.

Neophobias. New realities demand more refreshing attitudes in intraphysical life and more intrepid attitudes in multidimensional life in order to eliminate misoneisms and neophobias.

Extinction. Due to the evolution of intelligence, or through criminality, many things disappear, whether through consciential obtuseness or ignorance. Observe these 40 *human items*, from among hundreds of examples, which in 2005, according to consensual opinions, have already disappeared or are resolutely marching towards disuse and hence are on the verge of frank extinction or becoming museum pieces and only used as historical references:

Creatures or creations:

01. Owner of a nation, a despot or tyrant
02. King, monarchy or infantile politics
03. Human adult female virgin
04. Addicted, amateur hunter or killer
05. Smoker or addict, slow suicide
06. Indigenous, aborigines or natives
07. Anthropophagi or human cannibals
08. Sacred animals of zoolatry
09. Seals from the Caribbean or Antilles
10. *Brosimum gaudichaudii*, a wild fruit

Assorted Objects:

11. Carriages, ox carts and trams
12. Typewriters in general
13. Hurdy-gurdy (mechanical musical organ)
14. *Gasogene* and car cranks
15. Spittoons or cuspidors at home
16. Perfumed ether used during carnival
17. Finest duster coat and hat
18. Record players and black and white TVs
19. A fur coat of 70 dead minks
20. Corsets or feminine waistcoats

21. Feminine chastity belts

22. Canes (the finest social walking sticks)
23. Infant's toy revolvers
24. Galoshes or rubber footwear

Uses and customs:

25. The slave trade of old
26. Ancient duels or mortal combat
27. Bullfights or circuses of bulls
28. Elephant warrior or *elephantry*
29. Infibulations or genital sutures
30. *Matchsticks* or carbonised matches
31. Operas or sung cultural dramas

Diverse Things:

32. Leap of Seven Falls (local, Brazil)
33. Ancient aqueducts or canalisations
34. Latin as a spoken and written language
35. Panacea (any type of cure-all)
36. Absinthe or strong toxic liquor
37. Tobacconists or tobacco companies
38. Devil, 1 myth with 1001 names
39. Occultism, hermitism and communism
40. Mechanist scientific paradigm

Test. Do you keep track of the renovations around and metabolise each renovation well? *Evolution* is the characteristic of the permanent incompleteness of consciential life.

205. THEORICE OF THE CHALLENGES OF CONSCIENIOLOGY

Challenge. Through Bioenergetics, Parapsychism, Projectiology, Holosomatology and Multidimensionality, Conscientiology challenges a personality's logic, rationality, greater discernment and direct self-knowledge, all of which characterise a consciousness' *integral maturity* (holomaturity).

Level. The challenge is cast at such a critical level that, often, it seems like an act of cowardice, or *pulling the rug* from under vulnerable conscins, who are still ingenuous about leading edge relative truths (verpons), being nestled amongst the mediocrity of the unthinking masses or robexis, far from the evolutionary rearguard and vanguard. (See Bib. 40, 1697).

Personalities. Who feels challenged by Conscientiology? This question is easy to answer for who has given or attended courses, in the evolved quality of *Homo logicus*, at the International Institute of Projectiology and Conscientiology (IIPC) in Brazil and abroad.

Types. Here are 5 types of personalities, from among the various that exist, who soon after first encountering the concepts of Conscientiology rise against them using *considerable adrenalin*, questionings and traumatic heterocritiques, enduring an *acute growth crisis*:

1. **Sectarian.** Non-universalistic, *brainwashed* individuals, slaves accommodated to some doctrine, that exist in droves everywhere, upon coming across lucid individuals capable of deciding their own destinies through direct experiences, self-control and *personal principles* with reasonable conscious interdependence.

2. **Dependent.** A human consciousness, still extremely dependent and *subjugated by elements of the groupkarma* (groupkarmic interprison), enters into conflict and a front on collision with the question of productive consciential interdependence, made explicit by the advanced concepts of Conscientiology. (See page 626).

3. **Sexualised.** The sexually immature, psychologically and affectively dysfunctional homosexual gentleman or lesbian citizen, establishes that there are human beings who acknowledge their desire for the *basic sexual organ*, however a consciousness does not have a sex and lives, above all, neither overestimating nor being subject to their sexochakra and human body. *The will (volition, intention, decision) does not always obey reason (rationality, logic).*

4. **Unloved.** The unloved, egocentric, adult person who finds beings that exist in practical day-to-day life and who better control their CEs, or consciential energies, thus enjoying a far richer *affective life* and who are without *fear of envy* nor triumphalism upon publicly confessing this fact.

5. **Amorphous.** The male or female thinking being, who is amorphous and indefinite in their opinions and prefers to *always remain sitting on the fence* appealing to all of their ego defence mechanisms, against logic and self-discernment, deviating from the essence of the subjects in order to not alter the position in which they feel neither blind or fossilised, but quite to the contrary, fully realised or accommodated, desiring to maintain the *status quo*. Self-corruption is intraconsciential incest.

206. EFFECTS OF INTRAPHYSICAL MEGALIBERTY
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Effects. To know how to live with ample freedom of manifestation is sometimes very difficult for any person. Until now, in many aspects, for many people, the consciousness' liberty remains more arduous than slavery. At least 7 effects of more ample individual liberties have emerged, with full force, in permissive Socins:

1. **Abortions.** A rise in the rate of provoked and criminal human abortions.
2. **AIDS.** The AIDS epidemic, considered *the most lethal in Human History* (1993).
3. **Contraceptives.** The easy employment of various contraceptives.
4. **Polygamy.** Semi-legalised, or not decriminalized polygamy.
5. **Promiscuity.** Sexual promiscuity and libertinage accepted in many places and Socins.

This fact generalizes the incidence of herpes *simplex*.

6. **Prostitution.** Decriminalisation of common professional prostitution.

7. **Syndrome.** The *orgasmogenic machine syndrome* of the promiscuous human being. *Sexual promiscuity (illness) is not cosmoethical universalism (health)*. For example, direct treatment of the soma (somebody else's) can predispose a doctor to sexual promiscuity.

Liberty. However, greater liberty looks to be an irreversible conquest for the consciousness in the development of their own evolution. Thus it becomes a necessity for us to adapt, with intelligence, to the reality of *relax and enjoy*.

Level. The perverse overestimation of sex indicates a low level of sexual maturity.

Man. The essential mechanism of sex, in both the female and male, lies appropriately encrusted in the area of the basic sexochakra and this chakra is precisely the least evolved of all: the radical, the gynochakra, the androchakra and geoenery. Logically this emphasises: *Homo sapiens sapiens* always has to be superior to *Homo sapiens eroticus*.

Sexuality. Due to the permissiveness of the pleasures of modern life and the increase of the demographic indices or human companionship, the overvaluation of sexuality goes so far that in some conscins the orgasm generating machine syndrome appears. The soma is born by means of reproduction and this condition appears through the intermediary of sexuality. Nevertheless, there are 3 facts to consider: the human body was obviously not created only as a machine to trigger orgasms; nor only to produce children; neither do human personalities - intraphysical consciousnesses (conscins) - exist exclusively to be reproducers of other somas.

Syndrome. The sexolatric, or nymphomaniac, patient, carriers of the *orgasmogenic machine syndrome*, make their thoughts and emotions revolve around sex as much as possible, only employing their somas to obtain orgasms and the respective consequences. In doing so, they are not encountered alone or satisfied, thus they become intruded, easy prey for intra and extraphysical bioenergetic vampires, notably from a multidimensional point of view. This picture of evolutionary inexperience is easily identified by who analyses Bioenergetics and Multidimensionality.

207. CONQUESTS FROM THE EPOCH OF CONSCIENTIAL OPENNESS

History. Human History evolves with average consciousnesses progressing through successive existences. Until half a century ago hermetists, magicians, occultists, esoterics and learned maxidissidents thought that only sufficiently developed people were able to understand a leading edge relative truth (verpon) and that nothing was served by revealing a truth to the *profane* as it could not be utilised. On the contrary, they were susceptible to deforming it, even to the point of transforming it into an error. Hence, they remained elitists, castrators and even misunderstood, yet being misinterpreted mattered little to them. The more people laughed at them the more content they were. The more sceptics they encountered the more satisfied they were. They preferred to maintain the *authentic precognitors*' messages intact and to leave the mystifiers publicly discredited.

Screens. For well-intentioned occultists this was a self-defensive cultural positioning, in order to not suffer severe *social sanctions*, or to be taken to the gallows, or tied to the stake at the fanatics' barbarous inquisitions. Other past opinion formers fled transcendent information through criminal, obscurantist smokescreens, employed to manipulate consciousnesses and that, through mystical fascination, were used as instruments of segregationist political control. At the time they thus monopolised the absolute majority of the illiterate human masses.

Openness. Today we enjoy 6 conquests from the *epoch of consciential openness*:

1. **Communications.** Communications are faster, more numerous and efficient. *Human knowledge is doubling once every 12 months* (Base year: 2003).

2. **Democracy.** There is a broader spirit of democratic consensus in a good number of countries, which have never been so numerous on Earth.

3. **Disinformation.** Contemporary Socin considers all boycotting of information unacceptable, and even the concealment of reports, which are now much more denounced.

4. **Rights.** Human rights are more considered, observed and respected.

5. **Evolution.** There has been an evolution of the scientific, psychological, cultural, social and even the commercial points of view among the *think-tanks* and company strategists.

6. **Freedom.** It has already been acknowledged for some time: we now enjoy greater freedom of thought and personal and group expression, even with the demographic explosion.

Projectability. A parafact is obvious: authentic, ancient, occultist consciousnesses from retrograde societies are being reborn on Earth in order to polykarmically promote *exotericism* regarding information on multidimensional realities, which yesterday were withheld from the public but nowadays are much more numerous than before. All esoterism of *misinformers* and *subinformers* now constitutes a sick regression. Conscious projection, which tended to suffer a lot of discrimination and occultation in the past, is today seen as an element of the consciousness' Paraphysiology, not harming anyone, as well as - observing physical and mental hygiene - not hindering anyone to breathe, sleep, dream, daydream, feed themselves or *make love*.

208. PRESCRIPTIONS FOR THE SUCCESS OF YOUR PROEXIS

Psychology. More than half a century ago popular Psychology prescribed certain postures that, according to the premises of Conscientiology, are still completely valid today.

Validity. The fact of this period of validity, of these consciential prescriptions, evidences how difficult it is for a multimillennial consciousness to control itself in this transitory intraphysical life, even in the 21st century, the so-called era of “modern civilisation”.

Prescriptions. Let us look at the 10 intelligent prescriptions lauded for more than 7 decades, that, after being transcribed into today’s language, are still very relevant in 2012’s day-to-day:

01. **Company.** It is useful to pay attention to the quality of friendships. If we desire to evolve conscientially there is no reason to maintain *idle friendships* with those who only want fun or who *only* live for leisure (hedonism), *without working toward* and without motivation for evolutionary growth determined by self-discernment and maturity.

02. **Discipline.** The ideal is existential discipline in the smallest details. If the brain wants to act faster than the human body, intraphysical life stops.

03. **Consciousness.** Individually, depending on each of us, our consciousness will obviously always be stronger than our soma and such a posture has to be functional, healthy and useful.

04. **Frustrations.** Who organises life leaves no space for any frustrations, setbacks, deceptions and fears to proliferate in the consciential microuniverse, regardless of the circumstances and evolutionary injunctions.

05. **Hesitation.** It is intelligent to allow only a small percentage of doubt regarding what we are undertaking. Regarding the rest there can be no hesitation or vacillation on a route sure to achieve a positive goal. A weak will generates self-enslavement.

06. **Contagion.** *Interconsciential contagion is only admissible for whoever still lives in the consciential basement.* This basement is the keeper of the discardable, *biodegradable* or restructured values of the consciousness. As a conscious adult it is enough that, like all conscins, we are obliged to repeat numerous, unavoidable, yet strictly speaking, unnecessary, self-mimicries in human life.

07. **Imitation.** The ideal is to stop imitating anyone, including ceasing the imitation of ourselves. Let us truly, explicitly, be ourselves, here and now, today.

08. **Trinomial.** It is frustrating to contemplate the world moving on while we remain marking time, stationed at the rear (rearguard) of evolution. The technique of *motivation* leads to fatigue from *useful work* that can provide the health of *leisure*. There are *men* sterile in both their brains and their testicles.

09. **Idleness.** Everywhere idleness generates disturbances, sedentariness and all kinds of addictions, , for example, the *prosperity curve* pertaining to obesity.

10. **Verbiage.** As a habit only speak when there is a high level of real benefit to the consciousnesses. The act of excessively speaking, or *chattering* - misuse of the laryngochakra - makes a person (*blabbermouth*) lose CEs, or consciential energies, time and invaluable evolutionary opportunities.

209. FORMULA OF THEORICE PLUS VERBACTION

01. **Theorice.** We do not want to expound and defend any idea underpinning thosenes with only the theory of the *tho* (thoughts). Without loading thosenes with practical, subtle, yet powerful *enes* (CEs or consciential energies), every theoretical effort is useless.

02. **Authority.** The authority of someone expounding an idea, however brilliant, depends on the level of their *exemplified CEs*, in other words, the personal energies ratified by the facts of the manifestation of the service undertaken or the direct self-experiences (self-verbactions).

03. **Verbaction.** Interactive, authentic, experienced verbaction (verb + action) maintains and certifies the quality and actuation of a conscin's CEs.

04. **Energisation.** A vehement declaration can be made by someone energised (a charged battery), or with elevated experienced CEs and verbaction, and generate the expected impact.

05. **De-energising.** Such an impact will not occur with another *de-energised* person (a *discharged* battery), despite using the same words and emphasis, however without the non-transferable, non-substitutable, direct, experienced self-verbaction and CEs corresponding to the self-declaration.

06. **Inefficacy.** In this last case the affirmation will sound false, artificial, inefficacious and frequently embarrassing not only for who spoke, but also for who heard it. There are many conscins with enormous potential and merely hollow, non-functioning, inefficacious flows of CE, because the conscin lacks the authentic essence to *certify* their energetic self-mobilisations.

07. **Test.** The authenticity of professional, presential, moral authority is naturally tested in each moment, in any place or context, whether in the intraphysical dimension or projected in other extraphysical dimensions. Personal CE is the first signal, or the individual business card that arrives, through the closest dimension, the dimener or energetic dimension, *ahead of the consciousness* in any scenario in which they act.

08. **Sweat.** True authority ratified by CEs, or in other words, through the *blood and sweat* of accumulated prior experiences, annuls contestations. *Through personal energies the consciential gestation of works and individual style are transparent.*

09. **Presences.** It is easy to verify the existence of *hollow* energosomas and *substantial* energosomas; personal magnetism, or *empty* charisma and *overflowing* charisma; truly *inexistent* or *absent* presences (without the propitious interconsciential climate) and marking irremovable presences, beyond oral language and mere non-verbal, interanimal language.

10. **Language.** This advanced and practically incontestable language, is the language of personal consciential energy, full of authentic experiences from the proexis.

11. **Exemplification.** Legions of conscins *speak into the void* or *shout into the desert*, not because listeners do not hear them, but because their voice does not echo, is not enriched, nor does it carry any messages substantiated by experienced facts or examples.

12. **Formula.** It is more intelligent for us to live and experiment first, in order to later speak and explain what we experienced. As conscins alert regarding their own evolutionary level there is no other formula for the success of personal or group undertakings.

210. TEST OF SELF-DISCERNMENT THROUGH POSITIONINGS

Mentalsomatology. When facing diverse polemic themes personal positioning, through the mentalsoma, or the political tendencies of *Homo sapiens politicus*, indicates the level of the sense of consciential self-discernment and your integral self-maturity.

Theses. Everything has a *method*, even madness and chaos. From within Socin here are 11 very controversial theses from essential segments, and respective positions of discernment without orthodoxies or passions, with the final score being 8 in favour of and only 3 against:

01. **Abortion:** in favour, in many cases, including the case of rape. The physical and mental hygiene of women and men due to the prophylaxis of abortion should be more emphasised.

02. **Unmarried couples:** in favour. Due to the current liberal and sociocultural permissiveness of sex, in many Socins marriage is not necessary if you do not have children.

03. **Censorship:** always *against* any generalised type of restriction of the healthy freedom of speech, whether political, philosophical, scientific, artistic or sporting.

04. **Divorce:** in favour, in the majority of cases. An obligation to the existence of children and their respective destinies always has to be observed. The human population increases each day.

05. **Religious teaching:** always *against* formalisation in (secular) public schools on the basis of the defence of individual liberties. LP, at the time of maturity, will dispense with the need for religion for an extensive segment of the more evolved Humanity.

06. **Individual rights:** in favour, because such rights are above the interests of the State. Every citizen has the full right to defence, but the common good must prevail above personal rights. This is a rule of maxifraternity.

07. **Homosexuals:** in favour, without discrimination, with restrictions on all the social and emotional excesses possibly arising from homogenitalism. Little by little, the homosexual minority are gaining their just and proper space in Socin.

08. **Gaming:** in favour, but without the neurotic and neurosis causing (gambling) excesses seen in many places, the breakdown of family and the undermining of any individual's formation.

09. **Death penalty:** always *against* because it is an obvious danger, regardless of the fallacious arguments presented in defence of it. *Man at his current evolutionary level, is still not a good judge.* From 1900 to 1992 in the U.S.A alone, 23 *innocent people* were executed, despite the highly paid judges, juries, defence attorneys, prosecutors and *executioners*.

10. **Family planning:** in favour, because space and human nourishment are limits on human animal instincts. It is intelligent to take care regarding certain contraceptive methods and the castrating political interests of totalitarian minorities.

11. **Agrarian reform:** in favour of landrights for all, within limits respecting the human rights of ownership and productivity.

Test. What is the best dispassionate position in the face of each of these polemic theses? Through the answers, you can satisfactorily check the sense of self-discernment of your level of maxiuniversality or megafraternity. *Genius is poly-intelligence.*

211. TEST OF ROBEXIS OR EXISTENTIAL ROBOTISATION

Causes. Here are 7 causes of robexis or the condition of existential robotisation:

1. **Egocentrism.** By living an average of 75 years in active material, through the soma or human body, the conscin ends up, over this period of time, confusing its egokarmic interests with the interests of the conscins accompanying it in evolution, or the components of the group-karma. Via *repressions* this represents an expansion of their egocentrism in the particular little corner, parish or small world of the Spheroid Earth where they pass the seriexis.

2. **Slavery.** The mixture of causes and effects, holokarmic actions and reactions, geometrically perceived by the sensory organs and coordinated by the brain, imprint in the consciousness, via diverse memories and sub-memories, a peculiar collection of *conditionings* or opinions considered *absolute* - myths and sacralisations -, which are in fact only *relative*. This constitutes the final product of sub-brainwashings - robexis or the condition of existential robotisation - to which we have been submitted. In this way, we become *slaves of four-dimensionality*, or robots, zombies, half-living or semidead.

3. **Generation.** In the capacity of *Homo sapiens competitor* each new human generation compulsorily possesses very particular opinions - *sociocultural background* - that necessarily differ from the preceding generation's opinions and frequently contradict them. You cannot lose sight of this reality when wanting to study some contemporary existential period, and, above all, when wanting to plan self-evolution, the near future, polykarma, the expansion of self-discernment, the conquest of MS, or multidimensional self-awareness, and holomaturity.

4. **Habits.** This perspective imposes *routinisations* on each personality - the accumulation of very personal habits - from which *conservatism* arises, which ultimately composes personal judgments, critical self-coherence, self-criticism and heterocriticism (Coherenciology). It costs us a great deal to undo the foolish habits accumulated in the day-to-day.

5. **Interests.** The fusion of critical judgments with material and moral interests, both personal and group, forms personal opinions about our fellow beings, Humanity, Cosmology and things from the contemporaneous epoch. *It is very difficult to escape the permanent pressure of life in Socin.* However, we all survive such problems.

6. **Perspective.** The perspective specific to a clairvoyant conscin functions through the crystalline lens of the eyes. *The brain ends up reasoning* about facts by means of crude or superficial external perceptions. There is no omnivision in the ordinary physical waking state.

7. **Restriction.** To a common man, a *mere four-dimensional* consciousness, the historical epoch appears as clear as a sunny day. For such a person the details have more importance than the whole, due to the effects of the perspective compulsorily restricted by human life. Every reality removed from the present time seems irrelevant and has a pejorative character. This is why the recuperation of *cons* is relevant.

Test. It is opportune to ask:- What strength have you developed to escape robexis?

212. TEST OF YOUR INTRAPHYSICAL PRESENCE

Definition. In the context we live in *presence* is the vital energetic existence of the consciousness within the tropospheric, Human, Intraphysical Universe.

Precedence. The intraphysical presence precedes the personal gesture, word and any kind of articulated interconscial self-communication. Moreover, within the principles of multi-dimensionality, CE, or conscial energy, dispenses with space and time. A conscientologist has to live with free passage among the *thoughtful* or thinkers.

CE. Every human presence means the presence of active CE, always, in any time and place. Who prioritises machines loses; who prioritises *human beings* wins.

Performances. Any intraphysical presence already brings, prior to any practical manifestation, an increased percentage of victory or defeat to efforts and evolutionary performances. CE is the primary personal *business card*. *CE arrives before the person's soma*.

Facts. No one can underestimate the *presential factor* in any manifestation of intraphysical life. For who lives fragilized, even a *tie* is an oppression.

Types. Hence, it is important to evaluate the predominant quality of your personal presence. Here is a list of 20 categories of intraphysical presences for rational self-evaluation. Am I:

01. A depressing-dissuasive or genial-assisting intraphysical presence?
02. A catalyzer of cheerfulness or a *social party pooper*?
03. Common and easy-going or rare and problematic?
04. Cooperative or always absent regarding the *groupkarmic context*?
05. From the first or *second division of people*?
06. A defender or invader of others conscial rights?
07. Defined and challenging or reticent, *on the fence* and unreliable?
08. Wanted and welcome or an awkward *persona non grata*?
09. A conscious donator of CEs or an unconscious drainer of CEs?
10. Easily approachable or with difficult *psychosocial access*?
11. Frankly liberating or aggressively obstructive?
12. Hospitable and charming or hostile and castrating? (See Bib. 4984).
13. Unwaveringly notable or definitively absent?
14. Unforgettable and remarkable or incontrovertibly without salt, empty or bland?
15. Intellectually brilliant or psychologically dull and apathetic?
16. Magnetically positive or energetically obfuscated?
17. A desirable or undesirable occupier of some interconscial space?
18. A consistent indicator of spontaneous good humour or in a chronic bad mood?
19. An enriching companion or a mere intrusive witness?
20. Visible and ingratiating or eclipsed and inexistent in practical life?

Classification. In the majority of social circumstances, as a human personality, you classify your own presence, or presential strength, as what specific type?

213. TEST OF YOUR CONDITION AS AN CONSCIN

Identification. *Conscientiology* is a sequence of *dead* scientific paradigms. You, when faced with the concepts of this book, can rationally be identified, in relation to Conscientiology and Projectiology, as predominately being in one of 7 conditions:

1. An unspecific common **reader** of the text.
2. A novice or veteran lucid consciential **projector**, regarding self-conscious projective experiences.
3. A high level self and heterocritical **experimenter** of the libertarian techniques and resources of the consciousness indicated in the text of this book.
4. A conscious **recycler** of the values of their human existence through the knowledge absorbed from Conscientiology and Projectiology (resexis).
5. A conscious existential **inverter** programming their intraphysical life according to Conscientiology and Projectiology (invexis).
6. A **permanintfree**, totally and permanently intrusion free.
7. A human **Serenissimus**, obviously a consciousness situated beyond analysed knowledge and the experiments proposed on these pages (serenism).

Responsibility. Nevertheless, whatever your condition in the human day-to-day, from among the 6 first listed, you are simultaneously constituted by these 8 characteristics, or *all of these*:

1. **Anchor.** A fulcrum, support point, crutch, scaffolding, stilts and an anchor for many other needy consciousnesses, conscins and even consciexes, components of your intimate *groupkarma*. The *serenity* of a Serenissimus does not constrain anyone.
2. **Conflux.** A point of convergence, conflux or centripetal point of the actions of your *egokarma*. *The unintelligent let self-compassion take charge of them.*
3. **Focus.** An irradiating pole, focus, homocentric, co-radiation or centrifugal point, in every direction, of the IE modified by you into your specific, very personalised CEs.
4. **Holothosene.** Quintessence, core, cell-matter or *substratum* of the holothosene of your thoughts, or self-thosenity, whose production never stops.
5. **Omega.** Terminal, omega, z or tau generator of emotions, *sentiments* and affections influential over other beings and consciousness, at any evolutionary level.
6. **Pillar.** Cornerstone, pile or pillar in the foundation of the building of personal evolution in demand of lucidly lived *polykarmality*.
7. **Pivot.** Consciential epicentre, vortex, axis, axle, millstone or pivot between innumerable *consciential dimensions*. Lucid permanintfreeness begins from this state or condition.
8. **Soma.** The *eye of the hurricane of self-thosenes* in the soma, or the *rustic point* of the personal holosoma, through the intraphysical or energosomatic existence.

Common. Such personal characteristics truly comprise a common denominator between you, a consciential microuniverse and other consciousnesses or conscins.

214. TEST OF THE HEALTHINESS OF YOUR INTRAPHYSICALITY

Question. Do you live with optimism, love, hope, enthusiasm and joy? If you do not live with these characteristics it is because you are not applying your personal intraphysical life well.

Soma. If you do not use the brain well, how are you going to use the entire human body well? If you do not use the soma well, how are you going to use your personal holosoma's other vehicles of manifestation well? The *gynosoma* dominates in matriarchy and the *androsoma* dominates in patriarchy. Below there is a test for you to verify if you are employing your own soma, or the brain, well in this intraphysical life.

Thosenes. The disintegration of a personality, a human condition evident because it affects the thosenes - thoughts, sentiments and energetic reactions - of certain people in their third age, for example, from 65 years of physical age on *veterans of life* (geronts) can be characterised by 13 manifestations:

01. **Hallucinations.** Hallucinations or imaginary perceptions (mental errors).
02. **Anorexia.** Lack of appetite (inappetence or anorexia nervosa).
03. **Anxiety.** Nervous agitation along with anxiety, fear and tension.
04. **Deliriums.** Mental deliriums or alienations (*waking nightmares*).
05. **Inattentiveness.** Lack of fixation of attention (inattentiveness or scattered attention).
06. **Dispersion.** Mental confusion or the absence of mental concentration.
07. **Hypomnesias.** Mnemonic difficulties, memory fatigue or chronic alterations of memory. *Archetypes may only be the mere sub-memories of a species.*
08. **Unsociability.** Unsociability or personal *disconnection* regarding people and the intraphysical environment (Mesology). *Illnesses* (the majority) infantilise the sick person.
09. **Insomnia.** Chronic insomnia or difficulty to conciliate sleep.
10. **Uselessness.** Sensation of interior emptiness able to lead to a condition of uselessness.
11. **Irrationality.** Lack of logical reasoning (chaotic elaboration of thoughts) due to the deactivation of neurons and interneuronal connections (synapses, neuroglia).
12. **Negligence.** The condition of negligence in relation to necessary medical prescriptions.
13. **Regression.** Evident psychological regression (retrograde metamorphosis).

Vitality. For example, if you exhibit 4 of these listed conditions, in certain periods before 65 years of physical age, the facts show that your intraphysical vitality is deteriorating, prior to your natural biological time, or that you are burning *the candle of human life from both ends*. You need consciential treatment, for example, existential recycling (recexis) and later the recin offered by Conscientiotherapy.

Reactions. The practical part of Conscientiology, Projectiology, breaks people's *mental rigidity* and facilitates existential recycling through two very positive personal reactions: self-awareness of the existence of your personal consciential microuniverse; and the placing of your multidimensional personality ahead of your personal interests, without alienation from intraphysical life. *Stubbornness is stupidity.*

215. TEST OF YOUR MATURE CITIZENSHIP

Earth. How do you judge the human environment where you breathe? With confidence or with defamation? Do you liberate positive CEs to *your small personal area* or do you put a *dense cloud of resentment* into the air? Here are 25 affirmations of a citizen confident in their home country and 25 complaints or resentments of the *sinistrose*, or those with the *syndrome of failure*, a citizen who *casts stones* at their own country:

Confident Citizen

01. A true paradise on Earth country
02. Country always useable for good
03. Country among the greatest countries
04. Country for who really wants to evolve
05. Country good for the talented
06. Country in a useful growth crisis
07. Country in frank development
08. Country in inevitable ascension
09. Country of continuous achievements
10. Country of immense natural beauty
11. Country of natural spontaneous joy
12. Country of positive human adventures
13. Country with a productive present
14. Country with determination and destiny
15. Country with liberty of thought
16. Country with the best opportunities
17. Country without major earthquakes
18. Good country, none are perfect
19. Increasingly evolved country
20. Mature, rich and irreversible country
21. Promising country for all beings
22. Recoverable country, without jingoism
23. Reliable country in spite of everything
24. *Super-country* without any war
25. Wonderful country in many ways

Resentful Citizen

- Savage country that gives shame to all
- Country without any seriousness, risible
- Country without any human justice
- Backward country without credibility
- Country exploited by other countries
- Country of general and continuous crises
- Country mired in underdevelopment
- Country of extreme hopelessness
- Country of debts and a thousand defaults
- A corrupt *antilife* country (*pseudo-country*)
- Country saddened by a general moral decay
- Ungovernable country, a terminal patient
- Country only for the future of others
- A ship adrift on the sea of shadows country
- Country with a sick image due to scandals
- Country *terra mater* of the largest hoax
- Country of old and generalised disorder
- Country of demagoguery and crude hypocrisy
- Pauper country, the scum of the world
- Country without a dignified cultural formation
- Perverse country in frank decadence
- Badly-administered country, a boat adrift
- Unreliable country, a den of the corrupt
- Sub-country* with life in Pre-History
- Country with old irrecoverable vices

Test. In this case are the reader's self-declarations closer to those in the first or second column? Do they point to the level of your intraphysical and multidimensional consciential life? If you destroy the desire to serve in the capacity of a citizen of Earth, how do you intend to improve the quality and condition as a *citizen of the Cosmos*?

Socin. *In the mercantilist Socin there are jugglers of logical fallacies everywhere.*

216. TEST OF YOUR ACTIVE CONSCIOUSNESS

Activity. *Self-corruption is self-fraud.* Who does nothing commits many more *errors*. Here are 6 aspects through which you can test, according to the premises of Conscientiology, the level of productive activity of your own consciousness in the intraphysical state:

1. **Emotions.** Do you, conscin, *activate* emotions without repressing them? This habit eliminates the possibility of depressions, repressions, inhibitions, gastric ulcers, functional colopathies and countless disturbances generated in the relationship between the mind and the soma. Do you dominate most emotions or are you dominated by them?

2. **Ideals.** Do you *activate* the execution of ideal goals in your existence? This means the effective fulfilment of your proaxis without weaknesses or hesitations. Roughly, 2 *basic types* of conscins exist regarding evolution: the *more blind*, limited to the accumulation of transitory materials, which they cannot take with them after the desoma; and the *more lucid*, who perform acts objectifying evolutionary consciential gestations that permanently adhere to interassistentiality. Which type of conscin are you in this sense?

3. **Instincts.** Do you *activate* the natural instincts of the soma and the genetic inheritance? In certain cases whom follows the instinct of the appetite avoids alimentary intoxications. The same thing happens with whom preserves themselves, through instinct, maintaining a healthy existence, or seeks to mature their sexual life, which is as necessary as respiration or nourishment from solids and liquids. Do you still preserve or have you already completely eliminated instinctive wisdom, beyond even the organismic memory, a mere sub-memory?

4. **Lungs.** Do you *activate* the pulmonary, or common, capacity of respiration? This habit relates to the power of the lungs, activates respiration, organic resistance and the capacity to think by demanding regular and healthy blood flow to the brain and the cerebellum. Do you also lucidly nourish self-thosenes through oxygen? *Each human being, male or female, is singular, unique, unparalleled or without precedents.*

5. **Musculature.** Do you *activate* your muscles in a regular and periodic manner, through exercises and physical work in order to keep them full of vitality? This preventive measure regarding the strength of the muscles, stimulates blood circulation, the gastrointestinal system and the entire cellular organism. How do you treat the cerebellum, muscular mass and the fundamental reflexes? Who submits everything to *self-discernment* succeeds more.

6. **Perceptions.** Do you *activate* perceptions, paraperceptions, intellectual faculties and other consciential qualities? This resource permits you to dynamise the efficacy of execution in the application of personal talents in the day-to-day, beyond firming the bases of the character or personality endowed with self-security and consciential self-control. Courage, constancy, sociability, organisation, communicability and the attributes that constitute the *entire* personality in the condition of *Homo sapiens planetaris* are included here.

Test. Do you comply with these 6 requisites in the maintenance of productive activity in intraphysical life? No *proaxis* is established on a frivolous or passive basis.

217. TEST OF YOUR RESIDENTIAL CONSCIOUSNESS

Soma. In an intraphysical or energosomatic existence (seriexis), a house, permanent residence or domicile (legal address) is an extension of the human body or soma.

Desoma. A *desoma* does not modify the intimate structure of the consciential microuniverse.

Home. You can study Conscientiometry by comparing Holosomatology with the house or apartment where you live day-to-day as a conscin.

Holosoma. The intraphysical home is the soma's human residence. *At the current evolutionary level on Earth the holosoma is the multidimensional residence of the consciousness.*

Accommodation. Every room, space or specific cubbyhole of a home corresponds to the holothosenic or bioenergetic predominance of a specific consciential vehicle.

Analysis. Here are 9 rooms of a house (a basic standard kind) to analyse in relation to the predominance of a specific consciential vehicle:

1. **Bedroom.** In the bedroom the *psychosoma* predominates in the bed, with active sexuality (sexosoma), energosoma (CE) and the greatest emotions of each day.

2. **Bathroom.** In the bathroom the *soma* as an organic whole predominates, along with the bioenergetic compensations (health and hygiene) of the energosoma.

3. **Dinner.** In the kitchen, cupboards, pantry and dining room the *soma* predominates, engaged by the energosoma, most specifically through the umbilicochakra.

4. **Library.** In the office (laptop) and in the library the *mentalsoma* predominates, the partbody of self-discernment, the noble component of the holosoma. There are conscins whose consciousness is aware of libraries. A dictionary is the *faithful servant* of a lucid reader.

5. **Spare room.** In a separate room - without guests - for example, the *energosoma* predominates in the physical place and in penta for who executes the personal energetic task or installs a *projectarium*, *retrocognitarium* or *precognitarium*. From this point of the dwelling the multidimensional foundations of the offiex arise for who acts as an epicon. Although apparently secondary this room can be the most relevant for consciential evolution.

6. **Living.** In the visitors' room or the *living room* - the most versatile room of the house - interconsciential communicability predominates (intercom, TV, radio, tablets, as examples), acting in conjunction with the *energosoma*, *psychosoma* and *mentalsoma* (groupkarma).

7. **Veranda.** On the veranda - the border of the house - the CEs of the aura (*energosoma*) predominate. In other words the energosphere or the holosoma's anteroom.

8. **Garden.** In the garden (winter garden, flowerbed) and backyard the *psychosoma* and *energosoma* predominate, emotion is expressed through the plants (Botany) and flowers (Flora).

9. **Garage.** In the garage the *soma* predominates because the car (Technology) is an extension of the human being's legs, a characteristic of a traveller, nomad or *Homo sapiens viator*.

Test. Do you correctly utilise your residence with self-conscious experiences?

Presence. In which room of the house does your personal *thosenic presence* predominate?

Intraphysicality. Even *cleaning supplies*, if overused, make a place dirty.

218. TEST OF YOUR PERSONAL CONSCIENTIAL DAY

01. **Soma.** As a conscin a human being lives either *drugged by the soma* or lucid through the holosoma. *The majority of Humanities' constituents live **through and for** the soma.* Included here is the preferential employment of the *abdominal pseudobrain*. Often *unanimity* can be a mere synonym of mediocrity. *Genetics* does not understand Cosmoethics.

02. **Holosoma.** In order to live integrated through the *holosoma*, the effort to begin to live well through the soma is useful. This method is not for beginners in Conscientiology.

03. **Beginning.** The day that a conscin awakens to the holosoma and multidimensionality always has its beginning in the night, or in other words: in the *previous day*.

04. **Sleep.** Every sleep can be a mere state of *paracomatose*, or a period of multidimensional conquests. Each case depends on the level of LP, or lucid projectability.

05. **Recommence.** Existence recommences with each new day. Upon sleeping nobody knows which *consciencial dimension* they will later awaken in.

06. **Bedtime.** You go to *sleep* at 9 or 10 o'clock at night, without watching a *polluting film*.

07. **VS.** Definitely get up six to eight hours later, according to the personal timetable. Start by installing a *prophylactic vibrational state (VS)*.

08. **Intellectuality.** Someone in their fifties can *study and write* for 3 to 5 hours at dawn. The pineal gland helps *intellectuality* during this period.

09. **Breakfast.** At 5 o'clock in the morning drink a natural boldo *tea* with pure water, for example, and eat some fruits and toast. A minimum of sportswear clothing facilitates movement.

10. **Walk.** Then begin: a warm up, brief breathing exercises and an *ideal brisk walk*, walking at a fast pace to cover 6 kilometers in 60 minutes.

11. **Performance.** *Performing* this will demand 6 months of practice for a sedentary person and a trustworthy doctor should supervise every case. This is the ideal.

12. **Scenario.** The best scenario is to walk on a flat promenade, beside an unpolluted beach and without intense traffic. The timing should allow you to see the *Sun* come over the horizon.

13. **Shower.** A daily brief *cold shower* increases the intraphysical disposition.

14. **Sex.** *Daily sex* in a session lasting half an hour or more, in this case, prevents intrusive sexual privation. The walk stimulates both blood circulation and sexuality.

15. **Temperature.** In a tropical climate an *air conditioner* is useful during a sex session.

16. **Preparation.** Thus, you will be *holosomatically fit*: physically, energetically, affectively and psychologically prepared for the *daily* work of survival.

17. **Newspapers.** Reading the *day's newspapers* increases healthy education regarding the community.

18. **Claritask.** It is not intelligent to work only to earn money. It is more intelligent to opt to perform the *claritask* as a priority, without forgetting daily penta.

19. **Trinomial.** In your own *efforts* you can reunite - in a deep interaction - the *trinomial of integrated maturity*: the simultaneous combination of self-motivation, work and leisure.

Test. Is it possible for you to become accustomed to such *advanced practices*, 3 times per week?

219. ENERGETIC PRACTICES VERSUS CHRONOLOGICAL TIME

Eras. There has been an *era of domestication of natural fire*. Today we live in the *era of domestication of consciential energy*. It is called *serpentine fire*, and is more essential and evolved.

CE. CE, or consciential energy, does not present a direct relation with the factor of time in intra and extraphysical life, for lucid conscins, or intraphysical consciousnesses.

Variables. The intensity of CE acting in parapsychic practices and the disciplined regularity of the self-procedures - two variables dependent on chronological time - noticeably influence the results of efforts and performances with the energosoma.

Scale. Here are 9 energetic practices related, at various levels, to the time factor (scale), and in which you can observe differences in personal experiences:

1. **Assistance.** The production of *congressus subtilis*, when assistantial and healthy in nature, only occurs sporadically for a *few minutes* and ends there.

2. **Pattern.** *Congressus subtilis* does not demonstrate consistent fundamentals that are able to persist over time and establish an improved evolutionarily standard for the consciousness.

3. **Showers.** Reinforcing energetic showers, from an external origin, are rare and *fleeting moments*, independent of the conscin's will.

4. **Constancy.** These showers maintain physical health; however, they do not present the constancy and regularity capable of maintaining greater equilibrium in the conscin regarding the holosoma's homeostasis, or at least with regard to the homeostasis of the energosoma.

5. **VS.** The installation of the VS, or vibrational state, in a definitive and regular way, is made on the basis of *5 minutes* at most, when necessary, in any place and without preparation or fixed technical directions regarding space and time.

6. **Proexis.** It is always important to measure the weekly hours dedicated to CEs in the execution of the *proexis' timetable*.

7. **Psychophony.** Parapsychic passivity of the male or female sensitive, in the authentic phenomenon of psychophonic reception from a communicating consciex, generally lasts, for example, *20 minutes* per week and not more than this.

8. **Transfusions.** Transfusions of CEs to other people with an average of *10 minutes* of liberation of CE dispensed for each patient, applied from time to time, without regular periodicity or any permanent commitment.

9. **Penta.** All the energetic resources listed above are far inferior regarding efficacy in aiding consciential equilibrium, when compared to consolidation of the daily personal energetic task (penta), produced over a period of at least *an average of 50 minutes* as a regular, standardised and definitive obligation, or in other words, for the rest of the penta practitioner conscin's human life. (See page 409).

Presence. In penta, daily energetic recompensation, unblocking of chakras and the irradiation of personal, periodic and regular CEs are attained. The *energetic presence* alone is already a healthy warning.

220. TEST OF INTRA AND EXTRA CONSCIENTIAL SPACE-TIME

Desires. If we obey all natural desires and impulses, without reflection, we will be free but in the condition of subhuman animals. This is a simple evolutionary regression.

Conscientiology. Conscientiology seeks to minutely analyse the ego, exposing the consciential microuniverse, or the consciousness' latest, current, intimate reality.

Money. Under the pretext of *human survival*, there are people who only think and live *for* money and *through* money. They remain exclusively human animals. Strictly speaking the difference from subhumans here is the loss of the *caudal appendage*. And, logically, it is only this.

Calibration. A raw naked negative calibration with egoism; or, the contrary, a positive calibration with the force of polykarma, is easy to attain over someone. It merely suffices to be motivated, to reflect with a little more depth and to be authentic with yourself. Who devotes their life to an *error* is an unwitting self-intruder.

Index. *Intra and extraconsciential space and time exist.* The 2 percentages, of intra and extraconsciential space and time, one involving you alone, and the other dedicated exclusively to another or various other beings without any intention of receiving gratitude or some *egocentric return* (infancy). These 2 percentages establish the index of the monopoly of egokarma over you and the real possibility of already living with an open polykarmic account.

Wisdom. Here is a brief but very useful test. Nobody except you needs to know the results. If you want to anatomise your *most intimate* reality respond to these 10 simple yet extremely self-critical questions without self-corruption:

01. **Ego.** *How many* hours per week do I think and act focused on *myself*?
02. **Others.** *How many* hours per week do I *think* about others yet still focus on my ego?
03. **Interaction.** *How many* hours per week do I *interact* with others while focused on my ego?
04. **Soma.** *How much* time per week do I live only in function of the *human body*?
05. **Egocentrism.** *What* is the percentage of egocentrism in the scale of personal *sensations*?
06. **Appetites.** In daily life, *how much* do I exclusively attend to solely personal, non-transferable *appetites*, such as hunger, thirst, sex, sleep, affection and others?
07. **Intimacy.** *How much* space of the personal *intimate life* is occupied by *ego*?
08. **Exterior.** *How much* space of the personal *exterior life* is occupied by me?
09. **Personal objects.** *How much* space of the human life is uniquely occupied with *physical objects* that are exclusive to my own ego?
10. **Others' objects.** *How much* space of my own human life is occupied with physical objects that are altruistically intended for *other consciousnesses*?

Self-conscientiality. If an adult conscin does not apply at least 1/3 of their 2 *times*, the consciential and the exterior, and their 2 *spaces*, the intimate and the physical, in favour of other consciousnesses, they still live under the excessive influence of the *abdominal sub-brain*, with a minimal notion of self-conscientiality and altruism. *Self-corruption is ruination.*

Goal. Above all, we breathe on Earth *to serve one another.*

221. TEST OF PERSONAL INTRAPHYSICAL SPACE-TIME

Modes. A *conscin* without objectives is a clock without hands. You do not stop, die or rust. Who acts, in relation to intraphysical space and time, in *just 1* of these 10 manners, can be blinding themselves which the physical age of the soma, a mere *biological object*:

01. **Age.** Do I carry the *weight of the years* in frank decay? Do I smell like mould? Am I rusty? Do I like to warm myself in the Sun, at any time, all the time?

02. **Bodybuilder.** Do I have rheumatic joints? Do my legs support me?

03. **Disposition.** Do I feel like an obvious wreck in relation to the last quarter of life?

04. **Mnemonics.** Do I show an obliterated memory in the *waning quarter*?

05. **Mood.** Do I personify *Methuselah*, truly, reacting with petulance?

06. **Past.** Am I always inebriated by the *mysterious aroma* of antiques?

07. **Present.** Am I only attracted to the megatherium, fossils, patina, musty things, ruins, immobilism and traditions? Do I reminisce about the relics of the past, in every moment?

08. **Progress.** Am I a conservative, antiprogressive, neophobe? Do I only have a retirement account? Do I only breathe the dust of archives all day?

09. **Self-image.** Do I live with *one foot in the grave*? Do I need a bib again?

10. **Update.** Do I live not in use, or *out of order*? In my intimacy, do I belong to the *old-fashioned past*? The past is an empty theatre or videotape watched and not yet rewound.

Personality. To age is to live, a little more, in a state of greater *maturity*. A personality can attain the condition of consciential maturity, white hair and *a wrinkled face*, without growing old as a consciousness. But in ordinary life there are legions of *ambulant mummies* everywhere. *Physical age does not correspond to the mental age or the visual appearance of a person*. Appearances can deceive, if you let them. Unfortunately, the aforementioned *mummies* of intraphysical space head straight to the *parageographic space* and *post-desomatic parapsychosis*. There is a troposphere and a *paratroposphere*.

Parageography. Parageographic space can be located, differentiated and variable; being a demarcated portion of the paraterritory (parasubsoil, parasoil, para-air), embracing an extraphysical, parabiological and extrahuman reality.

Paraterritory. The crustal (tropospheric), extraphysical tenebrous and sub-crustal areas (baratroposphere) are derived from the parageographic space and are perceived as a paraterritory akin to a human territory or a portion of it: region, canton, state, city, commune or district.

Organisation. Established extraphysical *communities*, para-animals and paraplants are found in the parageographic space, where the paraspecies and *parapopulations* (extrahumans), para-animals and paraplants encounter each other. All of this results in a *metastable extraphysical organisation*. The morphothosenes composing the parageographic space permit the global apprehension of a personal parareality, in the practical study of the interior (paradecoration), or the entire perceived volume of the exterior (paraurbanism or urbanisation and extraphysical reurbanisation). Thus, what truly are the personal behaviours specific to you today?

222. TEST OF THE STAGES OF YOUR HUMAN LIFE

Chronology. Who, cosmoethically, takes good advantage of this current *life*, is well accepted into the next. Prior to the programming of the human life in the genes (Genetics), it is predetermined, *in part*, by the proexis, through the Paragenetics. The evolutionary stages of the energosomatic existence of a conscin (intraphysical consciousness) in Socin (Intraphysical Society) are well demarcated, for example, these 9 are related to the soma, to time and to the execution of the proexis:

1. **Unborn:** a *fetal-conscin*, or of an intrauterine life, ready to be born into the Earth's troposphere. *Physiological* consciential dementia occurs here, namely during this condition of a conscix transitioning to the condition of a lucid or *mature conscin*.

2. **New born:** a *conscin* in their first 24 terrestrial hours, when they obtain the legal condition of a citizen, a newly-egressed element in Socin. The state of intraphysical consciential restriction is established and completed here.

3. **Baby:** a male or female *conscin*, up to 2 years of age.

4. **Boy (Girl):** a *child-conscin* from 2 until 13 years of age, the physiological beginning of pre-adolescence. From 2 to 5 years of age is the critical period for the acquisition of knowledge. Here, the effects of a basic or advanced *Intermissive Course* (IC) emerge.

5. **Youth:** a *conscin* (a minor) during the period under the legal age, from 13 until 18 years of age. A phase characterised by the fixation of the conscin in their proexis, when one exists.

6. **Adult:** a *conscin* from 18 until 26 years of age, when the physiological or biological maturing of the soma is complete. This is the ideal intraphysical period for a conscin to terminate the *consciencial basement* and to commence existential inversion (invexis, Invexology).

7. **Student:** a *conscin* in the preparatory phase of human life, on average until 35 years of age. Formal schooling occurs precisely during this period. However, autodidactic schooling continues throughout the human life, until the desoma or somatic deactivation. *Self-motivation promotes the catalysis of unbreakable willpower*; the consciousness' greatest force.

8. **Executive:** a *conscin* is in the executive phase in this dimension, on average after 36 and until 70 years of age. Here occurs: the maximum recuperation of cons; complexis, or existential completism, for evolutionarily efficient conscins; and morexis, or existential moratoria, a mini one (deficit; minimorexis) and a maxi one (positive; surplus; maximorexis). The physiological third age - geriatrics or veterans of life - conscientially starts at 65.

9. **Elderly:** a *conscin* after 70 years of age, when (*if*) they no longer maintain an active life and have already fulfilled, or have not fulfilled, the essential clauses of the proexis. Here occurs: melin, *pre-mortem* or intraphysical *melancholy*; or euphorin, the cycle of *pre-mortem* or intraphysical *euphoria*, prior to the desoma, first death or final CP.

Differences. From this simple test, you can determine one of the fundamental differences between conscins and accurately position your own chronological condition in intraphysical life.

Test. Where do you place yourself in this picture? And at what level in relation to the proexis?

223. TEST OF YOUR SPATIAL CONSCIOUSNESS

01. **Basement.** Do you live in a sprawling labyrinth with ideas? The cosy mentality of an insecure person, a regression to animal infancy and the consciential basement are uterine fruits of a closed, short-sighted, narrow-minded or excessively intraphysical, anticonsciential *abdominal sub-brain* in the counterflow of planned evolution.

02. **Space.** Amplified space points towards universalism and intergalactic space. To enjoy this demands much greater security and maturity. There are more pro-consciential extraphysicals, part of Parahumanity, cosmic citizens of the Sociex (Sociexology).

03. **Vision.** The meeting of two people in a deserted hall, constructed to comfortably seat an audience of 200, allows for a more progressive vision and ampler conscientiality. *An amplified intraphysical space makes a small brain think big.*

04. **Power.** When presenting in open spaces, exercising their public mandate, a broadminded political leader will not feel the *solitude of power* as strongly.

05. **Indoors.** A bastion, a loner, an *ivory tower* and an indoors or four-dimensional life (biophilia), anchors the consciousness to egocentrism (infancy) and augments the funnelling condition of intraphysical restriction that inhibits maxifraternity.

06. **Outdoors.** An enlarged intraphysical space, an outdoors life and working with *CEs in nature*, propel a consciousness toward lucid multidimensional experience.

07. **Holothosene.** A concentration of thoughts in a *reduced* intraphysical space predisposes the confinement of ideas into ghettos - the umbilicus' fossilizing holothosene - in a present without a future, only constituted by a conservative and musty past.

08. **Openness.** A concentration of thoughts in an *enlarged* intraphysical space predisposes ideas of consciential openness towards other dimensions, so-called *consciential hyperspaces*, the collapse of all types of borders, the already present future.

09. **Offiex.** The acquisition of *cosmoconsciousness* makes space amongst myopic human views. An opening of intraphysical spaces predisposes the opening of intraconsciential spaces. The conscious projector leaves the bedroom for an offiex, or multidimensional or *megacosmopolitan* extraphysical office. (See page 739).

10. **Universalism.** 4 increases: human population; occupation of habitable spaces; atmospheric pollution; and strong economic competition between people and institutions. These all worsen, for now, the possibilities of a conscin to openly proceed to an *omnilateral* mind, maxifraternity, universal citizenship, pure universalism, multidimensionality, Cosmoethics and the personal condition of cosmoconsciousness (Self-discernimentology).

11. **Cosmos.** The most intelligent way to recycle life is to amplify personal intraphysical spaces. Flee from a geocentric, somatocentric, *cerebrocentric*, egocentric, umbilicocentric *little world*. *To evolve* is to leave the *bastion of the abdomen*, opening oneself to the vastness of the Cosmos. It is irrational to confuse a *citizen of the cosmos*, referred to here, with a *perpetual traveller*, a great anticosmoethical evader of taxes.

224. TEST OF YOUR TEMPORAL CONSCIOUSNESS

01. **Tests.** Below are 2 tests or syntheses of reflection regarding time and logic.
 02. **Coherence.** There is a time of logical coherence and greater self-discernment for all.
 03. **Maturity.** In the evolution of the consciousness we encounter assumed integrated maturity at the correct time (Self-coherenciology). *Omnia tempus habent.*
 04. **Units.** There is a unique, ideal time for greater maturity to fully express itself without creating traumas for anyone. Here two intertwined units act: *time-coherence*, as a *unit of evolutionary time*; and *logic-discernment*, as a unit of the consciousness' maturity in their personal *interior space* (intimate microuniverse).
 05. **Time.** Regarding chronological time itself, we see the fact: the right *time* is on time. *Before* the time, is not the time. *After* the time, is no longer the time. The time is exactly right when on time. This is practically a mathematical (or primary, arithmetic) and undeniable fact.
 06. **Punctuality.** Punctuality is generally an indication of a lucid conscin's coherence.
 07. **Logic.** Regarding consciential maturity itself, we see *logic* as coincident with logic, or in other words, in the very structure of the expression. There is no logic *below* logic. There is no logic *above* logic. There is only consciential maturity exactly *within* the structure of logic itself. The worst *mercantilism* relates to the fruits of the mentalsoma.
 08. **Evolutivity.** Going further in this reasoning, we see the fact: logic is expressed with the consciousness' greatest self-discernment precisely at the evolutionary *mature time* (Holomaturology). *All impulsivity can generate spurious abortive acts.*
 09. **Mutations.** Catechesis, indoctrinations, inducements, shortcuts, skipping of phases and precipitations bring inevitable contrarities, frustrations or teratological mutations.
 10. **Immaturity.** It is of no use to squeeze an unripe fruit, one which has not yet fully developed in relation to its constitution and whose constituent parts are not completely structured.
 11. **Times.** There are two different and non-simultaneous experiments for the consciousness: the time to sow and the time to reap. Only after *self-sowing* can *self-reaping* occur. All of this depends on self-motivation and a great deal of personal effort.
 12. **Execution.** Above all, self-effort, self-organisation and self-dedication to personal performances always predominate. There is no use forcing a great consciential self-performance as they are naturally generated through self-motivation, without sacrifices.
 13. **Rationality.** In the inseparability and interdependence of consciential lives, these rational considerations can be valid to qualitatively expand thosenity.
 14. **Megaparadox.** Without reflections of this nature it is difficult to understand, live together in peace and wisely solve intimate conflict, or the *megaparadox* that exists between personalism, elitism and massification with regards to leading edge relative truths (verpons). The departure of an ego from egokarma into the mature condition of polykarma is complex.
- Serenism.** Only perseverance can impel the expediting of non-egoistic evolution towards the condition of serenism. Are such thoughts clear and logical for you?

225. FUNDAMENTAL DIAGNOSES OF SOCIN

Causes. Here are 12 logical causes that maintain the current Socin *pathological*:

01. **Small Groups.** Oppressive and *repressive groupings* - small groups from Socin - that consciousnesses have created within human life, over successive serexises, tyrannizing themselves since the intrauterine phase, creating a paradoxical context.

02. **Learning.** The *learning or forced training of a child*, from early on, in relation to the act of repressing their natural impulses and submitting themselves to wills that differ from their own intentionality, restricting their legitimate personal right to know their own consciential micro-universe, self-discernment, holomaturity and serenism.

03. **Restriction.** The *loss of individual liberty* or the intraphysical restriction of a conscin, following values and standards of behaviour not legitimately their own, a lucid being of a multidimensional nature living with other vegetal and subhuman beings.

04. **Psychopathies.** The psychosomatic, psychic and *cerebral illnesses* that constitute the new agents of consciential tensions and disturbances of men and women.

05. **Objectives.** The search by a mediocre conscin, or intraphysical consciousness, for *transitory objectives or ideals* - prestige, power, fame, success and money - which do not bring any priority sense to their immediate, short-term, lucid self-evolution.

06. **Illusion.** The conflict of a conscin who perceives the priority objective as not simply being human, and, in this situation anxiously seeks more and more of the aforementioned “prestige, power, fame, success and money”, nourishing an *illusory existence*, or a long-term hallucination which only brings exhaustion, frustration and the distancing of the conscin from themselves.

07. **Nostalgia.** *A conscin's experiences* in the past (nostomania), or the hope for a better future, without experiencing their present-future in a lucid *multidimensional immediatism*.

08. **Frustration.** The *frustration*, disillusionment, insecurity, anxiety, anguish, depression and de-energisation of a conscin who, after fully achieving certain human goals, dreamed of for so long and so hard, actually finds them not to be the dream expected.

09. **Antithesis.** *Blockage of the natural love* of a consciousness who, at their current evolutionary level, comes to this physical world to love and who cannot give or receive affection in an appropriate or satisfactory way, generating in themselves the antithesis of love, namely hatred, a known pathology.

10. **Incomplexis.** The *premature final projection* (incomplexis) generated by the person themselves through unnatural causes: accidents, toxins, epidemics, wars and pollutants.

11. **Paracomatose.** *Alienating human culture* destined to dominate the conscin and submit it to natural demands, abrading the conscin: 50% of the world's population is neurotic. And, after the desoma, the conscin, then a consciex, becomes a *post-mortem parapsychotic* without an exit from the deceptive consciential labyrinth into which they have entered: the dilemma of not having the possibility to continue in an anti-evolutionary routine or to know any other way.

12. **Melex.** An acute *megatorment*, overwhelming the ex-intraphysical consciousness: possessed by *post-mortem or extraphysical melancholy* (melex), they see all valuables as having been lost.

226. DIAGNOSIS OF SOCIN THROUGH SUBLIMINAL SEDUCTION

01. **Manipulators.** In the current commercial / industrial Socin of savage capitalism, a large and statistically significant number of people obey the commands given by *invisible manipulators* through the methods of *subliminal* and *sub-auditory mass media*.

02. **Unconscious.** Strictly speaking, neither an average citizen nor a scientist, a technician of social behaviour, knows the facts developing at a level subjacent to the ordinary physical vigil, below conscious arousal, where seduction, or *subliminal persuasion*, goes direct and deeply, into the conscin's unconscious or unconsciousness.

03. **Inculcations.** When compared, it is worse than the art of camouflage: through the details and expedients of the subliminal world, there are secrets and mental pollution within the banalities that fix impressions, embedding inductions and unsuspected inculcations in the subconscious mind.

04. **Tricks.** Beyond the systems of conscious values, the conditioning, *brainwashing* and post-hypnotic suggestions of subliminal manipulations do not let people's *auditory imagination* rest. Subliminal stimuli sell us fraudulently masked products. There are also subliminal tricks and *special effects*.

05. **Sociopathy.** The legal and unpunishable assault from the frankly psychopathic or *sociopathic media* directs, controls and manipulates the citizens' human behaviour, defending the interests - *multiple billions* of dollars - of each National Economy, everywhere.

06. **Languages.** People - professionals - *occupied with the news* are much more numerous when compared to *those responsible for the news*. Millions of human beings are victimized daily without awaking from their level of individual unconsciousness. There is a surreptitious language, loaded with euphemisms, within another language in frank use.

07. **Explorations.** The systems of fantasies, archetypes, self-images, illusions, personal vanities, secret motivations and ego *defence mechanisms*, notably repressions, are secretly, surreptitiously exploited.

08. **Governments.** Behind this reality are the *medias*, propaganda, public relations agencies, industrial and commercial corporations and without a doubt, the governments (countries).

09. **Invasion.** *Subliminal language is not taught in formal school*. Man almost manages to think by himself, accepting garbage as if it were treasure: the daily ration of delusion about reality mercilessly invades their personal life and privacy (megaintrusion).

10. **Paraeyes.** If in this physical dimension there are meanings invisible to common eyes, much more exists *beyond* these common eyes and even the *paraeyes*.

11. **Self-critique.** If tangible reality in intraphysical life is still illusory, what are the thresholds of the illusions in the paraperceptions of all conscins in relation to multidimensional reality? Hence the role of self-critique, self-confrontation and advanced self-knowledge.

12. **Therapies.** Throughout various sections of this book you can obtain solutions, preventative measures and therapies for the complex pathologies of Socin crudely discussed in these assorted chapters: Health, Holomaturity, Cosmoethicality and others.

227. DIAGNOSIS OF SOCIN THROUGH TV

Socin. The causes of sociopathology (Socin) are evident in the inappropriate use of TV:

01. **Slapstick.** TV (Base year: 2006) is a crudely commercial instrument, making life a mere *slapstick comedy (sitcom)* through the use of violence. Ten percent of TV earnings in Brazil come from commercials for psychoactive drugs: alcohol, tobacco and medicines.

02. **Profit.** Seeking profit at any price, *earnings* are the “established ethics”.

03. **Audience.** Suffering from an eagerness to obtain and maintain control of the constantly measured *audience*, at any cost, disregarding the means, only interested in the spurious ends.

04. **Oligopolies.** Always autophagic in the competition for audience, TV ends up living at the expense of *oligopolies*, in the anticosmoethical regime of paroxysmal savage capitalism.

05. **Offenders.** TV is a refuge for *offenders* who gravitate to its confined spaces.

06. **Formula.** In the majority of programmes a predominant *formula* is employed: the commercial vein. *TV deepens the numbing of reason of the unthinking masses.*

07. **Crudeness.** TV disguises itself in *mass culture* with peaks of pornographic crudeness, unable to hide inadequate or condemnable expressions. Always going in a crescendo from omnipresent free sex to frenetic carnivalesque debauchery; exalting the aesthetics of *sadism* and applying intolerable doses of bad taste, *bagatelles* and *boorishness*.

08. **Pornography.** Like an informational plague, TV relentlessly spreads throughout Brazil, for example, based on its scenes of *moral pornography*.

09. **Anything goes.** An uncritical anything goes, even the exposure of defenceless *children* to ridicule.

10. **Children.** Mass manipulation by television producers, with children selling products stimulating cheap *sensations* that they are still far from understanding.

11. **Illusion.** A box of primary illusion, TV deforms everyday reality.

12. **Violence.** Disrespecting the simplest ethical principles TV allows rampant violence to be ever increasingly displayed, repeatedly and *ad nauseam*.

13. **Vidiotism.** Appealing to the lowest instincts, TV forces the spectator to swallow nonsense without any alternative, mass producing new generations of *vidiots* (fan clubs).

14. **Deformation.** Intentionally deforming popular culture TV destroys the last itches of *moral* in an excessively permissive, complacent and liberal Socin.

15. **Statistics.** According to *statistics*, in 7 days of a given week, just 1 television channel showed: 244 homicides; 379 assaults; 11 kidnappings; 26 sex crimes; 12 incidents involving drugs; 14 robberies; beyond the other 137 crimes that ranged from fraud to torture.

16. **Infancy.** As is observed, we still live in the childish phase of TV.

17. **Explosion.** The pornographic explosion, through Science, Art and unimaginable electronic resources of all kinds, exhibits, with mastery, a true *world gone to the dogs (Mondo Cane)*.

18. **Incommunicability.** And still TV, a device *without* satisfactory imagination, continues to suffer from a *bad contradiction* - a lack of communication - misrepresenting an immense power in intraphysical life. For how long is this going to continue?

228. DIAGNOSIS OF SOCIN THROUGH GAMBLING

Society. The logical proofs of sociopathology in Socin are evident in the proliferation of *gambling games* throughout Rio de Janeiro. Here are 17 current facts:

01. **Capital.** Rio de Janeiro is a *gambling capital*. Gambling occurs on every corner.
02. **Statistics.** For example, in 1992 those in Rio State spent 10.5 million dollars per week on the illusion of gambling. In 1992, gambling circulated the equivalent of 3.8 billion dollars in Brazil, the adventurous and paradisaical land of *Homo ludens*.
03. **Casinos.** Carioca streets are *open air casinos*. They sell tickets with enormous ease, in lottery houses, gambling spots, news-stands, taverns, street vendors, video stores, pharmacies and even in cemeteries during *burials*.
04. **Legalisation.** The practice of betting is *legalised robbery* in this “civilised sub-world”.
05. **Swindle.** Here is an immutable principle regarding the vice of gambling: “against odds of millions, in favour of the bank, deluded gamblers always lose their money”.
06. **Fallacies.** There are classic logical fallacies in the *slogans* of the *gambling illness*: “nothing ventured, nothing gained”; “you’ve got to be in to win”; “persist, do not desist”.
07. **Types.** Here are 14 old and modern gambling games from among those exploited: Six, Tele-Six, Lotto, Right and Wrong, Scratch-and-Win, State and Federal Lotteries, The Animal Game, Super Clover, Pot of Gold, Horseracing, Dice Games, Card Games and Papa-Tudo (Brazil).
08. **Animal.** In 1994, the Animal Game had three daily raffles from Monday to Saturday and one on Sunday; and employed more than 400 thousand people across Brazil.
09. **Scratch-and-Win.** Brazil composes a “society of players”. Simple Scratch-and-Win games, with cheaper tickets and a higher probability of winning - though lesser amounts - are aimed at less educated people who have lower purchasing power.
10. **Children.** These games are forbidden for minors, those under 18 years of age, but children do play Scratch-and-Win, spending the money received for their school lunch.
11. **Profitability.** Ticket sales produce more profit than the newspapers. As a business, the game shows on TV in Brazil have become bigger and better than TV itself.
12. **Immaturity.** Psychologically, the act of gambling is an uncontrollable impulse stimulated by poverty. A *gambling addiction* is the last hope for who sees no other way out.
13. **Dream.** Gambling is the act of spending your own money on an always unrealised gilded dream, due to a momentary, compulsive outburst generated by the *abdominal sub-brain*.
14. **Compulsion.** A *gambler is a compulsive loser*. Not gambling to win, they play until losing. Later, with *new* money, they return to gamble again. Until losing again, super-unsatisfied.
15. **Irrationality.** In this *chain of reactions* there is a self-destructive, irrational, subhuman component along with a kind of consultation with an inexistent, *hollow oracle*.
16. **Providence.** A gambler feels *chosen* when they win. The most *predestined*. *Providence* is remembering that they live in the world. A revitalised vicious cycle ensues.
17. **Hope.** Each day brings new hope. The game is addictive and does not have an end.

229. DIAGNOSIS OF SOCIN THROUGH BOXING

Sports. Within Socin the rationale for sociopathology are also evidenced in these 14 considerations about boxing (*box*: to strike with the fists) and other *sports*:

01. **Violence.** The old barbarian spectacle of gladiators in the midst of the Roman Coliseum remains alive in the brutal savagery of boxing, considered the “most violent sport” on this Planet. It is a *pseudo-sport*, promoting illness and not health.

02. **Weapons.** Its practice provokes *shows* of blood and shouting amongst the crowds, however, it is considered a “*sport*” as the fighters are “unarmed” while locked in the lethal bouts.

03. **Punches.** The *boxer*, a pounding machine, is an animal trained to technically break an opponent. Boxers’ fists are trained to pound bags of rock. *For some time, the boxer has been the most well paid athlete in the world.*

04. **Injuries.** The boxer’s objective is to cause lesions in the adversary and, if possible, render them unconscious, a *knockout*, in another *Fight of the Century*, courtesy of international TV.

05. **Bones.** Each violent blow from a boxer to the face of an adversary, jolts and inflicts the poor person’s brain with irreversible lesions. A left *cross* unleashed by a heavyweight champion has an impact of 300 kilos on the bones and joints (together).

06. **Semi-invalidity.** Sometimes a pugilist dies in the middle of the ring. However the majority of these athletes die *in episodes*, becoming *zombies*, *needing treatment* or becoming semi-invalids for the rest of the life; 15% suffer from *pugilistic dementia (punch-drunkness)*.

07. **Tare.** Such fighters are considered to be *volunteers*, but live coerced by the misery and sadism of the still *animal Socin*. *Modern gladiator-boxers* exhibit immense sadomasochism like Ancient Rome’s *gladiator-victims*.

08. **Thumbs.** There are perverted spectators raging: “Kill, kill!”. In the Roman circus, the crowd of guests did the same by displaying a thumbs down.

09. **Sadism.** As an irrecusable incentive for the sadism of the masses, there are subsidies for the *noble art* of boxing and contracts for fights reach figures involving *multiple* millions of dollars.

10. **Cruelty.** There are those who argue that being a professional boxer is an alternative to criminality, yet the *pathological cruelty* of these fights is explicit and incontestable.

11. **Pleasure.** Although lamentable in every aspect, we still have *pre-serenissimi* who find pleasure in delivering mortal blows to and receiving them from, their peers.

12. **Deaths.** However the situation is even worse. *Sport for sport*, boxing, even with all of its deadly violence, still only *kills a few*. Proportionally, excluding *sports* considered *radical*, five other *sports* kill more human beings than boxing.

13. **Statistics.** Here is a statistic about fatalities from 1989, with a ratio between deaths and the number of practitioners of each sport: hang gliding, one in 93; mountaineering, one in 590; cycling, one in 1,558; motorcycling, one in 2,587; motor racing, one in 5,940; and finally, boxing, the sport *for men*, one in 6,304.

14. **Instinct.** This is a portrait of Socin still under the control of an aggressive animal instinct.

230. DIAGNOSIS OF SOCIN THROUGH WAR
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Sociopathy. In our current precarious state of civilisation, the social mega-illness of war is the most destructive, horrifying and degrading of activities in which Socin is involved. This demands attention and treatment including on behalf of the reader. After all, you are a social experimenter in the presence of the *sociopaths* most responsible for wars.

Discernment. The discernment provided by Conscientiology shows the social mega-illness of war as a deterioration of the *collective consciousness*. Here are 12 facts:

01. **Passivity.** Century by century, over millennia, young soldiers, victims of corrupted power, trained to obey, were the passive sensitive beings possessed by the obsessions of their older leaders or human possessors. *The brazilian army does not admit youth offenders into its ranks.* Only the healthiest minors - the *elite children* - can enrol to *learn to technically kill and use weapons*.

02. **Robots.** Through the command whistle, a sergeant gives orders to be executed by the platoon of young humans, mechanised by robexis: soldiers in general, tender *cannon fodder*.

03. **Escalade.** In the escalade of horror that constitutes any war, it is impossible to correct errors using always insensate and irrational mutual massacres as justification.

04. **Immoralism.** Today, the arrogant and hypocritical immoralism of hegemonies maintained by materialistic superpowers makes, or ostentatiously promotes, worldwide war via satellites, leaving the Earth to worsen the same Earth, acting from afar.

05. **Blindness.** Among war apologists, the number of deranged supporters of the nuclear option grows, immersed *up to their necks* in total collective blindness.

06. **Extermination.** The employment of nuclear, chemical and biological weapons for a larger extermination, coexists with the suicidal attacks of *kamikaze* pilots and female human bombs.

07. **Civilians.** As predicted by computers, the joint death of unarmed civilians, children and the elderly constitutes 90% of the victims of *armed conflicts* in the present world (Base year: 1993).

08. **Scenography.** The previously publicized tortures performed on *human shield* prisoners and pilots are among the barrage of information related to the saturation of censored coverage, as evidenced by the *surgical sights* mounted on the bombs in a completely *scenographic war*.

09. **Censorship.** Through censorship performed by bellicose leaders, the cadavers of those poly-traumatised in battles and in the bloodiest retaliations, are excluded from all domestic television screens. This is applying *make-up to the technical slaughter* applauded by the medias.

10. **Washings.** The sanitised coverage of war, the masking of deaths and bloodshed, sells the *brainwashings* in a morbid exultation mounted on a sporting spirit.

11. **Syndrome.** The climate of hysteria, hypnosis and collective catharsis related to the carnage and holocausts creates traumas in children. Installing a *syndrome of war*.

12. **Ecology.** The ecoterrorism generated by the contamination of massive explosions in battles, the petroliferous holocaust, reaches its peak with the planned destruction of the intraphysical environment. I urge us think about the next generations with a greater level of fraternity.

231. DIAGNOSIS OF SOCIN THROUGH AN ADULTERATED CONSENSUS

Conscins. The diagnosis of sociopathology in Socin can be obtained through the research of 15 representative conscins who generate an anticosmoethical or *adulterated consensus*:

01. **Careerists.** Careerist civil servants are, generally, maintainers of the technocratic order everywhere, as a consensus they only defend temporal power.

02. **Controllers.** Appliers of the most audacious social control techniques, without any scruples relating to human ethics or morals. *There are always community leaders who are directors of the Pro-nothing or the National Programme of Nothing.*

03. **Financers.** Prodigal financers of the perfecting of deadly weapons, that are always considered indispensable defences and prophylaxes against theoterrorism.

04. **Informers.** Leaders of the permanent monopoly of critical information in Socin, generators of sly professionals and *pseudo-consensuses*.

05. **Inventors.** Inventors invariably distanced from any interest of those whose lives, may, on a certain day, be destroyed by their inventions.

06. **Lab workers.** The unfeeling industrial laboratory technicians turning the human dimension into an immense anticosmoethical laboratory and conscins into helpless, dumb, guinea pigs.

07. **Leaders.** Supposed scientist-leaders endorsing the myth of an *objective consciousness* in all the manifestations, establishing unhealthy consensuses.

08. **Manipulators.** Manipulators, in general, of the various natures of multiform markets in intraphysical conglomerates, from villages to megacities.

09. **Objectifiers.** The objectifying conscins of Science retaining a superficial minimum façade of human ethics, creating opinions and forming immoral consensuses.

10. **Partisans.** Iconoclast sceptics, yet limiting and sectarian partisans, sparing themselves from a self-examination of their own religious, ideological, artistic, social and other dogmas. For example: corkscrews and urinals have become objects of art.

11. **Scientists.** Pseudo-scientists, with 100% objectivity and 0% scruples in their professional work, systematically divert and subvert the ideal consensus.

12. **Specialists.** Specialists, cultivators of an indisputably objective consciousness, although merely intraphysical or temporal in their defence of restricted *foetal consensuses*.

13. **Subversives.** Subversives of democratic procedures surreptitiously and dissimulatedly act as a team, creating false consensuses.

14. **Technicians.** Machine technicians cultivating a state of consciousness exempt from any personal involvement in all of the billion dollar ventures under development.

15. **Technocrats.** Those responsible for the consolidation of physicalist, technocratic power without restraints or borders within the unfortunately still pathological Socin.

Corruptions. Until when are these anticosmoethical manifestations, indicators of 2 types of simultaneous corruptions - self and heterocorruption - going to survive in intraphysical life? This also depends on this author and you. *Contradiction is a pathology.* Paradox is not.

232. DIAGNOSIS OF SOCIN THROUGH WITCHCRAFT

Witchcraft. Sociopathology in the current Socin can be diagnosed through the acts of multifarious sorcery or witchcraft. Let us look at 9 facts concerning the subject:

1. **Sect.** The *bishop* of a sect, self-denominated *Christian*, defrauds *thousands* of vulnerable people, through false miracles and religious television commercials, including congregations of fanatics, in assemblies at the Maracanã Stadium (Rio de Janeiro).

2. **Charlatanism.** It is lamentable to observe these legions of people willing to be voluntarily and pitilessly *fleeced* by fraudulent acts of unconcealed extortionate charlatanism.

3. **Fanaticism.** The proliferation of the aforementioned *evangelistic* sects fosters intolerance and religious fanaticism, radicalizing positions in small social groups. *Nobody reaches a greater level of self-discernment if they live listening to a priest instead of an ethical scientist.*

4. **Cult.** In a monstrous black magic ritual in 1992 (Guaratuba, Parana), a satanic cult, supported by devil worshippers, promoted the kidnapping and ritualistic sacrifice of a certain child - with a 7 letter first name - who they mutilated and murdered, horrifying public opinion. These, still controversial, facts were displayed in a vast sequence of indecorous segments on television channels, in the middle of primetime.

5. **Misinformation.** Mysticism, *megachurches*, *shopping centres* of faith, the excesses of the so-called *New Age* and disinformation produce a cocktail of unpredictable, but always negative, effects just like this horrific case in Parana.

6. **Medievalism.** Across the Planet there is a tendency towards occultism (Middle Ages) and a denial of both the artefacts of scientific knowledge and the advances obtained through Science that benefit people. This is shown by the naivety of certain *alternative* therapies.

7. **Pathology.** Sly sorcerers, with an aversion to children, use human blood in heavy rituals and are increasingly finding more fertile ground in the misery and ignorance of a significant portion of the uneducated and illiterate population. An implosive consequence of this is the infanticides, perpetrated with barbarous refinement, based on the horrific pathological idea of attaining material improvement through the intermediary of ritual sacrifices.

8. **Education.** First, the deficient public education system predisposes new generations to the acts of fraudsters. Second, the *media*, based on savage capitalism, particularly the most popular, television, sets the standard of programming at a low level, exalting violence, favouring the ignorance of the desperate much more than the discernment of *people*. In a Socin without priorities, an *Indio* has more influence than a *Nobel* does.

9. **Board.** Let us hope: sociologists, political leaders, psychiatrists, “owners” of TV channels and other specialists in human behaviour, will sit down together one determined day, in front of an ample board of libertarian decisions and halt this wave fascinated by *occultist mysteries*. Only then will they choose a *new* television as the fundamental vehicle in the fight against the old-fashioned, tenebrous, outdated and medieval retrogression stubbornly persisting at all costs, dominating the lights of the 21st century.

233. GENESIS OF THE HOLOTHOSENE OF SELF-CORRUPTION

01. **Primary.** Freewill allows you to justify personal behaviour that you know to be anti-cosmoethical, to both your ego as well as to other conscins, instead of being ruled by already known Cosmoethics. This is a primary attitude of self-corruption capable of affecting any conscin. *Learning is re-education.*

02. **Sophisticated.** A consciousness can *live without Cosmoethics*. Someone also can elevate themselves as a pontificator of *supreme Cosmoethics* without following any *preliminary cosmoethical principle*. This is a sophisticated attitude of self-corruption. Consciexes with this mentality populate pathological extraphysical dimensions (unevolved Sociexes).

03. **Conscin.** A conscin is a being with obvious knowledge of their existence and personal manifestations (self-thosenes). We know that we know something. Subhuman animals are endowed with a certain *draft* consciousness, as without it they could not suffer pain nor feel pleasure. However, they are irrational beings - or without the full lucidity of reason, even if *acosmoethical* - because the condition of lucidity is proportional to the capacity to know.

04. **Knowledge.** The knowledge that a conscin can know themselves by means of reflecting upon their own activity (important *self-thosenes*).

05. **Homo.** *Homo sapiens sapiens is the only animal capable of knowing itself.* They have a sense of ego, or a sense of *self*; they experience pleasure with the knowledge of their talents and feel sadness with the knowledge of their personal inexperience or *anticosmoethical self-thosenes*.

06. **Reason.** A *cosmoethical consciousness* does not yet exist in a being without the use of reason. An *anticosmoethical consciousness* lives as a subhuman being under servile obedience to instinctive reflexes (*abdominal sub-brain*), the remnants from a long ago period (retrolives) in the myriads of seriexises (Seriexology). In spite of everything, Socin *has a cure*.

07. **Honesty.** Who lives in permanent self-corruption, manifests so habituated to the depravation of their principles that they are no longer embarrassed by themselves. They have destroyed any sense of honesty or self-incorruptibility in themselves. At this point, they infect other group-karmic colleagues through sympathetic assimilations and unhealthy existential self-mimicries.

08. **Deafness.** In this case, through not listening the conscin stifled *cosmoethical self-lucidity*. They ceased exploring and studying their consciencial microuniverse. They sought all types of reasons to *morally* justify self-corrupt behaviour, until arriving at the critical point of boasting about their own mistakes, liberating themselves from the most morbid inhibitions that previously lay hidden in their intimate depths (personal consciencial basement).

09. **Myths.** Hence, myths that degrade pathological Socin, habitual unconscious mini-intrusions and evolutionary paracomatoses are born.

10. **Holothosene.** With time, a conscin living habituated to marginality, or an *anticosmoethical atmosphere*, establishes repetitions and routines, generating a personal *holothosene of self-corruption* and limitless unhealthy intrusion. This is why we are faced with the omnipresent, pressing need for cosmoethical self-critical evaluations.

234. SOCIN'S IMMATURE EXORBITANCES

Socin. Here are 15 exorbitances from Socin that are contrary to omniquestioning maturity:

01. **Anti-ecology.** Predatory and polluting Anti-ecology, indifferent to the near future and new generations, yet legalised by governments of diverse *ecocidal countries*.

02. **Apartheid.** The long term, legal existence of *apartheid* law in South Africa - a *pigmento-cracy* - with the approval of so-called “First World” countries. *A dog does not practise racial (colour) segregation in relation to other dogs from the same species.*

03. **Arsenals.** The operation of genocidal weapons industries, under the pretext of national defence. Examples: nuclear arsenals; chemical bombs; biological weapons.

04. **Billionaires.** The public and well-known fact of just one billionaire, personally legally possessing *multi-billions* of dollars. Example: the Sultan of Brunei. (See Bib. 1933).

05. **Budgets.** The incredible and indefensible amounts spent on military budgets, which are increased by the governments of the Great Powers (First World) with each new financial year.

06. **Chosen.** The fact that an entire people still feel traditionally or holothosenically *chosen by God*, without accepting the condition that they are common humans, just like all the others. Example: the people of Israel. Let us not forget: every *soma* casts a shadow.

07. **Deification.** The widespread deification of living people, co-participants in their own *consented divinized promotion*. Example: guru Sathya Sai Baba in India.

08. **Happiness.** The *cynical extortion* of traditional religions who still insist on *offering happiness* only after death, or the deactivation of the *soma* (*desoma*).

09. **Homosexuality.** The exaltation of homosexuality as being a consensual condition supposedly more evolved than natural heterosexuality.

10. **Immortality.** The traditional cult of the *ridiculous immortality* of literary artists, *bel-lettristic academics*, champions of mutual promotion and *social powers*.

11. **Infallibility.** The proclamation of the infallibility of the Pope, the professional religious leader of a *theological empire* composed of *millions* of self-aware human beings.

12. **Joy.** The fact that truly satisfied people who unblock and liberate their own affectionate joy, unintentionally become irritating and unpleasant to others in environments or holothosenes where absurd and reactionary attitudes dominate.

13. **Love.** Impediments, difficulties and neurotic barriers exist for two *social beings* - a man and a woman - to be integrally realised, in the special condition where both succeed in enjoying authentic *interconsensual love*, in a complete manner.

14. **Untouchability.** The public consent of the moral and legal justifications for any type of possible and necessary reparation, in the unanimous applause for people who attain “the most desired and fought over thing”, namely *success* (at any price), becoming untouchable *sacred monsters* (savage capitalism).

15. **Youth.** The medias’ *shameless exploitation* of the youth and their respective immaturities. Examples: newspapers, magazines, internet, radio and television.

235. IMMATURITIES OF MINISTERS OF STATE

Phobia. The most simple *social phobia* is the intense anxiety that occurs in determined social situations: the fear of speaking in public, the act of eating outside of home, the act of signing documents in front of other people, among diverse other situations and injunctions in Socin.

Analysis. An always intelligent way to analyse the human immaturities flourishing in Socin is through observation of the personalities, leaders, power brokers and public role models.

Ministers. Newspapers, for example, frequently expose the slyness, manias and cunning of distinguished ministers of State. And this promises to continue.

Personality. When formalities are put aside, far away from the audiences and public commitments, the powerful intraphysical personality more clearly appears.

Discernment. *It is not easy for anyone to live with discernment on Earth.*

Examples. Here are 10 immaturities of honourable Government ministers in Brazil in 1990, “human beings chosen from amongst the capable giants of the new generations”:

01. **Astrophilia.** There was the minister who started to read newspapers for the horoscopes, even after having done *Freudian analysis* for an extensive 15-year period.

02. **Conspirators.** There are ministers, played by politically maniacal aids, who receive everyone with open arms yet do not cease to conspire.

03. **Domestics.** As soon as he arrived at cabinet a specific minister prepared tea, every day, before starting meetings. Another, if he could, would have made the Ministry into his unforgettable distant farm. Another confessed to reading only 4 books in their entire life.

04. **Linguists.** There was a minister who invented, not always sensible, neologisms. Other ministers forbade the words “bad luck” in the workplace.

05. **Lover.** A timid, young, single minister (29 years of age), requested and received more than 100 love letters over his three months of work in the Ministry.

06. **Mystics.** A certain minister placed a sculpture of an elephant on the desk, with its tail pointing towards the door. A certain female minister sought help from mystical elements, keeping a transparent crystal - the size of a hen’s egg - on the *dispatches desk*.

07. **Pious.** A devout minister carried an indefectible chaplet in his work briefcase. Yet another, an evangelist, always had a “Bible” on his ministerial desk, which he always consulted.

08. **Self-promoter.** A certain minister devotedly cultivated the *creation of facts* on Saturdays, announcing measures that impacted his personal area of activities, in order to gain generous space in the print and electronic news media the following Sunday.

09. **Superstitious.** There was a female minister employing, at a strategic point in the cabinet room, a “Parrot’s Beak” plant, which the superstitious *swear* frightens away the “evil eye”.

10. **Vain.** The vanity of a certain minister did not permit him to use glasses and although indispensable for his vision he preferred to be unable to see than to appear with glasses in public. At times, he opted to hold them in his hand as if they were a magnifying glass, instead of leaving them on his face. The reasons here are some, amongst other motives, why Psychology buried the old *Psychogram*.

236. DEGENERATION OF SCIENCE IN SOCIN
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01. **Regressions.** Human progress can evidence regressions in Civilisatiology.
02. **Sewers.** 35 centuries ago Cretans had drains in their residences. In 1650, the inhabitants of Paris threw the excrement from their night pots into the streets.
03. **Rulers.** 25 centuries ago in classical Greece, it was the norm to ironize rulers through theatrical representations. Today this is forbidden in dozens of countries.
04. **History.** In the past of Human History, Medicine was an *honourable profession*.
05. **Complex.** In the present, the ancient Medical Art has become a large industry, or the *medical-industrial complex* of the technical, immediatist and economic professional.
06. **Health.** For some, the so-called *Health Industry* still exists, where they seek to assuage the patient's illnesses and physical, mental and moral suffering. For the majority, only the *Illness Industry* exists, a spurious, mercantilist, business system.
07. **Façade.** With respect to the *Hippocratic Oath*, an ethical system still exists: a mere *social façade*. The professional notion of Medicine was lost at the end of the 20th century. Economic interests eliminated concern for health from the areas of Medicine.
08. **Super pressures.** Medicine did not resist the Economic, Technological and Industrial super pressures, which now only objectify the making of profits, or more and more money.
09. **Technicalness.** Machines have arrived with enormous *technical paraphernalia* generating severe industrial pressure from the so-called *White Mafia*: an overlapping of interests.
10. **Documentation.** Scientific documentation has disappeared. Today, there are only patient numbers - treated without any human warmth - on the register's of computers' hard drives.
11. **Surgeries.** Surgeries - in a completely unnecessary elevated number - are practised *ad nauseam* in clinics and *prêt-à-porter* consulting rooms.
12. **Investors.** Medical-specialists are *minority partners* in the *independent clinics*, which are controlled by investor-economists. Laboratories are composed of *medical associates*. In Brazil there are *check-up clinics* everywhere, even in *shopping centres*, employing wage-earning doctors in actual *medical boutiques*.
13. **Hospitals.** Due to *wild commercialisation* charitable hospitals have changed and now act as private hospitals. There is no altruism in this Medicine.
14. **Industrialisation.** The economic-technological-industrial complex stimulated an excessive increase in the number of industrial-doctors, or those formed without adequate orientation.
15. **Deficiencies.** The decrease of *professional competence* in medical fields is an inconceivable fact. Colleges appeared without criteria. The faculties' curricula are inadequate. *Today deficiencies appear in all the practical sectors of Medicine.*
16. **Distrust.** Poor treatment increases the chance of medical errors, demoralizes the group and acts in a way that undervalues human life, generating distrust among the population.
17. **Alternatives.** The so-called *alternative* therapies never had such a big chance to dominate the panorama of human assistance. This is a specific degeneration of Science.

237. CONSIDERATIONS FOR A HUMAN VETERINARIAN

01. **Animals.** There are essential differences between humankind and subhuman animals. Such differences concern not only the cellular body, or the physical manifestations of the human being, but the evolved attributes of self-consciousness: a fluent language for interconsciential communication and the capacity of abstraction.

02. **Soma.** Inobservance of these differences created *Dermatologies of the consciousness*, those conventional or *periconsciential* Sciences, for example, Medicine, centred on the *skin* or on the frame of the integral personality: the human body (soma).

03. **Medicine.** Strictly speaking, current Medicine researches and acts much more in the field of Veterinarian medicine than in the priority, vital area of Human Medical Psychology. (See Bib. 4088).

04. **Psychiatry.** Psychiatry should be the most evolved specialty in Medicine, because it deals with the brain or the mind. Yet is it not, paradoxically, the most obscure? Also, today, is there not a far greater preoccupation with Therapy than with Prophylaxis?

05. **Veterinarian.** As a consequence of these facts, without a doubt the sector that has progressed most is General Veterinary Medicine, considered in a broad manner, it could be called *Human Veterinary Medicine*. We know subhuman beings much better than we do the human race. *Human Biology* is based on veterinary experiences.

06. **Palliatives.** No one lucid is against Veterinary Medicine as a specific ennobling field of specialised assistance. Nevertheless, it is lamentable to see Humans - who have already reached the Moon - being treated with palliatives, in 90% of cases, by veterinarians specialised only in the *human animal*, professionals little concerned with the consciential microuniverse.

07. **Consciousness.** The electrical-electronic-mechanical or commercial-industrial Technology at Medicine's leading edge, has only increased the spurious results in the Medicine-Consciousness relationship. The UN's *Human Development Report 2003* emphasises: the *richest* 20% of Brazilians have an income 29.1 times superior to the *poorest* 20%. This situation persists.

08. **Bodywork.** The technetronic doctors and their flashy or *marvellous machines* from the *Illness Industry*, only became veterinarian-technicians of sophisticated gadgets with the principal finality to repair the *bodywork of the consciential machine*. The essence, the *motor of the machine* - the consciousness - is completely forgotten.

09. **Self-cure.** *Medicine gives very little to an ego for it to cure itself.* It only supplies palliatives targeting the cellular body, the temporary casing of a consciousness that is unable to die, not even when the animal body is decomposing.

10. **Projectiotherapy.** Hence the usefulness and importance of the role of Conscientiology, or the *alternative Prophylaxes* of Conscientiotherapy and Projectiotherapy, in the *veterinary setting* of consciousness on this Planet. One where, through the mechanistic paradigm of health, representatives of conventional Sciences surrender themselves to being a commodity specialised in the production of increasing profits, in an amaurotic and mercantilist manner.

Question. Can you present any logical objection to such facts?

238. PROPHYLAXIS FROM THE SOCIAL MEGA-ILLNESS OF WAR

Facts. To prevent a thing, it becomes necessary to know the subject, but only this is not enough. Hence this is why, in order to prevent it, we must emphasise the characteristic symptoms of the social mega-illness of war. Here are 11 facts on this subject worthy of reflection:

01. **Alarm.** War is a subject capable of raising the most profound questions regarding Cosmoethics and Human mortality, nevertheless well into the 21st century it is alarming to hear and see the leaders of large nations speaking of “just” wars.

02. **Bunker.** It is easy for the president of a republic to declare war on another country. The aforementioned individual does not enter the battlefield: they stay hidden in a super-protected military zone, a *bunker*; leaving the soldiers - neglected, tender *cannon fodder* - to be burnt at will.

03. **Aid.** *The richest countries do not ease the debts of the poor countries where people are starving.* But, contradictorily, they donate billions of dollars to rich countries, under the pretence of aid for damages suffered due to war.

04. **Warmongering.** The deadliest insanity in Socin is that of a warmongering, genocidal, psychopathic dictator. There has never been a warmonger with elevated consciencial lucidity.

05. **Objectors.** Conscientious objector-soldiers, those exercising the fundamental human right of conscientious objection, are condemned to several months of imprisonment. It is even extremely difficult to pass an “*Objector Statute*”. Reservists, who flee when drafted, are euphemistically labelled *absent without leave*.

06. **Syndrome.** The so-called *mad dog syndrome* affects soldiers when they do not value human life, becoming unpredictable on the battlefield, just like a rabid, or hydrophobic, dog that attacks, bites and ultimately kills whomever they encounter.

07. **Dead.** Today, “specialists” in *genocides* estimate a total of 10,000 deaths per week from conventional war. In one tragic night in February 1945, conventional bombs killed 135,000 people in Dresden, Germany. On the 6th and the 9th of August 1945, the atomic bombs of the *Japanese holocaust* annihilated 120,000 civilians.

08. **Statistics.** Here are some “official” totals of those *killed in war*: United States Civil War, 1861-1865: 600,000; First World War, 1914-1918: 116,516,000; Second World War, 1939-1945: 292,131,000; Vietnam War, 1961-1965: 58,131,000. These figures are most probably massively underestimated.

09. **Intention.** The production of a given weapon brings, inherently, the sole intention (*animus*, will) of its exclusive use, which is to kill. However, human life evidently deserves greater reflection: life is very valuable and has to be preserved independently of ideologies, races, creeds or economic factors that generate the apocalyptic bellicose explosions.

10. **Mines.** There are *100 million* explosive mines scattered across the ground of more than *60 countries*, responsible for the death or mutilation of *thousands* of people every month.

11. **Industries.** We await the arrival of the *peace industry* that will replace that of war with the evolution of consciousnesses, eliminating these dreadful crimes against Humanity.

239. TEST OF A PACIFIST CONSCIOUSNESS

Socin. Socin is composed of Humanity, of which we intraphysical consciousnesses are components, partially or individually responsible honorary members.

Vice. This same Socin is in the Pre-History of Serenism, notably due to the vice of the policy of military strength or bellicose geolatriy, generating the culture of fratricide within a still *necrophagic* civilisation. Nevertheless, globalisation of the *Economy* is now occurring.

Weapons. Year after year Humanity spends on weapons, the transnational-military-industrial complexes, the resources necessary and entirely sufficient to completely end poverty and hunger on this Planet. What is the logic of this?

Statistics. It is enough to analyse the data divulged by the United Nations (UN) about the social price of the arms race created under *sick holothosenic pressure*, since the 1980's. Socins on Earth continue (Base year: 2005) to waste 798 billion dollars per year on armaments instead of investing in food, public health, housing and education. Let us look at 9 comparisons or equivalents regarding this expenditure:

1. **Alimentation.** In the food sector, one Brazilian made Urutu vehicle has the value of one million litres of milk. The *truth* of the facts do not allow for makeup.

2. **Education.** In the education sector, the amount spent to train one soldier, per year, is 60 times more than the amount required to educate a given child for their entire human life.

3. **Schools.** In the education sector, one Roland missile is equivalent to the expense of constructing 15 modern rural schools. *Education is liberation.*

4. **Children.** Still in the education sector, one Trident submarine is equal to the annual cost of educating 16 million children in developing countries.

5. **Housing.** In the housing sector, the value of one frigate is equivalent to 83,333 public houses for people who have no roof. The absence of *formal justice* corrodes everything in a pathological Socin.

6. **Health.** In the health sector, the cost of one Mirage airplane is enough to construct 11 well-equipped hospitals, each with 70 beds. *Soap is civilisation.*

7. **Urbanisation.** In the urban development sector, one Exocet missile corresponds to the cost of constructing two kilometres of asphalt road (a modern highway).

8. **Megagenocides.** The nuclear weapons that exist on Earth are enough to eliminate all life here about 100 times over, or in other words: 100 complete *megagenocides*.

9. **Scientists.** It is calculated that on the entire Planet: 20% of conventional scientists dedicate their work and talent to improving techniques to kill human beings. This still occurred in 2005. Is there science in this? After all, *scientia maximum vitae decus* and *scientia nobilitat*. Absurd concepts and things still predominate in the *field of ideas*.

Test. Considering the facts exposed, through universalism and Cosmoethicology Conscientiology asks: Has the *Homo sapiens pacificus* consciousness of the reader logically and in a civilised manner, done something, in favour of the evolutionary fight for global disarmament?

War. *Who goes to war, goes to fight for the military-industrial complex.*

240. WEAKTRAITS OF SOCIN

Virus. *Weaktraits* of a human personality exist. The evolving Socin, as a vital whole, also presents sociocultural or *social weaktraits* in terrestrial life, like an implacable virus. For example, on the 27th of June 1993 *ethnic conflicts* were occurring in exactly 48 countries throughout the world. Here are 17 *viruses* from Socin, the still pathological modern civilisation and the notably personal conscientiotherapeutic or therapeutic procedures able to be levelled against them, from this moment on:

Viruses or Sociopathies	Conscientiotherapies or Cures
01. Stigmatising genes (melin)	Personal mature prioritisation (euphorin)
02. Defective impulses (<i>weaktraits</i>)	Reflection of serenism (<i>strongtraits</i>)
03. <i>Barriers of fear</i> (interprisons)	Increasing self-knowledge (conscin)
04. <i>Adipose panniculus</i> (sexaholics)	Sexual maturity (holorgasms)
05. Apathetic neurons (incomplexis)	Intellectual motivation (complexis)
06. Omnipresent myths (repressions)	Ample discernment (holomaturity)
07. <i>Loose reins</i> (basement of the ego)	Full lively democracy (openness)
08. Avaricious money signs (intrusions)	Planned <i>theoretical maxifraternity</i>
09. Consciential subordinations	Satisfactory egoic derepression
10. <i>Brainwashings</i> (paracomas)	Deconditioned self-critique
11. Destructive petards (blindness)	Refined sense of humanity (Socin)
12. Camouflaged appetites (egoisms)	Incessant omniquestioning
13. Sophisticated words (peccadilloes)	Self-coherence with effort (recexis)
14. <i>Dead letters</i> (blind robexis)	Possible legal incorruptibility
15. Innate deliriums (disorganisation)	Lucid existential self-organisation
16. Multimodal self-corruptions	Cosmoethical frankness (morexis)
17. Unnecessary repeatability	Studies, self-research and sweat

Paradox. Brazil annually throws as much food into the garbage as it would take to feed the 46 million malnourished Brazilians (Base year: 2001). There is a predominance of Parapathology from the emotional body in the incidence of these *viruses* raging against people, groups (groupscules), or collectives in various ways. Discernment demands that we only admit personal remissions or self-cures as facts. A paradox of evolution on this Planet: leagues of consciousnesses embark at the same time, only some, truly altruistic, succeed in reaching the goal of arriving at a more advanced level faster.

Self-evolution. *Despite everything, consciential self-evolution prevails over group evolution.* Many *healthier conscins* already form part of the current Socin. Rationally, everything evinces that the discernible Universe is under extremely intelligent control. And it has been this way for a long time, well before we appeared here in the intraphysical dimension.

241. THEORICE OF COSMOETHICAL DEMOCRACY
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01. **Politology.** *Conscientiology research does not exclude Politology.*
02. **Democracy.** The least bad political regimen that currently exists in Human Society is called democracy, even in its very fetal, sketchy and precarious condition.
03. **USA.** The United States of America is the country considered to be the champion of democracy and freedom. Nevertheless it is established on a bloodthirsty and warmongering culture. According to their president, the USA entered the Persian Gulf War - 150,000 deaths in 100 days - with the objective of liberating Kuwait in the defence of liberty and justice.
04. **Demagogy.** However, no lucid, experienced person admitted the reasons given in the tactical speech delivered by their president, a harbinger of war. It was another case of political demagogy and had many precedents. The Vietnam War and the procession of horrors still were in everyone's memory. What was the reason the USA invaded Granada and Panama?
05. **Civilisation.** The entire world always knew Iraq's Saddam Hussein was a truculent dictator. The USA was his ally, hand in glove, at the time his brutalising Iraqi dictatorship practised its most hideous acts. But industrialised countries, those called civilised, have industries that operate based on the energy produced from petroleum. The USA desired to take control of the petroleum from Kuwait, and where else it could, through its bellicose tentacles, in the defence of the open use of the energy.
06. **Armed robbery.** In this case, they undertook a massacre, with the sanction of the UN and a coalition of 27 cooperating countries, accomplices in the plunder, in order to commit a gigantic armed robbery on an international scale and in so doing temporarily devastated the country.
07. **Violence.** Conclusion: violence does not encounter any limitation or barrier, even with democracy, and despite violence being grounded on an anticosmoethical warrior mentality.
08. **Holocaust.** Other examples: the Second World War only ended when the United States exploded atomic bombs, forcing an unconditional surrender through the Japanese holocaust. They exploded two bombs, when a genocidal demonstration would have been accomplished with the first bomb alone. What is the logical reason for the second bomb?
09. **Genocide.** There was a technical cause behind the facts. The occasion served to experiment 2 types of bombs, one plutonium and one enriched uranium. They were launched upon two cities with different physical geographies in order to study the different forms of propagation of the genocide. Impudent violence loses any limitation.
10. **Maxifraternity.** As the facts demonstrate: frantic armamentism, or the fratricidal industries of war, are the garbage of the world, the *genocidal scoria* disguised as the owner of morals and Ethics, but yet who always employ perverse methods. It is necessary to strengthen democracy, in practice, as it still embarrasses cosmoethical consciences with its *hunger for petroleum*, greed for power as a neocolonial killer of civilian populations and as a *generator of eco-catastrophes*. For this, the most trustworthy solution is that we study and experience Cosmoethics and maxifraternity with the intention to build a Conscientiological Socin.

242. PRINCIPLES OF A CONSCIENTIOLOGICAL SOCIN

Purpose. The *Ethocracy of Conscientiology* is the form of government based on Cosmoethology. According to the Social Philosophy of Conscientiology, within a Socin ruled by the libertarian principles of Conscientiology and Projectiology, emphasis can be given to at least 8 evolved bases of the goals to be attained, whether by conscientiological societies, communities, institutions, collective enterprises or residences:

1. **Cosmoethology.** Creation of an independent form of intraphysical life, that is against the flow of the Traditional Socin, no longer dominated by socioeconomic powers but grounded in Cosmoethics and holomaturity. 25 centuries ago, the Greeks exalted ethical philosophies and the virtues of self-knowledge.

2. **Mentalsomatology.** Incentivise interest in Science and Culture through inevitable formal schooling and permanently motivated autodidacticism, in an exaltation of the prioritised use of the mentalsoma. (See Bib. 3744).

3. **Self-evolution.** Encouragement of maxifraternity, personal and group incorruptibility and conscious self-evolution, yet within a united and universalistic libertarian group, beyond *localisms, small worlds*, juridical chicanes, parochialism and solely personal, familial, ethnic and tribal loyalties.

4. **Assistance.** Permanent help to immature conscins regarding self-lucid multidimensionality. Today it is estimated that human beings first appeared on Earth about 2,500 centuries ago. Only in the 20th century was the practice of LP definitively established.

5. **Universalism.** Facilitation of international, professional, cultural and scientific interchanges, within conscientious conduct, keeping the philosophy of evolved, priority, consciential wholesaling in view. (See page 637).

6. **Enterprises.** Congregation of conscins - pre-serenissimi - with the same professional interest, in common undertakings; or different professional specialists reunited for an interdisciplinary exchange of knowledge and services (*Invisible College of Conscientiology*); in defence of the new model of conscientiological enterprise.

7. **Claritask.** Execution of the claritask in favour of insecure, evolutionary displaced, solitary conscins, or those with some type of intraphysical difficulty. We need “a ton of comprehensive efforts” to produce “a kilo of circumscribed clarification”.

8. **Groupkarma.** Improvement of the quality of relationships with the evolutionary group (groupkarma), or with colleagues from recent *Intermissive Courses* (ICs), from the presomatic intermissive period, through the creation of evolutionary duos of existential inverters, existential recyclers, conscientiologists and teams of productive, veteran conscious projectors. *We are atemporal beings.* Time and atemporality always coexist.

Deintrusions. Such objectives are perfectly feasible and can be accomplished through Conscientiotherapy, centred on advanced Bioenergetics and on interconsciential deintrusions, whether personal, of evolutionary duos or cohesive teams of pre-serenissimi.

243. PREDICTIONS OF WORLDWIDE GOVERNMENT THROUGH TV
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Expression. *By knowing how to express thoughts well Homo loquax clearly takes advantage of life.* At times they also create gossip, the classic sickness of the laryngochakra.

Signals. Here are, from 1992, 30 unmistakable signals or clear signs of the inevitable establishment of Worldwide Government, in this case provided through communication via TV:

01. Radio signals, reflected by equatorial satellites, broadcast images around the Earth.
02. Already in 1992 more than one billion TVs populate the entire Planet.
03. No city is inaccessible to the reach of parabolic antennas.
04. Today television broadcasts enduring images (memory) in a matter of seconds.
05. TV is a global democratic revolution without precedent in Human History.
06. Today TV's super-channels reach the entire Earth, and hundreds of millions of homes.
07. TV leads the world towards a Global Village or a World State and Government.
08. Some characterise TV as the third superpower in relation to the other two Nations.
09. Human History is today truly moulded by international television.
10. TV provokes *changes in intraphysical life* at a vertiginous speed.
11. There is an irresistible *migration* of ideas, images and culture *between Socins* via TV.
12. Without a doubt, satellite television's biggest influence is on *Human Culture*.
13. In summary: TV broadcasts *pop culture* over the entire Planet in a uniform manner.
14. Without asking permission nor an entry visa, TV destroys *national borders*.
15. *TV without borders* has been changing work and leisure, peace and millennial war.
16. TV determines the fall of dictatorships and the greatest conquest of *Global Democracy*.
17. Some *charismatic leaders* were already produced by TV. Examples: Kennedy; Collor.
18. *Media Magnates from this millennium* make and dismiss Presidents of Nation States.
19. TV was the cause of the *collapse of communism* in Eastern Europe in 1991.
20. In dozens of countries there are *taboos* regarding certain subjects broached by TV.
21. *TVs* are more common than bathrooms in Japan.
22. Two generations of *United States viewers* have lost their interest in reading.
23. Those in the United States choose from between 30 *channels* of programming at night.
24. The French pass more time *watching television* than working.
25. In Pakistan, *actresses* are officially forbidden from working on television.
26. A certain Islamic leader (Saudi Arabia) denounced: "*satellites bring corruption*".
27. Algerian islamists call parabolic antennas *diabolical antennas*.
28. *Customs authorities* are becoming obsolete or anachronistic things of the past.
29. Countries have lost *control over the information* crossing all their borders.
30. In the end, TV foments basic claims and doubts over *national sovereignty*.

Universalism. The facts generated by television - *despite many inconveniences* - show we are heading, with long firm strides, towards the experience of communicative universalism, without barriers between all the Nation States on this Planet.

244. NECESSARY REPRIMAND TECHNIQUE

01. Anyone with responsibility has to admit the faults of collaborators. *Nobody is perfect.*
02. A responsible person does not allow a lack of tact when performing any reprimand.
03. A responsible leader should always put themselves, at least for a moment, in the place of their faulty collaborator, in order to better evaluate the failure under analysis.
04. The responsible person has to help the collaborator correct the erroneous behaviour.
05. If the reprover badly explains themselves or did not closely follow the execution of the task, they also have responsibility for the fault, regardless of what it is. Self-critique predominates here.
06. In any act of admonition, if irony arises from the responsible person, it takes the form of an injustice. This fact worsens everything including the continuation of the work.
07. Every lack of moderation on the part of the responsible leader discredits them and brings inevitable demoralisation. *Leadership* in a project means equilibrium.
08. The reprimanding person should never confuse firmness with brutality.
09. Regular interventions erode the authority of the reprimanding leader.
10. A more demanding leader can be more esteemed than an indifferent or weaker leader.
11. A reprimand should only be made if it is truly necessary and deserved.
12. When a clarification becomes necessary, it should be made without delay.
13. A lapse of little importance never deserves a severe admonition.
14. All reprimands disproportionate to the fault committed worsen the context.
15. All censure can involve 2 types of different facts: those verifiable and those of interpretation. These are always problematic and deserve more accurate attention.
16. An effective, yet brief, reprimand leaves less negative residues, or does less harm than continuous, secret, hostile discontent (See page 127).
17. *The ultimate objective of any correct reprimand is education of the faulty collaborator.*
18. The absence of a necessary reprimand, at the right time and in the right place, ends up generating disorder, disinterest and contempt on the behalf of who was not reprimanded.
19. The act of harshly emphasising a defect is a lack of Psychology or a mere injustice.
20. Attenuating circumstances have to be considered in every instance of a reprimand.
21. A responsible person leader should not inflict a serious reprimand while dominated by anger or nervousness. In this case, who deserves a reprimand is the leader responsible.
22. During a reprimand old errors committed by the collaborator should not be recalled, in order to not discourage them in the continuation of their functions.
23. Necessary warnings need to be fearlessly given by the responsible leader.
24. Negligence and a lack of attention can at times be explained and, above all, need to be corrected. They do not always necessitate a reprimand or an open censure.
25. Premature generalisation of a fault committed can create a major fault.
26. All educational reprimands can end with an encouraging appeal to the best qualities the collaborator has, in this case it being especially necessary to avoid *criticising then praising.*

245. TEST OF 25 DECOYS OF SOCIN

Witless. Intentional dissimulation, swindles, tricks or deceitful behaviour to pass off some intention, work or object as another, regardless of whether old or modern, honest or dishonest, evidences an immense relationship with human decoys, the witlessness of people or the conscins' level of evolutionary immaturity.

Reflections. As examples, here are 25 simple or complex human decoys; the “torturers” responsible versus the victims, that are worth deeply reflecting upon in order to obtain greater consciential maturity and to aid the still pathological Socin:

01. **Artificial bait:** fisherman (human animal) vs. fish (subhuman victims).
02. **Artificial bone:** owner (human animal) vs. pet dog (subhuman animal).
03. **Birdlime:** boy (*offspring of a human animal*) vs. young birds (subhuman animals).
04. **Carrot:** jockey vs. foal (while learning to run).
05. **Chunk of cheese:** owner of the house vs. rats.
06. **Demagogy:** political candidate vs. naive voters (*universal decoy*).
07. **Dummy:** *young mother* vs. *young child* (*the first practical decoy* in an existence).
08. **False bottom:** illusionist (or magician) vs. foolish spectators.
09. **False egg nest:** farmer vs. laying hen.
10. **False illness** (pathomimesis): employed faker vs. responsible *doctor*.
11. **Fraud:** mystifying medium (or sensitive) vs. parapsychic experimenter.
12. **Golden ticket:** delinquent urban vagabond vs. greedy provincial *dupe*.
13. **Hymen fabricated by a scalpel:** false virgin vs. antiquated enamoured male.
14. **Hypnosis:** hypnotist vs. sensitive, suggestible males and females.
15. **Infallibility:** dogmatic Pope vs. faithful devotees (unthinking masses).
16. **Placebo:** *physician* who receives honoraria vs. patients paying the honoraria.
17. **Pseudonym:** author (at times cowardly) vs. readers (at times ignorant).
18. **Salvationism:** professional religious scoundrels vs. naive believers.
19. **Scarecrow:** farmer vs. intrusive hungry birds.
20. **Special effects:** technical film maker vs. traditional spectators.
21. **Tabloid press:** marginal journalist vs. careless readers.
22. **Television in 2006:** responsible mercantilist producer vs. addicted vidiots.
23. **Trap:** *human animal* (hunter) vs. subhuman animals (victims).
24. **Unsuitable product:** factory owner (“*shark*”) vs. inexperienced consumers.
25. **Wooden horse:** cunning Greeks vs. ingenuous Trojans (Human History).

Test. Which of these decoys are you still victimised by or use to *victimise*? Could some decoy you produce be considered a corruption? Self-critically, how are you in the presence of the decoys cited here as examples? Do others exist in your personal life?

Tobaccoism. *There are retroweaktraits just like the coprolites of a dinosaur: they exist and still have weight. TV legally promotes smoking that kills one person every 8 seconds (1998).*

246. TEST OF ECONOMICS OR ECONOMIC MANAGEMENT

01. **Successes.** *Education is survival.* This fact is the ideal best for all consciousnesses, namely: temporary success in human life or success in the more permanent consciencial evolution. *Everything sought by an interested person will always be attained, sooner or later.*

02. **Trial.** Every human, or physical, person needs money to survive. This is the intraphysical condition of the unavoidable economy. For many pre-serenissimi the biggest consciencial *trial by fire*, at the current evolutionary level, is to attain fugacious success in the still pathological Socin and to be among the *lives listed as entries* in the pages of international encyclopaedias. Within the current world order (*globalisation*), military confrontation has ceded its place to economic confrontation. This fact is an evolutionary step forward for Socin.

03. **Fortune.** In 1991, from a purely intraphysical point of view, it was calculated: any citizen - in this case, *Homo sapiens economicus* - capable of accumulating 2 million dollars could stop working and live well, materially, for the remainder of their human existence.

04. **Formula.** At this point, the formula for practical survival or economic-financial independence is to take half of this money and put it in a Swiss bank (or another safer country) to let it *grow through compounding interest*, observing all legal formalities.

05. **Vacations.** With the other half of the fortune, it is possible to acquire a comfortable residence in any part of the current intraphysical world, to buy the best car of the year and to lead a *noble* life, in a rhythm of *permanent vacations*, or a *dolce far niente*.

06. **Retirement.** A little + a little + a little = a lot. In the capitalist condition referred to, a young person, prior to 30 years of physical age, does not manage to get *a significantly large pile of money* nor the *status* of a powerful economic person, but could retire immediately and guarantee a comfortable standard of living for decades. This happens, for example, with successful *opportunistic-artists* who offer themselves as merchandise for sale.

07. **Reservist.** In this case, the privileged or successful person who does not reach the point of managing a large *economic empire* in a *plutocracy*, but eliminates their greatest concerns about physical survival, and, generally, unknowingly becomes a *reservist of the unhealthy post-desomatic dimensions*, or extraphysical dimensions (baratroposphere) of consciexes without greater evolution.

08. **Validity.** In this way the successful social being is very well off here, in the transitory physical vigil, for the time being, only to frequently live in awful conditions shortly thereafter. Is it worth it? Is this the most intelligent? What acts are we performing and what are the greatest priority interests that predominate in our *today*, or personal present?

09. **Priority.** We came to human life to evolutionarily and mutually serve. This is the *priority condition* and the greatest self-discernment regarding consciencial evolution. Nobody appears on this School-Planet merely to live a continuous holiday.

10. **Test.** Here is a cosmoethical megatest: How have I applied the inevitable *currency symbols*: in the pages of human encyclopaedias or in the *Personal Evolutionary Register* (PER)? A sense of self-discernment comes embedded in the response to this megatest.

247. TEST OF YOUR PERSONAL LIFESTYLE

Research. In 1983, the Leo Burnett Advertising agency conducted research interviews with 1,500 people from classes A, B and C in greater São Paulo. The interviews focussed on Brazilians' lifestyles, registering indications about the real situation of human beings, as consumers, the target of advertisers.

Typology. From the initial psychological and sociological investigation of the population, nine predominant types, or *profiles*, 5 female and four male, stand out:

1. **Contester.** A *contester* woman; she is between 18 and 29 years of age; single; works and studies; devours in vogue books; considers marriage surpassed; defends abortion; and takes an interest in politics. She lives with her parents and creates many difficulties for them.

2. **Consumerist.** A frivolous *consumerist* woman; she is between 18 and 59 years of age; vain; eccentric; avid for *status*; a voracious consumer; very influenced by advertising; a *vidiot* or telemaniac; superficial; removed from the problems of others; is in the intraphysical world to take advantage of everything; never thought about working outdoors; and admits that money brings her happiness. She does everything to call attention to herself, wherever she is.

3. **Optimist.** An *optimistic* woman; she is between 25 and 39 years of age; is simple-minded; has children, little education; and a small domestic budget. She never leaves home untidily dressed.

4. **Rationalist.** A rich and *rational* woman; over 40 years of age; has a privileged economic situation; a high level of scholarship; reads a lot; goes to the theatre; and lives mindful of the cultural education of children. She carefully chooses the articles she purchases.

5. **Amelia.** A real woman (long suffering wife); she is over 40 years of age; has low purchasing power; a very low cultural level; a sacrificed housewife; puritanical; and her world ends at the house's front door. The most common type of woman in Brazil.

6. **Sportsman.** A *sporting* man; he is between 18 and 29 years of age; a bachelor; studies and works; lives with his parents; likes sports; has many male and female friends; goes camping; and is permissive regarding sex. He seeks to dress fashionably.

7. **Decent Husband.** Male: a *good husband*; he is between 18 and 59 years of age; conservative; a family man; an understanding and dedicated father; takes care of the children; fixes everything in the house (handyman); plays sports; and likes books. He eats in moderation.

8. **Executive.** A *successful* male; he is between 30 and 44 years of age; an executive; has excellent purchasing power; works a lot; frequents restaurants; and is well informed.

9. **Big Father.** Male: a *traditional father* (Amelia's husband); over 40 years of age; an old-fashioned head of the family; is shy; ingenuous; has low purchasing power; lives blinded by the fear of going into debt; feels defeated; suffers *future shock* (neophobia); is not interested in books; and reproves the young. The most common type of man today.

Test. Do you fit into one of these classic portraits of Socin? Do you already think it is time to change? It is important to apply providences in order to improve the execution of the personal proaxis beyond these prototypes exposed. *The style is the author's thosenic signature (graphothosene).*

248. ORGANISATION OF A CONSCIENIOLOGICAL COMPANY

Fundamentals. Aiming at a social, economic and intraconsciential transformation through the principles of Conscientiology and Projectiology, based on the most cosmoethical, multidimensional *business philosophy* possible, an enterprise or *Conscientiological Institution* (CI) should be founded on at least 15 fundamentals for the edification of the *holothosene of serenism* within a Conscientiological Socin or a Cognopolis:

01. **Organisation.** Group promotion and constant improvement of the organisation.
02. **Locations.** Selection of favoured physical locations to work with CEs.
03. **Conscientiotherapy.** Maintenance of *periodic sessions of Conscientiotherapy*, with personal and group deintrusion and research of personal and group *weaktraits*, in order to look for holosomatic homeostasis in each participant as well as in the libertarian tasks.
04. **Economy.** Defence of a subsistence economy, that is well structured for the common good and is against explicit consumerism or *wastefulness*, the *auri sacra fames*. *In the still pathological Socin everything is mediated by money.*
05. **Fund.** Creation of a meticulously planned community fund.
06. **Universalism.** Collocation of an unmoveable, pragmatic and universalistic character in all realisations through the self-awakening of idle or *sleeping people*.
07. **Sociotherapy.** Expansion of the prevention, Conscientiotherapy and maintenance of intraphysical and consciential hygiene and health, as the greatest resources of *Sociotherapy*.
08. **Bioenergetics.** Personal and group Bioenergetic development, at all levels of thosenic manifestations within the inevitable energosomatic, or holochakral, existence.
09. **MS.** Maintenance of social activities prioritising MS, or multidimensional self-awareness, without forgetting about group research.
10. **Gestations.** Permanent prioritisation of *consciential gestations* in-group.
11. **Shareholders.** The situation of all participants being made shareholders, with an equal quantity of shares, as the fundamental economic principle in the undertaking.
12. **Work.** Choose, as another basic principle, *remuneration from the work* and not from the money; nevermore making interest payments on a high risk investment.
13. **Production.** Concentration on human-consciential production for the common good.
14. **Errors.** Joint participation in a programme of cosmoethical, multidimensional self-awareness concerning personal, group and entrepreneurial errors, increasing maxifraternity and intraphysical consciential productivity. (See Bib. 4158).
15. **Cosmoethicology.** Maintenance of a cosmoethical interconsciential climate, with holomaturity, in demand of *the group's proexis, complexis and morexis*.

Epicons. With the perseverance of efforts in space and time, an intraphysical conscientiological enterprise will be a *centre of consciential epicentres*, or epicons, with pre-serenissimi participants, cognizant of their proexis and with a minimum of consciential ectopias. The seeds of the *group offixes* (Offixology), will be born from there, in the near future.

249. BASIC PROFILES OF HUMAN INSTITUTIONS

Profiles. The more essential human institutions for consciential evolution can be classified into 5 profiles or *basic types*, according to their specific characteristics:

1. **Prematernal Institution.** Examples: churches, spiritist centres, fetish worship, others.
 Scientificity: conventional *non-scientific* objectives (religious or mystical).
 Conscientiality: Spiritualistic Philosophy (salvation *of souls* paradigm).
 Professionalism: professional administration (temporary power; tax exempt).
 Assistantiality: consoltask, or the primary consolation task (mystical proselytism).
 Sociability: discriminatory, private or nationalized character (Argentina).
 Universality: dogmatic (sectarian, parochial, idoliser and repressive).
2. **Primary Institution.** Examples: Catholic Parapsychology Institutes.
 Scientificity: non-conventional and self-mimetic semi-scientific objectives.
 Conscientiality: Spiritualistic Philosophy (*indirect* salvationist paradigm).
 Professionalism: amateurish, non-profit administration.
 Assistantiality: mixed task, consoler-clarifier (consoltask-claritask).
 Sociability: privative paternalistic character (directed research).
 Universality: dogmatic (sectarian, parochial, managed and repressive).
3. **Intermediate Institution.** Example: Centre of Continuous Consciousness.
 Scientificity: non-conventional semi-scientific objectives.
 Conscientiality: Spiritualistic Philosophy. (See Bib. 1503).
 Professionalism: amateurish, non-profit administration.
 Assistantiality: mixed task, consoler-clarifier (consoltask-claritask).
 Sociability: private in character, still very paternalist and timid.
 Universality: *non-dogmatic* (universalistic but still *immature*).
4. **Superior Institution.** Examples: Fiocruz; Unicamp; USP and others.
 Scientificity: conventional or *periconsciential* scientific objectives.
 Conscientiality: Materialist Philosophy (mechanist or physicalist paradigm).
 Professionalism: professional, vocational administration.
 Assistantiality: immature, *dermatological*, clarification task (claritask).
 Sociability: public or private in character.
 Universality: non-dogmatic (universalistic *intraphysical-standard*).
5. **Advanced Institution.** Example: Int'l Inst. of Projectiology and Conscientiology (IIPC).
 Scientificity: non-conventional scientific objectives that liberate conscins.
 Conscientiality: Conscientiocentric Philosophy (*consciential* neo-paradigm).
 Professionalism: professional, non-profit administration.
 Assistantiality: the mature task of claritask or of a Conscientiological Socin.
 Sociability: private, *non-nationalized and non-paternalist* in character.
 Universality: non-dogmatic (universalistic, *multidimensional and cosmoethical*).

250. TEST IN THE INTERNATIONAL INSTITUTE (IIPC)

01. **Brain.** In human life, or the space-time dimension, any person's brain (somatic) is considered by Conventional Science as being the most sophisticated, complex and evolved *physical object* in the entire known Physical Universe.

02. **Consciousness.** In the intraphysical condition, who operates and commands the brain is your own consciousness, through the transitory holochakral or *energomatic existence*.

03. **Evolution.** In the *research of consciousnesses*, we manifest ourselves in intraphysical reality with the objective of understanding and improving our own individual essence through lucid self-evolution, in a transitory life interconnected with other more similar conscins and consciences.

04. **Survival.** *Nobody enjoys terrestrial life in an isolated or solitary manner, the entire time.* Since life began not one human being has succeeded in surviving by themselves, alone, during the initial period of infancy (Genetics and Mesology).

05. **Time.** Each day, or *unit of time* with regard to intraphysical life, in which we breathe on Planet Earth, is a new priority opportunity to understand, adapt and be useful to the other constituent members of the evolutionary group (groupkarma).

06. **Space.** Each place, or *unit of space* with regard to intraphysical work, offered by corporal existence, is another chance to assimilate, coexist and help other *indispensable evolutionary companions* (groupkarmic inseparability). (See Bib. 1699).

07. **IIPC.** Thus, you enrol to participate - without *sub-brainwashings* -, to study, work and serve other consciousnesses in a *material organisation*, for example, in the International Institute of Projectiology and Conscientiology, with the *objective* to research the phenomenon of lucid human self-projection and its constructive and liberating consequences for all.

08. **Projectiology.** Projectiology is the practical and objective part of *Conscientiology*.

09. **Conviviality.** In the *conscientiocentric* IIPC you coexist with consciousnesses able to better understand the leading edge relative truths (verpons) already admitted by you; the most intimate *colleagues of destiny* at the core of the groupkarma's evolutionary experiences.

10. **Dissidents.** Operating with *truths within a critical limit*, the IIPC forms *teachers, students, collaborators, researchers* and obviously, *dissidents* who have a narrow level of understanding of the maxiuniversalistic reality and are *alienated* from these leading edge relative truths. It is worth noting: minidissidents defend evolutionarily poorer goals when compared to those of the IIPC. They want to invert values: to be *maxicogs* within *minimechanisms*.

11. **Question.** A question arises from the preceding rationale: If you do not manage to operate your consciousness well, in harmonic relationships with other personalities within the International Institute of Projectiology and Conscientiology; dedicating yourself to profound consciousness research in a highly specialised manner, how are you going to rationally succeed in coexisting better with other people outside the bounds of the IIPC, with those who are much more distant from the current level of evolutionary consciential understanding?

12. **Response.** The response here, defines your personal, essential *strongtraits* and *weaktraits*.

251. TEST OF A POLITICAL CONSCIOUSNESS

01. **Democracy.** According to the politicologists, or political scientists, democracy - as a political system - does not for now have serious ideological competitors and therefore, is expected to be the least bad system to be accepted, spread and implemented across the entire Earth.

02. **Capitalism.** On the other hand, democracy appears to be the political arrangement most apt to develop capitalism. This economic system is more able to satisfy a conscin's material necessities, at the current average evolutionary level, in the restricted intraphysical condition. In this manner, we prepare for the future World State.

03. **Liberal.** *A liberal democracy can be the first step toward maxifraternity.* It is a system able to attend to social beings' desires for mutual recognition.

04. **History.** According to leaders of Political Science, discontent with the flawed mutual recognition, prevalent in aristocratic societies (Socins), generated contradictions engendering new stages of Human History.

05. **Injustices.** However, the most stable current democracies are not exempt from injustices and social problems. This is easily verified by reading daily newspapers.

06. **Power.** Never before as now (Base year: 2006), has the concentration of economic, technological, military and political power been so strong and manifest between States or Nations.

07. **Distance.** Never has the distance between the great powers and the rest of the world been so great and without any prospect, until now, of this growth stopping. In capitalism, there is prioritisation of *profit* (USA) or *production* (Japan), a significant novelty.

08. **Standards.** According to the most trustworthy statistics the difference between the intraphysical European standard of living, compared to the Chinese and Indian standard of living, increased from a ratio of 40:1 to 70:1 between 1965 and 1990 alone.

09. **Poverty.** In the decade of the 80's, more than 800 million people - a number greater than the total of the populations of the European Union, Japan and the USA - became even more profoundly poor. Here is the worldwide population in 2005: 6 billion and 300 million people.

10. **Consumerism.** For the time being, there is little prospect that any real possibility exists for the second and third worlds to reproduce the first world's current consumption models. Groupkarmic influences in the broadest collectives act here.

11. **Wealth.** The *lifestyle* of rich capitalist nations could be called an oligarchic wealth, since its existence depends on the restriction of a specific minority of conscins.

12. **Picture.** In spite of the above, today a weakening of democratic political systems is occurring, in which apathy and cynicism tend to predominate among passive and unbelieving voters, who are further and further removed from the increasingly privatized and misinformed mechanisms of power. Such a picture brings the consequences of parties in crisis, problems in political participation and a general increase of abstentions in elections.

Test. How do you react to such considerations? What opinion do you defend on each of the topics presented? *To ask is to expose yourself.* As is the act of responding.

252. TEST OF LIBERATION FROM 30 COLLARS OF A CONSCIN

Holothosene. *Collars of a conscin are obstacles to free evolution and the freedom of speech.* Some establish dominion for the sickest vampires and extraphysical leaders. They always constitute neophobic, xenophobic or *conservative pockets*. They furiously combat universalism and maxifraternity. They establish the most evolutionary stagnating holothosenes that exist on Earth. A collar is a metal object, with various pointed spikes, placed around the neck of the dog called *Faithful* - considered *Man's best friend* - in order to dictatorially subjugate it, everywhere, often against the will of the animal who clearly has its tail between its legs (*tail caught in a trap*).

Washings. There are millions of *Faithful*, robots (robexis) or human-slaves of other people - intrusive leaders who maintain subhuman or *canine behaviour* and territorial self-defence - who remain like this due to repressions, conditionings, rituals, sacralisations, *sub-brainwashings* or by way of secular group fascinations. Many intraphysical institutions - collars of the ego - maintain corresponding active, intrusive, *extraphysical communities*. They act against the clarification divulged by Conscientiology as this can instil defections amongst the ranks of the dogmatically subordinated and subtly castrated.

Liberation. There are numerous *consciential tics*: crutches, scaffolds and collars of a conscin. While in intraphysical life, many struggle to liberate themselves from consciousness' potential collars. This is a difficult megareaction. Here are 30 examples of collars of a consciousness that continually act to keep you conforming as an amaurotic, silent and obedient *Faithful person*:

- | | |
|--|---|
| 01. Academy of language and literature (any one) | 16. Legalised associations in general |
| 02. Bars and Taverns (frequent) | 17. Legalised clubs in general |
| 03. Belief system (any kind) | 18. Lions Club International (example) |
| 04. Christmas cards (any kind) | 19. Masonic Lodges (any rite) |
| 05. Classist corporations (militancy) | 20. Military Ministries (any) |
| 06. Compulsory weekend (Socin) | 21. Party politics in general |
| 07. Conservative institutions in general | 22. Professional syndicates (militancy) |
| 08. Diverse institutions for idolatry | 23. Rosicrucianism (holothosene) |
| 09. Employers association | 24. Rotary Club International (example) |
| 10. Established religions in general | 25. Sects and brotherhoods in general |
| 11. Fashion in style (of any epoch) | 26. Social class (caste, socialite) |
| 12. Football club (an example) | 27. Traditional commemorations |
| 13. Formal schooling (university) | 28. Traditional home or nuclear family |
| 14. Human race (racist institutions) | 29. Various types of social invitations |
| 15. Initiatory doctrines in general | 30. Wakes, weddings and baptisms |

Test. Which collars still subjugate you? Is it possible to do something about that? Little by little universalism liquidates a community's cultures and vassalage. On 9 November 1989, among widespread euphoria and relief, the *Berlin Wall* was demolished.

253. TEST OF SOCIAL CONSCIOUSNESS

Sociopathy. Unfortunately, the current *Socin* is pathological. This means that a large part of the human population is still, evolutionarily, unhealthy and proceed from the baratroposphere.

Facts. You can gauge this reality through 3 facts: the absurd *military budgets* of the most *civilised* countries; the preferential allocation of governmental resources that give absolute priority to the maintenance of gigantic *military arsenals*, to the detriment of public health and education; the *polluting spiral* that the owners of power throw themselves into, being more preoccupied with dollars instead of the life of the population's needy communities. There is also *consilium fraudis*.

Participation. You and this author did not directly construct this Socin. We encountered it already functioning precariously, but today we are an indissoluble part of its gears. We are not responsible for *the entirety* of Socin's structure, but we are *partly* responsible for it, in the role of minipieces in the community's maximechanism (co-op). It is always important to discern and identify the quality of our personal participation here. (See Bib. 4174).

Life. As consciousnesses we are, first of all, members of Parahumanity (Sociexes). *Evolved Sociexes* do not have enslaved consciousnesses. We are not obliged to live unhealthily, as the average of Socin's constituents do.

Self-evolution. *Personal evolution* (egokarma) and *group evolution* (groupkarma) can march ahead toward polykarmality, even considering the *global evolution* of this Socin. We do not need to be slaves or accomplices in the errors of the majority of the constituents of this Socin to which we temporarily belong. *A personal life, even when anonymous, is important to the life of the majority of people.* We can live subordinated to the unhealthy average or breathe healthy and free. The option is an inalienable personal right.

Formula. Projectiology, as a practical structure within Conscientiology, presents a *formula of two questions* for you to verify, within yourself, if you share the unhealthy dominant mentality or not. It suffices to self-critically ask yourself:

1. **Belief:** Do I prefer to *believe* or *know*?
2. **Prison:** Do I live as a prisoner of some *belief system*? (*Collar of the ego*).

Test. An affirmative response to any of these simple, yet decisive, questions, indicates that you are still suffering from extreme *sub-brainwashings* maintained by the unhealthy Socin. Your consciential self-maturity has not yet permitted you to develop adequate personal principles to live assisting the Socin. As such you are a case especially recommended for *Conscientiotherapy* (or Projectiotherapy) and self-cure (sponsored by yourself) through lucid projections of your consciousness (PE, CE, VS, LP, CP and MS) and the innumerable libertarian evolutionary consequences.

Experience. *Knowledge* extracted through personal experience completely differs from belief. It is knowledge gained through more ample referential systems, devoid of the imagination imposed by short-sightedness and narrow-mindedness (*abdominal sub-brain*).

254. TEST OF YOUR CONSCIENTIAL BOND

01. **Personnel.** Intrapysical or human companies have employees or workers who compose the personnel or *human resources department* (HR).

02. **Portfolio.** A salaried employee in a company has all the details of their employment situation legalised, this includes a signed *Employment Contract*.

03. **Link.** The hiring of an employee creates an *employment bond* that establishes connections to the rights and responsibilities between the company and the employee.

04. **Trinomial.** Conscins (the majority) have jobs they are not satisfied with, as they are unable to unite the trinomial self-motivation - work - leisure in a single context, in this energo-somatic, energetic, intrapysical or human existence.

05. **Money.** These conscins work subjugated to the pressure of the money they lack in order to survive with dignity and without parasitism, within Socin.

06. **Dissatisfaction.** *Millions of people create employment bonds because they are not disposed to another alternative.* Due to this, they do not always feel satisfied with their work.

07. **Mass.** Thus, the fight for survival of the numerous *unthinking masses*, the *servum pecus*, the *workforce clones*, unfortunately still exists in public, social, private, mixed, commercial and industrial companies in general.

08. **Conscientiability.** However, when they can, the ideal is for a conscin to control the *modus vivendi* through self-conscientiability - *consciential gestations* of a healthy conscin evolving - and not to only live a greater part of the existence struggling to defend their money until the end of each month in order to sustain the soma, without ever cogitating about the dynamic of the holosoma.

09. **Conscientiology.** Conscientiology and the objectives of Conscientiocentric Institutions (CIs) enter here. Thus the *consciential bond* is born, it deliberately seeks, with lucidity, the specific purpose of replacing the interpersonal employment bond.

10. **IIPC.** The International Institute of Projectiology and Conscientiology - a *Conscientiocentric Institution* (CI) or consciential cooperative - was founded, intentionally aiming for the 2 types of links with its volunteers: an employment bond, when still unavoidable and a more evolved, self-lucid, polykarmic, consciential bond.

11. **Volunteers.** Hundreds of IIPC volunteers feel satisfied by maintaining a purely consciential bond with the Institution. They present themselves as idealist useful volunteers and provide a valuable service, often as part of a group, working through nights when necessary, without receiving any remuneration for this.

12. **Experience.** Such conscins are self-critical and heterocritical in a cosmoethical manner. They are not modern slaves subject to *sub-brainwashings*, nor do they offer tithes or maintain mystical or sacralising attachments with those responsible for the Institution. Their personal services are professional and through their own self-persuasive consciential experiences are aware of what they intend.

Test. What consciential bond have you already sought to establish in the execution of the claritask in the proexis? Have you already tried to experience the *double bond*?

255. TEST OF THE FUTURE MELODY

Excesses. Not every person lives alert against Socin’s excesses, for example: the *electronic control* of human life from the cradle to the grave. Here are 30 questions for you:

01. Do you unreservedly adore Modern Industrial Society?
02. Does the State appear to be against personal liberties in a clear or subtle way?
03. Are the facts of disturbing proportions and have you already protested this?
04. Does the State resemble a paternalist *State-benefactor* that is able to solve everything?
05. Is there some wise and all-powerful *Big Brother* who acts over you?
06. Do you acknowledge that Big Brother sees all and knows all about everyone?
07. Is there a vast widespread computer network everywhere you go?
08. Is the population of which you are a part, always on the record and monitored?
09. Are all daily activities constantly observed by the State?
10. Are new generations being sacrificed due to the numerous personal investigations?
11. Is all intraphysical life around you truly examined and programmed?
12. Is there a gigantic network or some *computer spiderweb* continuously operating?
13. Do you live convinced that this network is strongly woven around everyone?
14. Are there TV cameras wherever you go, even in the middle of the city?
15. Are the visible cameras efficient and actually functioning 24 hours per day?
16. Are there legal requests and justifications for the installation of more TV cameras?
17. Is there electronic surveillance of the streets and places where you go?
18. As a passerby or pedestrian are you followed by some camera?
19. Besides public places, is there possibly also a camera in the bathroom?
20. Do you know a *satisfied human robot* (robexis) within or beyond the family?
21. Do you know someone *mentally retarded* yet capable in some area of IT?
22. Is such an omnipresent interchange of data just *paranoia about IT*?
23. Are there coded magnetic bars operating on the license plates of personal automobiles?
24. Do you see omnipresent polygraph decipherers connected to microcomputers?
25. Can the State easily discover all the data about a person just like a docile guinea pig?
26. Does a voracious *Computer Audit* (CA) enhance the effectiveness of the police?
27. Is the country’s *Computer Monitoring Service* (CMS) much more powerful today?
28. Is the *appetite for information* about citizens truly growing every day?
29. Is it valid and useful for the State to make everyone’s life pre-programmed?
30. Is the noise of the laptop keyboard your *future’s melody*?

Test. If you responded *yes* to only 10 of these 30 questions, the State controls you.

Slavery. *The era of slavery has already passed.* The realities noted above begin from 10 very simple inscriptions: “Ring the bell”; “No Entry”; “Wait your turn”; “No Parking”; “Wipe your feet”; “Do not enter without knocking”; “Do not speak to the driver”; “Do not walk on the grass”; “Pay first”; “Silence”.

256. THEORICE OF THE CEs OF THE ACCUMULATOR-ENERGOSOMA

1. **Residues.** There is always a volume of *residual air* stored in the lungs (conscin), even in a *physically fitter* man or woman. There also exists a volume of *residual consciential energy* accumulated in the accumulator-ergosoma, even in the man or woman with better *ergosomatic fitness*, or in relation to Bioenergetics.

2. **Unpolluted.** At the start of a session of aerobic exercises, a period of gradual warming of the muscles is recommended for the athlete. This includes *renovation of the residual air* in the lungs based on a vigorous detoxifying exhalation and inhalation which aims to expand the lungs and the absorption of pure oxygen. At the start of a session of energetic practice organic detoxification is recommended for the energiser, including the renovation of accumulated CEs - *chakral blocks* - which generate energetic decompensations.

3. **Capacities.** Renovation of the residual air and the physical *warm-up* improve and expand (1) the *aerobic capacity* of the athlete, keeping them physically fit with organic homeostasis. Organic detoxification, through yawns, stretches, shedding of tears and other purifying reactions of the soma and ergosoma, improve and expand (2) the bioenergetic, *ergosomatic capacity* of the intraphysical energiser.

4. **Warm-up.** *A physical warm-up minimises problems with articulations (joints), tendons and muscles.* It prevents muscular strains, contusions, distensions, sprains and other psychomotor disturbances in the conscin-athlete's soma. (See Bib. 3069).

5. **Renovation.** *Renovation of the energies* of an energiser prevents the inconvenient maintaining of loads of - *unhealthy CEs* (1) - which are negative, depotentializing, accumulated, blockers of fluent circulation; and - *healthy CEs* (2) - in the ergosoma and in the intraphysical / extraphysical interchange, or that of the soma / psychosoma (holosoma).

6. **Disposal.** Vigorous exhalations and inhalations expand the *intraphysical disposition* or general well-being of the athlete, providing greater self-motivation in the exercises.

7. **VS.** The will, installing a VS, or *prophylactic vibrational state* - a multidimensional and *holosomatic parasport* - expands and potentialises the free flow of the energiser's CE, enabling them to execute the following with self-motivation: auric couplings, positive energetic symases or sympathetic assimilations, diverse clairvoyances and other animic-parapsychic-energetic practices, most notably Penta.

8. **Exercises.** Those who intend to maintain good *physical and consciential health* cannot underestimate aerobic exercise, for example, taking frequent fast walks and going swimming, nor can they underestimate specific ergosomatic exercises. Such exercises demand motivation. The *soma* is an extension of the earth or the ground. *Consciential hygiene* is the maintenance of a healthy holosoma.

9. **Conditionings.** Those who only perform physical exercises - *somatic conditioning* (1), lack engagement in the megaprogramme of *ergosomatic conditioning* (2), through the voluntary installation of regular and methodical prophylactic VSs. In this way they can maintain *holosomatic homeostasis* and arrive at lucid *permaninfreeness* in the future.

257. TYPES OF CE OR CONSCIENTIAL ENERGY

Types. Here is a brief theoretical analysis of the types of consciential energy (CE). The immanent energy constantly transformed into consciential energy and applied by a conscin, can be didactically classified into five basic types:

1. **Biological:** energy type 1; predominates when directly part of the soma, or human body. This energy is typically connected to the instincts and composes, for example, the crustal *longing* felt between individuals. A consciex after passing through the *desoma*, or *first death*, no longer has this biological CE in a *pure* way and, because of this the majority of them still *suffer from energetic deprivation* and fall into the condition of *post-mortem parapsychosis*.

2. **Ergosomatic:** energy type 2; predominates when directly part of the energosoma, or energetic body. This CE is typically used by the conscin in human life. A consciex that has passed through the *second desoma* no longer has pure energies of types 1 and 2.

3. **Emotional:** energy type 3; predominates when directly part of the psychosoma, or emotional body. It has a direct relation with the *sen* of thosenes. This is the specific type of CE of all kinds of *acute infatuations*, common in human life. A consciex that has passed through the *third desoma* no longer has pure energies of types 1, 2 and 3.

4. **Mental:** energy type 4; predominates when directly part of the mentalsoma. It has a direct relation with the *tho* from thosenes. Within the realm of self-evolutionary experiences, when this CE is manifesting in a pure way it tends to be the most balanced in the consciential microuniverse. This type 4 CE predisposes holomaturity and serenism.

5. **Holosomatology:** energy type 5, globally emitted by the holosoma of the conscin (soma, energosoma, psychosoma and mentalsoma) or consciex (psychosoma and mentalsoma).

Explanations. This division of CEs logically explains 5 facts or phenomena:

1. **Distinction.** Because CEs are manifested by different consciousnesses, the CEs of each consciousness are perfectly distinct. Beyond this a consciousness can predominantly use, in each opportunity, *only* 1 of the 5 specific types of CE.

2. **Employ.** Consciousnesses are not always employing the *same* specific type of CE, at the *same time*. Incompatible interconsciencial atmospheres *originate from here*.

3. **Unconsciousness.** When a consciousness is unaware of their own CEs, they are unable to distinguish the specific type of CE employed in *each* self-manifestation.

4. **Modifications.** One hundred hands can be placed on the head of 1 human being and transmit CEs through the chakras - in an act of energisation through the *secondary palmochakras* (of the hands) in this case - and these CEs, *loaded with ene*, do not, however, modify even one idea of this conscin, as they lack the *tho* and *sen* from the thosene.

5. **Mentalsoma.** *An idea (mentalsoma and thosenity) is different from mental CE.* CE is *circulatory*. Facts suggest that an idea of a consciousness is *generated and seated* in the intimacy or essence of its own being. CE or the *ene* (in this case, from the energosoma) is only 1 of the 3 components of a thosene, it still lacks the *tho* (mentalsoma) and the *sen* (psychosoma).

258. THEORICE OF IMMANENT AND CONSCIENTIAL ENERGY

01. **Conscin.** You, consciousness - in this case, conscin - are beyond energy. Self-conscientiality is more potent than energy in all of its forms and manifestations.

02. **IE.** IE, or immanent energy, is the primary, essential, impersonal, *seamless*, inexhaustible, *eternally flowing*, diffuse and omnipresent energy that permeates everything, or all that exists.

03. **Synergism.** IE is the reality closest to the notion of perfection or non-entropy, in other words: synergism at an almost absolute level, a kind of subtle *dark energy*.

04. **CE.** CE, or consciential energy, absorbed by you from sources of IE and constantly employed in general self-manifestations or in constant self-thosenisation.

05. **Differences.** *CEs and consciousnesses are different realities in and between themselves.* No CE is equal to another, just as no consciousness is identical to another.

06. **Evolutivity.** The greater the consciousness' evolution, level of lucidity, capacity for discernment, or holomaturity, the better the specific intimate energy.

07. **Qualifications.** Qualification of personal CE specifies the consciousness' exact evolutionary level in the groupkarma, or the multimillenary and multiexistential evolutionary team.

08. **Identification.** The tendency of the character and self-manifestations of CE is to become increasingly similar to the IE from which it always invariably proceeds.

09. **Modification.** The smaller the modification imposed by you onto the IE absorbed and employed, the better the universalistic and benevolent quality the personal CE will have, thus favouring all beings and the general good, in any consciential dimension. The best CE is that which has the greatest percentage of IE intact, or remains without egoistic modifications.

10. **Canalisation.** The greater the self-capacity to be a pure canal of IE, the greater the consciousness' identification with the Cosmos, with other consciousnesses in general, including the Serenissimi, the vanguard or advanced scouts of Evolution. (See Bib. 4026).

11. **Hyperacuity.** To evolve is to absorb, discriminate, circulate, transfer, capture, transform, modulate, disperse, accumulate, recombine, emit and project CE to ever higher levels of lucidity (hyperacuity). Examples of *negative group CEs*: a team of strikers on a picket line; a block of protesters in the street; a vindictive corporatist committee.

12. **Synthesis.** In synthesis: to evolve is to increasingly thoroughly tame IE and to use it with greater intelligence. The greatest beneficiary of *penta* is the practitioner themselves.

13. **Thosenity.** The most evolved thosene for us conscins today, is that which has its essential practical element, the CE, as equivalent to IE as possible.

14. **Serenissimus.** The CEs of a *Homo sapiens serenissimus* are more equivalent to IE than those of a pre-serenissimi, the vulgar or common experimenter.

15. **Refinement.** Evolution of the consciousness is based on the conquest of the maximum refinement of the most personal CE, which little by little is transformed and becomes identical and indistinguishable from IE. Not everyone lets the light of their consciential energies shine.

16. **Firefly.** Who has the vocation of a firefly only *lights up* once in a while.

259. THEORICE OF THE LOAD OF VITAL ENERGY

Ergosoma. There are at least 3 parapsychic facts that suggest to a researcher that each conscin receives, primarily at the moment of human conception, a kind of vital *energetic load* of CEs. These energies compose the *ergosoma*, or holochakra, and join the psychosoma to the soma through connections in both vehicles. The 3 facts are:

1. **Soma.** *An intraphysical existence is a limited load of vital (cellular) energy.* Through lucid projectability we discover the fact that a soma, recently-deactivated by the first death (desoma), is fought over, in fierce competition, by needy and exploitive consciexes, who crave the CEs that they themselves no longer have.

Leftovers. In this case, the recently-deactivated soma still remains, in some way, *loaded with the CEs* of the conscin. It should be noted that the psychosoma of each competing vampiric consciex (consener) is already *unloaded of their CEs*. This is the reason for the huge fight among barotropospheric consciexes over the available *energetic leftovers*.

1. **Psychosoma.** Experience of the second desoma is, in fact, the deactivation of the ergosoma's remaining CE connections, which are encased in the psychosoma of the conscin who recently returned to the native condition of being a consciex in the personal, and frequently barotropospheric, paraprecedence.

Load. This fact shows that the ergosoma lived *loaded* with a specific proprietary percentage of CEs, until the instant of the desoma, biological death, or final projection.

2. **Suicidees.** There are cases, still, of suicidal people, *youths*, that soon after somatic deactivation continue exteriorizing CEs for a long time, like living *lit fuses*, “dropping sparks” everywhere they manifest through the psychosoma.

Vampirism. This parapathological fact attracts the same consciexes who vampirize CEs, the previously referred to conseners, and can also be witnessed by conscins lucidly projected in unhealthy extraphysical dimensions. This shows that these consciousnesses did not *unload* their own CEs in time, or in the correct critical moment.

Flows. In a normal intraphysical life of seven decades, generally until 35 years of age, for example, CEs (ergosoma) flow more from the psychosoma to the soma, or from the extraphysical dimension to the intraphysical. From 36 to 70 years of age the flow is more from the soma to the psychosoma, or from the intraphysical dimension to the extraphysical. Thus, on *average a reversal* of the vital energetic flow occurs. This is the conscin's evolutionary, parapsychological system of CEs.

Proexis. In the first part of intraphysical life, the *vitalised* conscin prepares their own existential programme; in the second part, they execute the proexis, until *dying*. A *premature death*, or one prior to the stipulated end of the intraphysical life, is an *abortion of CEs*.

Morexis. The soma is the *greatest accumulator* of CEs. Discharging CEs is done naturally through personal actions, in the fulfilment of the proexis. A *larger*, positive morexis is a singular fact, or in other words: a rare *recharging* of the conscin's CEs.

Study. Many conscious projectors still confuse the *silver cord* (ergosomatic connections) with intruders, committing an *error in objecto*.

260. THEORICE OF LOOSENESS OF THE ENERGOSOMA

Definition. Looseness of the energosoma is the condition of relative freedom of the energy body, in relation to the psychosoma and the soma (conscin).

Benign. Healthy ergosomatic looseness is common in the post-projective period after a series of CPs. The energosoma escapes the coincident condition of the consciencial vehicles.

Clothing. During the ordinary physical waking state, looseness of the energosoma resembles a very light and large garment that an intraphysical consciousness wears over their soma and ordinary clothes, whose excesses loosely wave and float around them in a flared style. *There is healthy and pathological ergosomatic looseness.*

Sensation. The sensation of ergosomatic looseness is as if something was let loose from within us and continues to accompany the person, always floating, yet bound to the soma.

Causes. These 8 causes predispose the emergence of the condition of ergosomatic looseness: VS; assistantial CP; CPs in series; mental CP; experience of cosmoconsciousness; hydro-magnetic shower; aeromagnetic refrigeration; and surgical general anaesthesia, among others.

Compensations. When energetically decompensated a conscin cannot uninterruptedly circulate CEs. Only energetic compensations permit the condition of healthy ergosomatic looseness, the maximum condition in relation to ergosomatic flexibility.

Effect. Here are 14 well-defined aspects or affects of ergosomatic looseness:

01. **Aura.** Full installation of all the conditions necessary for the projective aura.
02. **Consciexes.** Paraperception of the consciexes present in the environment.
03. **Continuity.** Predisposition of the conscious projector to another consecutive CP, and moreover, the emergence of a series of CPs.
04. **CP.** Indisputable self-confirmation of a recently-concluded conscious projection.
05. **Donation.** Ergosomatic looseness gives birth to a more effective donor of CEs.
06. **Duration.** The duration of ergosomatic looseness can be measured in minutes, hours or may extend to an entire day. Yet it may even last for days and weeks to follow.
07. **Epicon.** Positive predisposition to the self-conscious consolidation as an epicon. A condition of healthy ergosomatic looseness can be even more useful than the VS.
08. **Loss.** The frustrating sensation of uselessly losing CEs through the exteriorisation of apparently free and meaningless energies (soma, energosoma and psychosoma).
09. **Neurology.** Predisposition of healthy neurovegetative manifestations through the soma.
10. **Notice.** Facilitation of advanced notice of an imminent CP between 2 consecutive CPs.
11. **Psychosphere.** Facilitation of the perception of your luminous energetic psychosphere.
12. **Self-bathing.** Triggering of more frequent self-showers of energy.
13. **Stature.** The false impression of the soma having a taller stature.
14. **VS.** Installation of the vibrational state, *with* or *without* conscious projection.

Technique. Prolonged maintenance of healthy ergosomatic looseness is achieved by triggering 2 energetic showers every 2 hours through the impulse of the will.

261. AVOIDANCES IN THE USE OF CONSCIENTIAL ENERGY

Disturbances. We should only quicken our own blood in order to be *donors*. Here are 6 disturbances or malefactions generated by the incorrect use of CE, or consciential energy, by a conscin, whether this author or you, when we act without parapsychophysiological precautions:

1. **Microlesions.** In theory a conscious projector can exteriorise inexhaustible CE all day, every day. However, if the conscin's muscles are not accustomed to the intensity of advanced and continuous physical exercises, they can later suffer microlesions in the muscle fibres, provoking muscular pains and temporary physical discomfort. *Uti, non abuti* is worthwhile regarding CE.

2. **Hypertrophy.** The simple act of a lone human, or a human in conjunction with the CE of consciexes, frequently and intensely exteriorising CEs through physical exercises - a true work-out - over long periods, can, based on the techniques of energetic release employed, develop evident hypertrophy - larger volume - of the muscular mass of the forearms, biceps, shoulders and thorax. After a certain time, this makes the energetic donor increase their body weight and appear to have a soma in a much more robust and rigid condition.

3. **Decalcifications.** With intense repetition, the installation of a dense bioenergetic field during an energetic and parapsychic trance along with a substantial lowering of the basal metabolism of the ectoplastic sensitive and hypothermia of the extremities, can predispose the appearance of peripheral decalcifications in the nails of the feet. This occurs if there is an organic predisposition in this respect, such as: physical constitution; age; peripheral circulation; metabolism of calcium; among others.

4. **Transference.** *Bioenergy, like any medicine, can both cure and kill the soma.* It is necessary to discerningly observe the intervening variables in the techniques and procedures employed. In some cases, when very vigorous and continued, the technique of sympathetic assimilation of CE, executed through an auric coupling of a sensitive to an assisted person, enables the transfer or absorption of certain unhealthy predispositions, or installs disturbances, that can generate the *patient's symptoms* in the bioenergetic donor. This occurs when the donor lacks techniques suitable to maintain extraphysical para-asepsis, a healthy psychosphere and immediate organic recovery. Such facts can occur not only with a common donor of CEs, but also with a conscientiotherapist, a specialist doctor, a specialist psychologist, a psychotherapist, a nurse, or a social assistant.

5. **Symdeas.** In the correct parahygiene of an energetic donor, the relationship between their own organic state and the extent of the work underway should never be overlooked. Symdeas must always deliberately occur.

6. **Fatigue.** When a person does not maintain a balanced equilibrium in their alimentary diet and does not naturally arrange their organic reserves, they can become predisposed to frequent colds, allergies and fatigue following energetic work.

262. TEST OF NOXIOUS CONSCIENTIAL ENERGIES

Occurrences. A human gestation affects women more; a *consciential gestation*, men and women equally. Through 10 similar occurrences, that have the same common denominator - the qualitative and / or quantitative harmful effects of CEs - you can test the *excellence* of your own CEs, by exclusion, or directly test the *noxiousness* (Pathology) of your CEs:

01. **Brown Thumb.** The existence of negative bioenergy from an individual capable of spontaneously making plants wither and die, called a carrier of a *brown thumb*, as opposed to those with a *green thumb*, whose plants grow strong, lush and healthy when in contact (phenomenon of revitalisation). Every plant creates *protothosenes*.

02. **CPs.** A period of practical *recess* or blockage in the production of experiences of CPs, or lucid human consciential projections.

03. **Disturbers.** Perturbing factors acting on the parapsychic physical effect phenomenon, or the so-called ectoplasms, for example, a direct light or the observer-researcher's *gaze* (commonly known as the *evil eye* or a *green-eyed look that kills*).

04. **Interceptor.** Interference from an intercepting consciousness, if any exists, between the human *emitter* and *receiver* in the phenomena of *telepathy*.

05. **Parapsychism.** The temporary or definitive suppression or *suspension*, or the decline, or even the *extinction*, for the rest of the intraphysical life, of various sorts of authentic parapsychic phenomena (truncation of parapsychism).

06. **Praying.** The condition opposite to that of a contrarian mentalist, or the praying of *negative prayers*, that, in bioenergetic experiments involving the growing of seeds and plants, are able to influence the speed, intensity and vigour of the plants' growth and in which they end up being dark and withered. The brain *should always be* the headquarters of the emotions.

07. **Psi-blocker.** The influence of a *sterilising person*, an antisensitive, or psi-blocker, a creator of the *antitrance state*, who merely *by their* physical presence, when *nearby*, is able to impede the production of parapsychic physical effect phenomena.

08. **Psi-missing.** The absence of extra-sensory perception and physical effects with parapsychic bases, the reverse effect, the null *psi*, or *psi-missing*. In this case, it constitutes an outcome or score significantly *worse* when compared to, what is popularly called, *luck*.

09. **Symas.** The fact that illnesses can be contracted through energetic exteriorisations performed with therapeutic intentions, or through the intermediary of sympathetic assimilation, used in paradiagnostic auric couplings and unorthodox alternative therapies. Here the person passes from the condition of being a *healer* to being an *assimilator* of the illness. *The prophylactic vibrational state prevents unhealthy symas (self-prophylaxis)*.

10. **Table.** The appearance of the condition called the *death table*, due to an incompatibility of CEs, or from the powers in the intra and extraphysical parapsychic research group. An *intrusive consciex* suffers from the loss of the soma's energy-matter.

Test. If any of these phenomena occur with you, it is worth checking the CEs.

263. DISCRIMINATION OF YOUR CONSCIENTIAL ENERGY

Definition. The ideal, in every case, is that the experimenter defines, in their own words, self-experiences related to CEs, or consciential energies, independently of the theoretical definitions that already exist regarding the subject.

Sensations. Conscins characterise and describe the primary sensations associated with CE moving, in a consciousness' microuniverse, in different ways.

Expressions. *What is your personal percentage of imprisonment to Genetics?* Here are 30 expressions that define the sensations from the first contact or practical experience of discriminating CEs:

01. Accelerated **cardiac beating** (palpitations and tachycardia) and strong emotion.
02. **Burning**, itches and *paraesthesias* (physicalist or intellectual conscins).
03. Clear **pulsations** in the head (coronochakra) or in the thorax (cardiochakra).
04. **Cold winds** and itches (ectoplasm and the start of the state of waking dis coincidence).
05. Consistent **sweeping of something** over the entire soma (bioenergetic compensations).
06. **Cool breeze** on the skin (ectoplasm), specific and localised touches.
07. **Ecstasy** and well-being or a state of ineffable comfort (contemplative state).
08. **External impulses** (parapsychism) and irrepressible deintoxicating yawns.
09. **Fainting** or the sensation of departing from oneself (miniprojection and take-off).
10. **Fluids** bringing immense relief or the removal of a weight from one's back.
11. **Goosebumps** and involuntary movements in various parts of the soma.
12. **Heat** in the soma and flushed cheeks (CEs from the cardiochakra and sexochakra).
13. **Internal electricity**, soothing electrification and pressure on the head or nape of the neck.
14. **Intimate fire** potentiated with fleeting passions (euphoria and sudden orgasms).
15. Invasive **nervous forces** from an unknown external agent (intruders).
16. **Involuntary tremor** of the eyelids with tearing and *cloudy* vision.
17. **Muscular contractions**, *myoclonus* and numbing (originating in the coronochakra).
18. Pacifying intermittent **magnetic flows** (an instantaneous balsam).
19. **Pleasurable sensation of relaxation** and general flotation (alert serenity).
20. **Sensation of expansion** of parts of the soma (paraphenomenon of *ballooning*).
21. **Sensation of fullness**, inexpressible finesse (state of grace) and pleasant languor.
22. **Shivers**, trembling or *spasms* in segments of the soma (common expressions).
23. **Shower from** undefined *forces* (ergosoma and the start of a parapsychic trance).
24. Soft **frozen waves** and sleepiness (extraphysical ectoplasmic transmissions).
25. Soothing **hot waves** (intrapysical energetic exteriorisations).
26. **Stretching of the soma's extremities**: hands and feet (phenomenon of elongation).
27. **Throbbing** and crackling accompanied by pressures or weight (chakras).
28. **Tingling** and stinging in the hands and feet (palmochakras and plantochakras).
29. **Tingling**, vibrations (tympanum) and irrepressible shudders (myoclonus).
30. **Torrential showers** from an external and enveloping force (*extraphysical CEs*).

264. EXPERIENCES OF ENERGIES AND SPACE-TIME
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Factors. *Personal energy is a succinct personal encyclopaedia.* Here are 17 already identified factors or effects in the *relationship immanent energy* and *consciential energy - consciousness*:

01. **IE.** IE, or *immanent energy* exists everywhere, throughout the entire Cosmos.
02. **Potentiality.** Until now IE has truly proven to be *inexhaustible*.
03. **Space-time.** In theory, IE acts *disconnected* from the space and time of intraphysical life. The *dimener* is the consciential dimension sequential to the intraphysical dimension.
04. **CE.** CE, or *consciential energy*, is the IE gathered and applied by a consciousness.
05. **Lucidity.** CE can be gathered and applied by a consciousness in a conscious and voluntary way, as well as in an *unconscious* way or due to an instinctive craving.
06. **Theory.** *In theory*, CE also acts disconnected from space and time.
07. **Mesology.** However *psychological*, mental, cerebral or mesological (sociocultural) factors operate in a conscin and powerfully influence CEs and penta.
08. **Classification.** Based on intervening psychological factors we can classify CE into 2 types with regards to *space* (Proxemics): intimate CE and remote CE.
09. **Close.** The most potent CE, intimate to a conscin, is released *skin to skin*, with the sender and receiver in the intraphysical consciential dimension (auric coupling).
10. **Distant.** The most potent remote CE, from a conscin, is that released with a dependency on *multidimensionality*, or in other words: when 2 consciousnesses manifest their thosenes (the *ene* component) from 2 different consciential dimensions.
11. **Time.** From the supervening psychological factors we can understand a little more of the obscure relationship of CE with *chronological time* (Chronemics) and a couple's enerspring.
12. **Sexuality.** *Skin to skin* CE, or the most common and much more potent symas in daily life, is derived from the *sexual act* (sexosoma, sexochakra and the orgasmic aura).
13. **Duration.** According to an average of experiences, either after a fast or a prolonged sexual session, the CE derived from the sexual act *remains* in each partner for 48 hours.
14. **Mensuration.** In states involving authentic romantic love, intimate CE can be measured by the *time spent coexisting* or in intraphysical proximity.
15. **Formula.** Based on a formula of average reactions, an ergosomatic factor from 1 to 4 could be established to measure the *scale of energetic neediness* or acute personal yearning.
16. **Example.** In theory, 6 hours of more intimate coexistence, can, due to the *accumulation of CE*, compensate for up to 24 hours of separation or physical absence between 2 conscins who are truly, intensely, in love and have a deep interconsciential *rapport*.
17. **CPs.** A weekend (Saturday and Sunday), 48 hours of reciprocal absence from "looking into eachother's eyes" (a *bioenergetic duo*), with a prior energetic supplement of 6 hours of more intimate coexistence, will generally show a *yearning* in both lovers by Sunday's end. Such a paraphysiological fact can generate CPs, just like in techniques of projective induction based on human sensorial privations.

265. EXPERIENCE OF ENERGETIC SELF-EXEMPLIFICATION
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01. **Intraphysicality.** *Intraphysical life is an energetic or ergosomatic existence.*
02. **VS.** After a certain level of lucidity, mastery of the VS, or *vibrational state*, is an irreplaceable evolutionary requirement arrived at by all consciousnesses.
03. **Intention.** *Personal intention* denounces the actuation of energies, or personal will, before the concrete materialisation of a minimal gesture of initial action.
04. **Authenticity.** Confirmation of the authenticity of an individual's manifestations, or real personal intentions, can be established, by who is competent, through *self-thosenes*. This is done via the specific individual's CEs, without any confusion regarding the CEs of others.
05. **Disguise.** No *ego-defensive* or poorly-developed paranoid system can mask the manifestation of CE integrated with self-thosenes (*ene*).
06. **Contradictions.** *Evident contradictions* can exist between personal opinions and self-behaviour. There is never a contradiction among the manifestations of personal CEs.
07. **Incoherence.** *Personal incoherence* in your behaviour is tested, with time, and in an unquestionable way, first and foremost through the intermediary of personal CEs.
08. **Acuity.** Any *facial camouflage* is denounced and even undone by CEs. To reliably identify you it is sufficient for a collocutor to merely have reasonable *energetic acuity*. Within you, *adrenalin boils* at how many degrees?
09. **Exemplification.** The *example* that somebody provides through their human life, always appears after the example given by the quality of CEs liberated to the entire surrounding Universe. *Verba movent, exempla trahunt.*
10. **Gap.** Often, there is a *gap*, hiatus or an evident abyss between speech, affirmations, signals, *promises* and the coarse reality of a conscin's personal problems.
11. **Self-Verbaction.** Your *self-verbaction* - the attitude or act that confirms the word, affirmation or promise - manifests, first of all, through the person's CEs.
12. **Precedence.** *Energetic exemplification*, interwoven by CEs, precedes all the concrete manifestations or exemplifying acts of the intraphysical existence. A conscin's CEs always arrive *before* the personal visiting card or visual appearance (physiognomy).
13. **Multidimensionality.** It helps very little when the personal example is only human: it has to be *multidimensional*, translated through CEs. A self-thosene, even when minimal, marks an unmistakable personal presence in the Universe or where the consciousness freely acts.
14. **Cosmoethicology.** True exemplification is not only intraphysical or human, but represents a *multidimensional manifestation* and appears, first of all, through the cosmoethical or anticosmoethical CEs that you constantly put into motion.
15. **Denunciation.** Personal energies denounce the consciousness. Nobody in an intraphysical existence manages to live unobserved by more lucid consciexes, whether they are healthy or benefactors, the helpers; or sick or intrusive - those frequently, acutely, in need of human being's CEs. CEs truly announce a person's arrival.

266. EXPERIENCE OF ENERSPRING OR ENERGETIC SPRINGTIME
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Relationships. There are evident relationships between: CEs; the photosphere of a plant; the energetic psychosphere of a living being; the holosoma of a conscin; the intraphysical base of a lucid projector; the offlex of a human epicon; morexis; complexis and other manifestations of a consciential principle in diverse personal stages of evolutionary growth. We are all with each other.

Phenomenon. The same phenomenon occurs in each of these 19 consciential principles, vital beings, under various existential and evolutionary injunctions:

01. **Abducted.** The CEs of a supposedly “abducted creature” (Ufology), when healthy.
02. **Aura.** The *aura popularis* of a charismatic leader within some libertarian activity.
03. **Botany.** The natural *vegetable energy* of the crops in Findhorn, Scotland.
04. **Completist.** The pacifying CEs of a lucid *existential completist*.
05. **Discoincidence.** The energetic condition of *waking discoincidence*, when healthy, can be more useful to a conscin than a CP, or a human conscious projection.
06. **Diva.** The *energetic star* of the moment (diva, goddess, muse) under the spotlights.
07. **Effect.** The human being’s CEs potentialised, at the maximum peak of the circadian cycle, by the so-called *Hulk Effect* and the fermenting biological clock.
08. **Epicon.** The CEs of a lucid, assistantial, intraphysical epicon.
09. **Hero.** The *virginal light* from the face of the constructive hero or heroine.
10. **Hormone.** The vegetable hormone in the lush and flowering plant (*floral goddess*) that unanimously wins an international flower (floral) competition.
11. **Interview.** The energetic consequences on the *preliminary interviewer* from an extraphysical interview with a Serenissimus. (See page 762).
12. **Midas.** The CEs of an economically fortunate personality who seemingly has the *Midas touch*, which can lead the fortuitous person to *unexpected* economic abundance.
13. **Moratorist.** The CEs of the *existential moratorist* conscious of their own condition.
14. **Nimbus.** The halo or gloriole of a supposed “living saint”, aureoled by believing *people*.
15. **Odour.** The *odour of sanctity* of a sensitive ectoplast, of any origin.
16. **Phytophile.** A charming person, a gardener with a *green finger*, or *good hand*.
17. **Plastic.** The awakened, attention grabbing and radiant sexochakra (*sexy sex*) of the handsome or beautiful youth, or from the ancient myths: Venus (Aphrodite) and Apollo (Adonis).
18. **Subhuman.** The seductive subhuman animal, 1st place winner in its category at the show.
19. **Touch.** The *tap on the shoulder* when absorbing CE donated by a supposedly, according to *people’s* opinions, favoured person (*lucky person*), or one who “brings luck” (*lucky star*).

Springtime. Just as *moments of destiny* exist, so too does a *springtime of CE*. Who seeks to live this, with lucidity and fullness, catalyses hyperacuity.

Apogee. It is nonsensical to let pass a period of an apogee of CEs, which could be used in favour of others, and hence transform into a lesser consciousness, a will-o’-the-wisp or mere triumphalist human. *There are unique evolutionary opportunities for each pre-serenissimus.*

267. THEORICE OF ENERGETIC SPRINGTIME FOR 2

01. **Coupling.** Affective intimacy with mature sexuality leads to a healthy energetic life for 2, within a condition of the most permanent auric coupling possible between two conscins. This is only infeasible for those who do not admit leading edge consciential research.

02. **Happiness.** Healthy sex maintains a continuously happy affective atmosphere, beyond any preoccupations regarding the vicissitudes of intraphysical life and the Universe.

03. **Laughs.** An enamoured intimate couple lives laughing, although seemingly being without plausible reason for the exuberance of such satisfaction.

04. **Symases.** All the happiness or contentment is generated and maintained through symases, or sympathetic assimilations, of CEs that are incessantly fed back in.

05. **Exactions.** In this case there is no sadness, censorship or exactions from either partner of the conscious evolutionary duo, regardless of whether the male or the female.

06. **Disinhibition.** Disinhibition, sincerity and authenticity are fully lived at a level superior to all the conviviality with other conscins in the current life.

07. **Liberty.** The reciprocal surrenders and total concessions establish an uninhibited inter-consciencial climate and maximum freedom for both.

08. **Thosenity.** The first consciencial microuniverse is *thosenically* based on the second, through the thoughts, sentiments, CEs, moods and secretions.

09. **Fusion.** Beyond the organic connection of the sexes, there occurs a fusion of the hands of the two conscins, just like when the hands of a clock indicate noon on a sunny spring day. They temporarily become one consciousness, interpenetrating one another.

10. **Insatiable.** The yearning for mutual knowledge appears insatiable, yet sweet.

11. **Rediscoveries.** Rediscoveries emerge each minute in each partner.

12. **Pleasures.** Pleasures are born from every gesture or posture from each of the partners.

13. **Paradox.** Paradoxically, a *dissatisfaction* constitutes the only condition able to satisfy. Permanent affectionate experience intertwines the first consciousness with the second.

14. **Anxiety.** Anxiety appears as pure happiness. The anxiety, always pleasant in this case, seeks and sustains eye to eye, pore to pore and chakra to chakra intimate contact.

15. **Soma.** Mental or psychological sex is wed to organic or physical sex. *There is somatic sex between groins and there is holosomatic sex between the ears.* The entire soma of each lives to vibrate in the longing to seek a new refusion of CEs.

16. **Enerspring.** At this point, in a full apogee of healthy CEs, notably when an intimate couple pursue consciencial gestations through the execution of the claritask, within the evolutionary regime of a lucid evolutionary duo, a mutual enerspring, or energetic springtime, is generated for both in the independent evolutionary duo, which is free of dependants, or without offspring. (See page 330).

17. **Maintenance.** To know how to maintain the enerspring phase, at a high level for both, is a fundamental challenge for all the intimate couples on Earth. Conscienciology can help you in this important, personal, affective phase of life. There are many people who drown while trying to kill their thirst.

268. TEST OF PERSONAL BIOENERGETIC SCANNINGS

Perceptions. *A consciousness' self-perceptions are always varied and very useful.*

Identification. When a person comes and sits in front of you, *without saying a word* you can use your senses, via various approaches, with the intention to identify them. (See Bib. 3037).

Scannings. Here are 6 *speechless* consciential scannings for an auscultating conscin:

1. **Attention:** sharpen your attention; examine the entire appearance of the person. Vision, hearing and smell predominate here. You can detect speechlessness, gestural or audible greetings and even the perfume used by the conscin.

2. **Vision:** concentrate thoughts on the scene viewed, deepening the analysis. The sense of vision predominates at this level. The non-verbal interanimal language increases.

3. **Memory:** use the intraphysical or cerebral memory, the mental archives of this human existence, in order to identify the newcomer.

4. **Details:** globally track the characteristic minutiae and details of the person using all the senses in a combined, extensive or united effort.

5. **CEs:** scan the energetic presence, or the aura, of the visitor, the true business card of any conscin. You can even attain an instantaneous installation of auric coupling, facial clairvoyance and an intense field of CEs.

6. **Psychometry:** investigate in an animic-parapsychic way, the integral psychosphere (energosphere) of the consciousness in front of you. At this point intuition enters, the so-called *sixth sense* or personal *feeling*, a still amateur, rudimentary resource compared to sophisticated parapsychic perscrutations. This can continue until the *symas* condition, where the conscin's potentialities and deficiencies are identified or a specific paradiagnostic is obtained, where appropriate.

Senses. In the 6 consciential scanning techniques, 2 of the basic physical senses are not included: taste and touch. In compensation, the most important of all basic paraperceptions was used: bioenergetic scanning.

Encounter. Based on the principle that a neutral interpersonal meeting rarely occurs, as, when face to face, one consciousness is always better with CE and the other receives, it can be concluded that: the fifth, scanning, is the most important procedure among those listed.

Dimension. To conduct a *bioenergetic auscultation*, strictly speaking, accurate attention is not even necessary, as long as you can keep the eyes closed, your self-concentration on the external, and let the CEs, mental concentration and memory predominate. In this case, the present matters the most, or in other words: the ordinary senses, the 4 previous listed items.

Unsuspecting. All this can be produced without the target-person even suspecting its occurrence. Nearby human beings would also not suspect or know of the fact.

Dimener. Everything occurs in the dimener contiguous to the ordinary physical dimension.

Test. Do you truly dedicate some effort to master CEs? *Healthy* conscins kiss each other. *Unhealthy* conscins bite each other. Regardless it is always through CEs.

269. TEST OF A DEFENSIVE CONSCIOUSNESS

01. **Water.** *Instead of being called Earth this Planet should be called Water.*
 02. **Predominance.** Water predominates on the Earth's surface, where human life develops. There is 3 times more water than land or soil that we can step on.
 03. **Soma.** 80% of the human body's components, systems, organs and cells are derived from water, or H₂O. Strictly speaking, 65% of the soma is merely water.
 04. **Oxygen.** Water has oxygen in its composition, the sustenance of Humanity.
 05. **Life.** Therefore water is a primary, vital and irreplaceable aid for all more evolutionarily developed intraphysical beings.
 06. **Death.** However, any alleviating remedy can be a poison. Even water, the maintainer of life, can create very serious problems, generate disturbances and even kill.
 07. **Problems.** Here are 10 problems with water: stagnant water, torrents, hail, flooding, tidal waves, blizzards, marshes, marine undertow (rips), tempests and water spouts.
 08. **Defences.** Because of this we create multiple artificial defences against water.
 09. **Rains.** Let us examine 10 defences solely related to rainwater: guttering, water pipe, rain-coat, storm water drain, galoshes, umbrella, well sealed or caulked windows, windshield wiper, marquee and a drainage ditch. Nevertheless, *mare proluit omnis*.
 10. **Energy.** On the other hand, a consciousness, being a reality greater than energy, is not reborn into intraphysical life in a direct way, but only in an indirect way.
 11. **Psychosoma.** Strictly speaking, in this dimension we live a more direct and intimate existence with the ergosoma and the psychosoma and not with the soma.
 12. **Summary.** In summary: we have a predominately energetic intraphysical life.
 13. **Essence.** Both water and all the soma's matter are entirely derived from IE, or essential and multimodal immanent energy.
 14. **Relevance.** Because of this, IE is much more relevant than water. As an omnipresent aid it is available everywhere, yet can also cause enormous blockages, unbalances, disturbances and illnesses in every unprepared and vulnerable conscin. *Ants* learn practically nothing throughout a life. They are *entirely* programmed at birth. A human personality is not so.
 15. **Test.** What steps do you take to live healthily and productively with CEs, whether personal or those of others (conscins and consciexes), all of which are derived from IE?
 16. **Self-defences.** Do you know how to use an *overcoat of energy*, an *energy drain* or *energy cleaner* in self-defence against *showers of CEs* that invade you, at every moment in any place? Are you a *conscious participant* of yourself?
- VS.** The VS, or vibrational state, is the primary and irreplaceable defensive resource available to you for energetic self-defence. Without such a resource, you do not acquire other energetic self-defences. Do you satisfactorily master the prophylactic VS?

270. ENERGETIC PROJECTION TECHNIQUE

01. **CEs.** An energetic consciential projection is based on the release of CEs in the tropospheric extraphysical dimension or within the para-atmosphere (ambientex) of the dimener.

02. **Objectives.** An energetic projection presents 3 objectives: *energetic asepsis* of the environment, assistance to lacking consciexes and face-to-face extraphysical deintrusion.

03. **Assisted.** The target consciousnesses assisted in energetic projections are: loved ones from the groupkarma; firstly, the intraphysical ones, relatives and friends, who subsequently reflect the extraphysical ones, *post-desomatic* parapsychotic consciexes and overt intruders, both personal and intruders of beings from various interconsciencial relationships.

04. **Position.** The most appropriate physical position for an energetic projection is the dorsal decubitus, or lying on your back in bed, this can facilitate a series of *consecutive* interiorisations and *reprojections* during the night, over a few short hours.

05. **VS.** To predispose your exit from the soma, each energetic projection should be preceded, some minutes prior, by the intentional installation of a prophylactic VS, or *vibrational state*. Specifically in the case when you do not receive consecutive energetic showers that announce an imminent energetic self-projection. *The VS is the ergosomatic potentiometer of a more lucid conscin.*

06. **Loaded.** The ideal energetic projection is produced by you with a *dense psychosoma*, or one loaded with the ergosoma, while you maintain maximum extraphysical self-awareness. It is always foolish to lose one's *Cosmoethical compass*.

07. **Offiex.** In general the energetic projection occurs in the extraphysical dimension connected to the intraphysical base, the bedroom - the energetically shielded chamber - or within the conscin's *holothosenic domicile* (penta and offiex, or extraphysical office).

08. **Clairvoyance.** The tendency to join CPs, or assisted conscious projections, with episodes of very clear *remote viewing*, can occur due to the assistential services. This intensifies the self-capacity to recollect extraphysical events in general and to better coordinate the consciencial assistance in the two basic dimensions, the intraphysical and the extraphysical. (See page 206).

09. **SCP.** There can be a very strong tendency for an energetic projection to be transformed into a SCP, or *semi-conscious projection*, as well as a nightmarish projection, conforming to the level of the experimenting consciousness' extraphysical emotions.

10. **Dynamisation.** The skill extracted from an intensification of assistential energetic exteriorisation exercises, in the ordinary intraphysical waking state, dynamises the production of energetic projections. *To teach is to relearn.*

11. **Self-confirmations.** You can think of an energetic projection as an unquestionable continuation of your assistential activities in the ordinary intraphysical vigil. Impressive facts of experimental *projective self-confirmations* emerge from this.

12. **MS.** An energetic projection is the most appropriate practical resource for you to develop self-awareness regarding *self-experience in multidimensionality*.

271. EXPANSION OF PERSONAL CE TECHNIQUE
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Quality. A *VS* does not yet shake the Universe, but it does solve many things. Here are 7 simple practical steps for the technical expansion of the tenor and quality of your personal CEs in daily life, according to Bioenergetics, Projectiology and Conscientiology:

1. **Diet.** Fanaticism regarding food is a primary immaturity. What matters most is using a varied alimentary diet. It does not matter if the diet is carnivorous, vegetarian or special; the important thing is for you to maintain a suitable corporal weight, constantly oscillating within a range of 2 kilos, at most. The CEs of intraphysical life should be composed of all types of *human animal ingredients*, in order to maintain diverse *energetic self-defences* regarding the deprivations of those *assisted*.

2. **Walks.** Who walks some kilometres 3 times a week, until breaking into a sweat, lives better. Besides the innumerable inconveniences, a sedentary life predisposes the human body to be without a reasonable muscular mass, or with a *rusted mind* and energetic blocks and imbalances. Energetic based *self-conscious psychomotricity marries* muscles with neurons. It is the conscin themselves who makes their *soma* uninhabitable.

3. **Swimming.** A person breathes better if they periodically attempt to swim, dive without devices and float in unpolluted water. *The human body's soul is not you*. It is the energosoma's CE acting on the water, which practically composes the soma. Strictly speaking the consciousness does not enter the human body's flesh. The energosoma and its connections are what does this.

4. **Baths.** A daily shower is healthy. Preferably with colder, or cold, water. Washing the head (and hair) everyday is healthier for a woman. The consciousness acts more through the mental-soma, in the *parabrain*, the headquarters of the psychosoma and this indirectly reflects through the *head*. A sauna can be problematic due to undesirable excessive oscillations in corporal weight. *Hydromagnetic showers*, as a resource, are an easy and advanced hydrotherapeutic prophylaxis. Consciousness is not a function of energy. CE is a tool of a conscin.

5. **Sex.** Who lives craving, from a sexual or affective point of view, loses CEs. A person who has a mature, uninhibited, sexual life, without promiscuity, prevails. It is intelligent to satisfy affective necessities without over-emphasising sexuality, nor getting tangled in problems of intrusion. A healthy intraphysical life is impracticable without tending to the sexochakra and the cardiochakra. A mature sexual act is preceded by a fast *prophylactic VS*, or a *self-defensive harmonisation* of CEs. When necessary there is also the recourse of masturbation.

6. **Sleep.** Those who work need to sleep sufficiently to satisfy physical and psychic necessities. It is foolish to exaggeratedly go without sleep or to sleep too much. Your own instincts determine the best habitual dose, or indispensable load, of personal sleep. Before going to sleep a lucid practitioner installs a *fast VS* as an *energetic self-check*.

7. **VS.** Nobody loses by understanding, completely mastering and practicing the VS as a habit. Without this measure, the 6 previous measures are innocuous or inefficacious for the qualitative expansion of CEs and multidimensional self-awareness.

272. ENERGETIC ASEPSIS TECHNIQUE

Liberation. Footprints (*pre-kundalini*) are the *thosenic signatures* (*graphothosenes*) of a conscin on the Planet. *Footprints of blood and suffering bind the consciousness to the Earth.* The expurgation, exorcism and efficient cleansing of the traces of pain frees a tropospheric consciousness on the way toward consciential liberation and Serenology.

Holothosene. It is not evolutionarily intelligent to increase the distresses in the world, nor to mark our passing somewhere with the CEs of personal pains. It becomes imperative to undo the *holothosene of suffering* fixed in any human environment.

Asepsis. It is useful to exemplify 7 cases that include technical procedures concerning *energetic projectability* and are capable of promoting intra and extraphysical energetic asepsis of the atmospheres of affective torments, moral disturbances or hopeless sighs:

1. **Office.** The pair suffered a lot, looking in one another's eyes, over the *office desk*. Now, the hesitation has ended. It is good to harmonize the environment with candour and CE, renovating the *decorative trim* and optimising the ambience for the *executives* in the place.

2. **Car.** She had an attack of uncontrollable sobbing in the *car* and cried on his shoulder as they left the parking lot. Later they consolidated their *loving aura*. The best action is to return to the place with thoughts of peace for the Universe, conciliating the negative or unhealthy *gravitative energies* left in the vehicle, thus preventing en route accidents.

3. **Library.** Somebody remains embittered all night, in the darkness of the *library*, brooding over affective misfortunes. Later they settled the self-cure of their setbacks or frustrations, eliminating the bitterness. It is best to return to the library radiating the presence of someone who is loved, predisposing the best for *readers' mentalsomas* in that environment (holothosene).

4. **Restaurant.** Both wept intensely while eating at the *airport restaurant*. Today the existential circumstances have harmonised. The ideal is for them to liberate personal CEs, blazing with satisfaction, effectively assisting the multidimensional consciential atmosphere, which is full of tension, at the *passengers' departure area*.

5. **Club.** Two social beings plagued themselves with hard feelings and embarrassment, at a *club* event. Later everything was very well dealt with. It would then be logical to sit in that place and freely release positive CEs for the intimate atmosphere of the institution's *members*, thereby demonstrating the fact: every maleficence, even if seemingly the largest in the Cosmos, always passes.

6. **Hotel.** Due to loving her so much and deifying her, the man felt the affliction of sexual impotence with the impact of their first skin to skin encounter. The emotional storm now past, it is important to return to the *scene* of the fragility at the hotel - in a mutual affirmation - lodging positive forces of affection for future *visiting couples* (guests).

7. **Road.** The desperate farewell was entwined with infinite feelings of loss. After a while the interpersonal injunctions improved. It is worth returning to the *roadside* to tenderly eliminate the CEs of neediness implanted there, as these are generators of accidents for negatively predisposed *drivers*. Every *permanintfree being* is an early riser and a detailist.

273. SYMAS OR SYMPATHETIC ASSIMILATION TECHNIQUE

Definition. Symas or energetic sympathetic assimilation (*enkinesis*) is the quality and act of a consciousness absorbing the CEs of another to scrutinize the holosomatic, parapsychological and parapsychological states and conditions. (See Bib. 4772).

Technique. Symas is executed through the impulse of the determined will, after establishing a profound *auric coupling*. Neither of the following are required, namely, direct physical contact, except the laying on of hands if necessary; and the use of physical instruments or human artifices, such as: prayers, mantras, counting, candles, incense and others.

Independence. The technique can be installed independently of distance or space and in an instantaneous manner, or without a direct relation with, or dependence on, time.

Factors. There are 3 essential causal factors in the development of the phenomena of inter-conscious energetic symas: the energiser's balanced lucidity (conscious or unconscious); the nature and quality (healthy or unhealthy) of the CE employed; and the intensity (weak or powerful) of the condensation of the CE operating in the occurrence.

Classification. Every night millions of consciens go to bed *hungry for energy*. Symas can rationally be classified into 5 basic types of manifestation:

1. **Parapsychology.** Simple and ephemeral energetic harmonisation. Example: intense auric coupling installed during human *sexual relations*.

2. **Parapsychology.** The unconscious energetic acceptance, by a conscin, of intrusion or *holosomatic intrusion* from an ill consciens. Example: the leader of a psychedelic session (LSD and other negative, light or heavy drugs) who *takes a trip*, along with those taking the drugs.

3. **Paradiagnosis.** An energetic symas aiming to establish a paradiagnosis of a patient, through a fleeting, *inoffensive, somatisation* in Conscientiotherapy.

4. **Paratherapeuticology.** Energetic receptivity with curative purposes. Examples: in deintrusive psychophonic trances; in the empirical practices of *faith healers*; and in assistance done through penta. *The sum of the CEs potentialises a conscin's thosenity*.

5. **Parapsychology.** The energetic symbiosis of two consciousnesses intending to test each other's self-defences or prophylactic energetic resources. Example: a holosomatic confrontation to anoint the *bioenergetic champion* from within a group of known energisers. Conscins do not communicate only by exchanging chemical substances the way ants, termites and bees do.

Symdeas. An energiser naturally promotes competent deassimilation by always installing a prophylactic VS after severing the condition of sympathetic assimilation.

Warning. Unfortunately the *contagion of illnesses*, through the transference of bioenergy, actually occurs in energetically vulnerable people, or those without self-defence, non-observers of the principles of Cosmoethicology and the logical prescriptions, according to Intentionology, of physical and mental hygiene in their parapsychic and bioenergetic practices.

Cosmoethicology. Cosmoethics is the *Moral Philosophy of Conscientiology*.

274. SEXOCHAKRAL CE TRANSFER TECHNIQUE

01. **CEs.** CEs denounce the vestiges of *genius*. Among the techniques of Conscientiotherapy you can transmit therapeutic CEs to an energetically unbalanced, blocked or lacking person, through diverse means or processes.

02. **Hands.** The most common, clinical, *ambulatorial* therapeutic transmission is performed through the simple placing of hands on the energetically unbalanced area.

03. **Sexochakras.** However, a more rare, potent and efficient therapeutic practice, in many cases, is the one executed directly sexochakra to sexochakra.

04. **Orgasm.** The orgasm of an intimate couple can be joint, unilateral or occur consecutively in moments of different apogees.

05. **Climax.** For the therapeutic transference of CEs via the sexochakra, the donator intentionally conducts their orgasm in a way that passes all the consciential energy possible to the receiver, in the exact moment of the sexual climax.

06. **Session.** The energetic transfer made in a longer sexual session - of at least 60 minutes - prolongs and accumulates the sexual pleasure wed to a therapeutic intention. Use of an energetically *shielded* bedroom is essential here.

07. **Enes.** A rapid, or less prolonged, sexual session does not permit the accumulation of thosenes, intentionally loaded in *enes*, or in the thosenic CEs.

08. **Therapy.** In this case the therapy develops through a *surgical* chakral unblocking, or through a *wholesale* ergosomatic compensation.

09. **Set.** Obviously, the ideal is if the partner (man or woman) transfers their own CEs through a joint orgasm. However this is not always possible because the union, in this context, is composed of a more energetically powerful, healthy partner along with one who is sick and de-energised.

10. **Results.** The transmission of CEs even through a unilateral and not a joint orgasm, also functions, acts and produces positive results.

11. **Roles.** Both the donating partner and the receiving partner must remain lucid about the different personal roles: the first of donation, and the second of reception. *Maturity does not recommend free extraphysical sex, without discernment.*

12. **Affinity.** The greater the affinity of an intimate couple, the mutual desire and the affective and curative motivation of both, the better the therapeutic results will be.

13. **Love.** In this exception condition the intervention of the donor at the height of physical pleasure, with the fixed intention to cooperate in the improvement or self-cure of the loved person, is among the greatest tests of pure love possible for someone.

14. **Auras.** The obvious, logical conclusion here is: at the maximum peak of the interconsciential climate the *orgasmic aura* of the receiver purifies their own *aura of health*.

15. **Self-cure.** Self-cure occurs in the condition of the ergosoma's discoincidence, or through projections of donor's CEs, in the full dimener, or energetic dimension.

275. 30 METER ENERGETIC TECHNIQUE
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1. **CEs.** *Conscientese* is to understand the message of an untranslatable communication, beyond symbols. Strong *conscins* without weaknesses and weak *conscins* without strengths, do not exist. Detection of your own advanced sensitivity regarding CEs can be performed through this technique.

2. **Base.** Lie down, or sit, on the grass in a public square, or large playground, *30 meters* from a group of 3 to 6 year old children. This place is your outdoor *intrapysical base of operations*. The children are unaware guinea pigs.

3. **Energosoma.** Maintain cosmoethical fearlessness. Close your eyes and release any self-defences so you can absorb the omnipresent IE and the CEs of *conscins* and *consciexes*. This procedure will activate an *ergosomatic expansion*, an energetic resource generated by your own determined will. Only 1 day of *self-experience* is better than 100 days of self-theorisations.

4. **Background.** Try to detect the CEs of an irritated toddler having a nervous crisis, or a common tantrum with their sister, for example. In this experiment, performed with maximum self-critique, you discriminate the flow, direction, intensity and the positive (helpers) or negative (intruders) emotional impact, which may occur and are beyond the child's screams. The exercise demonstrates the *background of your initial, personal, bioenergetic sensitivity*.

5. **Test.** Here it is necessary to rigorously supervise the personal power of self-suggestion, intrusive in this context and to control your own emotions. It is important to relax the psychic concentration. This is a big test of your bioenergetic *self-incorruption*.

6. **Coupling.** CE (IE) acts beyond space-time, being practically omnipresent. *A personal aura can always be the magnitude of the determined will (Volitiology)*. In this example, through the installation of *auric coupling*, you can feel the child *within* your bioenergetic psychosphere from the *initial moment* of the crisis.

7. **Paraperceptions.** Strictly speaking, nobody lives isolated. Being in a park with a playground, your personal CEs are amalgamated with the CEs of all the beings present, even the mice or squirrels in the surrounding flowerbeds. Such a reality can evidence the *personal calibrating of your paraperceptions*.

8. **Psychometry.** This method of energetic self-detection is efficient to start your personal efforts. After a long series of similar experiments in varied circumstances, you will even be capable of detecting nearby snakes in an open field, naturally without having seen them. Even if you have a true phobia of snakes. In this case this is a *voluntary energetic symas* in action and a true *marriage with Nature*, a psychometrisation of the environment (Ecology), a *lucid inter-consciential acclimatisation*.

9. **Discernment.** A skilled native performs such a feat in an unconscious manner, through instincts originating from Genetics (soma). You better consciously control your self-performance when applying self-discernment from the *mentalsoma* with self-motivation, discipline and perseverance.

276. 50 MORE TIMES TECHNIQUE

01. **Nature.** There are legions of semibarbarous *conscins*. However, the natural tendency of a conscin is to start and finish a task in the least amount of time, acting efficiently or as quickly as possible. This is the common natural reaction of a person able to be judged competent.

02. **Planning.** In this case, a well-organised personality plans the task and stipulates the period necessary to satisfactorily conclude it. This period of time is natural and common to those who are considered remarkable, ingenious or super-efficient.

03. **Stated Period.** Within the period established by themselves the conscin does not become exasperated or complain. They move the project forward and steadily progress in its execution until the proposed end.

04. **Complaint.** However, if the period extends beyond the forecast; if the task demands greater effort and if more CE is necessary to conclude the undertaking, the person complains, loses their essential interest, self-motivation, zest and *gas*.

05. **Modification.** At this point the entrepreneur already turns their attention to other things. They show themselves to be saturated with their own ventures. They feel unsatisfied and accommodated with what they have accomplished until then. The situation demands recycling: an exit from the exasperating routine.

06. **Perseverance.** It is always difficult to find a personality who perseveres, in the same task, continuously over a long period (a decade). A person - *Homo sapiens ludens* - is always dispersedly changing the goal, object, place, company, interests and, above all, passions.

07. **Overcoming.** Who desires to attain the condition of a permanentfree being and later, consciential serenism, has to recognise the fact: mediocre tendencies from human nature need to be tamed. There is no other intelligent option. Retrocognitions reveal a genius. *To live with genius demands a genius's dedication and perspiration from yourself.*

08. **Formula.** So, here is the challenging-formula: increase by 50 times the project able to be accomplished in every line of work, in a normal brief task, according to the mediocre majority, for example, a common element of the unthinking human masses. In this way: 50 times more CE, 50 times more self-motivation, 50 times more attention, 50 times more self-perseverance and - the most terrible, at the start, for you - 50 times more the amount of self-dedicated time on the dignified task being undertaken, or in other words: perseverance and tenacity.

09. **Incorruptibility.** If you feel that the task has been concluded with less than 50 times your own effort, consider this a gross self-corruption. Continue firmly until 50 times is attained in each circumstance. Do not justify yourself, nor deviate. Persist. Do not conclude the service, not even with 49 times, but only with the 50 times proposed in the basic plan. Such a research method demands patience, but is practically infallible.

10. **Article.** If you are going to write a 3 page scientific article, work as if you will write 150 pages (a book). If you were going to spend 7 days on it, apply 50 weeks researching and writing. You will without a doubt obtain *original ideas*. Be a scholar in the great task. If you acknowledge such reasoning, start to confront domination of the *VS*, now. This will be the ideal start for you to rationally attain the permanentfree being condition.

277. EXPERIMENTS THAT DEFINE CONSCIENTIAL ENERGY

1. **Fact.** At today's current evolutionary level, perhaps the most advanced multidimensional consciential fact among people's best practical consciential attributes is, in general, the clear definition and lucid experience of personal CE.

2. **Radical.** CE is definitively polarised, that is: *extremist and defined in an absolute way*. It does not allow any ambiguity. Half-measures do not function in energetic manifestations. It is either positive or negative, fluent or blocked, healthy or unhealthy, pleasant or insufferable, strong or weak, self-defensive or aggressive, dominated or dominating. Below are 2 defining CE experiments for the accurate analysis of those interested.

3. **VS.** Through the installation of the VS, or *vibrational state*, you prove the indisputable definition of your CE in practical life. This is always 1 very personal, solitary experiment, done alone with yourself.

4. **Area.** If there is some chronic energetic blockage, through the VS you clearly feel the fact that the CE does not flow and you can isolate a clearly perceived and identified area of your own soma (energosoma, holosoma). This is possible if you - without appealing to self-suggestion - are naturally motivated to do this. (See Bib. 3358).

5. **Insufficiency.** In this case, CEs that easily flow are *positive* or healthy and the CEs *in a dead spot*, responsible for an organic block, are *negative* or pathological. Here you can observe that *positive* CE - triggering a VS - lacks the intensity to unblock a negative area of the energosoma (holosoma). The facts lead you to a forced admission of the existence of the energosoma.

6. **Incompatibility.** Another observation regarding the definition of CE, is the unsolvable incompatibility of two different CEs. This is 1 individual experiment, you with another consciousness. For example: a sexual *hangover* is not sexual *satiety*.

7. **Signals.** In an *energetic intrusion* - or in episodes of occasional mini-intrusion, which nobody is exempt from - forces from the emotional body of a consciex are unpleasant for you, the same happens with an intrusive consciousness. An unbalanced consciex, bubbling with hatred and rebellion in a *post-desomatic parapsychotic* condition, can be far from considering and becoming aware of their own CEs. And you, previously tranquil, calm, well-meaning, in a good state of health and not thinking about CEs or any ill consciex. You can detect this occurrence through your parapsychic energetic signals, the alarm bells of your paraperceptions.

8. **Polarity.** In this case, the personal CEs can be considered *positive* and the ill consciex's *negative*. Such CEs present an irreconcilable, incompatible *polarity* and make it impossible for the two consciousnesses - you and the consciex - to feel perfectly well, at peace, satisfied and comfortable together. Here it can be observed that the *positive* personal energy (of the conscin) is *uncomfortable* for the ill consciex (entropic).

9. **Smile.** *Less energy is spent on a smile than on a frown.*

278. REACTIONS OF CHAKRAS TO PERSONAL OBJECTS
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Reactions. Here are 15 evidences regarding the energetic relations between chakras and objects of personal use, due to the psychological reactions of conscins:

01. **Armour.** *Armour* blocks the CEs and communication between conscins.
02. **Belt.** A *chastity belt* castrates, in certain cases, the energetic manifestations of a nymphomaniac woman's sexochakra (gynosoma or feminine sexosoma).
03. **Bodice.** A *tight bodice* (modern corset) blocks the umbilicochakra's CEs even more, worsening the condition of an obese woman under constant pressure from the *abdominal sub-brain* or submissive to the undesirable *condition of hypoacuity*.
04. **Boots.** A pair of *heavy boots* can close the entry of geoenery (telluric) into the secondary plantar (in the feet), or *pre-kundalini*, chakras of the worker operating on the Earth, ground or soil. *The practice of nudism can be healthy regarding CEs.*
05. **Borders.** Objects act as the soma's borders, being able to obfuscate or deviate the *conscin's energetic* irradiations (energosoma, aura, orgasmic aura, energetic psychosphere, interconscinial climate, VS, symdeas, penta, enerspring and morphothosenes).
06. **Breasts.** *Artificial breast* implants can - in many cases - liberate sexochakral CE, while in others it can block the cardiochakra of the post-operative patient.
07. **Castrations.** Some personal belongings can be extremely *castrating* of a conscin's CEs. This can be explained by natural psychological effects and the action of spontaneous energetic magnetisation, or the energy impregnated in physical objects (the *double* or aura of things).
08. **Crown.** A sparkling and *heavy crown* can inhibit the free functioning of the frontochakra and coronochakra of *your Majesty*. Certain *wigs* can have the same effect.
09. **Expanders.** Certain habits can be *expanders* of the release of the conscin's CEs. Modern beaches and *nudist camps* create climates for the release of CEs.
10. **Gloves.** A pair of thick gloves can hinder the flow of an energiser's or therapist's CE through the secondary biovortices of the palms of the hands (palmochakras).
11. **Kneepads.** A pair of strong kneepads can physiologically annul the release of CEs from the sportsperson's secondary popliteal (behind the knees) chakras, thus, firstly, biologically and physiologically protecting and, secondly, energetically and parapsychologically inhibiting.
12. **Necklace.** A beautiful *necklace* can absorb the CEs of the woman wearing it, speaking for itself while inhibiting her personal laringochakral communication. The same can happen with a valuable *tiara* that inhibits the manifestations of the frontochakra of who wears it.
13. **Panties.** To walk without *panties* liberates much more of the sexochakral CE of the not menstruating woman. This can be healthy or unhealthy, depending on each case.
14. **Vest.** A *steel vest* (bullet proof) can block the cardiochakra's CEs, keeping the wearer *cold hearted* or *cold-blooded*.
15. **Wallet.** A *wallet* or chequebook, carried in the upper left coat pocket, can be blocking the miserly man's cardiochakra.

279. THEORICE OF THE EFFECTS OF PRE-KUNDALINI

Sexochakra. There is a natural logic in the energosoma's Para-anatomy and Paraphysiology. The radical chakra (sexochakra or *kundalini*) functions in the perineal area of men and women, and is among the 7 basic, *main* or *primary* chakras. Sexochakral CE activates the rest of the energosoma, or the energetic parabody inside the holosoma.

CE. In the capturing of geoenergy, IE in this case, that is transformed into CE, the first natural area that spontaneously functions is the soles of the feet, the so-called *plantar hearts*, where the erect person's corporal weight rests. In that location two *secondary*, but very important, chakras operate: the *double cryptochakras*, or the *pre-kundalini*.

Effects. Geoenergy leaves the ground, is absorbed by the *dual* plantochakras, goes up the legs and is potentialised upon *meeting in the perineum*, or in the *single* sexochakra. Here are 8 practical effects of *pre-kundalini*, the *incoming geoenergy* that underpins CE:

1. **Geoenergy.** We absorb energy through the soles of the feet, all the time, in a spontaneous manner. In relation to the quality of the geoenergy captured it is important to see where we step.

2. **Feet.** There is a fetish related to feminine feet which, due to the geoenergies of the *pre-kundalini* or the two *pre-sexochakras*, is capable of potentialising a man's sexual excitability. For centuries in the Orient, people have paid special attention to the feet, even to the point of mutilating them and beating the soles of the feet before the sexual act (China).

3. **Corpse.** Since Antiquity, there have been those who sought to avoid the reflex and vampirisation of the CEs remaining in a *fresh* cadaver, by positioning the dead on their feet, in order to not be trampled and have CEs unknowingly drained and unconsciously used by passers-by or *pedestrians*. Michel de Nostradamus (1503-1566) knew of this fact and expressed it in his will and testament. Soon after his death the decomposing body of Nostradamus was kept standing. Today the legal and more hygienic modern resource of cremation exists.

4. **Repercussions.** Absorption of the CEs remaining in a decomposing soma, through the secondary plantochakras of living human beings, can cause *extraphysical repercussions* or negative countershocks in the emotional body of the conscin, who recently left the soma through the *desoma* and is still going through an intimate recomposition in the intermissive period.

5. **Hallux.** An initial approach to discriminate the sexochakral CE of somebody is executed with the emission of CE from 1 big toe - hallux - or 1 *pre-sexochakra*. *The initial approach to discriminate the cardiochakral CE is through a hand's middle finger.*

6. **Relaxation.** The secondary plantar chakras are the first two areas for initiating the work of certain progressive muscular relaxation techniques (PMR).

7. **Shoes.** There are those who avoid the use of leather shoes, because the energy of the deceased subhuman animal, remaining in the leather, can block the fluent circulation of *pre-kundalini* from the *plantar drains*. High heeled shoes can also deform feet.

8. **Incombustibility.** The *pre-kundalini* acts in the phenomena of incombustibility, or the folkloric "walking barefoot over hot coals" without getting burnt.

280. INSTRUCTIONS FOR A BIOENERGETIC LIFE

01. **CEs.** Seek to improve the way you mobilise your CEs, in some small way, every day. There is always one more step forward that can be taken with the energosoma.
02. **Check-ups.** Regularly perform your own *energetic check-ups*, at any time and in any place. Consciential energy is a challenge in each hour on Earth.
03. **Vs.** Constantly use prophylactic vibrational states, or Vs. All conscins only stand to gain from this measure.
04. **Soma.** Employ the soma usefully. Do not surrender to hypotrophy. Laziness and sedentariness bring a premature desoma, or an indirect and unconscious suicide.
05. **Thosenity.** Also through CEs, become a specialist in the administration of constant thosenic manifestations. (See page 394).
06. **Utility.** *It is intelligent to learn to do something useful with your CEs.*
07. **Base.** Due to the action of CEs in human life, the most relevant factor of a *personal intraphysical base* is its location. From their intraphysical base a conscin attains a productive offiex.
08. **Justice.** Only a fool waits for life to be just. Each conscin is holokarmically just, including with themselves, through what is constructed with consciential energies.
09. **Evolutivity.** Self-discernment has a natural respect for the limit of evolution.
10. **Prioritisations.** There is intelligent quality in prioritisations. What good does it do to be great in insignificant things? This is a dispensable mimicry.
11. **Self-performance.** High quality evolutionary self-performance, today, exceeds utopian consciential perfection on this Planet. (See Bib. 4915).
12. **Contact.** *Extraphysical tact* exists. We must never intentionally get upset with any consciex, immaturity using self-defensive CEs.
13. **Improvement.** Those who live leaving everything in this intraphysical life - an ephemeral and energetic existence - better than the situation they found it in, gets more right.
14. **Self-corruption.** Who whinges all the time almost always reveals some *mental peccadillo* (*pathothosene*), or evidences a still unmanifested self-corruption.
15. **Melexes.** Being audacious and courageous can express high intelligence. The most frequent cause of melexes is lamentations over acts not realised by the consciousness.
16. **Cosmoethicology.** It is constructive to rigorously satisfy the *Personal Code of Cosmoethics* (PCC).
17. **Habit.** *Homo sapiens serenissimus* has created the habit of doing good things for people without the same discovering the intervention. This is a good habit to replicate.
18. **Perseverance.** It is foolish to *give up on* someone. Even if one is a Serenissimus, or developing an attitude to attain the consciential condition of Serenology.
19. **Renovation.** Serenissimi do everything avoided by the retrograde, or the acts those stationary regarding consciential evolution *still* do not even want to think about.
20. **Sincerity.** *Who cheats loses.* There are always Serenissimi wanting to help us, however this demands sincerity and conscious incorruptibility from each vulgar pre-serenissimus.

281. TEST OF THE FUNDAMENTALS OF BIOENERGETICS

Reflection. A practical understanding of the energosoma is an imposed priority at humanity's current evolutionary level. A *conscious intruder* is a parasite of consciential energy (CE). Bioenergetics is the base of Preventive Medicine that will predominate in humanity's future.

Test. You, as a conscin, wanting it or not, are obligatorily a centre of vital energy. Here are 22 fundamental *technical points* of Bioenergetics, including 3 pertinent question-tests for reflection:

01. **Application.** It is of little importance what others think about bioenergy in general: *what you do* or experience *with your own* bioenergy is much more important, at all times.

02. **Bioaura.** The *external* vibratory *bioaura* is merely the ego's bioenergetic appearance.

03. **Biovortices.** Large, medium and small biovortices are functioning.

04. **Canals.** *Have you already* opened your own *general bioenergetic circulatory channels*?

05. **CEs.** CEs are manifested by functioning *biovortices* or chakras.

06. **Cosmoethicology.** It is of little use if somebody has *high intensity* bioenergies along with *low quality* or anticosmoethical consciential behaviour. (See Bib 4776).

07. **Discrimination.** Discrimination of CE favours *greater self-knowledge*.

08. **Ergosoma.** Within the holosoma you have an energetic body, the *ergosoma* (holo-chakra), either more or less confined, *encased or aligned*, or well or poorly articulated.

09. **Exchanges.** Bioenergetically you either re-equilibrate yourself (unblocking or healthy), or are unbalanced (blockages or illnesses), in the uninterrupted movements of exchanges (normal life).

10. **Holosoma.** The energosoma joins the soma (physical body) to the psychosoma (emotional body), uninterruptedly vitalising the holosoma (the set of consciential vehicles).

11. **Ignorance.** The majority of people ignore their own *bioenergetic parareality*.

12. **Key.** Bioenergies are the master (skeleton) key of physical and mental health.

13. **Maps.** *The ideal is to map the chakras and energetic signals since infancy.*

14. **Mini-intrusions.** *Have you already* been freed from *long-term energetic mini-intrusions*?

15. **Powers.** Bioenergetic practice increases *general personal powers*.

16. **Seductions.** *Ergosomatic seductions* and *bioenergetic vampirisms* interact with conscins and consciexes, anywhere, and at anytime.

17. **Self-compensations.** Bioenergetic self-compensations avoid therapeutic arsenals, surgeries and drugs in general.

18. **Signals.** *Have you already* identified specific personal *bioenergetic signals*?

19. **Specificity.** Each living being has unique, highly personalised vital energy.

20. **Subjections.** There are legions of conscins still living under instinctive energetic subjections, predominantly using the *abdominal sub-brain* instead of the natural brain.

21. **Unconsciousness.** It is *impossible* to live without utilising bioenergies, even when that utilisation is frequently unconscious. Life is energy in motion.

22. **VS.** Who masters a curative, prophylactic and self-defensive VS always economises.

282. TEST OF 20 SMALL PROJECTIOGENIC PLEASURES

Health. Many conscins, in the *routine of civilisation*, manage to leave the soma with relative lucidity. However they do not achieve enthusing experiences in other dimensions. This needs to be set in motion by the person, within the condition of *consciential health*.

Tests. *Scientific tests demonstrate: we were made for pleasure.* A teardrop (crying) dries more quickly than saliva (eating, speaking) and sperm (sex, orgasm).

Sexotherapy. Centres deep in the brain respond directly to pleasant sensations. *Good humour* potentialises immunity. Sex, without any fee, is therapeutic.

LP. To live in peace among people and to be uncomplicated before the world are requirements to develop the lucid projectability (LP) of *Homo sapiens amicus*. *Human* sensorial pleasures facilitate *extraphysical* paraperceptive satisfactions.

Test. If exterior life is very *funeral-like* or intimate life is depressive, it's time to collect the *scraps of joy*, the enchantment of things, and the simple pleasant sensations:

01. **Armchair.** *Lazily* casually sit in a comfortable armchair.
02. **Birds.** Follow birds flying or nestled in a tree.
03. **Chat.** Spontaneously chat about recent good news.
04. **Child.** Openly play with the youngest child *without greater preoccupations*.
05. **Comedy.** Openly laugh at an intelligent situational comedy (sitcom).
06. **Day.** See the visual feast of a sunrise by the seaside or in the countryside.
07. **Fire.** Witness a crackling fire consuming the logs of wood it finds in the fireplace.
08. **Fish.** Look at colourful fish as they incessantly swim in a large aquarium.
09. **Fruit.** Experience the sweetness of an unpolluted, succulent, mature pear.
10. **Game.** Watch, totally relaxed, a sports game on normal television.
11. **Horizon.** Reveal the *countryside's horizon* from high on a hill.
12. **Lagoon.** Contemplate the details of the reflections on the surface of a tranquil pond.
13. **Nap.** Take a nap without thinking about the next day or the immediate future.
14. **River.** Intimately feel the peace of a murmuring, flowing river.
15. **Sex.** *Make love* without any imposed or troubling chronic programming.
16. **Sky.** Observe clouds moving across a clear blue sky.
17. **Sun.** Simply appreciate a sunset, *from the clear of day until the dark of night*.
18. **Trees.** Notice, through a window, a row of trees swaying in the wind.
19. **Walk.** Take a long walk while happy, loose, free and without any commitments.
20. **Wind.** Hear the gentle breeze moving from leaf to leaf, branch to branch, tree to tree.

Bioenergy. Those who start to identify and feel the bioenergy emanating from these 20 listed, singular, yet welcome and healthy pleasures - disregarded until now - will be developing their frontochakra, clairvoyance and the absorption of healthy consciential energies.

Serenism. Such a *state of grace* (sportsmanship or *joie de vivre*), without a doubt helps in the production of rewarding CPs and in enjoying the *delights of the reality of greater serenism*.

283. TEST OF YOUR PERSONAL ENERGETIC PERFORMANCE

Self-awareness. *You are a master of, or a slave to, consciencial energies.* There is no half-way. Faced with CEs you, experimenter, live under one of these two conditions: lucid active use of these forces, a personal power; or passive and impotent, being unconsciously used by other consciousness' CEs wherever you go. Test your own energetic condition with 25 comparative questions:

Active CEs

01. Do I feel like Atlas, always in action?
02. Are they always easy to reach?
03. Are they my natural, intimate attributes?
04. Are they essential causes for me?
05. Are they exuberant, positive and healthy?
06. Are they means for personal success?
07. They give me real constant vitality?
08. They confer power and presence on me?
09. Are they ingratiating, firm and palpable?
10. They have their own clear sphere of action?
11. They open new horizons in my life?
12. They give me some true authority?
13. They lead me to greater competence?
14. They are very radiant internal strengths?
15. Have *centrifugal* direction to the holosoma?
16. Teach me to live interdependent?
17. Communicate my personal security?
18. They facilitate my useful productivity?
19. They always demonstrate obvious efficacy?
20. They promote my evolutionary ascension?
21. They inject me with disposition and vitality?
22. They are constructive self-motivations?
23. They put me in the soma (human body)?
24. Give me trances, orgasms and ecstasies?
25. Finally, I know how to live *with* CEs?

Passive CEs

- Or do I consider myself merely a virus?
- Or still seem very remote to me?
- Or do they only accidentally occur to me?
- Or mere effects upon the big ego?
- Or negative and paralysing?
- Or are they torments in intraphysical life?
- Or the forces break me wherever I go?
- Or I can never count on CEs?
- Or very distant theoretical concepts?
- Or do I always *follow other's leads*?
- Or only create embarrassments for me?
- Or keep me under a thousand subjections?
- Or reveal my personal incompetence?
- Or they are very intrusive external forces?
- Or have *centripetal* direction to my big ego?
- Or deepen my dependences?
- Or bring me dejection and sadness?
- Or only bring me failures?
- Or are always clearly inefficient?
- Or demote me before the world?
- Or shoot me with deferment and depression?
- Or agents of self-debilitation?
- Or bring me to my knees?
- Or only generate *itches*?
- Or I still *vegetate without* CEs?

Test. It is important to ask: CEs, in your personal consciencial microuniverse, act with the characteristics from the 1st or 2nd column? CEs are units of measure. This realistic self-test can accurately locate you. Do you want to continue as you are, or is it worth making an effort to lucidly evolve? *Leading edge relative truth* only brings disillusion to a badly-intentioned consciousness.

284. VS INSTALLATION TECHNIQUE

Movements. The closed circuit *energetic self-defence technique*, through the VS, or vibrational state, is based on 6 basic movements that demand perseverance:

1. **Feet.** Stand erect, with your feet apart. Close your eyes. Leave your arms hanging by the sides of the soma. Through the *impulse of the will* direct a flow of bioenergy from the head to the hands and feet. It does not matter if you do not know anything about bioenergy. The practices will quickly show you the *energetic reality*. If you do not feel anything in early attempts, persevere. You will eventually feel it, because CE, or consciential energy, is an unavoidable part of the Paraphysiology, related to the energosoma, or holochakra.

2. **Head.** Through the strength of a determined will, bring the flow of CE back from the feet to the head. Identifying, through sensations or self-critical self-experiences, the *direction of the flow* of CE from below to above, clearly opposite to the direction of the previous flow.

3. **Discrimination.** Repeat the procedure 10 times, feeling and discriminating the flow of CE sweeping through the organs of your soma. This is how the *unblocking* and compensation of CE in the energetic centres, or basic chakras, of the energosoma begins.

4. **Velocity.** Gradually increase the velocity or rhythm of the *impulsion* of the flow of CE, by means of the strength of the *impulsion* of a determined or unbreakable will.

5. **Intensity.** Increase to the maximum the intensity or volume of the flow of CE, within and outside of the soma, which at this point composes increasingly larger and more potent *circuits*. You will perceive this perfectly. Such a fact convinces you of the reality.

6. **VS.** Finally, install the VS, or vibrational state. The flow and the closed circuit disappear. The entire personal energetic psychosphere becomes completely *lit, marvellous* or *incandescent* with vibrating CE and you feel this parafact without any doubt.

Repetitions. According to your self-motivation repeat this complete procedure initially *20 times per day*, in different conditions, situations and circumstances, always maintaining an erect standing position: you can be naked in the bathroom, in sporting or casual clothes, holding bags, in sunlight, in rain, and so on, anywhere.

Alert. *We never know when we will need energetic self-defences.* Life always offers *surprises* and not all are welcome or agreeable. Those who are bioenergetically prepared and alert, 24 hours per day, the entire year, live better. Those who employ artifices, *pseudo-providential scaffolds*, or parapsychophysical crutches intending to optimise or “enrich” the original technique explained here, regardless of the nature of the crutches or excuses, are wasting the opportunity. This impedes the growth of confidence in your own will and CEs. Whether in the *projected state*, or in the *extra-physical state* with a deactivated soma, no one has any physical object available to serve as an always unnecessarily relied upon crutch or some *parapsychological* support.

Transference. Who wrongly transfers the effort necessary to apply CEs - with the will - to a crutch, is not going to succeed in knowing themselves well, discriminate consciential energies, or improve their *emotional self-control*.

285. TEST OF 11 QUESTIONS ABOUT THE VS

Definition. The VS, or vibrational state, is the condition in which by moving Consciential Energies (CEs), using the will, the vibrations of the ergosoma and psychosoma accelerate to the maximum, well beyond the slow vibrations of the soma. *Strength is rejuvenation.*

Answers. Here are 11 technical questions suitable for an initial approach to any original scientific subject. They are succinctly answered here in regards to the VS:

01. **Agent.** *Who produces the VS?* Evolutionary or consciential principles, but particularly conscins or intraphysical consciousnesses, namely all human beings. *The VS, when high quality, only operates through your own freewill.*

02. **Existence.** *What is the role of the VS?* The practical key of the conscin's consciential mastery over the intraphysical or ergosomatic existence; self-defence and relaxation.

03. **Space.** *Where is the VS generated?* In the conscin's holosoma, through the will acting on the ergosoma. Of the 3 types of *education* - parental, public and personal - the autodidactic personal always prevails. *Autodidacticism* is not inflexibility.

04. **Time.** *When does the VS occur?* At any time, depending on the force of the impulse from a conscin's willpower. You are the *sponsor* of your own proaxis.

05. **Comparison.** *With what realities can the VS be compared?* With holosomatic homeostasis: the VS is ergosomatic homeostasis. An *energised placebo* is no longer a placebo.

06. **Cause-effect.** *Why install a VS?* For the consciousness, a reality superior to energy, to intensify their personal defensive CEs using their own willpower.

07. **Resources.** *With what elements is the VS produced?* With the impulse of the will, looseness of the ergosoma and maximum control in the handling of personal CEs.

08. **Method.** *How is the VS produced?* Through an intensification of the CEs, in the intimacy of the consciousness' microuniverse, eliminating blockages and energetic imbalances, the origins of consciential disturbances. There are *illnesses* that are faster than the remedies.

09. **Goal.** *What is the advantage of installing the VS?* Producing energetic self-defence, holosomatic homeostasis, energetic therapy and prophylaxis, as well as other conditions that are healthy and libertarian for a consciousness. *To evolve* is to facilitate the challenge of life in any dimension.

10. **End.** *What are the objectives of installing the VS?* In order to achieve a greater energetic prophylaxis and self-defence, to install auric coupling, symases and symdeases, to shield the bedroom, to minimise intrusion, to purify thosenes (*enes*), to produce hologasms and other important acts. The prophylactic VS is practiced *ad cautelam*.

11. **Amount.** *How much should be invested in the deliberate installation of the VS?* The maximum possible, until the point of voluntarily dominating this energetic technique, at any moment, in any locale or consciential dimension.

Test. Answer for yourself: What is the quality of my VS? How am I using my personal VS? The *science of wisdom* and the *science of ignorance* are siamese, or xiphopagic, twins. The VS produces an energetic makeover of any conscin.

286. TEST OF 30 IMPEDIMENTS TO THE PERSONAL VS

Self-healing. Both the vibrational state and conscious projection resolve *all* cases of inter-conscial intrusion. *Unhealthy intrusion is the greatest of human pathologies on Earth.*

Conditions. A long series of conditions impedes the consciousness from attaining mature control of their own VS, or vibrational state. Here are 30 impediments to the easy installation of a self-defensive, prophylactic vibrational state, at any time, by an intraphysical consciousness.

01. Chronic **energetic blockage** specific to a certain chakra.
02. Chronic **intoxication** through the vicious habit of smoking (*tobaccoism*).
03. Conditioned **victimisation** towards your partner in this intraphysical existence.
04. Continuous **perturbing intrusions** from sick and semi-conscious consciences.
05. **Debilitated will** in the *gestation of major thosenes* in the multidimensional day-to-day.
06. **Demotivation** due to chronic *mental laziness* or a lack of personal discipline.
07. **Difficulty in the expansion** of intense *free flowing* personal CEs.
08. **Embarrassment in the production** of self-experimentation *without any crutches*.
09. **Energetic imbalance** specific to an area or system of the soma.
10. *Excessive ingestion of food* blocking the CEs of the umbilicochakra.
11. **Fear** or chronic neophobic *self-defeatism* in relation to new things.
12. Generalised **conscial disorganisation** in this multidimensional existence.
13. **Heterohypnosis**, coming from still unidentified intraphysical company.
14. **Inconsistency** and dispersion in daily *bioenergetic practices*.
15. **Lack of emotional control**, impatience, disrupted attention and concentration.
16. **Lack of ergosomatic flexibility** or being apathetic and *energetically out-of-shape*.
17. **Lack of mental concentration** as a personal bad habit or a discouraging *weaktrait*.
18. Lack of primary **personal definition** regarding the healthy and constant use of CEs.
19. **Misoneism**, neophobia or a *future shock* regarding CEs and parapsychism.
20. Permanent **affective deprivation** that stagnates CEs in the cardiochakra.
21. Permanent **intellectual deprivation** that blocks the CEs of the coronochakra.
22. Permanent **sexual deprivation** that blocks the CEs of the sexochakra (root).
23. Personal **energetic deassimiliations** that always remain unresolved.
24. Personal **energetic predisposition** to intraphysical conscial accidents.
25. **Personal insecurity** with regards to new facts and things in intraphysical life.
26. Personal **sacralized prison** and blindness towards some doctrine, faith or *irrational belief*.
27. **Psychological depression** more potent than the strength of the personal willpower.
28. Routine **personal use** of light or heavy *hallucinogenic drugs*.
29. **Self-obsessions**, fixed ideas or monoideisms that repress the consciousness.
30. **Self-suggestion** that blocks CEs generally related to the spleenochakra.

Test. Do you already control all of the impediments listed and install a reasonable VS in yourself? A minute spent smoking a *cigarette* is equal to one minute less of human life.

287. TEST OF RECOMMENDATIONS FOR THE PERSONAL VS

Prophylaxis. According to Bioenergetics, Projectiology and Conscientiology, installation of the VS is rationally recommended to everyone, without exception, as a measure for consciential prophylaxis and energetic self-defence in at least these 20 situations:

01. **Departure.** Upon leaving the house or apartment to go to the office.
02. **Vehicle.** Upon getting into a vehicle, bus or train to start a trip.
03. **Steering wheel.** Upon sitting at the wheel and starting the car to begin a journey.
04. **Surprise.** Upon unexpectedly receiving extremely draining news.
05. **Discussion.** During the development of a critical, important dialogue or a clarifying discussion. Sometimes it is more necessary after the discussion has concluded.
06. **Telephone call.** Before answering a telephone call considered to be critical or worrisome.
07. **Acquisition.** Upon initiating enquiries about acquiring patrimony or material goods.
08. **Encounter.** Before an unforeseen encounter with a previously unknown person. And depending on the circumstances, again when leaving this person after the encounter.
09. **Interview.** Before having an interview with some competent authority on an essential subject, in order to prepare for an unexpected or distressing situation.
10. **Crowd.** When impelled to participate in some crowd or group of people.
11. **Auditorium.** When sitting in an auditorium to listen to a speaker or an artist.
12. **Closing.** When closing the drawers in order to leave the office, finishing the working day, consolidating the CEs to your personal memory (consciential continuity).
13. **Confines.** When entering the confines of a shopping centre, supermarket, bank or public institution crowded with customers or clients; and when leaving any of these places.
14. **Meal.** When having a meal that is different and unusual for you.
15. **Present.** During the act of receiving a present or souvenir, whether a new or antique object, alone or accompanied by many people (or consciexes).
16. **Romance.** At the exact moment of the regular encounter with your affective-sexual partner (*happy hour* or an experience in the energetically shielded bedroom).
17. **Show.** When entering an entertainment venue to watch the next show.
18. **Conjuncture.** Upon facing a situation demanding intellectual evaluation.
19. **Discomfort.** Upon feeling any symptom of a minor illness, physical or mental indisposition, or a greater discomfort, regardless of where and when.
20. **Symas.** Before deliberately installing an auric coupling with someone in order to produce facial clairvoyance, symas and other interconsciential conditions.

Attribute. As can be seen, with the accumulation of personal experiences, the VS needs to be: of personal benefit and in the favour of others; an attribute or a qualification of your personality; an integrated part of you, just like the imagination, memory, breathing and other consciential attributes that are naturally employed without any effort or sacrifice. *Homo sapiens humanus* is the animal of the human body that is able to feel explicit and authentic compassion.

288. TEST OF ENERGETIC SELF-EXPERIENCES

Coronochakra. *The coronochakra is the energetic antenna composing the true crown of a lucid conscin.* There are many men and women *crowned* with consciential energy.

Intimate. Here are 15 intimate technical procedures you can apply to cosmoethically master your CEs through self-thosenes produced with greater lucidity:

01. **Absorption:** captivation, assimilation or internalisation of IEs and CEs into you.
02. **Accumulation:** storage of CEs generated by you, hour after hour.
03. **Augmentation:** intensification of the volume of the personal *energetic flow*.
04. **Circulation:** the permanent dynamics or conscious mobilisation of CEs.
05. **Diminution:** reduction of the volume of the *energetic flow* generated by the will.
06. **Directing:** lucid directing, passing and purposing of *energetic flows*.
07. **Discrimination:** identification and clear specification of CEs, all the time.
08. **Dispersion:** spreading the *energetic flows* generated by the will.
09. **Duration:** the period of constancy of the movement of the personal energetic flow.
10. **Exteriorisation:** the liberation or self-conscious transfer of CEs.
11. **Homogenisation:** the uniformity of the intense flow of continuously acting CEs.
12. **Intermittency:** the energetic flow acting through *discharging gushes* of CEs.
13. **Recomposition:** normalisation of the assimilation of IEs and the level of CEs.
14. **Rhythm:** the frequency or cadenced pulsation of the personal *energetic flow*.
15. **Velocity:** the force of the impulse of the *energetic flow* generated by the will.

Exterior. Here are another 15 *external* technical procedures you can apply to CEs in relation to intraphysical, extraphysical or multidimensional life:

01. Maintenance of energetic self-defences (prophylactic vibrational states).
02. Auric couplings and decouplings generated by a firm will.
03. Sympathetic assimilations and deassimilations also generated by the will.
04. Diverse energetic unblockings or compensations of yourself and other people.
05. Lucid reception of unexpected reinforcing showers of CEs or energetic augmentations.
06. Synchronisations with external extraphysical (consciexes) and intraphysical agents.
07. Asynchronisations with external extraphysical (consciexes) and intraphysical agents.
08. Blockage of energetic flows from others, when unhealthy or intrusive to you.
09. Nullification of others' parapsychic perceptions, when intrusive to you.
10. Conscious production of an extensive number of diverse parapsychic phenomena.
11. Planned exteriorisations of therapeutic CEs for yourself and for others.
12. Evocations of healthy intraphysical (conscins) and extraphysical (consciexes) beings.
13. Promotion of congressus subtilis when assistantial, healthy and not pathological.
14. Conscious absorptions, when projected, of cosmic or extraphysical energy.
15. Consolidation of penta or the lucid, daily, personal energetic task.

Test. Which of these 30 technical procedures have you already completely mastered?

289. TEST OF YOUR PERSONAL CONTROL OF THE VS

Effects. The *parabrain* of any consciex adapts to a feminine or masculine soma in each new intraphysical life. The following 30 healthy effects of the VS, or vibrational state, are generated by the unbreakable will of any motivated conscin, including you:

01. Qualification of the improvement of your own consciential energies, today.
02. Expansion of the energetic condition through greater ergosomatic flexibility.
03. Habitual identification of animic, parapsychic, personal energetic signals.
04. Conscious overcoming of *tropospheric level* intraphysical experiences.
05. Execution of permanent and lucid prophylactic energetic self-defences.
06. Deliberate self-cure of diverse energetic blockages and decompensations.
07. Intentional, earlier departure from the primary condition of the *consciencial basement*.
08. Liberation from the unhealthy and unconscious use of the *abdominal sub-brain*.
09. Gradual depuration of manifestations through cosmoethical self-thosenes (*enes*).
10. Holothosenic improvement in the multidimensional universe of consciential energies.
11. Voluntary installation, whenever necessary, of therapeutic auric coupling.
12. Development of symases or voluntary, energetic sympathetic assimilations.
13. Methodological preparation of facial clairvoyance at an evolved and useful level.
14. Development of symdeases or voluntary, energetic sympathetic deassimilations.
15. Minimisation of common intrusion (eventual, unconscious mini-intrusions).
16. Condition of intraphysical and extraphysical conscious, interconsciencial, assistantial bait.
17. Avoidance of accidents, parapsychic stigmas and destructive macropsychokinesis.
18. More frequent attainment of conscious, constructive and well-employed enerspring.
19. Personal exploration of the dimener, or initial, consciencial energetic dimension.
20. Elimination of the unhealthy need for ergosomatic or sexochakral seductions.
21. Lucid maintenance of an *energetically shielded bedroom* (evolutionary duo).
22. More accurate perception of the orgasmic aura and even, simultaneously, the partner's.
23. Technical, sexual development (male) of the perception / expansion of the penile aura.
24. Improvement of hologasms through the intentionality and willpower.
25. Attainment of psychophysiological relaxation and a healthy predisposition toward lucid projections.
26. Disciplined daily performance of penta for the remainder of your life.
27. Establishment and operation of an *offiex* or extraphysical office (clinic, *workshop*).
28. Multidimensional accomplishment of healthy and enriching ergosomatic looseness.
29. More lucid control of the ergosomatic or intraphysical, terrestrial existence (CEs).
30. Permanent maintenance of *ergosomatic homeostasis*, or bioenergetic health.

Test. Which of these 30 positive effects have you already managed to produce by installing the VS, solely through the driving force of an unbreakable will?

Eunuch. Whoever does not have *ergosomatic flexibility* is semi-dead. *Who fails to install a prophylactic vibrational state lives an existence castrated, as a bioenergetic eunuch.*

290. TEST OF SELF-UNDERSTANDING OF THE VS

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about the VS. Answer each question by yourself, *unarmed*, without referring to Projectiology and Conscientiology's *artefacts of knowledge*:

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of planning and organising ideas:- Establish the advantages and disadvantages of you producing VSs through the impulse of your will.

02. **Critical.** *Demand* an effort from the more complex mental processes:- Critique the approach of a person who lives without VSs compared to a life with prophylactic VSs available in accordance with the impulse of the personal will.

03. **Definition.** *Demand* the capacity to classify and distinguish the different categories of the fact under analysis:- Define *consciential energetics*.

04. **Description.** *Demand* a presentation of the characteristics of the phenomenon of which you are the protagonist:- Describe 10 indisputable utilities of a voluntary VS.

05. **Discussion.** Presupposing the self-development of ideas, *demand* more than a simple description:- Discuss the logical cause for why Humanity, until today, has still not discovered and does not employ the voluntary VS on a large scale and at any hour.

06. **Enumeration.** *Demand* the personal ability to recall:- Enumerate 15 relevant phenomena generated by the installation of the VS through the impulse of the will.

07. **Exemplification.** *Demand* a demonstration of ingenuity through a personal contribution:- Give 5 examples of parapsychic techniques, verified by you if possible, evidencing the consciential fruits generated through the voluntary installation of VSs.

08. **Explanation.** *Demand* a personal emphasis on the subject in relation to cause and effect:- What is the reason why, today, we are more able to understand and install intense VSs?

09. **Interpretation.** *Demand* your personal capacity to perceive the meaning of the principle idea:- What is the reason why the human race has wasted and lost, for millennia, myriads of evolutionary opportunities without utilising VSs through the impulse of the will?

10. **Organisation.** *Demand* a personal recollection of facts according to the criterion of increasing importance:- Organise a list of personal steps, capable of dynamising the installation of prophylactic VSs. *The vibrational state is the energosoma's orgasm.*

11. **Outline.** *Demand* the self-organisation of the subject into topics and subtopics:- Outline 3 principles that support the rational and logical concept of the VS.

12. **Selection.** *Demand* a simple critical self-evaluation, according to pre-established criteria:- Indicate 3 different facts capable of proving the advantages of VSs for an adult conscin, a young existential inverter and a conscious evolutionary duo.

13. **Summary.** *Demand* that you are able to present the essential points of the phenomenon or fact under analysis:- Summarise 3 aspects of the positive, theoretical consequences of the voluntary installation of prophylactic VSs.

291. TEST OF THE EXPERIENCE OF 60 ENERGETIC CONDITIONS

CEs. *A beautiful person can live super-intruded. A pretty landscape can be super-negative. A gorgeous house can be uninhabitable because of its inherent, unhealthy, gravitative energies.*

Occurrences. Here are 60 occurrences, manoeuvres, or consciential conditions, deeply researched within Conscientiology and Projectiology, directly related to immanent energy or to personal consciential energies:

- | | |
|--|---|
| 01. Absorption of IEs and CEs (Life) | 31. Ergosomatic looseness (Holosomatology) |
| 02. Accumulators of CEs (Prophylaxis) | 32. Ergosomatic power (Self-awareness) |
| 03. Active / passive CEs (Discrimination) | 33. Enerspring (Energetic springtime) |
| 04. Advanced energetic techniques | 34. Enerspring by 2 (Evolutionary duo) |
| 05. Aeromagnetic cooling (Prophylaxis) | 35. Exteriorisation or release of CEs |
| 06. Aura of health (Prophylaxis) | 36. Holorgasm (Holosomatic orgasm) |
| 07. Auric couplings (Projectiology) | 37. Hydromagnetic showers |
| 08. Bioenergetic sensations (Projectiology) | 38. Incoming energy (<i>Prekundalini</i>) |
| 09. Bioenergetic signals (Diagnosis) | 39. Interconsciential climates (Prophylaxis) |
| 10. Brain: <i>abdominal sub-brain</i> | 40. <i>Kundalini</i> (radical chakra, sexochakra) |
| 11. Chakral blockages (Parapathology) | 41. Mobilisers of CEs (Projectiology) |
| 12. <i>Congressus subtilis</i> (Sexology) | 42. Orgasmic aura (Intraphysical orgasm) |
| 13. Dimener or energetic dimension | 43. Penile aura (Masculine Sexology) |
| 14. Dissipation of consciential energies | 44. Penta or the personal energetic task |
| 15. Double cryptochakras (Projectiology) | 45. Personal ergosomaticity (Projectiology) |
| 16. Energetic Acuity (Projectiology) | 46. <i>Plantar drains</i> (<i>Prekundalini</i>) |
| 17. Energetic asepsis (Parahygiene) | 47. <i>Plantar hearts</i> (double chakras) |
| 18. Energetic contagions (Parapathology) | 48. <i>Pre-kundalini</i> (Projectiology) |
| 19. Energetic intrusions (Parapathology) | 49. Primary chakras or biovortices |
| 20. Energetic loads (Projectiology) | 50. Prophylactic VS (<i>Energetic key</i>) |
| 21. Energetic neediness (Parapathology) | 51. Reinforcing showers of CEs |
| 22. Energetic projectability (Projectiology) | 52. Secondary palmochakras (Therapies) |
| 23. Energetic robbers (Desoma) | 53. Sexochakra (Component of the sexosoma) |
| 24. <i>Energetic self-check</i> (Diagnosis) | 54. Sexochakral or ergosomatic seduction |
| 25. Energetic self-defences (Prophylaxis) | 55. <i>Shielded bedroom</i> (Sexology) |
| 26. Ergosomatic capacity (Prophylaxis) | 56. Symases or sympathetic assimilations |
| 27. Ergosomatic compensations | 57. Symdeases (sympathetic deassimilations) |
| 28. Ergosomatic existence (IP life) | 58. Thosenators (soma, mentalsoma) |
| 29. Ergosomatic flexibility (Prophylaxis) | 59. Thosene (idea, sentiment, energy) |
| 30. Ergosomatic intrusion (Parapathology) | 60. VS or vibrational state (Projectiology) |

Test. Which of these conditions have you already consciously experienced with CEs? *The ideal is to install a field of therapeutic CEs within a holothosene loaded in the tho.*

292. INTRAPHYSICAL EVIDENCE OF AN EXTRAPHYSICAL BODY

Self-consciousness. Humans have self-awareness regarding the soma. *The majority do not have lucidity regarding their own psychosoma.* This occurs because they do not manage to correctly control it or to directly operate it with lucidity and ease while projected in other dimensions, beyond the soma.

Research. The more a conscin is aware of the psychosoma's existence and the more deeply they research it, the better everyone's understanding and consciential development will be. The consciousness' manifestations transcend the limitations of the brain and cellular organs. Even physical disturbances confirm the reality of another subtle vehicle of consciential manifestation. *The psychosoma's wounds* are always curable.

Science. Only Conventional Science with its nearly exhausted or collapsed mechanistic paradigm, continues to remain blind to the reality of the basic extraphysical body.

Evidences. Let us analyse 10 controversial evidences regarding the psychosoma:

01. **Brain.** Deceased people who during necropsy were found to have *dissolved brains, similar to mush*, however despite this lived very lucidly, without any significant mental disturbance, until moments or minutes prior to biological death.

02. **Doubles.** Supposedly authentic *photos of doubles* have been taken, with the tangible psychosoma of intraphysical beings (conscins) projected next to the soma.

03. **Effects.** *Physical effects* have been recorded in historical cases of physical bilocations, supposedly directly provoked by a projected consciousness (conscin).

04. **Emanations.** Purportedly authentic photos, from a diverse range of places, have been taken of dense and colourful misty emanations around people on their death-beds (dying beings).

05. **Stomach.** Patients whose stomachs were removed, continue to feel hunger (appetite). It is not known if this reaction is of a purely cerebral origin or not.

06. **Hemisphere.** People with problems in a specific cerebral hemisphere, whose functions have to a large extent been lost, live well using the other hemisphere.

07. **Marks.** Impression marks from supposed parts of the psychosoma exist on surfaces blackened by smoke, in so-called *ectoplasm research*.

08. **Moulds.** Paraffin moulds of the hands and feet of supposed extraphysical personalities (consciexes) have been taken by *ectoplastic sensitives*.

09. **Leg.** People without a leg, lost to gangrene for example, continue feeling pain in the little toe of the physical foot that no longer exists (*phantom pain*), which is precisely where the illness began (*phantom limb*).

10. **Sex.** Psychological factors most influence human sexuality. *The true sexual organ* is the brain ("between the ears"), the consciousness' intentionality.

Obscurities. Evidences 2, 3, 4, 7 and 8 are suggestive parapsychic resources, though excessively controversial. Evidences 1, 5, 6, 9 and 10 are of obscure organic bases, constituting, still, contradictions for Conventional Science.

293. THEORY OF THE CONSCIN'S PARABRAIN

Definition. The parabrains are the extraphysical brains of the consciousness' psychosoma in all extraphysical, intraphysical or projected states. We need theorice to know it. *Do you determine the volume of a bottle using calculations or by filling it with water?*

Paraobject. Of the known semiphysical forms, the human parabrains seem to constitute the most sophisticated and transcendent paraobject for human self-knowledge.

Properties. Although it appears to be the matrix of the human brain, the parabrains are different due to its specific properties (Paracerebrology), for example, these 8:

1. **Subtlety.** The parabrains present greater subtlety, being quintessential and light, not arranging any particularly dense substance within its *free structure*, unlike the human brain protected inside the *bony helmet* of the physical or cellular head (See Bib. 4711).

2. **Mutability.** The parabrains differ from the brain regarding its mutability, since the brain emerges from or is developed by Genetics and disappears along *with the specific* human body, or soma. The parabrains, being less perishable, sustain the continuous, multimillennarian and multiexistential mechanism of the intraphysical rebirth of the consciex in innumerable human bodies - beyond the consciential shocks of desomas - or the *successive series of perishable and ephemeral brains*, and adapts to every new brain.

3. **Self-transfiguration.** As a self-transfigurator, the parabrains have the property of being able to alter the extraphysical form of the psychosoma in accordance with the consciousness' will (consciex or conscin), in either a conscious or an unconscious way.

4. **Expansiveness.** As the headquarters of the mentalsoma, the parabrains allow the exit and free expansion of this vehicle into the mental dimensions, one of the most obscure areas of consciousness research on Earth. Our parabrains must allow the mentalsoma to function before adrenalin is discharged into the bloodstream.

5. **Emotionality.** As the emotionaliser, the parabrains constitute the basic fulcrum of all the types of emotions that grip a consciousness. That is why the psychosoma is called the "emotional body" or the "parabody of desires".

6. **Strength.** The parabrains present parapsychic strength derived from the dynamics of the will - whether consciously or unconsciously; and is extraordinarily more powerful and subtle than physical, cellular, muscular or animal strength.

7. **Memory.** The quality of being involved in extraphysical facts, which the consciousness of the human projector participated in while projected in the psychosoma, depends on the level of the transmission (coronochakra and frontochakra) of the memories from the second brain (of the psychosoma) to the first brain (of the soma). The parabrains simultaneously carry memories of the consciousness' experiences from two or more consciential dimensions, a fact impracticable for the dense brain (mnemonic consciousness; Mnemosomatology).

8. **Hemispheres.** The facts imply that the mentalsoma and the parabrains are constituted by two hemispheres, similar to the brain, each brain being a reflection of the other.

294. EFFECTS OF SELF-TRANSFIGURATIONS OF THE PSYCHOSOMA

Effects. Here are 10 practical effects of self-transfigurations of the psychosoma:

01. **Transmigrations.** They explain the intraphysical rebirth of a transmigrated consciex, a carrier of a non-terrestrial psychosoma, yet reborn on this Planet following rigid, genetic, terrestrial evolutionary laws. This constitutes an immense paradox.

02. **Growth.** They explain the phenomenon of the human body's biological growth: a transfiguration of the psychosoma over an extended period, promoted by the genetic laws conditioning a physically restricted consciousness (conscin).

03. **Facial.** They explain the phenomena of facial clairvoyance during auric coupling between two or more people, energetic exteriorisation (aeriform ectoplasm) on the faces of human beings (conscins), allowing the appearance of other faces, extraphysical beings (consciexes), landscapes, retrocognitions, CPs or messages.

04. **Ectoplasmy.** In the research of ectoplasmy or materialisations, facial (face) and somatic transfigurations of the sensitive ectoplast occur, the soma is modified and adopts notably different physical traits than those that belong to its own personal features.

05. **Elongation.** Extraphysical elongation, a phenomenon developed through prolongation of organs or parts of the human body, exteriorisation of ectoplasm or energosomatic CEs together with the psychosoma's CEs in the *paratroposphere*.

06. **Corrections.** The impulsive strength of the will of certain consciousnesses, whether those who recently passed to the extraphysical dimension (*post-desomatic intermission*), or projected conscins capable of advanced extraphysical actions, including the correction of defects in their own appearance, temporarily healing old repressions and complexes, for example: women lose a *parabelly* or sculpt a perfect *paranose*; men who cover a bald patch and increase the *parastature*.

07. **Paramediumnity.** Transfigurations occur during certain manifestations of parapsychic trances or extraphysical mediumism (paramediumnity). (See Bib. 4677).

08. **Clairvoyance.** Clairvoyance allows assistantial consciexes and extraphysical educators to present themselves to other consciexes and to be seen by human clairvoyants, disguised as the image of some known person, an archetype worshipped in an extremely fascinating, mystical or religious, doctrinaire group environment.

09. **Zoanthropy.** Transfiguration occurs in zoanthropies or lycanthropies, generated by hypnotizer-intruders, with self-suggestions or heterosuggestions, from another intelligence, on weak, vulnerable and impressionable consciexes.

10. **Intrusions.** Transfiguration of the psychosoma facilitates ill and mystifying consciexes to present themselves with a different para-appearance, in cases of interconscinial possession, subjugation or fascination, passing themselves off as who they are not, disguising their own identity. An extraphysical being or a projected conscin is not identified by their appearance, discourses or obvious manifestations, but primarily by the perceptible quality of their self-exteriorised CE.

295. LIBERATION FROM IMMATURITIES OF THE PSYCHOSOMA
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Evolution. Thosenity arising from the mentalsoma dynamises the consciousness' evolution.

Attitudes. Here are 30 foolish attitudes, which you can express *through the psychosoma*, but that hinder the employment of your mentalsoma in this intraphysical life:

01. Act randomly without any discipline or personal organisation in life.
02. Allow yourself to be led by the nose (subhuman smell), like in the remote past.
03. Alternately display different incoherent and contradictory faces and expressions.
04. Always leave much to be desired in every undertaking intended to be completed.
05. Always veer to unhealthy extremes when making serious decisions.
06. Attribute good deeds to yourself, that were in fact never performed (self-corruption).
07. Be a plaything of waves and winds in the midst of conscins' essential tasks.
08. Be lured by the *siren's song*, due to inculcations and generalised repressions.
09. Be up to your elbows in useless efforts that are already dispensable self-mimicries.
10. Confuse light with darkness, opening eyes wide without seeing anything (ignorance).
11. Conveniently seek adventure without calculatedly organising yourself.
12. Demonstrate hesitation in explanations, not knowing what route to take to benefit all.
13. Disregard the best of what is already clearly known, it going in and out of the ears.
14. Fall in love with yourself, lured by an initial victory in a given undertaking.
15. Frequently answer questions straight away in an aggressive manner.
16. Go against everybody's will and the ideal consensus at the most critical moment.
17. Hand over your obligation or uninvited incumbency to someone else's care.
18. Judge yourself as the biggest star when, in truth, you are nothing but a mere firefly.
19. Live jumping *from the frying pan into the fire*, without stopping to reflect at any moment.
20. Maintain a *mild blindness* with eyes buttoned and covered with *peacock feathers*.
21. Measure *terrestrial ground* with your human body, all the time, *ad nauseam*.
22. Not paying enough attention and mistaking your own shadow as the human body.
23. Pontificate in a dictatorial tone, wearing a hood on a hollow head and *being snobbish*.
24. Possess *cat claws and devout habits* in day-to-day groupkarmic coexistence.
25. Pull the strings of the *marionette* of your own millennial instincts (self-mimicry).
26. See yourself as important, looking at others over your shoulder (self-image).
27. Spend the whole time doing nothing or standing still *with arms folded*.
28. Talk *excessively*, without thinking, led by puerile or immature enthusiasm.
29. Thread someone *through the eye of a needle*, far removed from basic human rights.
30. Unleash thought that permanently flies close to the dream world.

Mentalsoma. The mentalsoma is the body of self-discernment able to distinguish self-criticism from acriticism, *subhuman emotion* from elevated human sentiment. In Conscientiology this distinction is as objective as 2 plus 2 equals 4 in Arithmetic.

Horoscopes. *Horoscopes are the most cherished lies of pathological Socin.*

296. BEHAVIOURAL PROJECTIONS THROUGH THE PSYCHOSOMA

Psychosoma. The psychosoma is the personal *parabody*, the extraphysical vehicle used by you in every moment on this Planet, in any crustal, or tropospheric, dimension. It is connected to your human body, or soma, through the energosoma. (See Bib. 4512).

Soma. Do you have a necessity to know more and more about everything? For your own benefit the psychosoma can be researched while you are projected in the extraphysical dimension. And, also through your *energomatic reflexes* in the soma, in the full ordinary physical waking state, in an effort to develop self-knowledge and in favour of self-evolution.

Camera. Within Conscientiology and Holosomatology, when analysing themselves any conscient can use self-criticism like an *indiscreet camera*.

Description. Somebody - when a good observer - can indicate and describe their own attitudes of calmness, agitation or nervousness during participation in some event, meeting, interview, conference, symposium or congress. We still use the psychosoma just as we use two hands, through *infused science* (force of nature, instincts).

Factors. Based on the principle that the psychosoma is the *carapace of the mentalsoma*, observe and test if you, on these occasions, presented any of these 15 behavioural factors, emotional reactions or *wordless communications* that can subtly display the consciousness' reactions, principally through the psychosoma, the self-thosenity in the *sen*:

01. **Calmness.** Do you present excessive calmness, not letting yourself be affected by anything? (Mentalsomatics or self-thosenity through the *tho*).
02. **Chatting.** Do you talk while somebody is making a speech? (Laringochakra).
03. **Eyes.** Do you blink nonstop? (Frontochakra).
04. **Fingers.** Do you tap your fingers on the table, wallet or notebook?
05. **Gestures.** Do you manifest gestures of impatience with the feet, for example? (Umbilicochakra or abdominal sub-brain).
06. **Grimace.** Do you make faces, present tics or twitches when trying to pay attention?
07. **Hands.** Do you incessantly move your hands? (Secondary palmochakras).
08. **Legs.** Do you cross and uncross your legs all the time? (Sexochakra).
09. **Movements.** Do you constantly fidget while seated on a chair?
10. **Shoes.** Do you take one foot or both feet out of your shoes? (*Pre-kundalini*).
11. **Sleep.** Do you discretely take a nap? (Coronochakra).
12. **Speech.** Do you pause during your speech? (Self-reflection, bradypsychism or fatigue).
13. **Time.** Do you anxiously consult the clock, every single moment?
14. **Vice.** Do you smoke cigarettes consecutively? (Weakened cardiochakra).
15. **Yawns.** Do you continuously yawn or doze, albeit in an educated or disguised way? (Secondary nuchochakra). Sociability is a confrontation of types of *education*.

Reason. *Reasoning is the basic difference between Homo sapientior and subhuman animals.* Conscientese is the rhetoric of Free Consciexes (FCs). The present is already the future.

297. TEST OF THE AVOIDANCE OF ANTI-PROEXIS ATTITUDES

Research. Who knows and does not teach, errs due to *egoism*. Who teaches and does not do, errs in *verbaction*. Who is ignorant and does not question, errs due to *pride*. This is conscientious immaturity.

Brain. Here are 30 antiproexis attitudes, or from the *abdominal sub-brain*, that deserve to be logically and intelligently avoided in an ego's *anticollar self-questionings*, do you:

01. Sink into *ludic involvement* with your personal computer every night.
02. Sunbathe on the beach for five hours in a row, on every clear sunny day.
03. Watch 3 rented comedy *films* a day, 3 times a week.
04. Spend entire afternoons lying on a large couch listening to *opera*.
05. *Pretend to be retired*, living without commitments, before 30 years of age.
06. Collect, for example, empty *packets of cigarettes*, handling them every day.
07. Show up at *videogame parlours* and *clock in* 3 nights a week.
08. Stroll around without commitments, just *window shopping*, 3 mornings a week.
09. Let yourself stay on a park bench every day and *play cards* with the unemployed.
10. Spend more time watching *TV programmes* than working.
11. *Drive the car* for hours, back and forth, without a destination or useful objective.
12. Listen to music, using *headphones*, for almost the entire day, numerous times a month.
13. *Play around at fixing* the car, uninterruptedly, over a month.
14. Frequent *fashionable restaurants*, in good company, 5 times a week.
15. Waste hours and hours 3 times a week, addicted to *betting at the Jockey Club*.
16. Go to 3 popular music *concerts*, until late at night, every 15 days.
17. Drop all your lines of *accumulated personal obligations*.
18. Constantly read only *fashionable novels* and not a more useful *serious book*.
19. Participate in card games, pulling all-nighters with the *crew*, 3 times a week.
20. Pass each morning reading the *day's newspapers*, without a practical use for the reading.
21. Walk, reading the *headlines at the newsstands*, for 3 hours, 3 times per week.
22. Remain *in bed* until late, increasing the body weight in a sedentary life.
23. Attending successive *fashion shows*, uninterruptedly, everywhere.
24. Jump excessively, every morning, in gym *workouts*.
25. Religiously follow, with enthusiasm, 3 TV soap operas at the same time.
26. Sit at the bar for a *friendly beer* with the gang, 3 nights a week.
27. Chaotically subvert the diary's *appointments* as an acquired habit.
28. Keep up idle talk, all day long, about championship *football games*.
29. Take care of the domestic dog 6 hours per day, acting as a *pet babysitter*.
30. Visit *art galleries* various times per week without buying any artwork.

Test. Do you judge yourself as living attentive to the proexis' guidelines and regularly submit yourself to 1/3 of these banal attitudes, under the *steamroller* of intraphysical life's *daily routines*? *Every proexis demands cultivation based on a single fact: not every seed germinates.*

298. THEORICE OF INTERCONSCIN UNIONS

Types. Auric coupling indicates the level of excellence of interpersonal, or interconscin, unions, in this case predominantly of *intimate couples* and depending on 4 *appeals*: reciprocal sexual; unilateral sexual; reciprocal consciential; and unilateral consciential. Interpersonal unions can be listed in a natural scale of 8 characteristic types:

1. **Stable.** *Unions* born from the joint action of reciprocal consciential (2 holosomas) and *sexual appeals* (2 sexosomas), characteristic of stable *evolutionary duos*. These are more enduring harmonious links. They produce fewer divorces, are less common and are composed of consciousnesses who have intimately lived together for a large number of human lives; with more dilated, pluriexistential periods of human contemporaneity. A greater level of consciential maturity predisposes, in the Socin, the so-called *golden* (a half century long marriage), *diamond* (6 decades), or *platinum* (7 decades) *wedding anniversaries*. Literarily, they are foolishly called *soulmates*, an impracticable romantic creation, as consciousnesses are so greatly diverse.

2. **Kindred.** *Unions* born from the junction of *unilateral sexual appeal* (1 sexosoma) with reciprocal consciential appeal. They tend to endure between conscins predisposed to the so-called *silver wedding anniversaries* (marriage lasting 25 years). They are also called *kindred spirits*.

3. **Disconnected.** *Unions* generated from a *reciprocal sexual appeal* (2 sexosomas) with unilateral consciential appeal. *A pathothosene creates the binomial oath-lie*.

4. **Unilateral.** *Unions* generated from a *unilateral sexual* (1 sexosoma) and *consciential appeal*. Going forward these interpersonal unions become less and less stable, leading the pairs of conscins to a crescendo resulting in breakups, legal separations or divorces.

5. **Platonic.** *Unions* generated from a *reciprocal consciential appeal* (immature sex).

6. **Common.** *Unions* generated from a *reciprocal sexual appeal* (2 sexosomas), animalised and supported, in time, by multiple reciprocal interests.

7. **Self-serving.** *Unions* generated from a *unilateral consciential appeal*, consisting of personalities joined by strong, temporary, intraphysical or human interests.

8. **Unstable.** *Unions* generated from a *unilateral sexual appeal* (1 sexosoma). They are unstable and brief, present an elevated number of divorces, composed of consciousnesses who have intimately lived together for a small number of human lives in diverse periods of short-lived contemporaneity. Such conscins live predisposed to experience only brief adventures, creating tragedies, with heavy groupkarmic debts and - what is worse - are *orphans of their living parents*. Human interests act vigorously in these typical *patrimonial unions*, as in some countries the bride or bridegroom are purchased, pathosocial ostentations take place in impressive ceremonies and public solemnities, frequently broadcast by all the medias around the entire Planet. They often start and finish during the *honeymoon*, or only compose so-called *white marriages*, or interconscin unions without sexual intercourse.

299. CONSEQUENCES OF THE CONDITION OF AN INTIMATE COUPLE

01. **Intimacy.** The condition of an intimate couple in Socin merits accurate study, notably in relation to women and in favour of feminine life.

02. **Experience.** When young and still immersed in the *consciential basement*, the level of a conscin's intraphysical experience always tends to be very low. (See page 704).

03. **Modesty.** The level of modesty and affective self-preservation of a modern young woman tends to be low. *With total freedom, 1 man alone could inseminate 1000 women in a life.*

04. **Sincerity.** The level of sincerity, monogamy, reliability and trustworthiness regarding a young woman still tends to be low due to modern social liberality and permissiveness. The most convincing *Homo theatralis* is the one able to admit real, advanced, self-performance. *Hypocrisy* is not the ideal in a *love nest*.

05. **Predisposition.** It is easier for someone to anticosmoethically and indirectly arrange an unsustainable affective situation involving a young woman, than to do the same against a mature and experienced woman. At this point the *hook up* is worth noting.

06. **Adventure.** The inclination of an inexperienced young woman to emotional adventure can destroy the greatest, unique and incomparable romantic love (evolutionary duo) of a human life.

07. **Brittleness.** The condition of an intimate couple fragilizes the woman much more than the man, with regards to a pure loving relationship.

08. **Megasincerity.** For this reason, a woman's megasincerity begins with her frank confession about previously composed intimate couples from the current existence.

09. **Sustenance** Pure romantic love is only sustained in an atmosphere (holothosene) of mutual sincerity, the base of sustenance, in every condition, of an enduring evolutionary duo.

10. **Confession.** Due to feminine complexes and repressions, atavistically generated by the pressures of male machismo over the centuries, a regular woman - paradoxically - is capable of making the most intimate confessions to an affective rival, always avoiding the creation of an inappropriate environment for her most loved man.

11. **Complicity.** *Complicity in the bedroom* of a partner who composed an old or prior intimate couple - complicit glances, laughs and innuendos within Socin - can destroy the current pure romantic relationship. *Promiscuity* is worse for women.

12. **Conviviality.** Affective conviviality becomes fragile and vulnerable when forced by socio-cultural circumstances that have subjacent bedroom *complicity*.

13. **Quickie.** For example, a complete sexual act can be performed by a couple in just 15 minutes. It is the so called *little love*, a *quickie* or *fast sex*.

14. **Atmosphere.** The opportunity, *atmosphere* and impositions able to predispose purest love can be forced by conscins who are affective rivals, both male or female.

15. **Destruction.** This is the reason why all the costly defence of the intensely romantic life of an evolutionary duo - *in the enerspring of love* - can be totally destroyed by only 15 minutes of *sex*, in a dark corner of a small room, without comfort and even without light.

300. INTRUSIVE LOVE NEUTRALISATION TECHNIQUE

Agents. Here are 13 agents intended to neutralise intrusive love:

01. **Heterodestruction.** In the line where the *mechanism of heterodestructive loving* manifests, maximum affective renunciation is the technique used to consciously neutralise authentic yet intrusive love, given sacrificially by whom is loved.

02. **Satiety.** For example, arriving after a 15 day absence without an affective sexual deficit, demonstrates the evident instinctive, energetic *sexochakral satiety* of the recently arrived. *Silence* can be a lie.

03. **Lack.** If the person previously arrived with an undisguisable *sexual deficit* and, this time not, the facts create the question: “What was their relationship with sex during this period?”

04. **Self-masturbation.** If the answer was the practice of *self-masturbation*, this will be severely criticised as shameful and degrading, as it becomes a handy powerful rival with no harmful consequences for anybody within affective life.

05. **Respect.** Such behaviour from the recently arrived, demonstrates *personal independence* and sexual maturity and will create greater respect for the first partner, eliminating possible emotional blackmails on their behalf. Who anticipates errs less.

06. **Period.** A *deep* affective bond can be sustained by the interchange of sexochakral energies every 48 hours - *the bioenergetic biduous* - the period where the *affective CE retained* from the partner acts within the energetically satiated personal psychosphere. (See page 328).

07. **Sperm.** Sperm is the concrete, biological, material element that maintains the *organic-energetic bond* (soma-energosome) between 2 lovers. The useful life of *spermatozoon (sex)* in the gynosome is approximately 120 hours, or five days.

08. **Presence.** The man, when transferring the sperm, knows and feels the fixing of his *energetic presence* in the gynosome (woman). The woman welcomes the sperm into herself, with emotion or delirium, fixing the masculine energetic presence within her intimacy.

09. **Sensitivity.** *Spermatic intrusion*, a biological and energetic consensual projection characteristic of a complete sexual act, can be perceived by the *first* partner through their instincts, or through *energosome sensitivity*, which detects and mobilizes interconsensual energies.

10. **Authenticity.** When exposing this set of circumstances to the loved person, with all the realism possible, the *second* partner demonstrates the greatest detachment of completely non-egocentric, *authentic love* - as proven by the facts.

11. **Period.** For an average person’s energetic and sexochakral energies the length of time required to neutralise the energetic influences of *intrusive love* has been identified as being more than 48 hours.

12. **Solution.** The neutralisation or dissuasion of detached, yet intrusive, love is the only viable solution for the energetic and affective recomposition of the *basic couple*.

13. **Love.** *Nothing is impossible in love. Omnia vincit amor.*

301. PARAPSYCHISM - ROMANTIC LOVE RELATION

Definition. Romantic love is a passionate bond between two conscins and is characterised by 4 *unions* - consciential (mentalsoma), emotional (psychosoma), energetic (energosoma) and sexual (soma or sexosoma) - that mutually reflect the deep respect for their reciprocal evolutionary value. Love and sex are mutually *inclusive*.

Phenomena. *Consciencial dimensions cannot deter pure love.* Due to the depth and similarity of ideas, intrinsic to the context, a loving or affective bond generates at least these 13 healthy parapsychic phenomena in the two connected consciousnesses:

01. **Auric coupling:** generated by the vital force characteristic of intense passionate involvement, strong sexual attraction and the *magical* sensation of the physical presence of one in the other. An *intimate conversation* is like the tender dialogue of lovers on their honeymoon.

02. **Facial clairvoyance:** starting through mutual admiration and a respectful valuing of the other person, the desire to *tenderly* touch the other's face emerges in both, entering into their intimacy or their own being, and other affective anxieties.

03. **Visual transfiguration:** resultant from general energosomatic phenomena.

04. **Waking discoincidence:** produced by a set of successive parapsychic phenomena, which repeat with the passing of intensified experiences.

05. **Sympathetic assimilation (symas):** created through a mutuality of points of view and a deep consciencial affinity acting in the practical life of both.

06. **Energosomatic compensation:** maintained by the mutuality of values in the emotional intimacy between two conscins and in the mutual rejuvenation of both persons, as a consequence of the *orgasmic auras* during their ecstasies. Sex rejuvenates.

07. **Spontaneous telepathy:** common between similar people. Who loves, understands.

08. **Travelling clairvoyance:** generated to relieve physical distance, if it exists, between two conscins in a permanent state of *happy satiety*. Love completes best.

09. **Repercussion in intimate couples:** manifests in similar beings who sleep together.

10. **Conscious pangraphy:** extraphysical helpers promote this for those eager to compose a maximum intermingling between two consciousnesses reunited on Earth.

11. **Lucid consciencial projection:** a consequence of the natural yearning for a holosomatic interfusion, that underlies both the connected consciousnesses.

12. **Retrocognitive projection:** emerges as an effect of intense holosomatic energy that stimulates the mentalsoma, the integral memory and sponsors the irrepressible flow of experiences or other human existences that were lived in closed communion in other somas, places, conditions and intraphysical contemporaneities.

13. **Holosomatic interfusion:** the maximum phenomenon of interdimensional romantic love, the only thing capable of crowning the deep and real union of romance in daily life, and in lucid extraphysical life, for consciousnesses magnetized by creative and liberating love, which is the only thing able to objectify continuous consciencial evolution. (See page 249).

302. TECHNICAL FOUNDATIONS OF RETROCOGNITIONS

Projectiology. Here are 9 technical observations regarding projective multiexistential retrocognitions, through mentalsomatic and psychosomatic manifestations with affective bases:

1. **Fragilisation.** Retrocognitions, including those experienced in a *series of flashes*, even the most euphoriant ones, usually provoke fragilisation in the retrocognitive conscin. This is due to the shock of knowing they have already experienced all the kinds of misfortunes and joys.

2. **Trance.** The consciential energies from a retrocognitive trance augment or diminish and can be divided into 2 basic types: affective progression or regression.

3. **Bittersweet.** In general, retrocognitions generate 3 emotional effects: euphoria, a sensation of probation (self-obduracy), or the bittersweet condition of *lucid emotionality* (interaction of mentalsoma-discernment with psychosoma-emotionality).

4. **Bursts.** Healthy retrocognitions create a plainly evolutionary atmosphere and lead to *love-action*, the greatest glory of an inspired person. It is imperative to balance two forces: love, a permanent state; passion, a cyclic condition able to generate *outbreaks of immaturity* in a lucid consciousness. When they still exist it is essential to maintain the *conscientia sceleris* and the *conscientia fraudis* at a distance, without anticosmoethical manifestations.

5. **Intensity.** The acute phase of affectivity in retrocognitions is characterised by permanent *deaf longing*, generated by the more intensive lucid reception of consciential energy, pleasantly released by loved ones, commonly only identified and located by the retrocognitive projector.

6. **Tuning.** It can come to pass that a person seeks a higher synchronisation with consciousnesses loved for centuries or millennia, in diverse intraphysical bodies and circumstances, above the level experienced in the currently recalled preterite lives.

7. **Conditions.** It is important to analyse oneself and other *person-consciousnesses* as they present themselves today, without only looking for reflections of the *person-consciousnesses* they lived as in the past. There are three variables present, now, that are different conditions for the conscins who are, in general, a little better: the somas; the Genetic manifestations; and the current Mesology. The percentage of liberation in relation to the instincts indicates the degree of lucid maturity. (See Bib. 4963).

8. **Type.** The contrast of a successful past relationship with a *person who is unapproachable* today, concerning a deep emotional involvement, is the most critical type of affective retrocognition. However, it can occur without any pathological connotation or intruders, depending on the evolutionary level of the mutual discernment between the conscins.

9. **Functions.** *The past is a source of experiences and cannot be neglected.* Retrocognitions, when healthy, do not come for the person to brood over problems, from the past, in the current moment, the only real time. They present, at least, 3 unavoidable functions: paraphysiological, didactic and enlightening. In summary: retrocognitions come to the surface of the human life *today*, in order for us to not repeat the same common mistakes and omissions of *yesterday*.

Surprises. Precognitions and retrocognitions minimise unpleasant surprises.

303. DIFFERENCES OF ROMANTIC LOVE / EMOTIONAL ADVENTURE
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Conscientiology. Here are 18 differences between romantic love and an emotional adventure:

01. *Love*: the priority *respect* for the value of the other, a consciousness.
Adventure: another much more sick and unhealthy mere sexual union.
02. *Love*: a consciential-sexual bond with preterite groupkarmic roots.
Adventure: an ephemeral and instinctive material-animal-emotional bond.
03. *Love*: an omnipresent, spontaneous and deep *interconsiential affinity*.
Adventure: a disturbing, superficial, artificial and forced affective condition.
04. *Love*: the *mutuality* of productive, operating consciential *values*.
Adventure: the senseless dispersion of both partners' interests.
05. *Love*: the *convergence of points of view* that enrich self-evolution.
Adventure: the experience of a range of opinions irreconcilable among themselves.
06. *Love*: a theoretical and practical (theoretical), manifest and unhideable *mutual admiration*.
Adventure: just one more transitory sexual partner.
07. *Love*: an unmistakable, much more rewarding and *very special mutual attraction*.
Adventure: a mere unilateral admiration when it exists, in certain cases.
08. *Love*: brand new, constructive and fulfilling *deep sensations*.
Adventure: the repetition of habitual and very old intrusive sensations.
09. *Love*: a *mutually recognised consciential victory in the useful life of 2*.
Adventure: a new affective disappointment for 2, the result of many others.
10. *Love*: the priority discovery of *intrapysical life's greatest secret*.
Adventure: another false hope that evaporates in a deep frustrating blow.
11. *Love*: a *factor evident in the evolutionary success* of both lovers.
Adventure: a factor of one more unquestionable personal failure for each.
12. *Love*: an evolutionary, irreplaceable, vital and *vibrant reality*.
Adventure: another tropospheric, ephemeral, fragilising and depreciating illusion.
13. *Love*: unquestionable *personal growth* for both partners.
Adventure: one more personal, sexual, affective and - worst of all - indefensible disaster.
14. *Love*: the *realistic gift* of a concrete fact, or a more permanent reality.
Adventure: the pure alienation of a primary, impermanent and frustrating fantasy.
15. *Love*: the natural occurrence of a pure, intense, passionate and *omniaffective attraction*.
Adventure: the morbid aberration of a very temporary, neurotic outburst.
16. *Love*: an *immense challenge* proposed to a conscin in frank growth.
Adventure: a prerogative belonging to a simply immature or instinctive youth.
17. *Love*: an *entire set of reciprocal ecstasies* gradually increasing day-by-day.
Adventure: the cause of often long-term suffering and personal frustration.
18. *Love*: *self-rejuvenation* of the personality's or the conscin's structure.
Adventure: the way to desoma, or inevitable, biological, physical death.

304. DIAGNOSIS OF PURE CONSCIENTIAL LOVE

Evolution. Mere *light* Cosmoethics do not solve a conscin's evolutionary problem. According to Conscientiology, pure consciential love, in theory, is itself evolutionary and, simultaneously, potentialises the evolution of consciousnesses.

Love. Pure consciential love exists when there is *mutual truth*, the ample honesty of a bare and sincere total surrender. *No one can love another without respecting them.* Pure love is an *ancient* paragenetic consequence consolidated through *hundreds of genetics*.

Objective. Pure consciential love maintains itself, lays roots and evolves based on the combined realisation of an evolutionary objective that most liberates consciousnesses.

Diagnosis. In the medium and long-term you can diagnose an evolutionary duo's state of pure consciential love through 15 indubitable signals:

01. **Admiration.** Are they fascinated by the sight of the person, enraptured in admiration?
02. **Well-being.** Is that person inclined to produce an ineffable feeling of well-being?
03. **CEs.** Is there yearning to stay alone, in silence and without any complaint, in the personal environment from one day to the next, knowing the person will return due to the nurturing CEs that exist there and that are perceived and enjoyed by yourself?
04. **Euphoria.** Do you *devour* the target-person with eyes full of the best tears of happiness, with the maximum possible euphoria, during the entire current intraphysical existence?
05. **Expectations.** Are positive personal expectations being positively magnified?
06. **Impetuosity.** Do you have impulses of continuous tenderness and physical involvement that are difficult to control when in the presence of and close to the person?
07. **Megaparadise.** Do you live in the *highest realms of heaven*, within a *megaparadise* on Earth, and, if you could, would you make *stones cry with emotion*?
08. **Plenitude.** Are you spiritually relieved, in a supreme state of excitement, plenitude and bliss, at a level never previously dreamt of?
09. **Presence.** Do you feel as if the air, the atmosphere and the surrounding light changes for the better with the simple presence of this person? (See Bib. 5037).
10. **Springtime.** Do you see everything as rose-coloured, living in the enchanted world of an enerspring, wishing to cry out in happiness to all living things and to positively infect everything?
11. **Sensitivity.** Did you wake your own sensitivities, dormant until now - and not know it - touching the most neuralgic points of your affective personality?
12. **Sentiment.** Do you feel good about someone, with all the tenderness in the world?
13. **Synchronicities.** Do you perceive synchronicities regarding this *person*, even about their name, that intensifies everything around you in an involving manner?
14. **Tenderness.** Are you tenderly moved, deep within yourself, overcome by the happiest and healthiest emotions never previously felt?
15. **Valuation.** Is there an irrepressible, unprecedented and unexpected valuing of the objects and beings in the room where, up to a few moments ago, the person was?

305. DIAGNOSIS OF AFFECTIVE SELF-EVOLUTION

Self-critique. A *Serenissimus* avoids offending us with their evolved presence. Each *conscin* has a personal measure of happiness. There is always a unit of egoistic or thosenic consciential measure accurately situated between *self-underestimation* and *self-triumphalism*. According to Conscientiology research this can be gauged through the most self-critical answers to these 7 crucial question-tests regarding the march of affection's evolution:

1. **Rule.** *To what extent* does all Cosmoethics, maxiuniversalism, omnicooperation and maxifraternity (*Homo sapiens fraternus*), in the state of serenism, regulate feelings without affective immolations or *altruistic suicides*?

2. **Serenism.** *To what extent* does the *Homo sapiens serenissimus*' evolutionary level attain such a scale of advanced *affective exemption*, that in their most pure manifestations they no longer discriminate against anybody from their past-present-future? *Feeling nostalgic* is one retrothosene loaded in *sen*.

3. **Priorities.** *To what extent* must affective manifestations and CEs, though still always universal, be priorities in interconsciencial contacts, without any egocentrism (infancy)? Do you respect the individuality of others?

4. **Criterion.** *To what extent* must the dosages of affection and CEs follow an unmistakable consensual evolutionary criterion? *Genocides* are not done by a hyena, but by an adult man.

5. **Authenticity.** *To what extent* must my detachment, authenticity, self-critique and self-incorruptibility go when I prioritise manifestations of affectivity?

6. **Preferences.** *To what extent* must manifestations of affectivity have a priority that conforms to the evolutionary positions of the consciousnesses in the groupkarma, or the preferences for affection, tenderness and love? We all have a *need* for others in ongoing evolution.

7. **CE.** *To what extent* does the selfish necessity of being constantly loved, courted and desired not reflect and underlie the necessity of desiring other consciousnesses' CEs? Correct honesty is to defend principles through *self-discernment* and not mere ideology.

Understanding. Through the answers to these crucial question-tests, you will understand the fact: the majority of interconsciencial conflicts, self-obsessions, heterointrusions and *post-desomatic melancholies* (melexes), including the biggest aspects of *intraconsciencial problematics*, is due, first of all, to the disturbing manifestations of affectivity generated by the psychosoma. There is love born from the *freewill* of a couple and love generated by evolution's *groupkarmic determinism* (interprison and inseparability).

Monopoly. Without a predominance of the consciousness' thoughts and self-discernment from the mentalsoma, thosenes continue to be under the *monopoly of animalised energies*. *There is a specific chemical affectivity and there is evolved consciencial affectivity*.

Solution. But there is a solution for everything: the force of the impulse of an unbreakable will, within an atmosphere of self-motivation, that, in little time, manages to create a better holothosene for you to experience relationships with everybody.

306. TEST OF A PRIMARY AFFECTIVE CONSCIOUSNESS

Feelings. Is not easy to productively coexist with our feelings, mentalsoma, psychosoma, cardiochakra and sexochakra. If we do not know our elevated sentiments how are we going to purify shadowy feelings?

Evaluation. It is important to evaluate, at a minimum, our greatest personal affection.

Maxifraternity. According to Conscientiology, the ideal is to nourish a degree of love or universalistic affection, dedicated to all beings, conscins and consciexes: Humanity (Socin), Parahumanity (Sociex) and Nature. This way, each of us will arrive at maxifraternity and omni-cooperation with the Cosmos. (See page 403).

Self-critique. To evaluate the degree of universal affection dedicated to other consciousnesses, it is necessary to self-critiquely examine the nature and magnitude of the greatest individual affection, from among all the affections devoted to beings in general.

Identification. Who do you really like the most? Who is that person? What is the exact category of that sentiment? Sexual? Conjugal? Maternal? Paternal? Fraternal? Or what?

Largeness. What is, truly, the magnitude of this affection on a simple scale from 1 to 10?

Questions. Therefore, evaluate the degree of the magnitude of your affection for that person, their greatest *strongtraits* and *weaktraits*. Answer these 10 questions about different variables:

01. **Completeness:** *Is it a burning hot, total, true, fireproof and alive love?*

02. **Dimension:** *Is it an old, deeply-rooted, intense, limitless and essential love?*

03. **Distinction:** *Is it a singular, special in every way, noteworthy and visibly displayed love?*

We are obliged to incessantly give carbonic gas, at the very least.

04. **Exceptionality:** *Is it a peculiar, exclusive, abnormal, extravagant and uninhibited love, capable of passing through any scandal in Socin?*

05. **Festivity:** *Is it a pleasant, cheerful, rewarding, enchanting or exultant love? Who is truly happy transcends the phase of consciential megainsanities.*

06. **Immoderation:** *Is it an acute, capricious, fanatic, furious or crazy love?*

07. **Negativity:** *Is it a despotic, perverse, pernicious and intruding love?*

08. **Positivity:** *Is it an incomparable, resolute, unequivocal, solid, mature or constructive love? Retrocognitions are often powerful purgatives for a consciousness.*

09. **Suffering:** *Is it a painful, sad, constraining, ridiculous, mortifying, unhealthy and, at times, even a pinch sadomasochistic, love?*

10. **Superiority:** *Is it a supreme, to the marrow of the bones, entirely full, completely ineffable, as deep as possible, love?*

Test. *If you can, ask this living object of personal love how they classify the affection received, from among these 10 degrees of magnitude. You will have analysed your exact personal capacity to love and the real level of your maximum affection.*

Omnicooperation. Later, extend all the best of that maximum affection to all living beings, objectifying cosmoethical maxifraternity and lived omnicooperation.

307. TEST OF AN ADVANCED AFFECTIVE CONSCIOUSNESS

Questions. Have you already tested the self-experience of your level of authentic loving care - an intimate couple's real love - with the *consciousness* composing an *evolutionary duo*? In this sense answer these 25 questions; do you or have you:

01. **Affection.** Offered *affection* and attention after installing a prophylactic VS?
02. **Assimilation.** Performed *symases*, to auscultate their CEs and health?
03. **Bait.** Already served as lucid *consciential bait* for the person's deintrusion?
04. **Basement.** Facilitated their liberation from the *consciential basement* in adulthood?
05. **CEs.** Identified the person's *energetic blockages* or imbalances?
06. **Chamber.** Always maintain the bedroom *energetically shielded*?
07. **Clairvoyance.** Sponsor *facial clairvoyance* letting the person glimpse the dimener?
08. **Cosmoconsciousness.** Contribute to making the person expand their *consciousness*?
09. **Coupling.** Performed *auric coupling* with that partner-conscin?
10. **CP.** Helped the person to lucidly *project*, through the psychosoma, to other evolved and enriched consciential dimensions?
11. **Energosoma.** Helped the person balance and get pliability into their *energosoma*?
12. **Enerspring.** Identified any possible positive flourishing of *enerspring* for the person?
13. **Gift.** Offered the person some personal object that constitutes a positive energetic element of *rapport* between you both? The *spermatozoon* does not carry the consciousness.
14. **Holorgasm.** Given this person, at least, 1 *holorgasm* (rare), until now?
15. **Intrusions.** Assist them overcome possible unconscious *intrusions*?
16. **JCP.** Managed to produce a JCP - joint conscious projection - with the person?
17. **Objects.** Kept the person away from *objects* possibly loaded with noxious energies?
18. **Proexis.** Supported the effective and conscious adjustment of the person's joint *proexis*?
19. **Projectarium.** Prepared and maintained an efficient functioning *projectarium* for them?
20. **Recycling.** Cede belongings for the person to attain success in their *recexis* or *invexis*?
21. **Sexuality.** Make love with the person daily, when possible, to maintain both of you without any sexual and affective craving? *An egotist is a sound without an echo.*
22. **Signals.** Given clues to the person to identify, by themselves, their personal, animic, parapsychic *energetic signals*?
23. **Strongtraits.** Have you sincerely displayed your *already identified megastrongtraits* or *strongtraits* to the person in order for them to be used in combating personal megaweaktraits or weaktraits?
24. **VS.** Cooperated so the person dominates a reasonable installation of the *VS*?
25. **Weaktraits.** Have you supplied the person with a list of your *already identified megaweaktraits* or *weaktraits*, asking for help to improve yourself *for and because of* them?

Test. If you answered *yes* to at least 12 of these questions, your practical, or lived, personal affectivity is at a good conscientiological, holosomatic and parapsychic level. Less than that score and there is still obvious parapatology in the psychosoma.

308. ARGUMENTS IN FAVOUR OF USING THE MENTALSOMA

Approaches. When improving perspectives related to the intelligent employment of your mentalsoma, the parabody of discernment, here are 10 minimal practical factors to consider in consciential self-research:

01. **Empiricism:** or the act of accurately observing the phenomena until reaching some provisional conclusion about the same.

02. **Probabilism:** or the acceptance of probable determinism as true. On Earth (Socin), just as in the Physical Universe and - according to what all the existing evidence logically exposes - even in the extraphysical dimensions (Sociexes), there are functional relationships and order. The *Universe* is under the strict control of evolved intelligences.

03. **Thesis:** the core subject, or central theme chosen, is evidently located in the area of mentalsomatic manifestation. (See Bib. 1459).

04. **Definition:** a specific one given by you to meanings related to the thesis in question. A simple *logical aphorism* can amplify the mentalsomas' universe.

05. **Utility:** or the practical application of the thesis being defended. To simply remain settled on a specific, favourite theory makes no sense in the face of theorice.

06. **Phenomena:** or facts detected in the consciousness' intra and extraphysical life, capable of developing the original thesis being defended.

07. **Adjuncts:** the isolated arguments and ideas, with complete logical, scientific and technical impartiality, also in favour of the original thesis.

08. **Enumerations:** or the relationship of similar ideas, compared to each other, combined and capable of amplifying the theme's universe of clarification. The experience of generalism and interdisciplinarity applied in all research procedures is important here. *In the best school there are teachers who are more illiterate than some students.*

09. **Examples:** that are practical and adequate to exalt theorice in consciential conduct and corroborate theoretical expositions. *Self-discernment* is relative truth in action.

10. **Conclusion:** a temporary maximum one, or a leading edge relative truth (verpon) obtained about the original thesis approached. Every *truth* is relative and can be pioneering or fossilizing.

Outline. The majority of this book's chapters were composed based on such a design, in favour of intra and extraphysical experiments of the human personality (conscin), approached in a comprehensive and integrated manner regarding holosomatics, multidimensionality and the plurality of an individual's successive human lives.

Self-thosenes. An important aspect in the analysis of the mentalsoma is in the profound understanding of consciential self-thosenity, beginning with the biological shocks a consciousness experiences in evolution, during the strenuous and inevitable intraphysical rebirth and consciential restriction, as well as during the desoma, or somatic deactivation, and their temporary liberation in the intermissive period; facts unable to alter the essential nature and characteristics of self-thosenes. The execution of the *proexis* has an intimate relationship with the desoma.

309. EXPERIENCES THROUGH THE MENTALSOMA - PSYCHOSOMA

List. For self-research here are 30 theoretical experiences that, according to Conscientiology, have a predominance of the mentalsoma and 30 that have a predominance of the psychosoma:

Experiences Through the Mentalsoma	Experiences Through the Psychosoma
01. Analysis (interpretation)	01. Affectivity (love or affection)
02. Certainty (security regarding the idea)	02. Art (primary artistic message)
03. Comparison (approximations)	03. Aversion (disaffection or hatred)
04. Comprehension (intellection)	04. Boastfulness (abdominal sub-brain)
05. Cosmoethics (permanent morals)	05. Boredom (tedium / lack of motivation)
06. Critical judgement (self and heterocritique)	06. Caution (prudence or ponderation)
07. Demonstration (evidence and proof)	07. Credulity (faith, belief or illusion)
08. Disbelief (substantial maturity)	08. Desire (dream, yearning or craving)
09. Discernment (distinction of the better)	09. Egotism (egocentrism in adulthood)
10. Discipline (mega-organisation)	10. Entertainment (primary leisure)
11. Exactness (acuity of perceptions)	11. Euphoria (tears of happiness)
12. Foresight (self-planning)	12. Expectation (anxiety or expectancy)
13. Greater consciential sanity	13. Fanaticism (sick superstitions)
14. Idea (the cause of the renovation)	14. Fear (subhuman cowardice & phobias)
15. Ignorance (immaturity of the ego)	15. Foolishness (repetition of errors)
16. Integral memory (greatest archive)	16. Generally dominating emotions
17. Intelligence (lucid criteria)	17. Hope (constant motivation)
18. Investigation (research or study)	18. Hopelessness (frenzy and fissures)
19. Knowledge (full experience)	19. Indiscipline (greater disorganisation)
20. Logic (a conscin's greater coherence)	20. Insensitivity (carelessness)
21. Reasoning (reason or thosenity)	21. Joy (pure contentment)
22. Refutation (omniquestioning)	22. Lamentation (lack of prioritisations)
23. Science (<i>leading edge relative truth</i>)	23. Modesty (constant self-criticism)
24. Self-awareness (lucidity)	24. Passion (atavisms or superficial lover)
25. Sensibleness (maximum performances)	25. Pleasure (satisfaction or <i>happiness</i>)
26. Sentiments dominated by the ego	26. Relief (alleviation and recovery)
27. Sophism (lucid self-corruption)	27. Suffering (masochism and illness)
28. Supposition (initial synthesis)	28. Sympathy (empathy and fraternity)
29. Uncertainty (incorruptibility)	29. Tenderness (softness, sweetness and care)
30. Wisdom (level of self-evolution)	30. Vanity (irrational <i>autolatry</i>)

Test. Which experiences predominate in the reader's life: those from the 1st or 2nd column?

Mentalsoma. *Whom puts the idle capacity of the mentalsoma to use, lives better.*

310. EXPERIENCE OF PERSONAL CONSCIENTIAL ATTRIBUTES

Understanding. At least 10 intraconsciencial conditions or sophisticated attributes are involved when improving the general understanding of an intraphysical consciousness:

01. **Intellection:** intelligence itself; conceptualisation of things; intellectual capacity; comprehension in the true sense of the word; self-consciousness. (See Bib. 4359).

02. **Thosenity:** reason; product of the *sensorium*; cerebration; elaboration of thoughts or thosenes; penetrating astuteness; capacity to ratiocinate, induce and deduce; apprehension; ideational conception; consciencial lucidity or hyperacuity.

03. **Imagination:** the instrument of fantasies and illusions, responsible for daydreams and originality; inventiveness; ingenuity; cogitative faculties capable of creating and fertilising ideas; conceivability; abstraction; talent; genius.

04. **Mental self-concentration:** scrutiny; fixed attention, not jumpy; maximum sensorial acuity; recognition; possibility of logic, analysis and synthesis; assimilation of knowledge; understanding. Often concentration becomes the opposite of fantasy, illusion, daydream, mere contemplation and simple curiosity. Mental self-concentration allows greater introversion, reflection, meditation and a deeper scrutiny of things characteristic of *Homo sapiens intellegens*.

05. **Critical self-judgment:** practical acumen; wisdom; logical experience; consciencial self-control; self and heterocriticism; self-coherence.

06. **Association of ideas:** the syllogistic chain of reasoning; logical argumentations; establishment of lists and enumerations; dialectics; intersection of communications, parapsychic and mental lucubrations; practical exercise of intelligence; cerebral work and *paracerebral* cogitation. Association of ideas allows for useful controversies, maximum identifications and correct refutations.

07. **Paraimagination:** intuition; *feeling*; spontaneous instantaneous cognisance; elevated reflection; paracerebral work; *innate* ideas and experiences in action; heuristics and serendipity. *Through the mentalsoma the consciousness mathematises the imagination.*

08. **Parapsychism:** animic and parapsychic energetic paraperceptions (IEs and CEs), beyond normopsychism, bradypsychism or tachypsychism, or the consciousness' ordinary reasoning, in the waking state and in multidimensionality.

09. **Holomemory:** retrospection; retention of understanding; vision over time; repository of information; intraphysical, cerebral reflexes and cellular (organismic) sub-memories from the integral, causal, compound memory, or holomemory.

10. **Self-discernment:** refined self-consciousness; cogitative discrimination; capacity to decide and identify the true from the false, the consensual from the chaotic, the best from the worst, the wheat from the chaff, the ideal from the mediocre; beyond good intention and goodwill. The acme of the discriminations of critical judgment; allowing the attainment of holomaturity and MS, or multidimensional self-awareness, through intelligent prioritisations.

311. THE SPECTRUM OF CONSCIOUSNESS' SELF-PERCEPTIONS

Powers. *Lucidity is the personal nourishment of each minute.* There are at least 6 spectra of self-perceptions, or powers related to survival, especially relevant for whom intends to know their dormant potentials more deeply:

1. **Subhuman.** There are subhuman animals - consciential principles in the initial phase of evolution - able to see and hear better than a human being can today, able to fly, live underwater and present certain highly developed perceptive powers.

2. **Ancestors.** Certain powers of primitive peoples - ancestors of Humanity - have been discarded: *sensitivity to the forest*, an extrasensory perception; *journeys to the sky* and *projections of the soul*, spontaneously produced by indigenous peoples. As is known: only active functioning maintains an organ's vitality and physiology.

3. **Conscin.** Human perception is only capable of seeing the visible spectrum from violet to red, from 4×10^{14} Hz to 7.5×10^{14} ; or 0.000035% of the known electromagnetic spectre (0 to 10^{22} Hz). We do not detect longer waves (heat and microwaves), or shorter waves (ultraviolet, X-rays, gamma and cosmic rays). Nature "decided": perceptions - beyond this spectrum - would not assist the preservation of our life restricted in a soma.

4. **Potentials.** However, this was only the average. The "human brain" always "allowed", in exceptional cases, vision of the Sun's ultraviolet rays, reading in a dark room, seeing inside the human body (autoscopy and heteroscopy); and even seeing from a distance (clairvoyance). Unfortunately, due to volitional determination, we did not maintain these potentials operating regularly as a routine in daily life.

5. **Projected.** A human consciousness, when projected with lucidity, experiences a more evolved vehicle of manifestation, not needing to breathe, volitating, passing through human forms and even having omnidirectional vision. The state of cosmoconsciousness is proof of the lamentable hibernation, for millennia, of human beings' more advanced paraperceptions.

6. **Consciex.** A consciex, or lucid extraphysical consciousness, not only has the powers of a projected conscin at their disposal, but much more, as can be verified in the projected state.

Serenissimi. Regarding the *consciousness' perceptions* the spectrum is more far-reaching than just the soma or the brain and their respective potentialities. The Serenissimi, opening *previously inoperative areas* in the 2 cerebral hemispheres, developed *programmes* implanted there. Certain diligent researchers speak more about the *fall of angels* and less about the *evolution of monkeys*.

Rescue. Previously, we did not rely on certain paraperceptions (LP) at our disposal, as they did not increase humans' *ability to survive*. Human lives' have reached this point in a "cruder" way, in order to survive intraphysically (soma). If something did not add value to that objective, it ended up discarded by evolution (Genetics). We still do this: in *adolescence* we produce spontaneous lucid CPs, later, in adulthood we produce them through our will. The self-potentialities are there, inside you. Projectiology's techniques help rescue dormant or latent paraperceptions.

312. FUNDAMENTALS OF INTERCONSCIENTIAL INTRUSIONS

Definition. Interconsciential intrusion is a direct, or indirect, action performed by one determined consciousness over another, influencing them in a positive or *healthy* way, in a negative or *unhealthy* way, or in an *ambivalent* way, according to the evolutionary circumstances between the conscins and consciexes, and the dimensions where they manifest themselves. A *xenothosene* can be an unhealthy intrusion.

Indirect. Indirect interconsciential intrusion can be executed through interposed consciousnesses, environments, objects and ideas. (See Bib. 4377).

Adults. Nobody disputes that a given person can influence another. *Adults are more predisposed to interconsciential intrusions than children (immature).*

Types. Here are 6 types of interconsciential invasions for introspective analysis:

1. **Volitional intrusion:** occurs through the impulse of someone's dominating willpower over the conscious or unconscious reception of who has a susceptible, impressionable, predisposed or vulnerable will. Example: heterohypnosis or heterosuggestion.

2. **Holosomatic intrusion:** a consciousness-to-consciousness invasion through the entire holosoma. Example: enduring, unhealthy interconsciential intrusion (possession).

3. **Thosenic intrusion:** mentalsoma-to-mentalsoma interconsciential communication, through thosenes. Example of an *advanced* type: conscientese. Example of a *primary* type: the case of telepathy from a transmitting agent to a receiving consciousness.

4. **Psychosomatic intrusion** or psychosoma-to-psychosoma: manifests through emotionality (adrenalin). Positive example: a *golden dream* generated by an extraphysical helper. Negative example: a nightmare generated by an intrusive consciex.

5. **Energetic intrusion** or energosoma-to-energosoma: through CEs. Positive examples: energetic heterocompensations and chakral unblockings. Negative examples: dense energetic vampirisations with multiexistential roots.

6. **Spermatic intrusion:** soma-to-soma, or more appropriately, sexosoma-to-sexosoma, or through sperm (spermatozoids), in the classic biological intrusion of the ejaculation of a common orgasm along with the man's CEs, during the penis-vagina penetration of an affective partnership. Within the cold logic of irrefutable natural facts this is one of the only manifestations where the man predominates, animalistically, over the woman, in an incontrovertible way. Spermatic intrusion influences the *orgasmic aura* of the woman and the intruding man. Other examples of this type of interconsciential intrusion are easy to imagine.

Male-intruder. A woman gives life to the human body of a man (gestation); however the one who sponsors and performs the intrusion is a man who *literally* enters her (penetration), as a male intruder, in a fertilisation attempt, resulting in the production of another male or female in the physiological condition of a son or a daughter.

Female-donor. A woman does not *enter* a man and therefore will never be able to execute this level of interconsciential intrusion. Conclusion: a female-conscin will always be - a physiological determinism - much more of a *donor* than a male-conscin.

313. THEORICE OF MNEMONIC OVERLOADS

01. **Homeostasis.** Strictly speaking we all have multiple egos, multiple intelligences and also multiple memories. There are 3 identifiable *cerebral mnemonic systems*: a store of autobiographical information that makes each brain unique; a system of acquired memory; and a store of automatic actions, for example, driving a car. *Physical rest improves the memory's quality.* Memory can be tired or healthy depending on whether you maintain a state of *mnemonic homeostasis*, or not.

02. **Clarity.** The clarity of memory varies depending on the hours of the circadian cycle, within the biological clock and its corresponding levels: morning, afternoon, night and dawn.

03. **Types.** There are different consciential memories, for example: biochemical, physical, ordinary, recent, vague, factual, embellished, informational, emotional, extraphysical, quadruple, among others, that function in the non-stop retention and recollection of events.

04. **Pointer.** According to the manifestation through thosenes, the consciousness' pointer (*focus of lucidity*) works with particular types of very specific memory.

05. **Holomemory.** The integral memory - total, continuous, multimemory or polymemory - is the source of consciential identity and will easily be continuously employed with lucidity, effectiveness and cosmoethics in the future. Such a holomemory is multiexistential, multimillennial and multiendowed, it is the *megarepository* of our experiences.

06. **Attributes.** Today, it is worthwhile for us to understand the multiple mnemonic resources and mentalsomatic parapatologies or those related to consciential attributes and to attain greater self-knowledge, control and dynamisation of important personal potentials.

07. **Deactivation.** During a lucid projection, the conscin leaves the soma in the physical base with the brain vegetative - *empty of consciousness and* lives extraphysical experiences through the psychosoma. The virtual memory of intraphysical life in the soma is, in part, temporarily deactivated, without harming the conscin's intellectual equipment.

08. **Collision.** One can assume a collision, or an accumulation of an entire series of collisions: firstly, of an *intrusive* memory (paramnesia) from a consciex manifesting through a sensitive conscin, in the psychophonic phenomenon; secondly, of an extraphysical, *projective* memory of a conscious projector while in the projected state; thirdly, of a conscin's causal, multimillenary, *integral* memory; and fourthly, related to an *ordinary*, cerebral memory of the physical waking state; which can provoke an *irretrievable error of physiological application*, damaging the brain and making it unable to metabolise or store the continuum of engrams from categories 2, 3 or 4 of different simultaneous sub-memories and memories.

09. **Overloads.** In view of this, even the installation of an average state of mental confusion is only one step away. How many psychopathologies caused by certain, similar, mnemonic overloads, do not have to be? What is the level of maintenance of the *basic human memory*?

10. **Holomaturity.** Memories of a human being are truly invaluable evolutionary resources. Holomaturity imposes the technical cultivation of memories upon a conscin.

314. MEMORY LOSS AVOIDANCE TECHNIQUE

Wisdom. *It is wise to work for the health of your assistential consciousness.*

Principles. Here are 35 basic technical principles to prevent memory loss:

01. Seek a possible *super-brain*, or a foolproof holomemory.
02. The brain is the organ least resistant to *use over time* in intraphysical life.
03. Cortical functions decline in direct proportion to the loss of the *notion of time-urgency*.
04. Aging does not always imply deterioration of *intellectual faculties*.
05. *Cerebral functions* can remain intact even at an advanced physical age.
06. The memory *at 80 years*, is not the same as it was at 20 years of physical age.
07. Despite everything, *memory loss* does not need to be disastrous or paralysing.
08. After 80 years a much larger *stockpile of recollections*, or engrams, exist.
09. A *deficit* in cerebral effectiveness is always rooted in *psycho-affective disturbances*.
10. *Loss of interest in intraphysical life generates greater memory losses*.
11. A conscin annuls the personal memory when intimately convinced they feel in decay.
12. In the procedure of memorising, absence of motivation always diminishes the effort.
13. Each day the brain consumes the largest portion of the calories absorbed by you.
14. The brain demands a lot of energy to sustain the life of 100 billion neurons.
15. Chemical agents have noxious and even destructive, effects on the brain.
16. *Fast food* and vegetarian diets are true enemies of the brain.
17. Lack of motivation creates cognitive gaps, imbalances and the collapse of the brain.
18. We must do everything to protect the memory from precocious aging.
19. In order to not atrophy, or shrink, the brain needs to be continuously exercised.
20. It is very important to stimulate cerebral functions and the ability to associate ideas.
21. Sleeping well helps preserve the memory, but nowadays we even have brain exercises.
22. There are efficient techniques to prevent physiological cortical aging.
23. We must make an effort to reflect, memorise and socially integrate ourselves.
24. We need to always concentrate and put *data* into the stock of personal memories.
25. Therapy involving brain exercises helps all *semi-forgetful* conscins.
26. The best courses of cerebral exercises are based on psychometric tests.
27. It is worth fighting against intellectual laziness on all fronts, with maximum effort.
28. Willpower mobilises the conscin's disposition to leave mental isolation.
29. A healthy resource is to awaken dormant and unsuspected, cerebral capacities.
30. It is useful to store dates, telephone numbers, to learn and retell stories.
31. It is worthwhile to read books, watch movies or go to the theatre, and to help children with their homework.
32. The more cortical stimuli, the greater the number of neuronal connections.
33. Recover mnemonic gaps, mental vivacity and cerebral efficiency.
34. A well-fed brain, interested in life, keeps the memory healthy.
35. Who keeps their eyes and paraeyes open to everything around them, lives better.

315. TEST OF MENTALSOMATIC SELF-CONSCIOUSNESS

01. **Information.** There has never been as much sonorous, visual, static, dynamic and written information in this terrestrial dimension, as there is today, as shown by Computer Science. And this is not only related to this dimension, but all conscial dimensions, as is shown by Projectiology. Hence, it is relevant for us to determine the desired objective and *how* to achieve it, with maximal efficiency, having self-evolution as the goal.

02. **Mentalsomatology.** *Memorising* is not learning. *Amnesia* is not unlearning. There are 3 different categories of conscins regarding the efficient use of the mentalsoma's faculties: the *intelligent*, the *wise*, and lastly the *cultured*.

03. **Ideal.** The ideal is for us to strive to attain these 3 capacities or conquests, through much effort in space-time and the evolutionary dimensions.

04. **Intelligence.** Intelligence is a question of conscial perception or hyperacuity, and is divided into at least 11 fundamental types. (See Chap. 317).

05. **Wisdom.** Wisdom is the accumulation of experiences across multimillennia and multi-existences, and is directly related to the casual integral memory, the holomemory.

06. **Culture.** Culture is the broad acquisition of knowledge by a conscin in their current soma, stemming from the Genetics and Mesology of their human life, in relation to the narrow, transitory or volatile memory of the personal brain. *A lack of memory* allows lies to appear.

07. **Specialisation.** Culture alone leads a person to specialised erudition.

08. **Interdisciplinarity.** Combined with wisdom, culture leads to multidimensional, parapsychic and interdisciplinary erudition. (See Bib. 4525).

09. **Erudition.** No type of knowledge is stagnant. *Among themselves all lines of knowledge are connected.* Universalism, generalism and interdisciplinarity create a contextual model in the mind that interrelates the disciplines, generating mental maps. Multidimensional erudition is born from there, based in the brain, the parabrains, the mentalsoma or in the consciousness' attributes, association of ideas and memory (Holomnemonics).

10. **Conscins.** Conscins (the majority), at the current evolutionary level, are very intelligent but have little wisdom, as they lack self-discernment in their megaprioritisations.

11. **Serenissimus.** Very rarely do we encounter a cultured person with *multidimensional erudition*. Strictly speaking, this is a conquest of the evolutionary paradigm, a *Homo sapiens serenissimus*.

12. **Genius.** However, all conscins are geniuses in new somas.

13. **Mistakes.** There are 3 mistakes here: there are many *geniuses* without deep wisdom, there are many *wise* people without greater culture, and there are many *somas* unoccupied by a lucid consciousness.

14. **Uncreative.** There are many cultured conscins without a specific, awakened genius: they are merely conscial repeating stations, without any personal creativity.

Test. From all this a question arises: What do you truly seek for yourself, today: the polishing of your intelligence, deeper wisdom, multimodal polymathic culture, or what? *Hyperacuity* is truly a consciousness' eternal youth.

316. PRINCIPLES OF A CONSCIN'S MULTIPLE EGOS

01. **Consciousness.** *A consciousness is very complex in all its self-manifestations.*
02. **Neophilia.** Rather than fear, it is now more intelligent to face our complexity with maximum positive optimism, conforming to *aptare tempore* and a “relax and enjoy” attitude. A belief is only a tiny discardable step in a consciousness’ evolution.
03. **Self-image.** Each conscin (majority) thinks of themselves (self-image) as if they are an indivisible, monobloc, entire, consolidated personality.
04. **Soma.** Many people even think they are only their human body, or soma. The soma is transitory. Under the skin of the greatest human, or physical, beauty lies a skull (cranium, bones).
05. **Egos.** However, strictly speaking, each consciousness is a collection of multiple egos.
06. **Intelligences.** Each human being has different intelligences within themselves.
07. **Brain.** The brain was constructed into different areas with different sections and with the 2 hemispheres designed to operate - healthily - in different ways.
08. **Recollections.** We remember somebody’s face, without remembering the person’s name.
09. **Reactions.** Each conscin reacts in a specific way depending on if we are relating with a loved one, a work colleague, a child, an acquaintance or a policeman.
10. **Contacts.** In parapsychic contact with some consciex, we are also different.
11. **Stressing.** A divorce, the loss of a loved one, the loss of a job and other *highly impactful crises* in human life (Lossology) generate much greater stress in an unaware conscin who, in this case, is ignorant of their different personal egos. (See Bib. 5096).
12. **Multidimensionality.** This also happens in multidimensionality through the extraphysical impacts and traumas experienced during conscious projections (CPs).
13. **Ignorance.** Upon suffering a critical impact in life an inscient conscin, or one who is unconscious regarding the different personal egos, sees all their egos being abruptly destroyed.
14. **Losses.** In this case, the consciousness invests everything in a determined bundle and then feels the sudden loss of their entire patrimony - which is enormously valuable to them.
15. **Resistance.** Whoever diversifies the investments in themselves, becomes more resistant to the disturbances generated by human life and the demands of self-evolution.
16. **Attributes.** *Egoic units* predispose diverse sophisticated *perceptions* and *attributes*, among themselves: the ability to deduce; imagination; memory; and others.
17. **LP.** When projected beyond the soma, through LP, in some extraphysical dimension, we cannot forget the multiple egos, intelligences and personal memories.
18. **CPs.** The quality of CPs varies according to personal experience and the use of a specific, predominant paraperception in any given extraphysical self-experience.
19. **Predominance.** There are CPs with a predominance of extraphysical reflection, others comparative, others imaginative, others still of remembrance and so on.
20. **Conscientisation.** It is healthy to acquire self-knowledge of our multiple egos, consciential perceptions and attributes in order to know ourselves better through Conscientiometry.

317. TEST OF 11 MODULES OF INTELLIGENCE

Endowments. Here are 11 types or modules of intelligence from among the multiple intellectual endowments that you may have. Recognise, identify, research, cultivate and develop them according to Mentalsomatology research (Conscientiology and Conscientiometry):

01. **Communicative.** Communicative intelligence confers to an international *model* (physical appearance or somatics) - **Brunet** -, the ability to sustain active communication with strangers, people who do not speak the same language, to subordinate diverse physical environments through physical presence alone and to draw the attention of large crowds. The energosoma helps greatly in this case.

02. **Contextual.** The intelligence or aptitude of an eminent *statesman*, - **Churchill** -, employed to select, adapt or contribute to changing the environment around them, in order to attend to needs in the vital universe of intraphysicality.

03. **Corporal.** The quality allowing an exceptional *ballet dancer* - **Nijinski** -, to manipulate objects and maintain harmonious control over the physical movements of the soma within somaticity. This is the *same* kinesthetic talent or intelligence of a circus *contortionist*.

04. **Spatial.** A scientist's faculty of determination, a theoretical *physicist* - **Einstein** -, which allowed him to perceive objects and intuit their hidden forms, rotating them mentally in elaborations of pure theoretical research within conventional, or periconsciential, science.

05. **Experimental.** The residual self-discernment of an international racing car *driver* - **Fittipaldi** -, which acts when using experience to resolve unexpected problems or new situations that require some type of rapid action.

06. **Internal.** The mental dexterity utilised by world champion, *chess grandmaster* - **Karpov** -, to approach a specific problem, correctly evaluate it and determine the practical consequences of a strategy in order to change it when inadequate.

07. **Linguistic.** The talent to write and speak of a *poet* - **Shakespeare** -, who, being sensitive to the diverse ways in which language is used, knew how to choose the correct words.

08. **Logical.** The ingenuity that allowed the *mathematician* - **Euler** -, to arrange facts, objects and numbers, into a certain order, enabling an ongoing distinction of quantities.

09. **Musical.** The *composer's* - **Beethoven** - capacity to hear music and arrange notes, distinguish musical melodies, rhythms and sequences in the universe of Art.

10. **Parapsychic.** The property of an authentic *parapsychic person* - **Arigó** - to experience holosomatic, multidimensional, animic, phenomenic and energetic manifestations capable of turning a conscin into a lucid *epicon*.

11. **Personal.** The subtlety able to help a renowned *psychologist* - **Freud** - understand himself and others, in examining their own feelings and distinguishing them from those of other conscins, permitting the perception of their own intentions, temperament and states of humour, as well as those of others.

Test. *We are not* irrational beings. Which of these types of intelligence, - *besides others* - do you recognise as having most developed? *To your mind what is the greatest intelligence?*

318. TEST OF THE MNEMONIC CONSCIOUSNESS
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01. **Holosoma.** The consciential microuniverse is comprised of 1 holosoma.
02. **Somaticity.** The holosoma is composed of a soma, energosoma, psychosoma and mental-soma. In this energosomatic life we operate more with the soma and the energosoma.
03. **Mentalsomatology.** The most important of these 4 vehicles of manifestation is the mentalsoma. The mentalsoma is the parabody of greatest self-discernment.
04. **Attributes.** The mentalsoma is structured through an expressive series of consciential attributes, among which these stand out: reason, imagination, mental concentration, critical judgment, ability to associate ideas, comparison, personal memories and submemories.
05. **Memory.** *Memory* is the faculty to retain previously acquired ideas, impressions and knowledge. *Nobody can live, in an integral way, without memory.*
06. **Identity.** Memory - *the source of personal identity* - is an attribute essential to retrospective life and continuous evolution, through self-relays, intraphysical lives and intermissive periods, over millennia.
07. **Amnesia.** A personality with *amnesia* is completely annulled as they live without retaining understanding and without a broad vision of space, time and dimensions.
08. **Paramnesias.** An essential characteristic of arteriosclerotic disorders (Alzheimer's disease) is precisely the *loss of memory* of the forgetful, or amnemonic, person. *Mental wedges (xenothosenes), retrothosenes, mnemonic intrusions* and *paramnesias* still occur.
09. **Lapses.** Everyone who displays *mental laziness*, *acedia* or intellectual fatigue presents mnemonic lapses (mental blanks); exposes an unreliable memory; is *hardheaded*; does not "already know" things; hears everything but it "goes in one ear and out the other"; does not observe how "things are going"; is always with "the name on the tip of their tongue"; or distractedly asks: "What was I just saying?"
10. **Mnemotechnics.** *Mnemotechnics* is the current science of memory, or the indispensable research into the normal flow of *engrams (mnemonics)*, applied on a large scale to all modern humankind's investigative fronts and lines of knowledge.
11. **Qualities.** This is why it becomes relevant for you to care about the qualities of memory: sharpness, content, extent, use, effectiveness and *mnemonic homeostasis*.
12. **Classification.** Observe how you rationally and honestly classify yourself in the face of *personal mnemotechnics*. Which predominates in you, remembering or forgetfulness?
13. **Requirement.** It is not necessary to have the *memory of an elephant* for a conscin to dynamise their evolution, a mere *reasonable* memory is enough to enable one to attain *excellence*.
14. **Types.** Intraphysical, *extraphysical*, integral and many other types of memory exist.
15. **Performances.** Without good memory in the normal waking state, how do you expect to have a relatively good recollection of projective or extraphysical experiences? How can you expect to achieve positive self-retrorecognitions, panoramic visions or the state of multidimensional self-awareness? Memory is an indispensable consciential resource.

319. TEST OF PERSONAL WILL

CE. The *will* is the consciousness' decision, intention, predetermination and disposition. In summary: the will is the *power plant* of consciential energies. This is extremely important in life on Earth, which is essentially an energetic or energosomatic existence.

Megapower. The volition (Volitiology), or the only true megapower - the will -, is the force capable of allowing the consciousness to live with *self-domination*, to maintain *self-control* over the senses, to be *self-sufficient* in undertakings and to recycle *self-motivation* in the productive development of an existence and lucid self-evolution.

List. These 13 attitudes reveal the will's strength and are capable of leading a consciousness to greater achievements through a programme of intimate renovation, in the conquest of intra-consciential, or evolutionary, space within themselves:

01. **Self-help.** Perform self-help *and even* the self-cure of somatic minidisorders through CEs. Each day we gain or lose more leading edge relative truths.

02. **Self-concentration.** The capacity to continuously fix concentrated attention on a pre-determined objective. There is no *near* or *far* for a consciousness.

03. **Self-discernment.** Implant discernment in all actions, without hesitation or indifference. An unthinking conscin is *cannon-fodder* for an intrusive consciex.

04. **Self-masturbation.** Masturbate, successfully, when desired, in order to avoid the toxic condition of chronic sexual neediness, which predisposes unhealthy intrusions.

05. **Self-organisation.** Be organised, at a high level, using an intelligent flow chart of personal actions in intraphysicality and multidimensionality.

06. **Self-sufficiency.** Maintain self-sufficiency by always being motivated to periodically perform solitary exercise, dispensing with the presence of companions or being *nourished* through integration and affinity with a sporting team or a lucid team. (See Bib. 3762).

07. **Biofeedback.** Control progressive muscular relaxation (PMR) through biological feedback techniques (*biofeedback*). (See page 132).

08. **VSs.** Produce VSs, or voluntary and even prophylactic vibrational states, wherever and whenever you desire, regardless of the intraphysical or extraphysical circumstances.

09. **Isolation.** Live an isolated or more solitary existence for as long as necessary, if the constructive works in Mentalsomatology demand this (gescon, polykarmality).

10. **Lenses.** Be able to use contact lenses without becoming irritated until you adapt to them.

11. **Goals.** Attain consciential accomplishments governed by personal principals, maintaining a determined purpose in all acts, in order to attain established goals.

12. **Patience.** Have the patience to quickly solve a 2,000 piece puzzle, without showing any irritation. An *invention* is not invented. We *find* them, perspiring.

13. **Work.** To overcome the frivolousness of intraphysical life while performing useful tasks. Whoever economises the *leading edge relative truth* lives rich with lies.

Test. In which of these 13 attitudes do you already show the *strength* of your personal will?

320. TEST OF INTRA-CONSCIENTIAL COMPENSATIONS

Talents. Each conscin, according to our unique individual character or nature, has various types of talents or genius manifesting themselves in a specific way. Because of this we need to maximize the utilisation of techniques and organisation in order to make good use of the consciential attributes, faculties, perceptions and paraperceptions belonging to the mentalsoma.

Attributes. Experimenter, one's current consciential attributes constitute the balance of the proceeds generated by multimillenary and multiexistential experiences, *funnelled*, through Genetics and Mesology, into the conscientially self-restricted condition of the current soma. This is the evolutionarily utmost that you have achieved until this point.

Cons. You should continue to increase the level of cons recuperated, maintaining an exact degree of personal consciential hyperacuity at any given moment. The ideal would be if each personality had every consciential attribute healthy and functional, but conscins present weak-traits and insufficiencies in their consciential microuniverses.

Conscientiometry. *The conscientiometric technique of intraconsciential compensations* is based on the greater use of a specific, more developed consciential attribute, over another *or various other*, less developed consciential attributes (*the tho* of the thosenes).

Self-critique. Perhaps you have already observed some personal intellectual weaknesses. For example: a brother, or a schoolmate studies less than you, however gets higher grades in the final examinations. Or you generally take more notes and need more time to read the course texts than they do.

Genius. Such conscins may be better endowed in some attributes, but you too can be better regarding others. *The greatest genius is the one who combines talents that reciprocally compensate each other, while keeping the proposed objectives in sight.*

Irrelevance. It is irrelevant and actually matters very little, if you are bradypsychic or tachypsychic; if you have a good visual memory and a weak nominative memory; or if you have one or another healthy or poorly resolved intraconsciential condition. We are all like this.

Compensation. What is relevant is that you know how to efficiently combine your real talents, achieving an intraconsciential compensation of your own attributes and thus, be able to distinguish the best, regardless of the genius of others.

Examples. Here are 7 *compensatory attributes* of intraconsciential insufficiencies:

1. **Assistantiality** (or the motivation): *can compensate* for a still fragile sociability.
2. **Evolved communicability:** *can compensate* for intellectual deficiency.
3. **Greater discernment:** *can compensate* for a still flawed mental concentration.
4. **Richer intellectuality:** *can compensate* for a still incipient parapsychism.
5. **Self-organisation** (or the motivation): *can compensate* for bradypsychism.
6. **Tachypsychism** (or the motivation): *can compensate* for personal disorganisation.
7. **Visual memory:** *can compensate* for nominative hypomnesia (mnemosoma).

Test. Do you combine and compensate personal consciential attributes in a useful way?

321. TEST OF SELF-PENETRABILITY

Attribute. Penetrability is a consciential attribute that is still largely unknown, little understood and even less used with a reasonable amount of lucidity by conscins in general.

Thosenes. According to Conscientiology, manifestations of the consciousness develop and evolve through thosenes: consciential thoughts, sentiments and energies.

Predominance. In interconsciencial relationships, at our current evolutionary level in this Planet's troposphere, CEs predominate in all the *interpersonal* thosenes of an intraphysical being (conscin), and in the *interconsciencial* thosenes of an intraphysical being when projected (projector).

Penetrability. Understanding regarding the notion and experience of thosenes becomes relevant in the use of the attribute of *interconsciencial* penetrability, a resource consisting of various manifestations, healthy or pathological, within consciential microuniverses.

Cases. Here are 6 different cases of consciential *inter* (and *intra*) penetrability:

1. **Holosoma.** An extraphysical being, a consciex, or a *projected intraphysical being*, a conscin, penetrate - *a holosoma to holosoma inundation* - inserting themselves and permeating into other beings in the extraphysical dimension. This fact generates temporary, maximal, consciential holosomatic interfusions, including many conditions from those of the cosmoconsciousness phenomenon.

2. **Mentalsoma.** An extraphysical helper penetrates a known intraphysical being - *a mentalsoma to mentalsoma* deepening - in an interdimensional way. Generally, in these cases, many healthy parapsychic phenomena are triggered.

3. **Psychosoma.** An intruder penetrates a vulnerable intraphysical being - *a psychosoma to psychosoma intrusion* - in an invasive interdimensional way. Thus producing many unhealthy parapsychic phenomena in a conscious or unconscious manner. This is the most common parapatology between consciousnesses on this planet. For example, the *Homo sapiens mercurialis* tries to programme dreams via insertions in commercial announcements.

4. **Energosoma.** A person penetrates another - *an energosoma to energosoma incursion* - influencing the energetic holothosene during an auric coupling. From this symases, or interpersonal, energetic sympathetic assimilations arise.

5. **Cardiochakra.** A pre-serenissimus conscin, man or woman, penetrates - *a cardiochakra to cardiochakra infiltration* - the energosoma of their partner in an *incomplete couple* in the fullness of similar mutual manifestations. From there arises a fruitful companionship and success in more evolved and enduring intraphysical undertakings.

6. **Soma.** The man, when submerged in the condition of an *evolutionary paracomatose*, penetrates the gynosoma of the beloved woman - in a *sexochakra to sexochakra insertion* - during sexual intercourse, in the fullness of the affective manifestations of an *intimate couple*. From there they attain the soma's maximum intraphysical ecstasy - orgasm - and human reproduction.

Test. Have you already discovered and cosmoethically used *interconsciencial* penetrability?

Interprision. *There are those who commit mental and moral assassinations and yet remain unpunished.* That is, only for some time, due to the action and control of groupkarmic interprision.

322. TEST OF CREATIVE SELF-CONSCIOUSNESS

Questions. Here are 15 sets of technical questions regarding personal creativity:

01. **Assistanciality.** *What do I do on Earth? Do I know how to help consciousnesses evolve by associating ideas, reorganising thosenes and summarising points of view?*

02. **Brain.** *What do I do with the brain? Do I know how to defend it from excesses: fatigue, noise and inappropriate diets? Do I know how to strengthen neurons, synapses or neuroglia?*

03. **Curiosity.** *What do I do with healthy curiosity? Do I know how to mend beings, objects, places, institutions and facts in order to help where possible?*

04. **Eardrums.** *What do I do with my eardrums? Do I know how to hear the thosene that was truly spoken, and perceive the thosene that was not spoken? Whoever walks with a radio playing in their ear, kills the most useful self-thosenes.*

05. **Frontochakra.** *What do I do with the eyes? Do I know how to carefully see and absorb discoveries from between the lines, as if it were the last time?*

06. **Heuristic.** *What do I do with personal original ideas? Do I know how to store personal thoughts, databanks and original ideas, as well those of others? Do I read, travel, meet people, watch films and take walks to strengthen and renovate ideas?*

07. **Mentalsomatology.** *What do I do with the mentalsoma? Do I know how to well use this always available, maximum and inestimable source of ideas? An optimal coronochakra (thosenity) makes the laringochakra (speech) functional and the palmochakras (writing) better.*

08. **Objectives.** *What do I do with daily life? Do I know what intraphysical objectives lie ahead in consciential self-evolution? Do I carry a list of personal goals in my pocket?*

09. **Omniquestioning.** *What do I do with omniquestioning? Do I know how to ask the classic questions of Science at the right moment: Who? What? Where? Why? When? How? For what reason? With what? With who? To what effect? What for? Regarding what?*

10. **Optimism.** *What do I do with justified optimism? Do I know how to progress with an open mind, without narrow-mindedness, maintaining positive attitudes in the attainment of objectives?*

11. **Self-discernment.** *What do I do with a sense of self-discernment? Do I know how to first understand and later judge new sources of inventive neo-ideas?*

12. **Self-organisation.** *What do I do with self-organisation? Do I know how to approach problems in an orderly way, improving the work? Do I avoid letting good ideas die?*

13. **Theories.** *What do I do with personal theories? Do I know how to put them into practice by dusting them off and putting them to work for everyone's benefit?*

14. **Thosenity.** *What do I do with self-thosenes? Do I know how to memorise, but also take notes, always by hand, and use a laptop so as to not overload the cerebral memory?*

15. **Time.** *What do I do with time? Do I know how to use hours with the wisdom of living the motivation-work-leisure trinominal in the same context?*

Test. If you didn't respond *yes* to at least 10 of these questions, consider yourself far from having a reasonable creativity or being in the condition of a militant *libertarian thinker*. *Get to work*. Regardless, this is a practical formula for the development of anyone who is interested.

323. TEST OF A SELF-OVERCOMING CONSCIOUSNESS

Motivation. You can have a lot of talent, but if you have no motivation, what use is it? You can create many ideas, but if you do not have continuity, what can be constructed?

Maintenance. You start a libertarian task. In the beginning everything is motivating and fun. During the ongoing maintenance obstacles appear from everywhere. (See Bib. 4613).

Questions. It is worthwhile responding to these 20 questions regarding your personal tasks:

01. **CEs.** Do I know how to unblock CEs decompensated due to anxiety, depression, stress and insomnia? Only the *will* can cure your own will (Volitiology).

02. **Competence.** Do I show competence in overcoming foreseen and unforeseen obstacles in personal tasks, obligations and undertakings?

03. **Disinhibition.** Am I uninhibited enough to face self-embarrassments?

04. **Disposition.** Do my face, voice and postures demonstrate a determined spirit regarding what is in progress, according to the characteristics of *Homo sapiens arbiter*?

05. **Listening.** Do I avoid useless emotional wastes by speaking a little and listening a lot?

06. **Logic.** Do I refute inexperience and the irrational with appropriate logic?

07. **Maturity.** Do I immediately correct possible *outbursts of immaturity*?

08. **Neophilia.** Do I live prepared for any new initiative or necessary effort?

09. **Neutralisation.** Do I easily avert contrariness and neutralise frustrations?

10. **Perseverance.** Do I persevere in general service without easily desisting?

11. **Positivity.** Do I attack negativism head on with positive self-thosenes?

12. **Proaxis.** Am I fully motivated in the execution of the proaxis?

13. **Renewal.** Do I know how to change habits in order to *row against the tide* of defeatism?

14. **Resistance.** Is my personal level of antifatigue self-resistance reasonably effective?

15. **Self-motivation.** Do I work in silence and even in isolation when necessary, despite the obstacles and misunderstandings all around?

16. **Self-organisation.** Am I organised in the fight against entropy and mishaps?

17. **Self-overcoming.** When necessary do I change places, projects and plans, with good humour, transforming the burden of orders into a *surplus*?

18. **Transformations.** Do I know how to change more costly interests, transforming small defeats into expressive successes? Renovation is a *periodic turning of the tables*.

19. **Truths.** Do I have voluntary resistance to the unexpected, generated by the defence of leading edge relative truths? For millennia, *cultural evolution* has been substituting the *natural*.

20. **Work.** Do I know to *wear the shirt* of dignified work in the face of opposition and hostilities?

Test. When you respond *yes* to at least 10 of these 20 questions, you can feel fully capable of performing libertarian tasks. *Entropy, or disorganisation, is always present in intraphysical life.* Disorganisation is consciential pollution.

Construction. *Destruction* is always a far easier act than construction. *Construction* is always a far easier act than *maintaining* any laudable undertaking.

324. TECHNICAL SUBSTANTIATION OF THE THOSENE

01. **Evidences.** Here are some self-manifestations evidencing the existence of the thosene in all its specific types: to have will, to think, to feel and to mobilise CEs.

02. **Observations.** A *self*-thosene is observable in a direct or in an indirect way.

03. **Duration.** Thosenes are generated in an incessant manner and create *holothosenes*.

04. **Conditions.** Innumerable *external* conditions act in the generation of thosenes.

05. **Internal.** Innumerable conditions from a consciential microuniverse act in the generation of thosenes. Genetics sponsors the parents' *thosenic signatures* in children.

06. **Relation.** A profound relationship exists between *internal* conditions and external factors acting in the generation of *self*-thosenes, or manifestations of the consciousness.

07. **Characteristics.** There are *quantitative* characteristics of a thosene: the consciousness' level of evolution; and there are *qualitative* characteristics, for example: consciential self-lucidity.

08. **Loads.** This research hypothesis is pertinent: How can a consciousness dominate for itself, in a healthy way, the factor *loading* the self-thosene?

09. **Construction.** *The thosene evidences the power to construct everything in life and the Cosmos.*

10. **Justification.** The consciousness' level of complexity can be a justification for the inseparability of the thosene's 3 constituent elements: *tho + sen + ene*.

11. **Factors.** Factors influencing the thosene: health, lucidity, holosomatic homeostasis, existing *holothosenes*, *heterothosenes* and innumerable others.

12. **Sciences.** Scientific areas of interest to the thosene: Psychology, Psychiatry, Psychotherapy, Neurology, Anthropology, Sociology, Epistemology and many others.

13. **Interdisciplinarity.** The thosene - in this case, the *hyperthosene* - of an interdisciplinary approach, is the foundation stone in the structure of the body of Conscientiology research.

14. **Instruments.** Examples of instruments that measure the thosene: cosmoconsciousness loads the *cosmothosene* in thought (*tho*); adrenalin loads the *androthosene* in emotion (*sen*); and the holorgasm loads the *sexothosene* in CE (*ene*).

15. **Subproblems.** If we decompose a *megathosene*, approaching the thought, sentiment and CE separately, we obtain greater information about it.

16. **Holosoma.** A logical strategy to order the subproblems of the *self*-thosene is to approach them in conjunction with the holosoma. (See page 153).

17. **Subjects.** The thosene has a direct relationship with still obscure subjects. Examples: mentalsoma, *golden cord*, parabrain, cosmoconsciousness, conscientese and others.

18. **Theorice.** The theoretical implications of investigation about the thosene are, truly, still incalculable. This book establishes and ratifies the basic premises of the *theory of the thosene*.

19. **Concepts.** Innumerable new concepts will be constructed from the determination of the essential elements influencing and acting on self-thosenes and *holothosenes*.

20. **Description.** Regarding the history of the subject, until this moment no conventional scientific publication has approached the neoconcept of the thosene (Base year: 2012).

325. TRINOMIAL THOUGHT - SENTIMENT - ENERGY

Self-thosenity. The concrete manifestation of a *thought* is not possible without intrinsically carrying some *sentiment*, emotion or affectivity, nor is the concrete manifestation of some *CE (ene)* possible without there being a certain mixture of *sentiment*. *Self-thosenity is indiscardable for all conscins and consciexes*. Only a new *thosenic signature* - or *graphothosene* - can erase our footprints imprinted in the wrong places.

Types. To have an initial idea of the subject here are 7 examples of thosenes: *primothosene* is the same as *primary cause of the Universe*; *maxithosene* is peculiar to FCs (Free Consciexes); *parathosene* is from a consciex; *biothosene* is from a conscin; *minithosene* is from a child; *co-thosene* is specific to a choir, praying multitudes and groups; *antithosene* is contrary, occurring in refutations, omniquestionings and useful debates.

Characteristics. Here are 6 basic characteristics of the thosene:

1. **Consciousness.** The thosene (*tho + sen + ene*) is the *unit of practical manifestation*, of both a conscin, or intraphysical consciousness (human personality), and a consciex, or extraphysical consciousness, or even of a conscin or consciex while projected in another consciential dimension different from where they naturally act (LP).

2. **Inseparability.** The essential characteristic of a thosene, at least at this current evolutionary level, is the condition of inseparability of its 3 integrated elements in a consciousness' practical manifestations, wherever it is, acting in any way, now or in the future.

3. **Predominance.** According to the consciousness' actions, predominance of 1 of the thosene's elements occurs, for example: the thought in Science; the sentiment in Art; or the CE (energy) in Sports. But, above this all, every small human act or large action, attitude or posture, is necessarily composed of these 3 inseparable elements that always manifest together.

4. **Emotions.** In general nowadays the predominant element in the thosenes of human personalities is sentiments (psychosoma), which are, in terms of personal consciential evolution, still characterised by very egocentric (infantile) or immature emotions.

5. **Evolution.** However, at the current evolutionary level on Earth, the most useful amongst the 3 components of the thosene, or the most functional route for self-evolution, is the practical self-control of CE so that logical thoughts (brain) constantly predominate over animalised emotions (sub-brain), amplifying personal successes.

6. **CE.** The donation and reception of interconsciencial energies can alter, at most, only 1/3 of the components of the consciousness' thosenes: that specific to CE. Only the consciousness themselves can modify, through their will, the other 2 components of the thosene, the thoughts and the sentiments, in either a conscious or an unconscious way. In *self-corruption* the smallest loss is of CE, the greatest is of Cosmoethics. Two *twin maxistrongtraits* characterise super-geniuses: the sense of discernment and the experience of mature affectivity.

Primothosene. The word *primothosene*, strictly speaking, does not have a plural form.

326. HYPOTHESIS OF EXCEPTIONAL MACROSOMAS

Chief-Thosenator. There are exceptional (healthy) male and female conscins: who in their intraphysical life use the *chief-thosenator*; the soma, a temporary prosthesis, like an exceptional car that left the factory's assembly line with original, *super-customised* parts, providing more ingenious applications to the user.

Parageneticology. In the construction of an exceptional soma there exists presumptions of a harmonious and detailed coordination of *Paragenetics* with Genetics and evolved interaction from the *parabrain* to the brain. This subject is of great interest to *Assinvexis and grinvexes*.

Homeostasis. Generally, a macrosoma, or an exceptional soma, does not necessarily signify a consciential vehicle that presents permanent somatic homeostasis.

Super-health. However, typical of an exceptional soma, for example, that of a sexagenaria conscin, man or woman, who reaches that age without ever having passed through a serious illness, enjoying a *state of super-health* throughout decades of intraphysical life.

Nosology. A characteristic assumed of an exceptional soma, in certain cases, is the maintenance of a chronic illness - *nosographic weaktrait* - throughout long periods of the intraphysical existence, which is nothing more than a trustworthy indicator of the health of other somatic systems, objectifying the self-conscious fulfilment of a specific assistantial proexis.

Proexis. An exceptional soma is constructed, according to holokarma and the nature and evolutionary level of the proexis, to prioritise the execution of determined interconsciential tasks.

Pre-serenissimi. The use of a macrosoma is not exclusive to Serenissimi - for example: Reurbaniser, whose soma was that of an oligophrenic idiot - but also pre-serenissimi *minipieces in the assistantial maximechanisms* of consciential gestations, with consecutive multiexistential self-relays, or intraphysical, yet multidimensional group tasks, that take place over various intraphysical lives within *personal multiexistential cycles*.

Categories. Here are 6 categories of macrosomas or *super-endowed* somas:

1. **Cerebellar.** The super-energised, muscular woman (cerebellar), different from her close relatives (consanguinity), a carrier of a libertarian *Intermissive Course*.

2. **Hyperlucid.** The man with a trauma-free brain, able to function at a high level regarding the intellectual equipment (cons and consciential hyperacuity).

3. **Intellectual.** The giant - elevated stature - of an intellectual macrosoma, dedicated to the task of mentalsomatic leadership in Socin. Example: Confucius (551-479 BCE).

4. **Parapsychic.** The man, a victim of a specific accident or some kind of cerebral trauma during childbirth, that becomes bioenergetically and parapsychically super-endowed.

5. **Psychomotor.** The giant - elevated stature - of a psychomotor macrosoma, dedicated to the task of somatic leadership in Socin. Example: Charlemagne (742-814 CE).

6. **Adrenal.** The parapsychic pyknic (suprarenal), energised above the average.

Extraterrestrial. Can a *customised terrestrial* soma be *projected* as a transfigured psychosoma due to successive intraphysical lives as a consciex *on another Planet*?

327. TEST OF 11 QUESTIONS REGARDING THOSENES

Answers. *Retrothosenes* are either *open wounds* or *perpetual flowers*. Here are 11 classic technical questions made during an initial approach to any original scientific subject, each succinctly answered here regarding thosenes in general:

01. **Agent.** *Who* produces a *thosene*? Consciential principles, specifically conscins and consciexes (*self-thosenes* and *heterothosenes*).

02. **Existence.** *What* is the cause of the generation of a *thosene*? The consciousness themselves or the impulse of the permanently functioning will. *The thosene is, after the will, the principal agent of consciential self-evolution. Intentionality* is important here.

03. **Space.** *Where* is a *thosene* produced and developed? From the *mentalsoma* to the *holosoma*, in any physical or extraphysical dimension where the consciousness manifests.

04. **Time.** *When* are *thosenes* produced? In every instant in the always active, incessant, uninterrupted generation of the consciousness' manifestations. (See Bib. 4635).

05. **Comparison.** *With what reality (or with who)* can a *thosene* be compared? With the *proto-thosene*, *phytothosene*, *zoothosene*, *morphothosene*, *holothosene* and others.

06. **Cause-effect.** *What* is the reason that a *thosene* is produced and developed? Due to the nature of the consciousness' physiology (*soma*, *brain*) and paraphysiology (*holosoma*, *parabrain*, *mentalsoma*). The *soma* creates relatives. The *mentalsoma* creates evolutionary colleagues.

07. **Resources.** *With what* elements should a *thosene* be produced? With the maximum consciential lucidity (*hyperacuity*) possible, or the consciousness' health, seeking healthy *mega-thosenes*, or *orthothosenes*, in order to neutralise the ancient *Homo mythicus*.

08. **Mode.** *How* is the *thosene* produced? For a *conscin*, through the *mentalsoma*, the *parabrain*, the *soma*, or in other words: through the functional use of the entire *holosoma* in a conscious or unconscious manner. *Self-thosenes* flow in even a simple look.

09. **Goal.** *What* is the *objective* of the *thosene*? The incessant progression of the consciousness seeking the advanced evolutionary condition of *holomaturity*.

10. **End.** *For what end* is a *thosene* produced? For the consciousness' own self-evolutionary manifestation. Every original idea, even if *unclear* or limited, is always worth the effort.

11. **Amount.** *How much* should be invested in *thosenes*? All the effort possible, in the sense of perfecting the self-thosenic quality in accordance with the evolutionary level, in order to think and feel better, to mobilise CEs better, and to improve personal and group manifestations.

Test. We should not sustain the *culture of the subhuman being*. Answer for yourself: - What is the quality of the thosenes generated through my will? At what level of *thosenity*?

Utility. *The soma is the chief-thosenator of a conscin. The mentalsoma is the chief-thosenator of a consciex.* It is not so easy to create useful thosenes. There are scientists exploiting the credulity of human masses for financial gain. There are artists, manipulators of public opinion, influencing legions of people and justifying the use of heavy drugs.

Decision. The deciding game of a championship is a day in which the *holothosene* is loaded with *sen*.

328. TEST OF STANDARD - SELF-THOSENES

Maturity. According to Conscientiology, integrated consciential maturity, or holomaturity, is only attained through the intentional utilisation of the mentalsoma.

Thosene. *The thosene assembles all the personal egos and intelligences into 1 single act.*

Holosoma. Just below is a test of 12 questions or simple examples, in 4 blocks of 3 questions each, that gives you a practical view of the technical level in which you apply self-thosenes and the personal holosoma, in intraphysical life.

Choice. For each mutually exclusive block of 3 questions, you have to inevitably choose a determined question. At the end of the 12 questions, you will have chosen 4 that characterise you.

Self-consciousness. You then identify with maximum realism, 3 personal conditions: if you are still *largely an animal* making movements or performing acts out of instinct, without thinking (the *human species* are just like types of termites); if you are a semi-robotised, *practical person*, only thinking well about your own actions after the mechanical development of the impulses; or if you are already a balanced and *more aware consciousness*, undertaking the majority of actions with reasonable reflection and logical planning.

A. Mentalsoma or the natural elaboration of thoughts (the *tho* in thosenes):

1. **Exposition.** Do I express thoughts better if I do not think beforehand?
2. **Speak.** Do I only start to think better with the development of my own discourse?
3. **Reflection.** Do I only best express the thought after a lot of thought about the question being discussed? In reality, practically nothing exists that is unable to be improved.

B. Psychosoma or the intimate self-experience of sentiments (the *sen* in thosenes):

1. **Precipitation.** Do I feel things more without “intuitive” reflection?
2. **Sensation.** Do I reflect on the development of emotions in the face of a reality?
3. **Ponderation.** Do I only feel things more after having reflected a lot?

C. Energosoma or the coexistence with CEs (the *enes* in thosenes):

1. **Absorption.** Do I absorb CEs all the time, without wanting to?
2. **Will.** Do I seek to impose my will when I am absorbing CEs?
3. **Decision.** Do I, most of the time, only absorb CEs when I want and decide to?

D. Thosenity or the performance regarding somatic actions (self-organisation):

1. **Redaction.** Do I write thoughts without mentally organising them beforehand?
2. **Writing.** Do I only mentally organise thoughts as I write? Let us not only deepen *Conscientiology*, but transcend it.
3. **Project.** Do I only write thoughts after having mentally organised the theme to be written? *Self-discernment* is also moderation.

Identifications. From this you can anatomise 3 realities: the strength of the *extraphysical influences* you are subject to in daily life; the exact degree of intraphysical *brainwashings*; and the reality that exists, in practice, regarding personal *consciential self-control*.

329. TEST OF THOSENIC SELF-CONSCIOUSNESS

Ignorance. Most people ignore Conscientiology and do not know how to live continuously producing useful thosenes. Strictly speaking, they neither know of the existence of the thosene nor have they ever heard of this neoconcept. However, the human *brain* weighs approximately 1.5 kilos.

Thosenity. *Strictly speaking, the most concrete thought is the abstract one.* Thosenes can be useful or, unfortunately, useless for personal conscious evolution.

Questions. In this regard, it is relevant to ask 10 pertinent questions:

01. **Production.** In the personal condition as a full time *generator of thosenes*, what has been the quality of the output created to improve the Cosmos?

02. **Uselessness.** What was your daily load of *useless self-thosenes* yesterday?

03. **Load.** Yesterday's wasted self-thosenes were predominantly loaded with thoughts, sentiments or consciential energies (CEs)?

04. **Brain.** Yesterday's self-thosenes were loaded in thoughts generated with rationality from the encephalic brain, or misdirected with instinctiveness from the *abdominal sub-brain*? Obviously, there are no logical absurdities.

05. **Mentalsomatic.** Yesterday's self-thosenes loaded in thoughts (ideas), were characteristic of an inquisitive *Homo sapiens speculator* and were predominantly related merely to ones *navel* or *big ego* (infantile egocentrism), or to other people (megafraternism)?

06. **Psychosomaticity.** Yesterday's self-thosenes loaded in sentiments (emotions), were predominantly generated from the appetite, thirst, sex or from what generating cause? What were the real intentions motivating such self-thosenes?

07. **Energomaticity.** Yesterday's self-thosenes loaded in CEs, arose from which basic chakra?

08. **Cycle.** What has been the best daily period for useful self-thosenic production within the circadian cycle of the day's 24 hours, or according to the personal *biological clock*: at dawn, in the morning, in the afternoon or at night?

09. **Dynamisation.** How can I dynamise the production of *useful self-thosenes* in accordance with daily self-experience? How much and to what degree am I "betrayed" by *neurons*?

10. **Identification.** Where have I been erring most in the production of useless self-thosenes: in mental indiscipline (swearing in my thoughts, distractions and daydreams), in emotional immaturity (*consciential basement, ego conflicts and mental peccadillo's or pathothosenes*), or in energetic incompetence (weak energetic self-defence and interconsciential intruders)? *Videogames* are a *computer enthusiasts' baby bottle*.

Test. Sincere responses to these 10 questions give you criteria to perfect your *thosenic self-consciousness* and to improve the production of useful self-thosenes. An *invention* is the materialisation of the imagination. There are still those who try to invent the *useless*.

Retest. Increase the precision of your personal *thosenic analysis* by performing a *retest* in the next week. *Carpe diem*. However, it is best to take advantage of today in an effort to complete your proexis.

330. TEST OF SELF-CONSCIOUS THOSENITY
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Types. *Even to plant seeds it is necessary to know the attitude to take beforehand.* Here are 23 types of thosenes (classified) to research self-conscious thosenity:

01. **Androthosene:** the thosene specific to the *macho man*, or primitive male-conscin.
 02. **Bradythosene:** the slowly flowing thosene, characteristic of a bradypsychic conscin.
 03. **Contrathosene:** the *mute mental refutation*; the *mental word*; the *intrathosene*.
 04. **Cosmothosene:** the thosene specific to *conscientese* or the state of cosmoconsciousness. Along with *music*, a smile and a kiss, conscientese is a universal language.
 05. **Graphothosene:** the thosenic signature (the author's style; the writer's footprints).
 06. **Groupthosene:** the thosene of all types of corporatist groups.
 07. **Gynothosene:** the specific thosene of a feminine woman. Example: the feminine dialect in the Japanese language. The gynothosene manifests more through the *laryngochakra*.
 08. **Heterothosene:** the thosene of someone in relation to others in the *decoding of the holothosene*. The members of the *groupkarma*, even the incomprehensible ones, *are friends*.
 09. **Homothosene:** the telepathic thosene, or the thosene composed by an evolutionary duo and spontaneously thought in unison or in the same way; the *telethosene*.
 10. **Hyperthosene:** the *original idea* of the discovery, the invention or the Heuristic, has a direct relation with the condition of consciential hyperacuity (Holomaturology).
 11. **Monothosene:** monoideism, the *fixed idea*, the mental echo; the *rethosene*.
 12. **Morphothosene:** the thought-form. *Morphothosenes form holothosenes*.
 13. **Neothosene:** the thosene of a conscin manifesting through new cerebral synapses; a *recycled* or renovated *thought*. A *neophilic conscin* has better neothosenes.
 14. **Orthothosene:** the correct, cosmoethical thosene, from holomaturity; the *megathosene*.
 15. **Pathothosene:** a pathological thosene, or consciential amentia; the *mental peccadillo*; the bad intention; the pathological will; the cerebral ruminations and the *oneirothosenes*.
 16. **Phyothosene:** the rudimentary thosene of a plant; the *protothosene*; the *hypothosene*.
 17. **Retrothosene:** the retrocognitive thosene, specific to authentic self-retrocognitions; the *innate idea*. The retrothosene is equivalent to an engram from the *holomemory*.
 18. **Self-thosene:** the style of thosene from your own consciousness. It can be a lucid *egothosene* or not. Self-conscious thosenity is characteristic of *Homo sapiens conscientiologicus*.
 19. **Sexothosene:** the *sexual fantasy*; mental adultery (sexual *holothosene*).
 20. **Subthosene:** the thosene loaded with CEs from the *abdominal sub-brain*.
 21. **Tachythosene:** the rapidly flowing thosene of a tachypsychic conscin.
 22. **Xenothosene:** a *mental wedge*; an intrusive thosene from an intruder in thosenic intrusion. There are pathological or non-pathological, evolved or unevolved *Sociexes*.
 23. **Zoothosene:** the thosene of the subhuman animal, without self-conscientiality.
- Test.** What destiny do you give to these types of self-thosenes? Do you live subordinated to, complacent with, or as a dominator of *intraconsciential* and *interconsciential* entropy?

331. WAVES OF CONSCIENTIAL ENERGIES

Energies. *All matter is energy.* The primary concepts of Undulation exemplify some of the complexities of the harmonisation of personal biological vibrations. Physical properties can be described by Undulation, revealing many of the energetic, parabiological or energosomatic manifestations in the consciential microuniverse. Here are 17 various references to types of waves:

01. **Associated photon** (quantum behaviour, wave-particle duality).
02. **Associated to matter's atomic particles** (waves of matter).
03. **Consonant** or dissonant: depending on distinct, simultaneously produced waves.
04. **Dimension:** unidimensional (on a line); bidimensional (a rock in water); tridimensional (solar light); multidimensional (bioenergetic waves).
05. **Direction** of the vibration and propagation: longitudinal; transversal; mixed.
06. **Divergent**, convergent, parallel, curved, cylindrical.
07. **Free:** deadened; amplified.
08. **From primary sources:** incandescent; luminescent; fluorescent and phosphorescent; sonorous, variations; consciousnesses who are intraphysical, extraphysical and from the mental-soma; from secondary sources: illuminated bodies.
09. **In homogeneous means**, isotropic, anisotropic, reflectors, refractors, absorbers, diffractors, interfering, prismatic, in lenses, cameras, membranes, spectroscopes.
10. **In resonance;** under the Doppler-Fizeau effect; with relativistic effect.
11. **Informational:** modulated wave that forms the carrier wave.
12. **Infrasonic;** sonic; ultrasonic; microwaves; TV and radio waves; infrared; luminously visible; ultraviolet; X rays; cosmic rays; multidimensional of the consciousness.
13. **Nature:** mechanical; electromagnetic; gravitational; bioenergetic (multidimensional, unified and materialised by thosenes).
14. **Polarisation:** polarised-plane; circular polarisation; elliptical.
15. **Sinusoidal** (pure, diapason); harmonics (timbre, the form of the wave).
16. **Stationary:** superimposition of waves with the same characteristics and opposing directions (Example: VS, or vibrational state).
17. **Wavefront:** punctiform (on a line); straight line (a ruler in water); circular; plane; spherical (bomb: sound); multidimensional hyperspherical.

Will. If you trust the power of your own will to employ CEs, all knowledge of such waves becomes irrelevant. Without imagining the characteristics of waves, you produce very powerful and constructive *waves of consciential energies* whenever you want. Healthy looseness of the *energosoma* adjusts you to the dimener.

332. EXPERIENCES OF INTERCONSCIENTIAL CLIMATES

Definition. The *interconsciential climate* is the set of conditions for mutual, energetic, organic, emotional, intellectual, cultural, social, psychological, multidimensional and parasocial understanding, propitious to the immediate execution of some interconsciential objective, in a direct encounter between consciousnesses, whether in a couple, in a group or in a collective.

Examples. Examples of interconsciential climates in life: the first affective or erotic encounter; a business dinner; an entrance examination; asking for a salary increase; a commemorative encounter; a preliminary interview with a Serenissimus and other encounters.

Conditions. In both *spontaneous* and artificially created, or *provoked*, interconsciential climates, the installation depends on two conditions: positive and negative.

Test. In order for you to test the technical self-experiences regarding the *formation* of special or productive interconsciential climates, here is a direct comparison of 22 conditions:

Healthy Interconsciential Experiences	Unhealthy Interconsciential Experiences
01. A <i>blue sky</i> scene	Environment under <i>clouds of discord</i>
02. A setting of free personal space	Hostile adversarial playing field
03. Adequate type of communicability	Inadequate type of communicability
04. Agenda full of useful priority matters	Agenda full of secondary or futile matters
05. Conditions predisposing maturation	Premature and unfavourable conditions
06. <i>Consciential special effects</i>	Weak consciential stimuli
07. Conscious multidimensionality	Ignorance regarding multidimensionality
08. Correct aim on the <i>target-consciousness</i>	Error in the aim on the <i>target-consciousness</i>
09. Exact and unique <i>moment of destiny</i>	Inappropriate time for an encounter
10. Healthy peak of the biological clock	Low level of the biological clock
11. Inspiring dialogue and silence	Precipitated affirmations or demands
12. Level of <i>holosomatic intimacy</i>	Complete absence of intimacy
13. Lucid organisation of enthalpy	Dispersion through natural entropy
14. Open and affirmative personality	Conscin predisposed to diverse accidents
15. Optimal supporting companions	Only anticosmoethical accomplices
16. Planned script to be followed	Acting solely from natural instinctive strength
17. Precisely followed sensible <i>timing</i>	Unaware regarding the chronogram
18. Preselected environment or place	Random, accidental and unsafe location
19. Self-conscious use of thosenity	Use of primary energosomatic seduction
20. Self-motivation in undertakings	Personal demotivation in healthy tasks
21. Strong interconsciential empathy	Crude, raw interconsciential antipathy
22. Warm-up exercises	Wild, abrupt and immediate start

Climate. *The personal interconsciential climate depends exclusively on you.*

333. BASIC CHARACTERISTICS OF HOLOTHOSENES

Reception. Consolidated groups of intensely active, impotent, significant, small, grandiose, positive and negative CEs or holothosenes exist and have a permanent influence that a large number of conscins and consciexes do not perceive. Examples: the *negative* or unhealthy influence of a bellicose holothosene in certain areas; the *positive* or healthy influence of the serenissimi's holothosene in other areas.

Predisposition. A holothosene subreptitiously predisposes certain conditions in the development of the actions of males and females, who, ignoring the fact, fail to defend themselves in decisive moments. This leads personal acts to be those most easily accommodated within the direction of the larger flow of things and facts offering the least resistance (holothosenic pressure).

Principle. *Self-reinforcement, or feedback, is the essential principle of a holothosene.*

Paranatomy. Every holothosene or extraphysical form, generated by any community, tends to frame the thoughts that appear within the same *ambit* of influence, in the *flow* of the same stream and along the *route* of the same objective. This tendency is entirely dedicated to *maintenance* of the pre-existing, conservative, traditional *situation*, and is always stagnating.

Counterflow. A renovating and *neophilic* holothosene acts against neophobia and against the tide, or in the counterflow, from deep within the intimacy of the *opposing* minority.

Association. Every communion of thoughts, fervent association of cravings or *union of thosenes* tend to form a specific holothosene. Prayers, offerings, sacrifices, symbols and collective devotions lay tiers of gravitative energies and present beneficial or malefic results according to the reactions of *Homo sapiens signifex*.

Characteristics. As an aggregation or accumulation of thosenes, a holothosene presents specific qualities, such as: self-sustainability or inertia; self-perfectibility; enduring character; multidimensionality; interference in people's decisions; strength of the power of repeatedly acting in the same way over time; condensation of a defined objective with the essential principle persisting, in a *vicious circle*. Photographs and films are healthy or noxious *holothosenic fixers*.

Satellites. There are satellite, partial, minor, particular or individual consciential holothosenes astricted to the joint, in unison, maximum, global holothosene.

Types. Here are 3 examples of holothosenes of historic intraphysical character:

1. **Phenomenal:** certain *poltergeists* and hauntings; grandiose visions in the air, sky or space; certain supposed appearances of *UFO's* (Ufology).

2. **Institutional:** Judaism or Zionism (more than five millennia old); catholic clericalism (1 and a half millennia of existence); Rosicrucianism; Mafia, Cosa Nostra, Camorra, Ku-Klux-Klan, Yakuza (*societas sceleris* of intrusive conscins).

3. **Localized:** Egyptian and Mexican pyramids; human sacrifice monuments or *ruins-settings*; caves with uncomfortable gravitative energies; the *city-settings* of genocides during fratricidal wars, revolts and riots.

334. THEORICE OF THE SUBHUMAN HOLOTHOSENE
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01. **Climate.** The human troposphere is still dominated by an evolving, and in general, predominantly subhuman, *consciential interprinciples* climate.

02. **Facts.** The tropospheric pressure from the subhuman holothosene, maintained through interaction with subhuman beings, emerges through a long series of facts: the carnivorous diet; the slaughter of animals; caged or jailed animals; the permanent killing within a zoological garden (zootel); abuse in human's use of animals; and many others.

03. **Umbilicochakra.** Pressure from the subhuman holothosene is one of the basic and logical causes of some intraphysical and intraconsciential conditions that are undesirable for conscins: the prolonged maintenance of the condition of pathological intrusion; the *abdominal sub-brain*; *consciential crutches or scaffolds*; robexis; dispensable existential self-mimicry; consciential ectopias. During the consciential basement a high percentage of subhumanity's garbage manifests, a heavy burden that the conscin has not yet disposed of. (See Bib. 4671).

04. **Pollution.** A lucid multidimensional life for us, when intraphysical, already seems polluted in its foundations, due to subhumanity and the proto-reptilian brain.

05. **Subhumanity.** Here, subhumanity means incessantly killing to survive for a period of time. This is the *biological law of the more apposite, or the survival of the fittest*.

06. **Dimener.** For how many more millennia will the dimener continue to be an inevitable *subhuman-human interaction*? (See page 211).

07. **Instinct.** The *law of the instinct and neurological impulse* is still intensely vigorous, in every moment, across every mile of Earth's physical surface.

08. **Question.** At this point an opportune question arises for you to answer for yourself:- What percentage of instinct (subhumanity) still directs the daily life supposedly governed by me? There are legions of conscins living with an excess of *egoistic scaffolds*.

09. **Intraphysicity.** For conscins, human existence on the surface of this Planet is not exactly a material life. It is still, sadly, a predominantly subhuman life.

10. **Renovation.** However, evolution is inexorable. The ecological extermination of many subhuman species is inevitable. A basic law of evolution is renovation. An evolutionary chain cannot maintain itself, in a constant way, with all the links alive. There are somatic deactivations and interplanetary transmigrations all the time.

11. **Dinosaurs.** Dinosaurs will not return to live on this Planet as they did thousands of centuries ago. There is now no intraphysical space or environment to properly accommodate them. Earth's human population (Demography) has multiplied.

12. **Serenissimi.** *Earth is preparing for human life in lucid coexistence with Serenissimi.* From this fact it can be observed that: Serenissimi are now the natural, more evolved, substitutes of the dinosaurs within the interminable scale of renovation on this Planet. This is why all traces of subhumanity should be excluded from a *physical base* that welcomes lucid projectability. This measure helps to eliminate the condition of a *locked seriexis*.

335. THEORICE OF EXPERIENCE UNDER HOLOTHOSENIC PRESSURE

01. **Paradox.** A paradox occurs: in intraphysical life, matter is densest in relation to the *soma*; *later*, in extraphysical life, morphothosenes and holothosenes are densest in relation to the *psychosoma*. Interconsciential and assistantial conflicts arise from this paradox.

02. **Earth.** *Intraphysical life is indispensable for evolution of the consciousness.* Here you can coexist with disturbed consciens without becoming contaminated by their disturbances: tribal, ethnic, familial and personal consciential holothosenes are more rarefied.

03. **Holothosene.** In hyperspatial dimensions, the more disturbed the holothosene of the environment - *Extraphysical Community* (communex) - the stronger the force that brings consciences down to the same level, when they remain immersed for a long period.

04. **Pressure.** The more time a consciousness (consciex or projected conscin) remains in an extraphysical environment, the greater the *holothosenic pressure* they receive. This forces them to have thosenes equal to the average of the *diapason-consciexes* who set the real tone of the majority's *mentalsoma's pointers*, or rather: to think, feel and have the same tenor of CEs.

05. **Rebirths.** The following can be considered a central cause and essential objective of the need for intraphysical rebirths: to coexist with sick consciens, assisting them without conforming or debasing to their level. Extraphysically this becomes impracticable over longer periods, even for many extraphysical helpers.

06. **Level.** In fact, for example, human existence on *the front line* in Rio de Janeiro, allows an interested person, male or female, to live among burglars, drug dealers, leaders of and participants in death squads, without being influenced by these marginal elements and the thousands of other *sociopaths*. A natural separation can occur.

07. **Progress.** Rio de Janeiro was, therefore, a valuable evolutionary opportunity for this author who lived in Ipanema for more than three decades, only attending to Projectiology and Conscientiology research. While life around there evidences striking decay, intraconscientially there was progress in my libertarian personal efforts *in the counterflow*, in spite of the dominating decadence and *perturbation*.

08. **Dullness.** It is improbable for such a fact to happen in unhealthy extraphysical dimensions because during experiences there, the consciousness' perceptions are dulled and their lucidity or hyperacuity decays. It is extremely difficult to sustain your level there: a consciousness does not manage to exclude themselves from the maximum entropies that surround them.

09. **Epicon.** Human life allows isolation via *consciential epicentrism* within multidimensionality, even with the complete *funnel of intraphysical restriction*. From here an epicon emerges, or the advanced condition of *between the worlds* epicentrism.

10. **Intercessions.** This explains the reason why more lucid consciexes do not stay long in the baratroposphere or in unhealthy dimensions. There they are unable to maintain a high level of lucidity. This is why there are *periodic* intercessions and visitations of more evolved consciexes to the more *backward extraphysical* dimensions.

336. TEST OF COMPULSIVE SELF-CONSCIOUSNESS

Extravagances. Who analyses everything impeding the production of *useful thosenes*, avoids, for example, an excess of useless extravagant behaviours.

Compulsions. Any reasonably adapted conscin presents some or another compulsive attitude, every now and again. This does not mean they are a carrier of a psychopathology requiring treatment. It is merely a manifestation of the impassioned, *genetic Homo sapiens maniacus*.

Subjections. However, it is always important to know if we are subject to frankly pathological compulsions (unconscious, irrational or illogical).

List. Here are 22 compulsive acts that impede *useful self-thosenes*:

01. **Archivology.** Do I archive obsolete plans, label and wrap them up, pack them in perfect order only to later throw them in the trash?

02. **Baths.** Do I shower one hour before and one hour after riding a bicycle?

03. **Checking.** Do I consecutively check doors, windows, lights and gas pilots numerous times? In the majority of illnesses, the worst aspect is *fear*.

04. **Checks.** Do I type all cheques whenever I can?

05. **Coat.** Do I fold a coat 5 times before putting it in the wardrobe?

06. **Counting.** Do I count (*arithmomania*) building's windows when passing by on the street?

07. **Dietetics.** Do I lived obsessed by dietary precepts and norms?

08. **Direction.** Do I turn my car in a direction that is against the flow of the traffic?

09. **Doorknob.** Do I not touch doorknobs or use public bathrooms?

10. **Doors.** Do I verify that doors are locked and the kitchen stove is off, several times?

11. **Faces.** Do I compulsively pull faces (tics, twitches, bad habits, *rictus*)?

12. **Garbage.** Am I compelled to collect garbage from city streets wherever I go?

13. **Gloves.** Do I use sterilised gloves and spotless housing, the entire time?

14. **Hands.** Do I wash my hands numerous times per day, for no reason?

15. **Hoarding.** Do I keep everything, including lint from the carpet?

16. **Knives.** Do I remove knives, razors and sharp objects from sight?

17. **Religiosity.** Do I live obsessed by mystical or religious questions?

18. **Scrubbing.** Do I spend 3 hours every day scrubbing myself in the bathroom?

19. **Steps.** Do I step in line with the footpath's paving stones wherever I walk?

20. **Switch.** Do I flip the switch up and down five times before leaving the light on or off?

21. **Waits.** Do I wait for a balance from an ATM machine that cannot provide one, *again and again and again*? The *temperament* is revealed by an exposition of a personal point of view.

22. **Washings.** Do I wash my face five times per day?

Test. Whoever performs 5 of these compulsive acts during a week, should already consider getting some treatment. It is ideal to prevent them, firstly, for yourself and secondly, for all consciousnesses. Every *failure* can be self and heterodidactic.

Freewill. *Our consciousness arranges a green or a ripe freewill.*

337. TEST OF SELF-UNDERSTANDING OF THOSENES

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about the thosene. Answer each question for yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge* (books and other resources):

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of planning and organising personal ideas:- Establish the advantages and disadvantages of knowing more about thosenes and *holothosenes*.

02. **Critique.** *Demand* an effort from the more complex mental processes:- Critique the research approach where each element of the thosene - the idea, the sentiment and the CE - is analysed separately, compared to the reality of the thosene where its elements are analysed in an indissociable way, in its various types and manifestations.

03. **Definition.** *Demand* the self-ability to classify and distinguish the different categories of the fact:- Define *thosenity*, *morphothosene* and *holothosene*.

04. **Description.** *Demand* a presentation of the characteristics of the phenomenon you are the protagonist of:- Describe 3 essential characteristics of the thosene. (See Bib. 4721).

05. **Discussion.** Presupposing the development of your ideas, *demand* more than a simple description:- Discuss the reason for why the thosene or the *retrothosene* was not discovered before this epoch, throughout Human History's long past.

06. **Enumeration.** *Demand* the ability to recall:- Enumerate 3 relevant phenomenon without any direct relation to *self-thosenes*.

07. **Exemplification.** *Demand* a demonstration of personal ingenuity through a personal contribution:- Give 3 examples of manifestations that specifically involve self-knowledge regarding *holothosenic* or *thosenic phenomena*.

08. **Explanation.** *Demand* a personal emphasis on the subject in relation to cause and effect:- What is the reason we are now mature enough to understand *and apply megathosenes*?

09. **Interpretation.** *Demand* the self-capacity to perceive the meaning of the principle idea:- What is the reason that thosenes, *self-thosenes* and *heterothosenes* exist?

10. **Organisation.** *Demand* a recollection of facts according to the criterion of increasing importance:- Organise a reasonable list of arguments in favour of the research of the thosene, grouping them according to their 3 distinct natures and the natural order in which they appear: neurological, psychological and lastly, conscientiological.

11. **Outline.** *Demand* the self-organisation of the subject into themes and sub-themes:- Outline 3 sustaining principles of the rational and logical concept of the thosene.

12. **Selection.** *Demand* a critical self-evaluation, according to pre-established criteria:- Indicate 3 different facts where a thosene is *loaded*: 1st, in the idea; 2nd, in the emotion; and 3rd in the CE. *Individual intimate reflection is often indispensable.*

13. **Summary.** *Demand* that you are able to present the essential points of the fact under analysis:- Summarise 3 aspects of the cosmoethical consequences of your thosenes.

338. TEST OF IMPORTANT SELF-KNOWLEDGE

Thosenes. *Heautognosis* is the knowledge of yourself. To focus conscientiological research on self-knowledge here are 60 basic interdependent *factors* acting upon self-thosenes, in a more or less direct way, during day-to-day and night-to-night personal, multidimensional life:

- | | |
|--|--|
| 01. Active personal parabrain | 31. <i>Insubstantial concreteness</i> |
| 02. Antagonistic <i>mental words</i> | 32. Intangible existences (dimensions) |
| 03. Associations of libertarian ideas | 33. Intellectual capacity in action |
| 04. Auric couplings (energosoma) | 34. Interconscial atmospheres (levels) |
| 05. Chronic self-corruptions | 35. Lucid conscial bait (condition) |
| 06. <i>Cloud of extraphysical witnesses</i> | 36. Lucid eco-multidimensionality |
| 07. Common parapsychic accidents | 37. Lucid elevated standard-thosenes |
| 08. Conscial epicentrism (epicon) | 38. Lucid energetic self-defence |
| 09. Conscial self-evolution | 39. Mental peccadilloes (<i>pathothosenes</i>) |
| 10. Conscial self-pathologies (illnesses) | 40. More advanced conscientimetry |
| 11. Conscious personal <i>holothosene</i> | 41. Natural auric uncouplings |
| 12. Conscious personal thosenators | 42. Operations of self-consciality |
| 13. Constant holothosenic pressure | 43. <i>Penetralia mentis</i> (<i>xenothosenes</i>) |
| 14. Cosmoethical thosenes (<i>orthothosenes</i>) | 44. Personal <i>megathosenes</i> (mentalsoma) |
| 15. Ego as the generator of useful thosenes | 45. Personal second intentions |
| 16. Elite mentality (mentalsoma) | 46. Personal thosenic strength in action |
| 17. Energosomatic seductions (levels) | 47. Personal thosenity (<i>self-thosenes</i>) |
| 18. Extraphysical sphere of personal CEs | 48. Rationalised self-conceptibility |
| 19. Fields of conscial observation | 49. Secular anachronistic <i>holothosenes</i> |
| 20. Frequent unconscious intrusion | 50. Self-manifestations via the psychosoma |
| 21. Full conscial penetrability | 51. Self-suggestions and heterosuggestions |
| 22. Functional offix (extraphysical office) | 52. Shielded personal bedroom (couple) |
| 23. General thosenic phenomena | 53. Symases (sympathetic assimilations) |
| 24. <i>Golden cord</i> and the mentalsoma | 54. The conscin's satellite- <i>holothosene</i> |
| 25. Groupkarmic inseparability | 55. Thosenes within the circadian cycle |
| 26. Healthy personal <i>morphothosenes</i> | 56. Thosenic intrusions (<i>xenothosenes</i>) |
| 27. Healthy symdeases (deassimilations) | 57. <i>Thosenic swearing</i> (vices) |
| 28. Holosomatic homeostasis (health) | 58. Unconscious creation of thosenes |
| 29. <i>Holothosene</i> of blind self-corruption | 59. <i>Unhealthy cerebral ruminations</i> |
| 30. <i>Holothosene</i> of Serenissimi (evolution) | 60. Useful and useless thosenes (balance) |

Test. Do you live conscious of the complex conscial phenomena unleashed when thinking or feeling? What is the objective, in favour of self-evolution, of the ideas and emotions?

Thosenity. *Thosenity directed towards evolution demarcates discernment.*

339. TECHNICAL FUNDAMENTALS OF MAXIFRATERNITY

01. **Solitude.** Strictly speaking, no one lives alone and no one *abandons* anyone.
02. **Purification.** Interconscial energies are not exhausted, dissipated or extinguished, but rather are purified in quality and volume within the fundamental principles underpinning the evolution of consciousness, including Holokarmology and Cosmoethicology.
03. **CEs.** The evolutive purification of interconscial energies does not *separate*, but more intensely and profoundly unites, diminishing the distance or *gaps* between consciousnesses, independent of even the existential dimensions.
04. **Space.** Interconscial energies are independent of physical space and time.
05. **Thosenes.** Consciousnesses are attracted through thosenes, which reflect, in this case, the consciousness' intention and will over the 3 indissociable elements of thosenes: the thought, or idea; the sentiment, or emotion; and the CE, or conscial energy.
06. **Groupkarma.** It is always foolish for a conscin to say they are abandoning someone. The groupkarma's paths inevitably intersect and *no one can distance themselves*.
07. **Exhaustion.** We can only change the qualification of CEs in relation to others, day by day and always for the better. We cannot exhaust the sources of personal CEs. In relation to on-going evolution the consciousness acts, lives and is, in essence, an individualised yet interdependent reality beyond energies.
08. **Holomemory.** Distance and abandonment signify exhaustion of the CEs between two consciousnesses. This is impracticable. Our uninterrupted and unpolluted integral holomemory - that, strictly speaking, does not actually suffer amnesia - does not allow it.
09. **Escapes.** Therefore, the concepts of *solitude, distancing, separation, isolation, abandoning* and *disappearing* are merely intraphysical and extraphysical conscial escapes, or psychological and parapsychological evasions. (See page 242).
10. **Sights.** This is why, experimenter, no one, not even you, *abandons* anyone. Not even one who says they will abandon you, achieves this intention. At most, you or another person can temporarily hide. This is due to the human vision and perceptions still being underdeveloped, but even so, no one ever manages to *disappear* forever.
11. **Transmigration.** A sick consciex, when obliged to move, or go to another evolutionary school, via interplanetary transmigration, never definitively *distances* themselves. If we do not perceive, it is due to our paraperceptions still being blind and obtuse.
12. **Maxifraternity.** Consciousnesses always evolve together. Rationally no one is *separated*. *No one loses anyone*. Therefore let us understand, love, *forgive* and help everyone as soon as possible. There is no other alternative between us. *Nihil medium est*. Maxifraternity is an imposed principle discovered by the consciousness along their evolution, little by little. I do not see another solution: you have to live with this author, which is not an easy situation, as, at times, who writes to help is obliged to be very frank, like here on this page. (See Bib. 4564).

340. THE HUMILIATING LUCID PROJECTION TECHNIQUE

01. **Love.** The *illumination of pure love* should increasingly expand over our own actions and preoccupations. The essence of Cosmoethicology, Polykarmology, Serenology and consciencial self-evolution is there. Pure *love* understands and makes concessions. It does not cry.

02. **CP.** As a projector this author, if he could, would ask the helpers to give all those, more lucid after two weeks of Projectiology studies, a single humiliating or *shaming*, assisted CP. Even if it was very short and happened only once.

03. **Compassion.** This is so they would see with their own *paraeyes*, experience for themselves, the compassion of direct assistance to legions of desperate and *unloved* consciexes.

04. **Egoisms.** Through the *blessing of shame*, all of us feel more real *love* in ourselves, as we recognise we are very egotistical regarding our own afflictions and false complaints.

05. **Contradiction.** The most shaming aspect, in a humiliating CP, is to acknowledge our *whining as billionaires of libertarian knowledge*, unlike the legions of consciexes or immature beings, unstructured regarding emotions, the living shadows of the *baratropospheric extraphysical dimensions of the desperate*, on this School-Hospital-Planet.

06. **Mentalsoma.** *Love* is health. Hate is a disease or *lack of evolution*. Only those who hate, despair. Only those who do not *metabolize pure love* through the *mentalsoma*, suffer.

07. **Abnegation.** The experience of true *love* is very personal. *Love* is patient and waits. It helps in the right dose, through acts of logical abnegation and rational renunciation (*claritask*).

08. **Helpers.** *The helpers love*. For this reason, they do not promote indiscriminate violations, *evolutionary rapes* and embarrassing or humiliating CPs.

09. **Pathology.** We came to this human life to be happy, love and have pleasure. Who loves does not suffer. Only disaffection creates suffering, being a *pathology of hate* or egocentric capriciousness. Who truly loves does not revendicate, does not censure and neither do they live in the insecurity of jealousy: they comprehend, always forgive and happily, harmoniously, pacifically and beneficially renounce.

10. **Smile.** It is shameful for us to *cry because of love* and to see other people, who we love most, cry because of love. And worst of all in this picture: sometimes *crying because they love us*. *Love* is a smile and not tears. Those who say they love but only cry, do not love. They only hate. And hate themselves first of all: it is *self-hate*.

11. **Megadiscernment.** Infantile egocentrism and adult egoism demand exclusivity, or claiming possession of someone or something. Hate is sectarianism. *Love* is universalistic, cosmic and without borders. Because it is structured within *megadiscernment*, *love* knows.

12. **Realities.** From this, we see how difficult it is to assimilate the *extraphysical realities* experienced through CPs, on Earth. Consciousnesses feel healthy *love* from Serenissimi and parathological hate from disturbed consciexes. Contradictorily, multitudes choose the worst, to pervert *love*, instead of analysing and seeing their own necessity to love, wish and need to love even more. Whoever loves does not have complex problems, they simplify, alleviate, resolve, enrich and donate. *Pure love is above all else*.

341. COSMOETHICAL PRINCIPLES OF EXTRAPHYSICAL ASSISTANCE

01. **Truth.** *It is useful* to love a leading edge relative truth, the essence of Cosmoethics.
02. **Attributes.** *It is intelligent* to cultivate personal and technical improvement regarding the application of animic, parapsychic, energetic attributes.
03. **Rights.** *Whoever honours others' rights in every dimension of life succeeds more.*
04. **Respect.** Whoever respects and wins respect for the evolutionary hierarchy between consciousnesses in multidimensionality, lives better. The only authority that truly exists, is the *evolutionary level* evidenced in the consciousness' manifestations (thosenes).
05. **Dignity.** Whoever defends the dignity of conscins and the paradignity of consciexes, independent of the *evolutionary levels*, succeeds more.
06. **Equilibrium.** Whoever preserves order and equilibrium, repelling violence, errs less.
07. **Moderation.** *It is healthy* to maintain probity and moderation, observing the principles of simpleness, fraternal conviviality and the extraphysical existence of consciexes.
08. **Courage.** Indifference, weakness or fear in the presence of the evolutionarily sicker and visibly altered consciousnesses - conscins or consciexes - is an illness.
09. **Feelings.** Whoever allows sentiments of animosity in relation to someone, without maintaining positive thoughts and elevated sentiments, is making a mistake.
10. **Aid.** Within the principles of Cosmoethicology and Conviviology whoever gives assistance to consciousnesses, *wherever possible, whenever possible and however possible*, evolves.
11. **Cosmoethicology.** *Wisdom is cosmoethical self-discernment* by example, through multi-dimensional conduct that is irreproachable regarding incorruptibility.
12. **Reflection.** Holomaturity eliminates all thoughtless action (*abdominal sub-brain*) and prefers to rely on personal principles for life, through the mentalsoma.
13. **Observation.** It is important to observe, in detail if possible, all the resources related to personal or group assistential services to consciousnesses.
14. **Method.** The mystical, simplistic, trifling and naive methods of assisting consciousnesses with only good will and good intentions are outdated. The order is evolving.
15. **Intelligence.** Whoever puts their services, intelligence, self-discernment and conscientiological techniques into assistential tasks, evolutionarily profits much more.
16. **Collaboration.** In assistential tasks, the helpers and extraphysical benefactors end up needing collaborators or volunteers and their extraneous *multidimensional abilities*, or the CEs of conscins in the quality of *human animals*.
17. **Lucidity.** Outside of the soma it is extremely important to observe everything in order to eliminate regressive or incongruous anomalies and to maintain self-awareness and hyperacuity.
18. **Subtleties.** It is no use for us to simply look and not see anything. In the extraphysical dimension, it is indispensable to cosmoethically paraloop, paraobserve, para-analyse, paradeduce and parainterpret to take all the questions and possible answers from what is truly seen, approached and observed, in a sharp and clear manner. (See Bib. 4989).

342. THE EXTRAPHYSICAL APPROACH TECHNIQUE

01. **Task.** To approach an extraphysical consciousness is among the most elevated tasks within what we can propose as part of interconsciential assistance.

02. **Ways.** Regarding ways to approach, help and guide someone, there are techniques that make assistantial service in the extraphysical dimensions effective and safe.

03. **Who.** Whoever considers an extraphysical approach a simple routine, irrespective of the *what* and *when*, errs more. You do not know *exactly* who it is you are approaching.

04. **Groupkarma.** The quality of an assistantial approach to some ill consciex, or intruder, depends, in each case, on the percentage of personal, affective participation, or groupkarmic affinity. Compassion is already assistance; however, it can be a manifest evocation in an *inadequate* place, at an *improper* moment, and with the *wrong* consciousness.

05. **Helper.** It is the helper that decides *who* will directly approach the target-consciex and if they will utilise numerous projected conscins, or auxiliary consciexes, in order to competently and successfully effect the approach.

06. **Right.** In theory, an extraphysical approach does not signify a restriction of the consciex's freedom, or their *cosmoethical individual consciential rights* to come and go without being bothered by anyone. *Parageographical* maps do not yet exist.

07. **Planning.** There are 3 bases to approaching any consciex: recognition of the multidimensional environment, making careful observations and appropriate technical planning.

08. **Identification.** It is useful to avoid errors in identification. *A consciex's business card is their very individualised consciential energies.* An error in identification is a *paraembarrassment* and awakens animosity in the consciex against the approacher.

09. **Suspicion.** No one has the right to bother suspicious consciexes if they are not doing something concretely and identifiably anticosmoethical against anybody.

10. **Investigation.** It is intelligent to not approach a consciex, but to *investigate them beforehand*, through CEs and then to later perform an approach.

11. **Surprise.** In an extraphysical approach it is better to surprise than to be surprised.

12. **Avoidances.** An extraphysical approach does not work well in the following 6 well-defined conditions: in an environment with a gathering of consciexes or *extraphysical masses*; in a congested *extraphysical public area*; in a district that holds dangers for other conscins; in an environment frequented by elements capable of aiding an intruder; in intraphysical entertainment venues; in extraphysical places where *operational disadvantages*, notably energetic, are in effect.

13. **Escape.** Nobody loses by avoiding 3 complications: the escape of the target-being; the use of personal energetic resources, when unhealthy; and “aid” (false) to a consciex from other ill consciousnesses. An *intruder* is the biggest *pusher* of “mental buttons”.

14. **Principle.** Sometimes it is necessary to wait for an *extraphysical gathering* to disperse in order to make an approach. Here is a general principle of *interconsciential rights*, valid for conscins and consciexes, everywhere in the Cosmos:- “No one is strong against everyone.”

343. THE EXTRAPHYSICAL RESCUE TECHNIQUE

01. **Planning.** An operation planned to rescue a needy, kidnapped or abducted consciex demands observation, the *element of surprise* and determination.

02. **Inconveniences.** An extraphysical rescue also demands quickness in the elimination of *inconvenient intervening factors*, a strategic escape or unnecessary adverse reactions.

03. **Resources.** There are 4 basic resources in an extraphysical rescue: extraphysical self-awareness; cosmoethical discernment; CEs capable of paralysing an extraphysical intruder's attack; and permanent confidence in the extraphysical monitoring or *assistantial cover*, teleguided by the helpers.

04. **Reactions.** The greater the extraphysical consciential resources the less are these 4 negative possibilities: the escape or shock of the *target-consciousness*; reactions from intruders; failure in the development of the operation; and failure in the final transfer of the assisted consciex.

05. **CEs.** *A lucid consciousness is ready to use self-defensive CEs wherever necessary.* It is intrusive to use CEs as a defence if you do not have a strong logical reason for this.

06. **Suspicion.** It is intelligent to always presume that a suspicious consciex, or some extraphysical intruder in this context, is *armed* with reasonably negative or unhealthy CEs.

07. **Societies.** Who helps, protects human lives and the *consciential welfare* of the Socin, or Intrapysical Society (even if pathological), and, of the Sociex, or Extraphysical Society. Every intruder, even with the worst of intentions, is a part of these Societies.

08. **Resistance.** Whoever assists must be prepared to encounter tenacious and dangerous resistance against all changes in the CEs of the extraphysical environment. This always matters in interventions against the interests of unhealthy or intrusive consciexes.

09. **Approximation.** When approaching the consciex to be rescued, the foreign environment and unknown companions, always act at the appropriate time and in the appropriate place.

10. **Precipitation.** If in doubt, you are urged to abstain, postpone the rescue. Precipitation may be costly (retaliations) for the target-consciex of the rescue attempt.

11. **Decision.** In this case the responsibility rests with the human consciousness. However, there are occasions in which the rescue approach cannot be postponed. It is better for it to occur at that moment. Only cosmoethical self-discernment indicates the correct or ideal decision.

12. **Environment.** Whoever assists has to prepare to face the condition of being in the *CE's cross hairs*, in a different and inhospitable extraphysical environment. Regardless of the consciential dimension, everything needs to be planned, without underestimating anyone.

13. **Options.** If some option is available, these 4 attitudes are useful: to conciliate; not to parlay indefinitely; to always seek to *energetically immobilise* consciexes; and to neither pursue nor be pursued in *energetic duels* ("cat and mouse" like *Tom and Jerry*).

14. **Techniques.** Only *projective training* can lead the projector to a level of lesser imperfection. Let us put extraphysical consciential techniques into positive action. Extraphysical assistants, helpers and benefactors will note the difference in favour of the work.

344. TEST OF PERSONAL EXTRAPHYSICAL ACTIONS

Multidimensionality. *To live multidimensionality is always “to poke a tiger with a short stick”.* However, an effort in this direction is helpful for all conscins.

Actions. While outside the soma a conscious projector can, for example, experience 30 consciential manifestations in extraphysical dimensions:

01. **Takeoff.** Experience a marked and *lucid self-takeoff* through the psychosoma.
02. **Psychosoma.** Experience the cessation of breathing: the soma is like a *human bellows*.
03. **Energosoma.** Examine the *silver cord* and its refined parabiological structure.
04. **Self-bilocation.** Examine their own soma while projected and very lucid.
05. **Fluctuation.** Float without fear, within the house or in distant open spaces.
06. **Parapermeability.** Permeate material objects and intraphysical constructions.
07. **Inspections.** Make detailed *extraphysical inspections* of their physical base.
08. **Approaches.** Approach the *extraphysical intruders* of the *residence’s holothosene*.
09. **Telekinesis.** Produce *telekinesis* or the act of moving material objects without touches.
10. **Energosomaticity.** Witness living environmental manifestations of CEs.
11. **Auras.** Directly analyse the bioauras of conscins and the *doubles of things*.
12. **Apparatus.** Verify the existence, or not, of certain *extraphysical instruments*.
13. **Fly.** Leave the physical base at midnight to fly, far, into the sunlight (day).
14. **Euphorex.** Extraphysically fly with freedom and indescribable euphoria.
15. **IEs.** Absorb extraphysical energies (IEs) from the sea, fields or cities.
16. **Visits.** Visit distant intraphysical (human) environments and extraphysical districts.
17. **Morphothosenes.** Formulate and shape morphothosenes through *thosenic force*.
18. **Rejuvenation.** Transfigure the para-appearance of the psychosoma, rejuvenating it.
19. **Assistantiality.** Research the extraphysical districts of ill consciexes.
20. **Conscientiotherapy.** Release CEs in favour of sick conscins and consciexes.
21. **Deintrusion.** Energetically confront multiple consciexes.
22. **Reunions.** Be reunited with ex-relatives or projected conscin friends.
23. **Telepathy.** Produce telepathic transmissions or *transmental paradialogues*.
24. **Rescues.** Perform *assistantial rescues* of needy or ill consciexes.
25. **Pararesearch.** Participate in the explanation of topics by evolved consciexes.
26. **Communities.** Absorb transcendent lessons in *extraphysical communities*.
27. **Retrocognitions.** Provoke healthy and instructive *self-retrocognitions*.
28. **Bilocation.** Try to manifest yourself in front of sensitive children (*physical bilocation*).
29. **Mentalsomatics.** Experience yourself living in a state as a lucid point of CE only.
30. **Serenism.** Interview consciexes: friends, *helpers* and *Serenissimi*.

Test. The majority of conscins only produce spontaneous and unconscious projections and therefore, still have not had advanced projective experiences. What is exact level of your conscious projection? Here and now the challenges are there.

345. TEST OF PENTA OR THE PERSONAL ENERGETIC TASK

Evolution. A consciousness only evolves faster when they help other consciousnesses to evolve. This summarises the evolutionary dynamic affecting every conscin.

Conscientiotherapy. The daily practice of penta - a specific Conscientiotherapy technique - implies an inevitable intimate renewal of the conscin. It becomes incompatible for a penta practitioner (pentist) to maintain these 30 habits or anticosmoethical attitudes, namely to:

01. Always resort to divination and fortune-telling in day-to-day self-decisions.
02. Be a motorcyclist, exposed to the high energetic risk of a motorcyclist's locomotive life.
03. Be a sick user of alcohol or drugs in general, whether light or heavy.
04. Be a sincere supporter or apologist for the legalisation of the death penalty.
05. Carry a trinket or amulet hanging around your neck or inside your shirt.
06. Continuously live without a fixed intraphysical domicile or in an impulsive nomadism.
07. Cultivate any kind of gurulatro or interconscinial self-subjugation.
08. Cultivate some chronic pessimistic positioning before the Universe.
09. Feel manifest or transparent insecurity in the personal actions of daily life.
10. Habitually cry, every week, due to being highly insecure and dissatisfied.
11. Hang-glide: hang-gliding is a high risk, deadly or suicidal sport.
12. Have an occupation that in some way implies repression of consciousnesses.
13. Have an unproductive existence all the time, without any self-creativity.
14. Have and use a gun licence, in a self-conscious evocation of subhuman killing.
15. Have promiscuous *all-nighters* numerous times each month (intrusion).
16. Knock on wood however many times, a slave of irrational superstition.
17. Lead an intemperate or essentially disorganised intraphysical life.
18. Live imprisoned by a sectarian doctrine, in mediocre and medieval antiuniversalism.
19. Live in a state of permanent unsociability or *monastic hermitism*.
20. Live submissive to the depressive habit of ingesting *pills* or narcotics.
21. Maintain a chapel, altar or shrine at home, dominated by infantile mysticisms.
22. Maintain excessive body weight, increased by bulimia or a sedentary life.
23. Make irrational promises, or in other words: to not trust Multidimensionality.
24. Naively collect firearms: a primary self-imprudence.
25. Only think and be worried about the nuclear family (mega-egokarma).
26. Practise, for example, the *shooting of pigeons*, or pathological zooconviviality.
27. Smoke: a primitive vice and irreparable blocker of the cardiochakra's CEs.
28. Suffer habitual and unconscious mini-intrusions, which are obvious to others.
29. Work in an animal or poultry slaughterhouse.
30. Work with a chainsaw, in any rural area.

Test. If you still maintain even 3 of these 30 personal habits, you can be certain: a healthy and effective penta is still *far beyond* you. *Sedentarianism is paralysis*.

346. CONSOLTASK OR THE ASSISTANTIAL CONSOLATION TASK

Characteristics. The service of consoling fraternal aid, from one interested consciousness in favour of another or others, presents at least 20 characteristics:

01. **Average.** It conforms, offers palliatives and *pleases* everyone (simple work).
02. **Yes.** It always says *yes* much more than *no*, in all undertakings.
03. **Dependents.** It serves those who still always ask a lot for themselves.
04. **Hypocrisies.** It brings *mollifications* and uses maudlin postures, childish parables and euphemisms, with participants submerged in the widest range of insincerities and hypocrisies.
05. **Facilities.** It presents easy understanding, agreeable execution and enjoyable performance, with palpable immediate compensatory results in day-to-day human life.
06. **Quantification.** It is supported by the passivity of the *masses*, listening to public opinion and prioritising the volume or quantity of proselytising and catechetical services rendered.
07. **Emotionalism.** It invariably utilises the human's desires, anxieties and capacity to feel, or the animalised emotional bodies (*abdominal sub-brains*).
08. **Immaturities.** Is dedicated to the form of things and the appearance of beings, with palliatives and consciential emergencies, not choosing the means to achieve the ends.
09. **Absolutism.** It monopolises the "truth" and labels, thus exalting mysticisms.
10. **Demagogies.** It appeals to religious and political demagogues in order to keep consciences anaesthetized in consciential infancy, at a prematernal level of protoknowledge.
11. **Seriexis.** It promotes the theory of the seriexis, however only exalts consciences, to the detriment of a human, a conscin, who is without a doubt a multidimensional being.
12. **Inculcations.** It seeks to implant *sanctity* and salvationism, speaking with austerity, puritanism, moralistic conventionalisms and *golden sub-brainwashings*.
13. **Illusion.** It calls attention to intimate reform, but preserves slavery and promotes the illusory idea that definitive self-evolution can be achieved in only one human life.
14. **Crutches.** It employs all the *psychological crutches* possible, without explaining them, combating them, or offering ways to be free from them. (See Bib. 4708).
15. **Manipulations.** It reiterates antiquated formulas, in a sacramental tone, while manipulating and conserving the human masses in an unconscious psychological dependency.
16. **Inhibitions.** It maintains beings as inhibited listeners, without exposing their own ideas, for fear of not pleasing and as people incapable of permanent liberating questionings.
17. **Orthodoxy.** It emphasises parochial and segregated sectarianism, basing actions on *intransigent orthodoxy*, in a condition of egoistic and self-defensive purism.
18. **Torpidity.** It makes the masses constantly *feel much more and think much less*, and be numb to the cult of myths, icons, immaturities, worships, gurularies and staged displays.
19. **Competiveness.** It is preoccupied, in an insecure way, with professional and systematic catechetical efforts, in a temporal competition among religions and philosophies.
20. **Dogmatic.** It maintains untouchable taboos using irrational sacralisations and dogmas.

347. EXPERIENCE OF THE CLARIFICATION TASK

Characteristics. The experience of the fraternal aid of clarification from one interested consciousness towards others, presents at least 20 characteristics:

01. **Complexity.** It is always in the minority and the counterflow, it clarifies facts, points out errors and offers more definitive evolutionary solutions (complex act).

02. **No.** It always says *no* more than *yes*, in all undertakings.

03. **Self-sufficient.** It serves those who no longer ask for themselves, only for others.

04. **Self-critique.** It extols self-criticisms, based in justice far removed from hypocrisies.

05. **Difficulties.** It presents difficult understanding, less pleasant execution and not always pleasing performance, without immediate results in day-to-day human life.

06. **Qualification.** It relies on the active reactions of more mature people, independent of public opinion, prioritising the quality of the services rendered.

07. **Mentalsomatics.** It utilises the personality's ideas, self-discernment and capacity to think freely, or in other words, alert and active *mentalsomas*.

08. **Rationalities.** It focuses on the essence of beings and the content of facts, through derepressing rationalised prophylactic consciencial techniques.

09. **Waking.** Its persuasion is based in discernment, the essence of the act of waking all types of *evolutionary sleepers*, everywhere.

10. **Holomaturity.** It is dedicated to integrated consciencial maturity, the goal of achieving the *self-control of serenism*, selecting the means to reach the libertarian ends.

11. **Seriexis.** Primarily based on the intraphysical consciousness (conscin), it explains the *whys* and the *hows* for everyone to liberate themselves from the cycle of numerous repetitive lives.

12. **Truth.** Evidencing leading edge relative truth (verpon), it demands nothing, speaks in good humour and in a relaxed manner, repudiating *Socin's* conventions, traditionalisms and temporalities.

13. **Evolutionality.** It always insists on the numerous, inevitable, successive lives ahead, and on the reasons why we should accelerate consciencial self-evolution.

14. **Crutches.** It only employs inevitable *psychological crutches* in human life, explaining them, combating them and offering means to be liberated from them.

15. **Liberation.** It applies formulas of self-responsible psychological liberation.

16. **Disinhibitions.** It seeks the consensus of universal discernment, through the totality of ideas in public debates, making beings uninhibited in the face of real life.

17. **Maxiuniversalism.** It supplies a motivated consciousness the means to be liberated from time, form and space, until they arrive at maxiuniversalism without an *ivory tower*.

18. **Experiments.** It leads everyone to think for themselves, in order to tame animal instincts in personal experiments, substituting belief for direct knowledge.

19. **Self-control.** It dispenses with cults of personality, gurus and systematic indoctrination.

20. **Self-knowledge.** It proceeds independent of temporary theological empires and dispensable intermediaries, in the permanent building of greater self-knowledge.

348. INTRACONSCIENTIAL REVERSAL OF CLARITASK

01. **Reversal.** There is a reversal of the effectiveness of the level of cosmoethical clarification over a consciousness who works with the clarification of leading edge relative truths (verpons).

02. **Moment.** There is an evolutionary moment of self-awareness regarding the proexis, in which, from then on, other's opinions about private human tasks no longer matter - regardless of who they are. After all, in a still pathological Socin, *public opinion* is the sum of the multiplication of consciential immaturities. *There are sick multiconsensuses.*

03. **Responsibilities.** Within this parameter of self-awareness, a conscin no longer encounters anyone onto who they can unload their responsibilities or old parapatological, multiexistential obsessions. The discovery of *self-knowledge* becomes simple for them. *An innate idea (retrothosene) can become a professional career.*

04. **Defences.** Excessive millenary defence mechanisms, that paralyse the ego and that were so important in the recent past, no longer act in self-judgments. Today, it is of much more interest to a conscin, *to try to pay off evolutionary debts* (recexis, recin, gescons).

05. **Groupkarma.** Spurious defences of the groupkarma's conscins do not resonate.

06. **Models.** Now the primary evolutionary role models are the *permanintfree being*, and later on, the serenity of the *Homo sapiens serenissimus*.

07. **Universalism.** The geocentric currents of thought (holothosenes) and sectarian institutions no longer overwhelm the conscientiologist's cardiocharka. Universalistic personal principals guide new steps. You no longer plead *pro domo sua*.

08. **Examples.** Within the atmosphere of external life, you no longer encounter a climate that encourages you to become enraptured in the applause and laudation generated by potential personal successes in evolutionary behaviour, or in the self-examples of silent positive conduct.

09. **Omniquestioning.** The consciousness yearns for self and heterocritical questioning able to clarify remaining immaturities.

10. **Maxifraternity.** Within them they do not see any excuse to ask for anything or make a demand that is solely for themselves. Having received numerous evolutionary opportunities, squandered them and now needing to take advantage of everything at hand, or what remains of the least bad of their excesses and follies.

11. **Immediacy.** Personal cosmoethical responsibility seems to be experienced by *sweating blood* in the immediatism of the *multidimensional here-and-now*.

12. **Ingratitude.** In order to not diminish groupkarmic merit in the *Personal Evolutionary Register* (PER), a self-aware person never complains, *not even in thought*, not about unfair or jealous acts of an ungrateful conscin, not as an *innocent victim*, regardless of whether imposed or not intentionally sought by them. On the contrary, for some time during the opening of the daily *penta* practice they *envelop a mental image* of the ungrateful person in a benevolent exteriorisation of CEs, a sincere and experienced maxifraternity. This exemplifies an anonymous mentalsomatic *polykarmic* assistential act belonging to *hyperacuity* and *holomaturity*. (See page 409).

349. IMPLANTATION OF THE LIBERTARIAN CLARITASK

Stages. Here are 7 indispensable stages in the acquisition of conviction in an entirely new idea and the corresponding implantation of a project based on that idea. The project is a personal task of clarification (claritask), feasible in daily intraphysical life, through the soma, Mesology (environment), and within Socin which is - we cannot forget - still pathological:

1. **Self-motivation.** Firstly, it is necessary to have motivation, or a favourable disposition, without neophobia towards the experienced acquisition of a new or different idea (verpon), in this case, with all the consequent positive stress (neosynapses). Examples: acquisition of the neo-knowledge of Conscientiology and personal experience in intraphysical life.

2. **Decision.** A thoughtful and self-critical decision, without nourishing any doubts, has to be irreversible, or such that you cannot go back on it. The act has to be definitive, without any later regrets. While doubts are being sustained, no intelligent person will embrace the idea (cosmo-ethical thosenity), project and new task, especially when vanguard.

3. **Perseverance.** Once the decision is made, the conscin converges all available resources (talents, modalities of intelligence or *strongtraits*), in a perseverant manner towards the maximum possible realisation of the idea, in order to materialize and consolidate it. At that moment you cannot forget about the economic-financial viability, always indispensable in the intraphysical dimension or Socin of which we are active members. The always preventable consciential intrusions and parapsychic en route accidents emerge here.

4. **Routines.** After selecting the directives and strands *most profitable to their own evolution*, and the evolution of nearby conscins (groupkarma), the person establishes, in intelligent plans, the routines indispensable for the satisfactory attainment of the libertarian project or the deliberate execution of the existential programme (proexis) in the human existence.

5. **Implantation.** After the functional establishment of routines, consolidation of the chosen claritask in the day-to-day begins, only then is there a definitive implantation of the project. *Prophylactic VSs* act decisively at this point, opening the holothosenic way.

6. **Synapses.** The conscin begins to more intensely work the mentalsoma with the new idea - intraconsciential space and time -, in order to acquire cerebral synapses or inter-neuronal connections (neuroglia) in the brain corresponding to the new idea and the specific practice of the also new claritask. *New self-efforts always demand new synapses in a renewed brain.* Only in this way do efforts persist and the conscin acts with the effectiveness expected in human life.

7. **Maintenance.** At this point - months or years later - the conscin has already completely absorbed and *metabolised* the new idea with continuous refills of the brain - positive consciential self-mimicry - on the theoretically and practically (theorice) experienced subject. Then, the existential project can be considered consolidated (holothosene), in the full phase of maintaining habits, routines and *consciential gestations*, based on the personal clarification task, or the proexis planned in the recent *Preresomatic Intermittive Course*.

350. TEST OF 11 QUESTIONS ABOUT CLARITASK

Definition. The *claritask* is the alert experience, at the highest level of self-discernment, of rational, libertarian, scientific, cosmoethical assistantiality in favour of consciousnesses.

Answers. *A leading edge relative truth has authority in itself.* Here are 11 classic questions to ask, and techniques to perform, during an initial approach to any new, or original, scientific subject, answered here in a succinct and didactic manner regarding the *claritask*:

01. **Agent.** *Who* is inclined to perform the *claritask*? A conscin interested in dynamising self-conscious evolution in their current critical seriexis.

02. **Existence.** *What* is the objective of the *claritask*? Conscious realisation of assistance to other consciousnesses, without the influence of beliefs, in a more ample level of evolutionary productivity, constructing libertarian works or creating lucid *consciential gestations (gescons)*.

03. **Space.** *Where* is the *claritask* developed? In the intraphysical dimension open to the most ideal extraphysical evolutionary goals possible.

04. **Time.** *When* should you embrace the execution of the *claritask*? After a self-critical conscin is lucid and experienced regarding the execution of the previously necessary consoltask.

05. **Comparison.** *With which* libertarian process can the *claritask* be compared? With the primary and much easier assistantial task of consolation. To console is to blindly help without thinking or making judgments. To clarify is to ponder and judge *before*, so as to help *later*.

06. **Cause-effect.** *Where* is the *claritask* being developed today? Wherever more lucid conscins are now interested in realistically dynamising interconsciential assistance in order to achieve the consciential condition of *cosmoethical permanintfreeness*.

07. **Resources.** *With what* elements is the *claritask* performed? With the competence acquired by a conscin through the primary assistance of the consolation task, beginning, even for those who judge themselves competent, with the daily practice of penta, or the personal energetic task.

08. **Method.** *How* is the *claritask* executed? Through dedication to the fruitful experience of the cosmoethical principals of the leading edge relative truths (verpons) of Conscientiology.

09. **Goal.** *What* is the advantage of executing the *claritask*? Elimination of the possibilities of dispensable existential self-mimicry and the attainment of a long series of consciential conquests, within a *multitasked regime*, while acting as a minipiece in the consolation and clarification tasks.

10. **End.** *What* is the reason one decides to execute the *claritask*? To be reborn in the intraphysical dimension with the fundamental goal of mutually, lucidly serving one another within a holothosene of interconsciential assistantiality. *Abnegation* is the morexis' closest sister.

11. **Quantity.** *How much* should be invested in the *claritask*? The maximum possible that a conscin can manage and support with their aptitudes and talents, in order to live in the counterflow, while maintaining services of utmost clarification, at the highest level of Cosmoethics.

Test. Answer for yourself:- *What* is the quality of the personal interconsciential assistance I make available in the intraphysical dimension? *What* degree of assistantiality do I already have within the directives of the task of clarifying consciousnesses? *Maxifraternity* is healthy action.

351. TEST OF 30 PITFALLS IN THE CLARITASK

Conscins. *Pre-serenissimi present fissures and vulnerabilities.* There is that commander of thousands of active soldiers, who at home is controlled by a tiny wife.

Confrontation. Leading edge relative truths (verpons) in interconsciential clarification tasks, characteristic of self-experimenters of the Sciences Conscientiology and Projectiology, demand, at a minimum, an unavoidable facing of 30 dispensable pitfalls:

01. Always *clarify consciences* over the act of only *consoling conscins*.
02. Always receive unfounded accusations from less healthy conscins and consciexes.
03. Always remaining in the narrow universe of a specific intraphysical minority.
04. Always think more about other people as opposed to just *yourself*.
05. Be justifiably optimistic, within *yourself*, due to useful knowledge.
06. Be misinterpreted due to all kinds of consciential immaturities.
07. Choose better technical procedures, even when more antipathetic.
08. Coexist with waves of CEs (consciential energies) from the *opposition's front lines*.
09. Encounter 99 gloomy frowns for each open and sincere *smile*.
10. Expect 99 negative results from personal efforts for each 1 positive result.
11. Expect ingratitude and deception from people and places you would never presume.
12. Have in *intimate Cosmoethics* the measure of all things more evolved.
13. Helplessly witness injustices greater than our personal resources.
14. I cannot be self-corrupt and *please others, only to later take advantage* in some way.
15. Intimately, constantly generate cosmoethical, healthy and *positive stresses*.
16. Know, even a lot, about Serenissimi, without coexisting with any of them.
17. Listen to 99 *big egos* for each constructive, sincere and maxifraternal consciousness.
18. Live *all* cosmoethical experiences, without masochism or triumphalism.
19. Overcome misunderstandings generated by the instability of constant renovation.
20. Produce 999 drops of sweat for each drop (1 unit) of polykarmic credit.
21. Provoke *growth crises* in external life, wherever we go.
22. Recognise personal mistakes, which are always greater than forecast.
23. Repel sick interconsciential intrusions on this *Evolutionary Hospital-Earth*.
24. Row against the social tide still acting in the pathological and immature Socin.
25. See relatives, friends and *good groupkarmic colleagues*, leaving *us alone*.
26. Strive for transcendental ideals in the environments and the century in progress.
27. Suffer pressure from careerists and opportunists in all injunctions at work.
28. To nearly always opt for entirely anti-economical *self-lucid* attitudes.
29. Understand, with a sense of self-discernment, this *Reform School-Earth*.
30. Witness the waste of *millions* when we suffer from a *lack of cents*.

Test. Do you feel disposed, motivated and prepared to face the challenge of all the pitfalls referred to and analysed here? No healthy *conscin* is idle.

352. TEST OF 30 ADVANTAGES OF CLARITASK

Challenge. One must try hundreds of times: 1 *evolutionary success* can be worth more than 1000 failures. *The megachallenge of experiencing claritask touches all lucid conscins.*

Offering. Leading edge relative truths, in polykarmic interconsciential claritask, characteristic of the self-experimentations of the sciences of Conscientiology and Projectiology, offer at least 30 obvious advantages:

01. Achieve the best possible level of consciential self-lucidity, all the time.
02. Achieve the condition of (integrated) holomaturity as soon as possible.
03. Avoid blind beliefs, human doctrines and *useless existential self-mimicry*.
04. Burn stages in the face of the average evolutionary march of human consciousnesses.
05. Come closer to the execution of the personal proaxis, or existential programme.
06. Construct prophylaxes from the primary illusions of human life (melin).
07. Dynamise conscientious evolutionary self-competence, within openness.
08. Efficiently exclude the possibilities of self-guilt in the future (melex).
09. Effectively manage megathosenes beginning with mentalsomatics.
10. Experience *Cosmoethics* at a high evolutionary level in the present-future, the here and now.
11. Fight self-corruptions with an elevated sense of cosmoethical self-discernment.
12. Follow the *consciential paradigm* in all evolutionary self-experimentations.
13. Get used to facing *facts* long before the *adrenaline* of strong emotions can appear.
14. Have less difficult access to original ideas in leading edge consciousness research.
15. Improve the code of personal principals employed in human life.
16. Increase your own level of chosen culture at any physical age.
17. Leave the multiseccular condition of evolutionary mediocrity within the groupkarma.
18. Liberate yourself earlier in intraphysical life from the *consciential basement* condition.
19. Locate, in each context, the predominate essential evolutionary value.
20. Maintain a permanently updated, fair, consciential self-evaluation.
21. Minimize, to reasonable levels, omissions and crass errors in your conduct.
22. Nullify intrusions from the abdominal sub-brain in intra and extraphysical life.
23. Prioritise, with greater intelligence and precision, actions in each human minute.
24. Promote, with discernment, your *recexis* or existential self-recycling.
25. Realistically identify, with maximum self-criticism, your basic *weaktraits*.
26. Recuperate *cons*, or the consciousness' units of lucidity, faster.
27. Remain more *aware of* the backstage in an active and useful multidimensional life.
28. Resolutely follow a path to the evolved condition of lived serenism.
29. Self-lucidly practice assistantial tasks of great clarification.
30. Take the experience of your consciential potentials to the extreme.

Test. In the clarification task, are you aware of, in agreement with, and do you make the most of the benefits of leading edge relative truths (verpons)? Living only for the *soma* is dementia.

353. THEORICE OF ALTRUISTIC INTERPERSONAL RELATIONSHIPS

01. **Evolution.** According to the facts and parafacts, which you can confirm, we came to intraphysical life to incessantly evolve with discernment, equilibrium and *intimate satisfaction*. This is the meaning of life. Regarding essential values there are legions of amaurotic *conscins*.

02. **Well-being.** To be satisfied is not reprehensible, and neither is there anything wrong with the instinct of self-preservation. It is perfectly natural to seek personal well-being and survival and to withdraw from pain and suffering, seeking greater contentment and delight.

03. **Service.** Evolution rationally occurs through humanitarian acts of service to others, either in a personal or group way. *To assist* is to tear up the cheque used by the purchaser of vital medicine, before having cashed it. (See Bib. 4815).

04. **Interdependence.** Therefore, we came to intraphysical life to serve others without subjections or slaveries, in an unavoidable regimen of evolutionary interdependence.

05. **Dynamisation.** Nobody on this Planet has previously had such a valuable opportunity to dynamise self-evolution as we have now, in the 21st century, the Era of Consciousness.

06. **Population.** The Earth's population has never been so numerous for socializing.

07. **Communication.** The possibilities of interpersonal communication and contact have never been so efficient, easy and less costly than as at the present time.

08. **Freedom.** Today the freedom of expression and manifestation of thosenes and personal consciential interests have extended to levels unthinkable and unattainable in prior human lives. *Your level of internal self-development depends on you.*

09. **Conclusion.** It is intelligent to prioritise possibilities in a unique way to improve the personal assistential work done for other consciousnesses.

10. **Interests.** In view of these facts, we establish the fact that the majority of social beings or conscins practically and exclusively live focussed on their own consciential interests, within the egokarma and intimate groupkarma, turning this into an extension of their ego. Delusions of grandeur are a characteristic of the mentally ill (psychopaths).

11. **Minority.** Therefore this fact can be verified: the minority of humans attempting to prioritise assistance to others is still minuscule and insignificant in relation to the real evolutionary necessities of the majority of the components of humanity, or Socin.

12. **Counterflow.** Such conscins generally live in the sociocultural counterflow.

13. **Sum.** It is intelligent for us to meet with colleagues dedicated to helping consciousnesses, seeking to develop the sum of pro-evolutionary consciential experiences and knowledge. This is why the *International Cosmoethical Conscientiological Community* exists.

14. **Survey.** From a practical point of view, it will be important for you to perform a survey from among your circle of relations, on who is the most dedicated to *altruism without sectarianism* and not to the *sectarian egoism* common to human beings.

15. **Prioritisation.** Prioritising contact with people dedicated to maxifraternity permits greater proximity to the goals vital to lived serenism.

354. TEST OF PRIMARY PERSONAL ASSISTANCE

Pseudogenius. Money can make people pseudogeniuses by breaking accepted rules. *Interconsciential assistance is not based on mere economic values.*

Disinterest. You can test if you are already helping others without second intentions.

Attitudes. See if you hold any of the 30 attitudes from this exhaustive list:

01. **Arm.** Are you a right hand, supporting and providing protection to needy people?
02. **Assistance.** Do you personally serve as an instrument of interconsciential assistance?
03. **Assistentiality.** On the assistential front does your presence stand out?
04. **Attendance.** Do you attend to irrecusable pleas by giving aid, peace and food?
05. **Conviviality.** Do you tend to assistance with open arms and in person?
06. **Democracy.** Do you breathe the same air in the same environment as the assisted?
07. **Evolution.** Do you provide useful means of evolving that favour everyone?
08. **Exemplification.** Do you bestow benefits on others who are worthy of imitation?
09. **Exposition.** Are you exposed at the front of face to face, hand in hand, assistential work?
10. **First Aid.** Do you respond to emergency calls and cries for urgent help?
11. **Initiatives.** Do you put your best initiatives on a good evolutionary path?
12. **Perseverance.** Do you take care of endeavours and precautions in favour of those nearby?
13. **Polykarmality.** Do you have the entire community's well-being in mind when acting?
14. **Presence.** Do you assist and attend, honouring with the brightness of your active presence?
15. **Problematic.** Do you cause a scene over other's personal, or even group, problems?
16. **Provider.** Do you provide other people with what is truly necessary and priority?
17. **Providence.** Do you perform, always providential, acts of assistance?
18. **Research.** Do you repeatedly visit and attentively observe in order to better help?
19. **Responsibilities.** Do you take *assistential responsibilities* upon yourself?
20. **Self-discernment.** Do you provide a *graceful air* in the most critical moments?
21. **Solidarity.** Do you encourage others with the experience of *deeply lived solidarity*?
22. **Specialisation.** In the end, are you useful and truly helpful? For what reason?
23. **Sponsor.** Are you a Maecenas, *guardian angel* or a *lucky star* for someone?
24. **Support.** Do you give moral, material or another kind of support?
25. **Theorice.** Do you comfort with the eyes, and with the fingers and palms of the hands?
26. **Universalism.** Do you safeguard all the collective (common) good when you can?
27. **Usefulness.** Do you assist offering hands and even pockets, at the correct critical moment?
28. **Visitations.** Do you repeatedly visit the disfavoured in your intraphysical groupkarma?
29. **Watchfulness.** Do you watch, guard, show interest in and give attention to conscins?
30. **Witnesses.** Are you an *eyewitness* to the real necessities of others?

Enthusiasm. Even if all these already happen, do not be enthusiastic about yourself yet.

Consoltask. Personal assistance may only be primary, consoling and of a beginner.

Test. Another more evolved task exists to realise. Have you already experienced *claritask*?

355. TEST OF THE SELF-IMAGE

Test. Have you already constructed a work that was classified by critics as being unique among the 30 characteristics from the 1st column? Do you label yourself with *metaphors* from the 2nd column? or the 3rd?

Characteristic of the Work	Victorious Consciousness	Defeated Consciousness
01. A first-class diamond	An upright person	A skeleton-like person
02. A model (prototypical)	Something turgid and brilliant	A shrivelled shadow
03. A one in a million	A flowering Cariniana	A squashed flea
04. A masterpiece	A long-striding conscin	<i>A little nobody</i>
05. Above all praise	A millenary stalagmite	An abandoned leftover
06. An <i>avis rara</i>	A vigorous personality	A mere deteriorated being
07. Apotheosis	The Amazonian estuary	The forgotten animalcule
08. Extraordinary	A cliff	<i>An insignificant person</i>
09. Extremely exemplary	An antaeus (geoenergy)	A poorly castrated foal
10. Invaluable (priceless)	An elephant sized worker	A mere forgotten ant
11. <i>O nec plus ultra</i>	A monumental star	A miserable scrap
12. Pure cream	A conscin with an <i>overview</i>	A humiliated conscin
13. Record breaking	The <i>podium</i> of competition	The insole of a shoe
14. Salt of the earth	An oceanic consciousness	A drop of dirty water
15. Superlative	The highest	Infinitesimally small
16. The accepted standard	A Himalaya of light	A reptile in the shadows
17. The apogee of the task	A pinnacle conscin	A withered conscin
18. The blessing of blessings	A kisser of the sky	Falling flat on your face
19. The crème de la crème	A <i>sesquipedalian</i> conscin	A <i>semipedal</i> conscin
20. The cosmoethical ideal	An expansive presence	A contracted presence
21. The expected pinnacle	An obeliskal conscin	A Lilliputian conscin
22. The last word	Somebody pre-eminent	A sick and skinny cow
23. The maximum	A highflying spirit	A crawling spirit
24. The peak of effort	A prominent life	A microscopic worm
25. The pick of the crop	A flourishing baobab	A lost infusoria
26. The <i>primus inter pares</i>	A <i>Homo sapiens sapiens</i>	<i>A Homunculus</i>
27. The quintessential	A support of ideals	A satellite of others
28. The top	A gigantic being	A pygmy conscin
29. Unparalleled in history	A very strong mind	A very weak mind
30. With unanimous approval	Upright and in progress	Wasting away in a corner

Self-image. You are your self-thosenity. *If you think you are something, it will always be.* Self-image is always important. You are neither matter nor the soma. *You are self-thosenisation.*

356. TEST OF THE PERSONAL ASSISTANTIAL CONSCIOUSNESS

Types. Here are 8 types of consciousnesses regarding interconsciential assistance or interassistentiality, an evolutionary crescendo - from the *obstructionists* of the rearguard to *peers* from the vanguard:

1. **Useless.** A *non-assistential* consciousness: has not yet awoken to the fact of having come to the intraphysical dimension to serve other consciousnesses (conscins and consciexes), the *raison d'être* of human experience and unique dynamising recourse of self-evolution. *A non-assistential consciousness remains a useless, primary, or more vulgar, easily accessible person.*

2. **Useful.** An *assistential* consciousness: already knows they came to intraphysical life to serve other consciousnesses (conscins and consciexes), and in some way is conscious about helping others in daily life. Such a human being discovered what it means to be a *useful living consciousness.*

3. **Egocentric.** An *egotistic assistential* consciousness: acknowledges having to do interconsciential assistance and does it, but only in a self-serving way, to their more beloved and intimate, generally the first and second human families. The interassistance, in this case, is restricted and parochial and does not appear in the wider *intraphysical* dimension.

4. **Altruistic.** An *altruistic assistential* consciousness: knows they have to do interconsciential assistance and does so in a more open manner, beyond the *barriered-borders* of their closest relatives. Such a person has discovered the needy humanity beyond their fossilised *small world.*

5. **Consoler.** An altruistic and *consoling (consoltask)* assistential consciousness: libertarian, sentimental, doctrinarian and salvationist; is over-accommodating to others in order to appear likeable; needs emotional gratifications; consoles while asking for themselves; is very pre-occupied with stomachs; still employs hypocrisies, maintains dependents and follows public opinion in numerous consecutive lives over several centuries. They still believe and idolise.

6. **Clarifier.** An altruistic and *clarifying (claritask)* assistential consciousness: libertarian, rational, scientific and self-critical; clarifies without demagogy, no longer asks for themselves; sees the quality of their efforts; neither demands nor hopes for anything in return; works at the level of *mentalsomas*. As a lucid consciousness they no longer believe. Through personal experiences, they only live the best. They have discovered *Cosmoethics* in practical *intraphysical* life.

7. **Groupkarmic.** An altruistic, clarifying and *groupkarmic* assistential consciousness: promotes interconsciential assistance clarifying their evolutionary companions without managing to leave their egokarma and wider groupkarma.

8. **Polykarmic.** An altruistic, clarifying and *polykarmic* assistential consciousness: promotes assistance by clarifying consciousnesses intra and extraphysically. The extensive, cosmic and multidimensional interassistentiality here is only noticed in more evolved *extraphysical* dimensions. Such a being has discovered maxifraternity and *serenism.*

Test. The last type of consciousness, with the more difficult, polykarmic interconsciential assistance, is the *ideal model* of evolutionary assistance proposed by Conscientiology and Projectiology. From among these 8, what type of *assistential consciousness* are you, today, here, *in front of this page?* A critical response will, first of all, help you.

357. TEST OF PERSONAL ENCOUNTERS WITH DESTINY

01. **Reunion.** Ordinarily it is not easy to encounter, or more appropriately reencounter, in the right place - intraphysical space - at the right time - chronological time - conscins engaged in evolved tasks of clarification (claritask).

02. **Interferences.** Myriads of interferences seem to act like a *steamroller* of human life over conscins (parapsychic accidents), causing deviations from purposely established goals (existential programme or proexis), even after much preparation in *Intermissive Courses*, prior to the intraphysical rebirth, or in other words, preresomatic.

03. **Disagreements.** There are those who become aware very early, and those who become aware very late, regarding their own intraphysical mandates and assignments. This creates con-tretemps, disagreements and *unhappy dissidents of destiny* within the groupkarma.

04. **Helpers.** Extraphysical facts evidence that helpers' (consciexes) fundamental work, regarding conscins, is based above all on the sponsorship and consolidation of interconsciencial encounters among similar consciousnesses, that is, those who are responsive to changes in destiny based on their execution of individual and groupkarmic proexises (maxiproexis). This occurs even when such consciousnesses remain unaware of this in their ordinary physical waking state.

05. **Definitions.** Such intersections or encounters of affinities and interests, capable of producing existential mutations, define the lives of conscins and to a certain extent the Socins themselves. For example, an evolutionary duo can be born from an apparently trivial encounter.

06. **Variables.** Diverse variables stand out among these interconsciencial articulations: the interconsciencial *meeting point; the moment of destiny;* providential intermediary people; the levels of prestige and sociocultural influences; mutual intraphysical interests; and general ideological affinities.

07. **Pre-reencounters.** CPs assisted by helpers are relevant in preparing the *projective backstage* or the *extraphysical pre-reencounters* of conscins, in general, who are jointly committed to a related proexis or maxiproexis. (See page 272).

08. **Ectopias.** A high percentage of consciencial ectopias in the proexis of conscins are due to deviations, detours, aimless wandering, omissions, changes of direction or unprepared swerves that lead to spurious paths and losing the track. The conscin wanders disoriented, without a compass; they may even accomplish something, but it is in the wrong place, at the wrong time and outside of the objectives programmed for their existence (dispensable existential self-mimicry).

Test. What results do you reap from taking advantage of life's opportunities? Do you take advantage of interconsciencial encounters or disregard the evolutionary chances, being a victim of parapsychic accidents? Let us escape the *illusion of time*. Each *hour* has exactly 60 minutes.

Proexis. Intraphysical encounters depend on the results of the proexis and *consciencial self-gestations* and even more on complexis or incomplexis, as no consciousness lives completely isolated or alone the entire time. *Extraphysical projective encounters with Serenissimi* are *evolutionarily recycling*.

358. TEST OF VERBAL ASSISTANTIALITY

Answer. A billiard ball hit by 100 other balls does not react, but 1 man, when reached, can react a lot. Interconsciencial dialogues depend on the holothosene created.

Behaviours. Here are 30 behaviours from the clarification task for use in public debates:

01. **Authenticity.** Be authentically-open and the most politely-frank possible.
 02. **Cosmoethicology.** Above all maintain deeply lived cosmoethics in self-affirmations.
 03. **Crises.** Intentionally generate the positive stress of growth crises.
 04. **Critical.** Solicit, from the start, maintenance of every consciousness' critical thinking.
 05. **Crutches.** Good humouredly repudiate conventions and *dispensable social crutches*.
 06. **Discernment.** Annul sectarian doctrines in light of universalistic discernment.
 07. **Egos.** Be attentive to the fallacious defence mechanisms of *listeners' egos*.
 08. **Environment.** Establish a climate of questioning, refutations and open debates.
 09. **Exception.** Do not make exceptions so as to *change someone's mind*, no matter who it is.
 10. **Experiences.** Aim to replace faith with voluntary self-experiments.
 11. **Goal.** Do not seek the goal of being friendly or *pleasing* others.
 12. **Ideas.** Value the content of libertarian ideas *over the form* of the words.
 13. **Indoctrination.** Do not target indoctrination, or suggestion, as prioritised goals.
 14. **Information.** Inform with sincerity and realism, without insisting on convincing.
 15. **Interdependency.** Combat dependence and independence, in the exposition of the *law of consciencial interdependence*, which is inevitable at the current, terrestrial, evolutionary level.
 16. **Language.** Use language naturally without a predominance of worn out technical words.
 17. **Maturity.** Emphasise the self-discernment of consciencial maturity, in everything.
 18. **Mentalsoma.** Speak directly to conscins through use of *mentalsomas*.
 19. **Misunderstandings.** Avoid all misunderstandings and obscurities in expositions.
 20. **No.** Bear the *burden of saying no*, if there is any, when and where necessary.
 21. **Originality.** Endorse the original concepts that are able to be conceived.
 22. **Prioritisation.** Prioritise the information most useful to the evolution of consciousnesses.
 23. **Proselytism.** Suffocate attempts at proselytism or guru worship, when they arise.
 24. **Self-knowledge.** Objectify the conquest of self-knowledge by all.
 25. **Shocks.** Know you are able to create inevitable shocks with the new information.
 26. **Shows.** Eliminate all the emotional *hooks and shows* possible.
 27. **Trinomial.** Exalt the *trinomial motivation-work-leisure*, the formula of serenity.
 28. **Truth.** Keep in mind the fact that pure, to the point, *relative truth*, generally does not please everyone. On the contrary, it often displeases the majority.
 29. **Universalism.** Depersonalise the topics and examples in focus, always, everywhere.
 30. **Unthinkable.** Show heads the previously unthinkable or unimaginable thosenes.
- Competence.** Be realistic: if you still do not think you are able, or if you are intimidated by the experience of these advanced behaviours of the claritask, it is up to you to improve yourself in the consolation task.

359. TEST OF PERSONAL COMPREHENSION OF CLARITASK

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about the claritask. Answer each question by yourself, *unarmed*, without referring to Conscientiology's and Projectiology's *artefacts of knowledge*:

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the possibilities or impossibilities of you performing claritask.

02. **Critical.** *Demand* an effort from the more complex personal mental processes:- Critique the condition of the experience of performing consoltask in an open comparison with the experience of performing the advanced tasks of clarification.

03. **Definition.** *Demand* the capacity to classify and distinguish the different categories of the resource under analysis:- Define *cosmoethical assistance*.

04. **Description.** *Demand* a presentation of the characteristics of the condition faced by you:- Describe 10 characteristics of claritask. *Assistentiality* is a megasynthesis.

05. **Discussion.** Presupposing the development of ideas, *demand* more than a simple description:- Discuss the reason why the absolute majority of conscins still only manage to practise consoltask and not the more evolved claritask.

06. **Enumeration.** *Demand* the personal ability to recall:- Enumerate 3 relevant facts conscientiously generated through the lucid personal option for claritask.

07. **Exemplification.** *Demand* a demonstration of self-ingenuity through a personal contribution:- Give 3 examples of constructive personal manifestations - if acting as a *clarification worker* - generated by the conscientious realisation of claritask.

08. **Explanation.** *Demand* a personal emphasis on the subject in relation to cause and effect:- What cause is there for why, today, there are conscins apt to successfully advance the execution of claritask?

09. **Interpretation.** *Demand* the self-capacity to perceive the meaning of the principle idea:- What logical reason exists, today, for the level of aptitude to conscientiously execute the more advanced claritask? *Fraternal love is the ideal basic link of the Socin on this Planet.*

10. **Organisation.** *Demand* a personal recollection of facts according to the criterion of increasing importance:- Organise a list of measures, in 3 diverse intraphysical areas, capable of dynamising the personal execution of claritask.

11. **Outline.** *Demand* self-organisation of the subject into topics and sub-topics:- Outline 3 principles that support the rational and logical concept of claritask.

12. **Selection.** *Demand* a simple natured critical self-evaluation, according to a pre-established criterion:- Indicate 3 different circumstances where claritask is the most appropriate assistential task for a man, a woman, and for a specific group.

13. **Summary.** *Demand* that you are able to present the essential points of the subject:- Summarise 3 aspects of the cosmoethical, evolutionary and theoretical consequences resulting from the conscious and well planned execution of the claritask.

360. TEST OF ASSISTANTIAL ENERGETIC TASKS
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Tasks. A decompensated *energosoma* is a wrongly buttoned jacket. A lucid conscin can perform, for example, 14 healthy, energetic, evolutionary assistantial tasks:

01. **Sensation.** Directly provide the live sensation of consciential energies to conscins who are blocked regarding the absorption and release of CEs.

02. **Hands.** Give an energetic hug, caress, massage or place your hands on someone with the intention of improving their energetic conditions.

03. **Coupling.** Install the condition of auric coupling with another conscin.

04. **Clairvoyance.** Perform mutual facial clairvoyance after installing an auric coupling with another person, this includes symas and symdeas.

05. **VS.** Trigger a VS in other people, even a prophylactic one. *One minute is enough to make a hero. One minute is enough to install a prophylactic VS.*

06. **Energosoma.** Collaborate so that a person aligns and harmonizes their energosoma on their own, through self-unblocking and chakral self-compensations.

07. **Bait.** Serve as assistantial bait or a lucid energetic guinea pig to promote someone's inter-consciential deintrusion (conscins and consciexes).

08. **Therapies.** Help a person to unblock and compensate their CEs (palliative therapies), in order for them to attain real and more definitive self-cures and deintrusions (Conscientiotherapy).

09. **Parasepsiology.** Through the installation of fields of positive CEs perform a cleaning, parasepsis or even remove objects from the residence that came from a sectarian institution (Catholicism; Spiritism; Umbanda; Quimbanda; Seicho-No-Ie and Messianic churches and their *ancestral cults*; among others), and as such are negatively charged with harmful CEs and aim to maintain *fascination with the group*, primarily of the *believer or faithful deserter*.

10. **Object.** Donate an intensely energised object - a book, a flower vase, a plate of food, medicine and others - to someone, creating a condition of positive energetic *rapport*.

11. **Paraperceptions.** Unblock - or temporarily block, in certain cases with healthy intentionality - someone's paraperceptions.

12. **Expansion.** Decisively cooperate towards another's consciential expansion through the installation of a specific energetic field (epicentrism).

13. **Dimener.** Make a lucid conscin enter the dimener, or initial energetic dimension, through the intentional exteriorisation of one's CEs.

14. **Desoma.** In determined intra and extraphysical circumstances and injunctions collaborate with helpers in the desoma, or final projection, of certain conscins.

Test. Which of these 14 productive energetic assistantial tasks do you manage to perform satisfactorily? Is the percentage of *altruistic* preoccupations superior to the percentage of your *egoistic* preoccupations? An intelligent beginning of the daily practice of *penta* is to liberate CEs in favour of those who *did not understand us* in the last 24 hours.

361. THERAPEUTIC AGENTS FOR A HUMAN BEING
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Whole. *A human being constitutes a highly complex system and a specific whole indivisible into parts.* Conventional sciences have already established this fact, in various research areas and hence have identified 3 types of causal factors present in the genesis of the majority of human illnesses: psychological, biological and sociological. However, Conventional Sciences are still partial, mechanical, materiological or *dermatological* regarding the consciousness. Researching only the *consciousness's skin*, they exclude the *engine* of the human being's sophisticated vital system: the *multidimensional consciousness* itself.

Therapeutics. The mere detection of these 3 aspects in the genesis of human beings' disorders is still not enough, nor is it a solution to the fundamental therapeutic issues capable of accumulating and constantly resurfacing in depressed people, who habitually undergo *painful pilgrimages* through multiclincs and polyclincs, seeking relief wherever they can get it.

Factors. Bioenergetic, holosomatic and multidimensional (LP or lucid projectability) factors are missing from *conventional schools of thought*. These act on an intraphysical consciousness (conscin) and are much older, deeper and more powerful than all those already recognised. Conventional (or *periconsciential*) science *scratches the surface* of the problems as it does not arrange its resources to study the human being as an integral whole. The following metaphor fits well here: a car's *engine* is also a specific *whole*, but only knowledge of the vehicle's parts makes it possible to operate.

Areas. Conscientiotherapy - obviously including Projectiotherapy - without preconceptions or corporate sectarianisms and based on the *integrated consciousness paradigm*, aims to act with 7 causal agent-factors, inseparable and intrinsic to human beings, in an interdisciplinary therapeutic approach composed by professionals from 7 areas:

1. **Bioenergetics:** the direct employment of CEs or consciential energies.
2. **Holosomatology:** use of the consciousness' vehicles of manifestation.
3. **Human Biology:** the soma or physical body, the *crude tip* of the holosoma.
4. **Psychology:** all the mental factors astricted to the cerebral hemispheres.
5. **Sociology:** the interpersonal and environmental relationships of a social being (Socin).
6. **Anthropology:** the deeper study of humankind - the male or female conscin.
7. **Multidimensionality:** the acumen from anti-stressing lucid projectability.

Self-cure. In this way the parameters defining a good part of the investigations into general therapies for the human being, are amplified, clarified, compared, combined and dynamised. The set of various factors acting on a patient are: soma, personality, sociofamilial circumstances, age, aggravating external circumstances, level of intelligence and, beyond that, the personal energosoma, *bioenergetic projectability* and emotional parabody, as inseparable constituents of the *whole*, a holosoma (consciential microuniverse). Evidently, the therapeutic approach, simultaneously both *retail* and *wholesale*, will always be much more efficient and have a greater effect because, beyond palliatives, it acts through conscious *self-cure*.

362. THEORETICAL PRINCIPLES OF CONSCIENTIOTHERAPY

Types. *Conscientiotherapy is the definitive Self-curetherapy (Omnitherapy).* It is optimally expressed through the conjunction of Bioenergetics, Holosomatology, Multidimensionality, LP and Projectiotherapy. It is based on four types of self-awareness: bioenergetic, holosomatic, multi-dimensional and projective.

Conscins. Thus, we can establish 10 theoretical-practical (*theoretical*) principles, corresponding to 10 specific different types of conscins, who may be conscious or unconscious of the *relative* health of their bioenergy, holosoma, multidimensionality and LP, or lucid projectability:

01. **Inscient happy healthy.** *A healthy person* unaware of their personal health, CEs, holosoma and LP. This is the *worst* type of *healthy person*: an inscient (ignorant) and *happy* conscin. They do not possess any knowledge of self-cure yet live relatively well.

02. **Mediocre healthy.** *A healthy person* only conscious of their own relative health. Often living in consciential evolutionary mediocrity under the domination of their abdominal sub-brain.

03. **Inactive healthy.** *A healthy person* only conscious of their health and CEs, or consciential energies. They know of the chakras and move their bioenergies without further accomplishments. Many *butterfly-seeker* men and women fall into this category.

04. **Active healthy.** *A healthy person* only conscious of their health, CEs and holosoma. They manage to attain VSs, or lucid vibrational states, including prophylactic ones. They are consciously developing in the search for holosomatic homeostasis.

05. **Happy healthy.** *A healthy person* conscious of their health, CEs, holosoma and LP. This is the *best* type of *healthy person*: a self-aware and happy conscin. They peacefully hold comprehensive knowledge within the dynamics of the evolution of consciousness.

06. **Unhappy unaware unhealthy.** *A sick person* unaware of their personal illness, CEs, holosoma and LP. This is the *worst* type of *sick person*: an inscient (ignorant) and *unhappy* conscin. They do not possess the knowledge or means for reliable self-cure.

07. **Mediocre unhealthy.** *A sick person* conscious only of their illness. Unfortunately they do not live well. There are millions of adult conscins in this precarious condition.

08. **Inactive unhealthy.** *A sick person* conscious only of their illness and CEs. They do not always move bioenergies well, at any time or in any place.

09. **Active unhealthy.** *A sick person* only conscious of their illness (or illnesses), CEs and holosoma. This person looks for positive reactions against their illnesses.

10. **Unhappy unhealthy.** *A sick person* conscious of their illness (or illnesses), CEs, holosoma and LP. This is the *least bad* type of *sick person*: a self-conscious and unhappy conscin. Such a person holds the knowledge and means for self-cure.

Sanity. Conscins have specific *mentalities*. A conscientiotherapist differs from an ignoramus; a scientist from an artist; a soldier from a seminarian. *Administering well* is to intelligently conciliate relative sanity with the omnipresent consciential pathologies.

363. ARGUMENTS IN FAVOUR OF CONSCIENTIOTHERAPY

01. **Ignorance.** Ignorance of the continuous flow of *interdimensional* and / or *multidimensional* CEs between conscins and consciexes (*consciential interchange*), has been extremely toxic and disastrous for Humanity, or Socin. (See Bib. 1801).

02. **Folklore.** Ever since man has been man, such consciential interchange has existed in *uninterrupted operation*. Furthermore, this fact has been mentioned since the most remote past, but has always been disparaged as it was considered to be mere folklore, surrealism and popular delusion.

03. **Thosenity.** Extraphysical intrusions are not taken seriously by most conscins, who generally only use, unknowingly, the *abdominal sub-brain*, because all interconsciential intrusion with extraphysical roots is initiated and installed through a extremely individualised self-obsession (emotionality), that has a personal energetic basis (*pathological thosenes*).

04. **Symdeas.** *The majority of* mentally ill (psychopaths) check into psychiatric hospitals stating that they are not ill, this occurs because *the majority of people* do not manage to deassimilate the negative CEs constantly and *unknowingly*, absorbed from others in a blind, instinctive or unconscious way, that is to say: due to mere nescience, inexperience or immaturity.

05. **Self-defence.** The *primary cause*, in general, of psychological and psychosomatic *illnesses* and of certain neurological and dermatological disorders, as well as many others, is the crass ignorance of conscins regarding their energetic self-defence. Unfortunately those who interact directly with the public suffer more from this lamentable situation.

06. **Projections.** Conscins absorb CEs liberated by other consciousnesses (*unconscious energetic projections*) and do not know how to release the *perturbing CEs* they assimilated. Nor do they even think about this. They childishly fear the *envy* of others without feeling the underlying illness in themselves, the intrusive CEs they unknowingly assimilated and carry.

07. **Self-intoxication.** The person who absorbs *another's CEs* without knowing how to de-assimilate the noxious percentage of these CEs, little by little, automatically and inevitability, becomes energetically intoxicated in human circumstances, conjunctures or injunctions.

08. **Effects.** Energetic intoxication (*unconscious mini-intrusion*) - the cause - starts as a discomfort or irritation and is installed by a breakdown in the organic area of least resistance, which can be diagnosed by its *effects*: gastric ulcer, obesity (certain cases), tobaccoism, depression, fatigue, tension, among other disturbances and pathological effects.

09. **Professionals.** Regrettably, in this picture of ignorance, the fact that energetic self-intoxications even happen with conventional health professionals, such as physicians, psychologists, psychiatrists, psychotherapists and others, in their clinical, ambulatory and surgical interactions with patients or the assisted (*professional energetic intoxication*). LP, or lucid self-projectability, proves this fact to any person interested in verifying it.

10. **Conscientiotherapy.** Conscientiotherapy is based on the self-defensive experience of a conscin with others' CEs and projecting (Projectiotherapy) their own personal CEs, from this or other extraphysical dimensions. *Self-cure (Conscientiotherapy) is the mother of all therapies.*

364. FACTS COMMON IN CONSCIENTIOTHERAPY
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Projectiotherapy. LP, or lucid projectability, evidences the realities of *inter* and / or *multi*-dimensional life to a conscin, in a direct and personal way. Humanity's greatest negligence (amaurosis) is due to the consciousness (Human) thinking and living as if they were only their soma. *Multidimensionality opens a vast new field for self-cures.* Conscientiotherapy, which includes Projectiotherapy, arose from there.

Facts. Through the resources of Conscientiotherapy certain *mini-illnesses*, that in time transform into serious diseases, can be prevented and combatted. These common disorders need to be understood by the public. Among the commonplace occurrences about which the general *public* - including professionals and clients from conventional or *periconsciential* Sciences - lack the correct information and need to be clarified, there are 10 facts occurring everywhere, involving millions of conscins:

01. **Changes.** The erroneous judgement by which others (conscins and consciexes) change due to others' changes, without taking into consideration their own very personal CEs, the key for all consciousnesses to expedite self-evolution.

02. **Evocations.** The unconscious negative evocations common to many people, notably the aged (old memory) and the inexperienced regarding the CEs, or consciential energies, active in all *interconsciential contacts* and *climates* (holothosenes).

03. **Fantasies.** The unconscious intrusive effects of *sexual fantasies* (morphothosenes), where the intrusive ones are not always the beings evoked, instead the unsuspected personal intruders are, namely those eager for *parasexual vampirisms* (sexochakral CEs).

04. **Identifications.** The *erroneous energetic identification* of consciexes, made without accurate discrimination of the CEs of the consciex, or consciexes, under analysis.

05. **Infatuations.** The unconscious sympathetic assimilations characteristic of *acute infatuations* that are both consuming and draining, for example, a woman who aged prematurely due to her unidentified, excessive, continual, bioenergetic and emotional self-donation.

06. **Intercessions.** The naive act of receiving helpful intercessions from an ill intruder, welcomed as an extraphysical "benefactor" or "great mentor".

07. **Mini-intrusions.** The eventual, unconscious interconsciential mini-intrusions, or the intrusions that occur within conscins' microuniverses, whether for five minutes, five hours or five days, with temporary, yet deep and unhealthy, changes to the personality.

08. **Resentments.** The sorrows and resentments masked by ego defence mechanisms paralyze a conscins' potential for greater self-discernment, because of a lack of sincerity, authenticity, communication and sense of universalism.

09. **Self-corruptions.** The furtive and underestimated self-corruptions, transformed, with time, into main doorways for chronic interconsciential mini-intrusions.

10. **Symas.** The negative and unconscious assimilations made without any discernment, self-defence or prophylaxes regarding CEs, including those related to objects, gifts and presents.

365. THEORICE OF CONSCIENTIOTHERAPY IN SOCIN

1. **Paranoia.** Social paranoia will always emerge in any Socin or modern community, including a community that breaks traditional moulds and is governed by the libertarian principles of Conscientiology or, specifically, Conscientiotherapy. To a minimal extent this problem arises in the “Extension in Conscientiology and Projectiology” courses given by the IIPC in the most pleasant of climates, at hotels and resorts, over a weekend.

2. **Censorship.** A crisis of paranoia can be unleashed among inhabitants of a given community, for example a *students' dormitory*, a closed team dedicated to isolated and prolonged research, or a community that aims to experience Conscientiology as a group. This can be measured by these initial occurrences: everyone criticises everybody else and everyone feels like others are watching them. When people are exposed in a continuous manner this social censorship manifests with great intensity in daily life.

3. **Conscientiotherapy.** The analysis and resolution of this crisis of social paranoia resides in both group and individual Conscientiotherapy sessions.

4. **Problems.** The most serious practical problems between conscins, in small groups or communes like these - for example, groups of existential inverters, existential recyclers (conscientiological), or one of existential inverters and recyclers - are: censorship, egoism, envy, megalomania, moralism, narcissism, personalism, jealousy and resentments, including grievances, sensitivities, susceptibilities and *covetousness*.

5. **Signs.** All the psychopathological traits absent in traditional family life, when conscins live separately in their own homes, or when they support each other by means of intellectualisation, *deception* or theorisation, can appear and are liable to be discovered, diagnosed and treated by Conscientiotherapy (Deintrusionology).

6. **Crises.** For example that conscin, always considered a “*good guy*”, charming and cordial, can display bouts of moodiness, cold individualism and a lack of affection in the morning.

7. **Confrontation.** *A conscientiological community acts like a social pressure cooker.* In it a conscin can face interpersonal relationship problems for the first time and correct them, with no possibility of self-escape, as after some time living together there is no way to mask them in the day-by-day existence.

8. **Sessions.** Conscientiotherapy sessions must be taken, in a weekly group or groups, until the community can adjust in a satisfactory way. The needs of the interconscinial climate (holothosene) indicate the ideal number of hours necessary for this.

9. **Proposal.** Such problems arise even more intensely and in a greater number in larger societies, that are not isolated from the global Socin, with its homes, schools, companies, conscientiological institutions, leisure, artistic and research activities. In this new proposal for social organisation, the cosmoethical well-being of the conscin seeking multidimensional self-awareness has to predominate over socioeconomic power, promiscuity, turmoil, libertinism, puritanical fanaticism and mystical moralism.

366. DIAGNOSIS OF MOST INTIMATE CONDITIONS

Collars. The facts show: practically all human beings have consciential restraints, fetters, cangues, blinkers and collars that inhibit their actions.

Liberation. *The temperature of an environment is a fact. The thermal sensation is another very different fact.* A conscin's liberation from their intimate restraints and environmental collars is not easy. It always demands self-motivation and a lot of perseverance in their libertarian achievements.

Providence. Yet, this is an unavoidable providence if you wish to dynamise consciential evolutionary self-development in this critical, current intraphysical existence. The *formation* of a consciologist is based on the *reform* of their own conscientiality.

Conditions. Here, arranged in a detailed and ascending order, are 5 very similar, but not identical, subtle nuances of the same intimate pathological consciential conditions, that, with all logic and reflection, a consciousness, along with every consciousness, will always benefit from being free of, as quickly as possible:

1. **Deconditioning.** *Pathological causes:* deep-rooted habits; reflexes from childhood; socio-cultural influences; blinkers; bad habits; dependencies; and fondness for anachronistic ideas. *Therapeutic techniques:* an open mind; a sense of interdependence; omniquestioning; self-scientificity; self-criticism; and megastrongtraits.

2. **Debrainwashings.** *Pathological causes:* besieging intrusions; consciential castrations; enslavements; narrow-minded doctrines; fossilised mental rubbish; irrational subjections; and manias. *Therapeutic techniques:* mental liberation; symdeases; recexis or existential recycling; identification of your *strongtraits* and *weaktraits*; and personal effort to lucidly accomplish your proexis or existential programme.

3. **Depreconceptualisations.** *Pathological causes:* preconceptions; erroneous judgements; factionalisms; fixed ideas; personalism; dogmatism; and illogical prejudgements. *Therapeutic techniques:* rationality; logic; self-discernment; mentalsomatics; self-conscientiality; and the opening of one's polykarmic account. (See Bib. 4081).

4. **Derepressions.** *Pathological causes:* indoctrinations; oppressions; grudges; resentments; susceptibilities; inculcations; catechisms; consciential crutches; and self-blame. *Therapeutic techniques:* prophylactic VSs; catharses; lucid deinhibition; practice of mature daily sex; neophilia; and modern consciential openness.

5. **Desacralisations.** *Pathological causes:* idolatry; deifications; sanctifications; glorifications; fanaticisms; sectarianisms; passions; and deliriums. *Therapeutic techniques:* Cosmoethics; sense of universalism; LP; holomaturity; maxifraternity; and lucid voluntary omnicooperation. Every conscious *intruder* polices brains.

Test. From which of these 5 similar conditions do you feel entirely liberated? The recommended consciological technique: from there on, see how you behave in the face of the next condition, in order to theoretically analyse each until the last, and eliminate them all, permanently. Do you truly relish the *liberty to evolve*?

367. CONSCIENTIOTHERAPY TECHNIQUES

Will. Conscientiotherapy techniques including prophylaxis, diagnosis, therapeutics and prognostics, are established through the consciousness' will, holosoma and the resources of consciential multidimensionality, in the search for *Homo sapiens sanus*.

Techniques. Here are 8, from among the many basic, personal, conscientiotherapeutic techniques:

1. **Projectiotherapy.** Projectiotherapy is the treatment, relief or remission of a projector's or another person's diseases, which have an organic, psychic or parapsychic nature, achieved through a conscious projection and in particular with the direct use of the mentalsoma's resources.

2. **Penta.** The daily practice, at a set time, of the personal energetic task, or an energetic transmission made directly to consciences or projected conscins who are intangible and invisible to the common human eye. This is performed in the normal waking state by an isolated conscin attended by an assisting extraphysical helper. This technique is especially recommended for the elimination of interconsciential intrusion in remote patients. Penta is an impersonal availability towards *cosmoethical confrontation* within multidimensional assistance.

3. **VS.** Habitual use of the prophylactic or therapeutic VS, or vibrational state. A technique specifically utilising the energosoma and capable of permitting the avoidance of all types of parapsychic or energetic accidents. (See page 348).

4. **Self-compensation.** Self-cure through the circulation of your energosoma's CEs and by performing intentional energetic unblocking and compensations.

5. **Absorption.** Self-cure through the absorption of extraphysical energies during conscious self-projections. This technique is especially recommended for certain cases of impotence, depression, phobias and psychosomatic disorders. The *aura of illness* is an intruder's uniform.

6. **Paradiagnosis.** Parapsychic diagnosis made through auric coupling, symas or energetic sympathetic assimilation and symdeas, or energetic sympathetic deassimilation, principally utilising the soma and the energosoma.

7. **Telediagnosis.** Projective or extraphysical diagnosis made through lucid consciential projections, notably using the phenomenon of travelling clairvoyance as a resource.

8. **Paraclinics.** Extraphysical assistance to a gravid-fetus duo through CPs, in the context where the soma allows a greater number of *consciousnesses in the crew*: twins or even quintuplets. A *proexis* can lead to the binomial abnegation-morexis.

Conditions. In summary, Conscientiotherapy aims to implant 8 evolved conditions in a conscin, in this ascending order: balance of the consciential potentialities and powers; harmony of cosmoethical conduct; incessant compensation of the energosoma; reasonable health of the soma; maturity of the *binomial psychosoma-mentalsoma*; regular maintenance of the consciential microuniverse in evolutionary activity; homeostasis of the holosoma; and the health of the consciousness in themselves, according to their personal evolutionary level.

Conscientiotherapist. A conscientiotherapist needs to be a relatively happy and well-centred conscin. *Who is happy can take much better care of another.*

368. TECHNIQUES TO OPTIMISE SELF-CURE
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Predispositions. The *unit of measure* for CE's is the *thosenic experience* of who receives the energies. Here are 23 simple and complex conscientiotherapeutic postures that are rational optimisations to predispose self-cure in the researcher's daily life:

1. **Assistanciality.** Develop assistancial CPs in conjunction with the helpers, in order to intensify your energetic self-defences. (See Bib. 4329).
2. **Climates.** Install, with your CEs, interconsciential climates with positive energetic balances. *The vibrational state purifies consciential blood, or CE.*
3. **Cosmoethicology.** Eliminate self-guilt through Cosmoethics and holomaturity.
4. **CPs.** Every now and then produce CPs with free extraphysical volitation.
5. **Deintrusion.** Eliminate dispensable self-conscious energetic intrusions, pathological energosomatic seductions and mental peccadilloes, once and for all.
6. **Derepressions.** Live equidistant from guruships, sacralisations, superstitions, group fascinations, collars of the ego, *emotional cangues* and bells around your neck.
7. **Dimener.** Parapsychically probe the dimener (energetic dimension) once a day, if possible.
8. **Enerspring.** Form a prophylaxis against occasional mini-intrusions and parapsychic accidents through a determinedly maintained enerspring.
9. **Energosomaticity.** Routinely practice the hydromagnetic shower and aeromagnetic cooling, to renovate the CEs and improve energosomatic flexibility.
10. **Epicon.** Pursue a personal posture of being a lucid consciential epicenter.
11. **Homeostasis.** Avoid, to the maximum, the consciential basement, the abdominal sub-brain, robexis, pathological energosomatic seductions and mental peccadilloes.
12. **Megastrongtraits.** Prioritise consciential wholesaling over consciential retailing, giving preference to megastrongtraits in personal conduct.
13. **Mentalsomatics.** Create thosenes predisposing holosomatic homeostasis.
14. **Neophilia.** Cultivate neophilia, or an easy personal adaptation to new things.
15. **Openness.** Venerate *thosenic openness* in the improvement of the personal holothosene.
16. **Parasepsis.** Remove all objects from around the soma that energetically or psychologically induce the creation of noxious, unhealthy or distracted thosenes.
17. **Penta.** Promote the consolidated, assistancial, daily practice of penta.
18. **Self-control.** Assert consciential self-control through the freewill.
19. **Sexosoma.** Mature your sexuality through prophylactic affection.
20. **Symdeases.** Deliberately perform fully self-aware symdeases.
21. **Thosenity.** Potentiate your organic immunity through the manifestation of positive thosenes, in a personal atmosphere (holothosene) of good humour.
22. **Trinomial.** Strengthen self-esteem with the *trinomial motivation-work-leisure*.
23. **VSs.** Intensify the frequency of your prophylactic VSs in daily life. *Intimate recycling* is easier when based on physical / parapsychic exercises.

369. CONSCIEN TIOTHERAPY AND THE *ABDOMINAL SUB-BRAIN*

Conscientiotherapy. According to *Conscientiotherapy*, the abdominal sub-brain generates illnesses. For example, let us examine hypochondria, or the mania of imagined illnesses.

Term. The term *hypochondria* comes from *hypochondrium*, or of the abdominal regions, which in the old days is where it was thought this problem had its focus.

Hypochondria. Hypochondria (*spleen*) is a mild neurosis of emotional origin, astricted to the sexosoma, umbilicochakra, or *abdominal sub-brain* and is a reflection of the psychosoma. Hypochondria can be associated with depression and panic disorder.

Definition. Hypochondria is the unshakeable belief in the existence of a diffuse physical illness, in spite of all evidence to the contrary. It is the erroneous interpretation of normal manifestations of the soma, by the imagination, which creates non-existent disturbances. In 1992 hypochondria affected 10% of North Americans who sought medical consultations.

Characteristics. Here are 10 characteristics of an unhappy, frustrated hypochondriac conscin:

01. **Age.** A *hypochondriac* is a person or conscin - man or woman - above 30 years of intra-physical age, but immature regarding Conscientiology and Mentalsomatology.

02. **Egocentrism.** A *hypochondriac* is a narcissist, egoistic personality with low self-esteem, who is not using their rationality and self-discernment at a high level.

03. **Soma.** A *hypochondriac* demonstrates excessive preoccupation with: the organs of their own soma or human body; the functioning (Human Physiology) of their own soma; and the personal state of health (organic homeostasis). They are always alert to any manifestation of the organism, and, impelled by self-obsession, permanently deem themselves ill.

04. **Imagination.** They imagine themselves suffering from illnesses that, in reality, do not exist. They constantly read health publications or the latest medical articles in newspapers and magazines.

05. **Complaints.** The most common complaints of a *hypochondriac* are related to abdominal pains, headaches (cephalalgia) and pain whose origin they cannot identify. Furthermore, they incessantly complain about physical and mental tiredness (psychasthenia; fatigue; exhaustion).

06. **Pilgrimage.** A *hypochondriac* likes to go *doctor shopping*, or on pilgrimages to doctor's offices, medical clinics and therapeutic consultations in general.

07. **Problems.** The attitude of constantly looking for doctors, specialists, pharmacies and unnecessary treatments can create problems as they prescribe medications for themselves, or in other words: practice self-medication through their own subjective sensations.

08. **Risks.** A *hypochondriac* runs the risk of suffering illnesses provoked by use of medicines (tranquillizers) and invasive examinations, for example, catheterisations, excessive x-rays and unnecessary treatments prejudicial to health.

09. **Intranquility.** They are not calmed even when a psychiatrist, psychologist or conscientio-
logist guarantees, with practical proof, that they are not a victim of any illness.

10. **Psychosoma.** As the origin of the problem is emotional, or from the irrational psychosoma, nothing prevents a hypochondriac conscin from truly developing a specific illness.

370. SENSORIAL STIMULATION IN THE RECUPERATION OF CONS

01. **Loss.** According to Conscientiotherapy here is a tragic problem affecting consciousnesses at our current evolutionary level: the loss of major cons - units of lucidity - upon entering intraphysical life. *The most **super-endowed consciex** becomes an **infra-endowed conscin**.*

02. **Restriction.** In summary: a *super-endowed consciex*, through the consciential funnelling of intraphysical restriction characteristic of a resoma, is transmuted for the worse into an *infra-endowed conscin* in human life, a temporary regression.

03. **Recuperation.** The period of childhood from 3 to 5 years of age is extremely important for the recuperation of cons. All the efficient intraphysical resources predisposing the recuperation of major cons (conscins) must be sought, tested and divulgated to the maximum. The *abdominal sub-brain* creates *half-done* conscins.

04. **Technique.** The technique of sensorial stimulation of a fetus is a very effective intraphysical method, particularly recommended to *future mums* as a natural Conscientiotherapeutic agent. A fetus can be stimulated in various ways but this specific technique has shown the most positive results.

05. **Logan.** The technique was developed by researcher Brent Logan, Director of the *Pre-learning Institute* in Snohomish, Washington, and is based on prenatal bonding and learning.

06. **Communication.** The sensorial stimulation technique enables the communication or increase of contact between parent and child - a dynamisation of the *interconsciential climate* - in all areas during pregnancy, from the intraphysical (soma) to the emotional (psychosoma) within the *holosomatic trinomial maternal-paternal-offspring*.

07. **Belt.** Application of the technique - employed successfully with hundreds of babies in Spain - only requires the pregnant woman to use an adjustable belt with a system that reproduces sounds that reach the fetus through the placenta (amniotic fluid).

08. **Sounds.** The sounds transmitted to the fetus are violin chords - with a harmonic richness and clarity of sound - and *andante*, or with a rhythm similar to the maternal heartbeat.

09. **Fetus.** The technique can be applied to one or more fetuses, in the case when they are together, aiming at the necessities of the groupkarma, the human life and the proexis.

10. **Triplets.** Its use allowed triplets born (1992) with 2.4 kilos to avoid incubation as they were in such excellent general condition.

11. **Minimisation.** Use of this method presents children with pronounced physical and psychological maturity, they cry little and enjoy excellent auditory capacity.

12. **Superbabies.** The technique can create superbabies or superintelligent beings, because it predisposes minimisation of the conscin's enslavement to the consciential basement and abdominal sub-brain, which perfectly fits the premises of Conscientiotherapy.

13. **Proexis.** In this way preresomatic *Intermissive Courses* can be better recalled and therefore, the proexis will also be better identified in less time.

371. FIELDS OF THE PROFESSIONAL CONSCIENTIOLOGIST
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Fields. As a professional, a veteran conscientiologist can act in 4 well defined technical fields within Socin: teaching (Conscientiological Pedagogy), research (Conscientiology), clinical (Conscientiotherapy) and the Conscientiological Socin including the Conscientiological Companies, Grexexes and Grinvexes.

1. **Professorship.** As a graduate level communicator or lecturer performing the clarification task, an educator-conscientiologist can teach Conscientiology as an elective subject of other graduate courses, for example in a university's continuous education programme and in other free post-graduation courses (Conscientiological Pedagogy, Teaching).

Courses. While a graduate degree in Conscientiology is not legally established, which would enable a conscientiologist to be a legalised professional like any other, we need to maintain the free, regular, theoretical and extracurricular courses that already exist, including here itinerant teachers, lecturers and public relations experts dealing with the media in general. The aim being to form a professional scientific community of duly accredited conscientiologists.

Profile. In analysing the profile of an educator-conscientiologist, *Teaching Support* is provided by the IIPC, in Foz do Iguaçu, Parana, Brazil.

2. **Research.** As a researcher, a conscientiologist can work individually or linked to some research institution, like the researchers from the IIPC.

Theorice. A conscientiologist (male or female) can dedicate themselves to theoretical research, in other words: theoretical research, including bibliographical, elaborating hypotheses and experiments; and practical works, field or laboratory research.

Advisers. In this particular case, advice from veteran conscious projectors is recommended in the specialised technical coaching.

3. **Clinic.** As a conscientiotherapist, once a conscientiologist possesses an interdisciplinary education in therapy, are a holder of a medical or psychology degree, in the area of health, they can dedicate themselves to clinical Conscientiotherapy and treat evolutients in the *International Organisation of Conscientiotherapy* (OIC) through individual or group sessions. (*Be an interpreter of the evolutionary maximechanism*).

Parapsychism. As a clinician, the conscientiotherapist can rely on health professionals from other areas; paradoctors and assistants with greater parapsychism and bioenergetic development.

Tests. In their field of specialised work a conscientiotherapist can, as an advisor, among other things: apply conscientiometric tests, develop the training of conscious projectors and promote, to those interested, the technical reeducation of parapsychic self-control, LP and bioenergies.

4. **Socin.** A conscientiologist can even work for the implementation of a Conscientiological Socin, Enterprises and Schools, Grexexes and Grinvexes.

372. DIAGNOSIS OF THE SWEDENBORG SYNDROME
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01. **Conscientiotherapy.** The *Swedenborg syndrome*, or that of wasted erudition, is a technical study in the area of Conscientiotherapy, a Parapathology of the mentalsoma. It consists of an error of prioritisation and self-discernment in the approaches taken with the mentalsoma. *It is always regrettable to prejudicially swap the claritask (clarification task) for the consoltask.*

02. **Swedenborg.** Emanuel Swedenborg (1688-1772) was perhaps the greatest scientist of the epoch and was considered the most widely read scholar among his intellectual contemporaries.

03. **Christolatry.** In 1743, at 55 years of age, Swedenborg had a larger flash of clairvoyance and for the rest of his life became a worshipper of Christ, abandoning the discerning reason that, due to the science of the epoch, had prevailed over him until then.

04. **Projectability.** The Swedish clairvoyant produced numerable CPs and a projective diary, but was enslaved by the epoch's mystical ideas, letting himself be lead by their fantastic reports, and through consciential self-mimicry receded to old religious ideas, including, denigration of the *theory of the seriexis* (Seriexology), which he never managed to admit. (See Bib. 4408).

05. **Syndrome.** This set of personal reactions leads to the diagnosis of the *syndrome of wasted erudition* or, more aptly, the *Swedenborg syndrome*.

06. **Brains.** The *Swedenborg syndrome* is caused by the impracticable attempt to marry the discernment of the mentalsoma (Science), via the brain, with the instinctive sensations and fabrications of the psychosoma, or Religion, that stem from the *abdominal sub-brain*.

07. **Prison.** Regardless of how erudite their texts, an author's *doctrinal imprisonment* to some religion, Theology or a particular, non-scientific, non-universalistic, sectarian ideology diagnoses them as a carrier of the *Swedenborg syndrome*.

08. **Installation.** An erudite conscin receding to the impulses of the abdominal sub-brain makes concessions to the irrationalities of mysticism, seeks to unproductively *sublimate* the objective ideas of the science researched until then, thus installing the syndrome.

09. **Conversion.** From then on the passionate victim becomes a convert to some idolatry, presents themselves as utopian and a mythomaniac; starts to defend instinctive concepts and *feelings* in self-affirmations; unashamedly uses the most absurd and even ridiculous, mystical salvationist expressions; embarks on a *crusade against the Antichrist*, defending some particular God above everyone and everything, and becomes immersed in theomegalomania. They feel like a missionary-paladin of the religious revival and are compliant to the religious mush, losing their capacity of rational self-discernment and forgetting, or often even renouncing, their previous rational life.

10. **Exception-behaviour.** The biggest mistake that leads a conscin to be a victim of the *Swedenborg syndrome*, is the *return to the basement*, or in other words, a consciential regression characterised by the acceptance of an exception-conduct as their standard-conduct, for the rest of their intraphysical life: the protoknowledge of mysticism or vulgar religiosity that, due to mesological and atavistic influences, temporarily attacks the majority of people who are still in the *consciential basement* phase, during the conscin's initial laboratory of cultural formation or preparation.

373. VICTIMS OF THE SWEDENBORG SYNDROME
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Holomaturity. Just as a *practical* class in Conscientiotherapy begins with a shower of *CEs*, a *theoretical* class should start with a shower of *lucidity*. Holomaturity is not allowing yourself to get contaminated by the pathologies of your evolutionary companions (groupkarma).

Conscientiology. *Maximum maturity is expected from a conscientiotherapist.* Technology is to *know the square* of the cube, Conscientiology is to *know the round* of the sphere.

Physiology. Due to mesological inheritances it is natural if a person lives a mystical period in the cultural laboratory of the *preparatory phase* of intraphysical life, until 35 years of age, in an average existence of 70 years. The condition of the consciential basement in the initial phase of human life is, therefore, physiological.

Pathology. However, a *return to the consciential basement* during the mature executive phase of intraphysical life is completely pathological. The *Swedenborg syndrome's* main symptom is the mystical connotation. Here are 6 victims of the syndrome - starting with the man himself - all are authors listed with one of their scientific works and one of their *syndromic* works:

1. **Swedenborg**, Emanuel (1688-1772). Scientific work from a dedicated researcher: *Oeconomia Regni Animalis*; two vol.; 1740-1741; Translation; William Newbery; 1845. Syndromic work from a converted missionary: *Arcana Coelestia*; 12 vol.; 7,158 p.; 1749-1756; Translation; Swedenborg Foundation; New York, NY; 1963. (See Bib. 4403).

2. **Newton**, Isaac (1642-1727). Scientific work: *Philosophiae Naturalis Principia Mathematica*; 1686-1687; Translation; London; 1845. Syndromic work: *Observations on the Prophecies of Daniel and the Apocalypse of St. John*; London; 1733. (See Bib. 4403).

3. **Crookall**, Robert (1890-1982). Scientific work: *The Kidston Collection of Fossil Plants*; H. M. Stationery Office; London; 1938. Syndromic work: *The Supreme Adventure*; XXX + 258 p.; The Attic Press; Great Britain; 1975. (See Bib. 1018).

4. **Rizzini**, Carlos Toledo (1921-1992). Scientific work: *Tratado de Fitogeografia do Brasil* (Treatise of the Phytogeography of Brazil); two vol.; 692 p.; Hucitec and University Press of S. Paulo; S. Paulo, SP; 1976-1979. Syndromic work: *Evolução Para o Terceiro Milenio* (Evolution For the Third Millenium); 296 p.; Editora Cultura Espírita - EDICEL; S. Paulo, SP; 1980. (See Bib. 3805).

5. **Keppe**, Norberto R. (1927-). Scientific work: *Psicanálise Integral* (Integral Psychoanalysis); 212 p.; Editora Atlas; S. Paulo, SP; 1964. Syndromic work: *Contemplação e Ação* (Contemplation and Action); 166 p.; Proton Editora; S. Paulo, SP; 1981.

6. **Dibo**, Dulcídio (1937-). Scientific work: *Geografia do Mundo Contemporâneo* (Geography of the Contemporary World); 262 p.; Lisa Editora; S. Paulo, SP; 1981. Syndromic work: *Civilização do Espírito. Spiritist Methodology and Doctrine* (Spirit Civilisation); 152 p.; Lúmen Editora; S. Paulo, SP; 1992.

Research. If you want to research the *syndrome of wasted erudition* more deeply, impartially study these authors, some of their most significant scientific works and some of their syndromic works and then establish a comparison, particularly in regards to the level of the rational approach in the texts. The soma deteriorates; the *consciousness* does not.

374. RESEARCH OF TATTOOS IN CONSCIENTIOTHERAPY

Avoidance. Conscientiotherapy recommends the avoidance of deliberate and indelible tattoos, always generated by conscins' *immature traits*. In this context here are 32 pertinent items to be understood, reflected upon and avoided by a conscientiotherapist:

01. The fashion of engraving *marks on the soma* goes back to Ancient times in Human History.
02. Lived tattooed: Churchill, George V, Marat, Roosevelt, Stalin, Tito, Truman.
03. Live tattooed: Gianni Agnelli, George Schultz and Frank Sinatra (Base year: 1994).
04. A tattoo is a deliberate or accidental, permanent and indelible *cutaneous stain*.
05. A *tattoo* consists of inserting unabsorbable coloured substances into the dermis.
06. Formerly it was a practice of macabre rites, religious cults and wedding ceremonies.
07. Today, it is still a behaviour adopted by sailors, rock stars and prisoners.
08. And it is a personal mark used by the socially maladjusted and *marginal groups*.
09. *Tribal tattoos* attempt to establish similitude or difference between groups.
10. Standing out among the *tattooed tribes* are: bikers, weight lifters and surfers.
11. Often, it becomes a *status symbol* among immature youngsters of both sexes.
12. They were used on prisoners in concentration camps to prevent their escape.
13. Therefore they took on a hideous connotation in the Second World War (1939 -1945).
14. There are tattoos with extravagant designs: swastikas, skulls, dragons or snakes.
15. The markings on young women are more delicate: flowers, butterflies and hummingbirds.
16. Risks: contamination through transmissible diseases (blood), *AIDS*, hepatitis, syphilis.
17. Sometimes the *torture sessions with needles* predisposes the development of allergies.
18. Inadequate antisepsis during tattooing causes infections and abscesses.
19. The only defence of loyal supporters of tattoos is: *each to their own*.
20. Radical people consider tattoos *stigmas of marginality*.
21. The majority of tattooed conscins are aesthetically condemned or of questionable taste.
22. These chromatic designs can be the focus and cause of social discrimination.
23. Therefore they sometimes generate distrust and barriers in the selection of employees.
24. Many tattooed people demonstrate emotional instability or narcissistic tendencies.
25. If tattoos generate many illusions, they generate many more *disillusions in those tattooed*.
26. In a high percentage of cases they bring bitter *regrets* and remain poorly resolved.
27. There is a specific skin-coloured liquid capable of temporarily hiding tattoos.
28. Even today the removal of a tattoo is the mere exchange of one lesion for another.
29. The most widely used *technique*: microdermabrasion, aluminium salts and argon laser.
30. Plastic surgery with skin grafts renders the most satisfying results.
31. *A spur of the moment decision to tattoo the soma brings regret*.
32. There are *transfers* (stickers, decalcomania) for ephemeral and easy to remove tattoos.

Basement. It can be concluded: tattoos, in most cases, are the spurious fruits or peculiar marks of the condition of conscins still stuck in the *consciential basement*.

375. TEST OF A HEALTHY CONSCIOUSNESS

Bases. Holomaturity of the consciousness indicates certain very efficient bases of thought that can each be used separately, with intelligence, like a surgery, aiming to improve the consciousness. For example, these 6 bases of thoughts are transformers of vulgar and adventurous emotions into evolved sentiments:

1. **Self-criticism.** A consciousness must maintain an elevated level of necessary self-criticism to consider themselves, as a fact, solely responsible for all the annoyances and troubles that afflict them today, instead of attributing these to intrusion from conscins or consciexes. Employing ego defence mechanisms to camouflage past errors we were responsible for, is running away and ostrichism. There is no use *crying over spilt milk*.

2. **Lamentations.** No healthy person continuously grumbles, whines, fixates on trivialities or feels a victim. When we undertake a useful consciential activity, all of our grievances diminish little by little, until disappearing. To dream of possessing a small *flower* is still childish when we can plant an *entire orchard*.

3. **Relief.** Being ashamed to cry is a lack of intelligence. It is better *to lay the cards on the table*, even when done through tears in the throes of disillusionment, than to remain tortured by the accumulation of *jealousies*, resentments, sorrows and susceptibilities, which must always be overcome for your own sake as much as for others. However, in certain injunctions it is useful to cry, in order to alleviate, vent and *exorcise our ghosts*, performing a competent catharsis so we stand straight and confidently walk on. Consciencial life continues forever beyond this human dimension. (See Bib. 4569).

4. **Love.** It is crazy to kill yourself because of unrequited love. True romantic, real, experienced, pure love, of one conscin for another, eliminates tiredness, deceptions, doubts, egoisms, weaknesses, harshness, physical age, foolishness, lies, pride and perplexities. Who has not had an elevated love like this, should definitively forget the experience as they have not lost much: that was still not yet the pure love of an efficient, evolutionary duo, a conviviality developed over 50 seriexis, for example and which therefore depends on a serene search and affective-sexual maturity. In 1992, the population on our Planet was 5 and a half billion people and at that time the *World Health Organisation* (WHO) estimated there were 500 million *mentally ill* people (Base year: 1993) on Earth (Pathological Socin).

5. **Challenges.** Around any given person we can always identify other people in deplorable conditions, much worse than the other and yet, when compared, those conscins are realising much better consciencial gestations. It is intelligent to look at ourselves in *light* of these exemplary challenges and to seek rational optimism for the rest of the human life.

6. **Usefulness.** It is worth helping an evolutionary colleague with a heavy load. This way we discover that the personal load on our shoulders is much lighter. *To become useful to others is the fruit of an advanced intelligence*. Nobody evolves without serving others.

Test. Have you already given yourself pass marks in these 6 health tests?

376. TEST OF MILD PSYCHOPATHOLOGIES

Rarities. Each conscin can have, at the very least, up to 11 differentiated intelligences. However, people carry fissures in the intimacy of their personality. When a man or woman manages to live and function in a reasonable way with 3 of these 11 intelligences, you have encountered a tri-endowed genius. Such people are, in fact, still very rare.

Concessions. Therefore, we have to live between standard-conducts and exception-conducts, with permanent conscious ambiguities, making concessions to all those beings from the intimate evolutionary group with whom we coexist and love more.

Traits. In the structure of the circle of loved ones it is useful to notice the specific traits characteristic of those closest to you, for example these 15:

01. **Abstraction.** A daughter-in-law staring and curling her hair around her fingers, everywhere. There are *leading edge relative truths* (verpons) extremely trying for some.
 02. **Blackmail.** A granddaughter blackmailing grandparents to get benefits from the parents.
 03. **Bulimia.** A father, with a deformed soma, does not manage to control his bulimia or insatiable hunger. All *somas* are mortal, including that of any person, mother or father.
 04. **Disruption.** A son-in-law looking over his *thick* glasses, seated close to the tip of his nose.
 05. **Drowsiness.** A grandfather living asleep in the living room with his mouth open.
 06. **Laringochakra.** An aunt shouting at everyone, regardless of who they are.
 07. **Mania.** A grandmother manifesting a permanent mania to clean everything.
 08. **Onychophagy.** A son (entering maturity) imprisoned by onychophagy (nail biting).
 09. **Pride.** A *proud and snobbish* brother-in-law with deep delusions of grandeur.
 10. **Radiotism.** A brother waking up the neighbourhood in the morning with his loud radio.
 11. **Rudeness.** A rude grandson yelling all the time, for any reason.
 12. **Shamelessness.** A young niece living with her legs open in public, without any caution or modesty. The *consciential basement* is a minefield.
 13. **Super-protective.** A mother insisting on being over-protective of her youngest son.
 14. **Tic.** An uncle who, every 10 minutes, repeats a disturbing twitch in his left cheek.
 15. **Tobaccoism.** An *ambulant chimney* young daughter, smoking 2 packs of cigarettes a day.
- Doing what you want is very important to a conscin, but it always has a specific price.*

You. As you know: nobody is *perfect*. Within the intimacy of a family, anyone can produce loud eructations (burps) at the table.

Family. Therefore, strictly speaking, an entirely healthy family of entirely healthy micro-universes, without a single trace of psychopathology, is something that does not exist.

Test. Do you know how to evaluate the surrounding conscins, discounting, forgiving and understanding with - at least - a minimum sense of fraternity, the abnormal traces (*thosenic signatures*) imprinted by people along the path of consciential evolution? This will be, at least, a minimal manifestation of Practical Cosmoethics.

377. TEST OF A STRESSABLE CONSCIOUSNESS

Stresses. There are negative or harmful stresses responsible for a long series of pathological conditions that - when detected in time - can avert *pre-breakdown* existential conditions and worries. (See page 221).

Soma. *Conscientiotherapy has to start examining the holosoma through the soma.*

Advantage. It is intelligent to seek to transform the biggest annoyance into an advantage.

Questions. In order for you to perform a rudimentary clinical self-analysis here are 20 questions, used within Medicine and Psychology, to diagnose the most common effects and to check the level of unhealthy stress:

01. **Alcoholism.** Do I regularly drink alcohol, as a bad social habit? The *opportunity*, time and tide, wait for no one. Not even for you.

02. **Anguish.** Do I feel distressed in some way?

03. **Appetite.** Lately do I not have an appetite?

04. **Calm.** Do I often lose my temper over some mere *nonsense* or puerile foolishness? There are *multimodal geniuses* stuck in childish egocentrism.

05. **Fatigue.** Do I feel tired in the morning?

06. **Cephalalgia.** Do I frequently have headaches (cephalalgia or hemicrania)?

07. **Concentration.** Do I have real difficulty to mentally concentrate or focus attention? *Conscientia* is incessant movement.

08. **Depression.** Am I often completely unmotivated or depressed without reason? *Fear* generates mistakes. A *citizen of the Cosmos* is connected to everything.

09. **Drugs.** Do I frequently take any type of tranquilliser?

10. **Stimulants.** Do I drink too much coffee, or constantly take some type of stimulant?

11. **Irritation.** Do I live constantly irritated with people and work?

12. **Medicines.** Am I only able to sleep if I take medication?

13. **Memory.** Have I recently forgotten many things?

14. **Neurovegetative.** Do I have sweaty hands and feet due to the autonomous or neurovegetative nervous system? *Silence* can be angst.

15. **Patience.** Do I easily lose my patience, often becoming aggressive?

16. **Sexuality.** Do I have difficulty maintaining sexual relations?

17. **Sleep.** Do I sleep poorly, nearly always being an insomniac?

18. **Tobaccoism.** Am I smoking more and more these days?

19. **Tendencies.** Do I have suicidal ideas or tendencies that I've never revealed to anybody?

20. **Work.** Has my capacity for personal work diminished in these last few months?

Test. If you answered *yes* to only 10 of these 20 questions, it is worth taking some holidays and changing the rhythm of your life, now. If you answered *yes* to 15 questions or more, you should urgently seek a specialist in order to prevent arteriosclerosis, a heart attack, arterial hypertension, gastritis, ulcers, colitis, dermatological alterations, or disorders in the sexual sphere.

378. STRONGTRAITS OF A CONSCIOUS PROJECTOR

Traits. Here are 13 *strongtraits* of a conscious projector (conscientiologist), in their personal endeavours of *intrapysical research and development*:

01. **Administrator.** Appears motivated to participate in management activities, such as planning, research and others, within the institution they contribute to.

02. **Contact.** Has a high degree of technical competence in research, frequently participates in congresses, technical meetings, courses and symposia; is always up to date with scientific magazines, reports and annals; and maintains contact - personal communication - with other professionals outside of their institution (*Invisible College of Science*).

03. **Dynamiser.** Through the work performed you develop an elevated capacity to associate apparently unrelated ideas (*associative ability*); they become known by friends and quoted by colleagues, as being trustworthy; achieving greater professional / social *status* or power as a reference; they reveal themselves as more dynamic / productive when compared to individuals with a medium / low informative potential.

04. **Key-communicator.** Presents high interconscial skills as a key-communicator in intrapysical, as well as extrapysical, life.

05. **Leader.** Naturally tends to be an *informal leader* of the group, a pioneer of the scientific-technological changes (neophilia) related to an alert conscientiality and knows how to delegate power when necessary. *A cemetery is full of the irreplaceable*.

06. **Minipiece.** A constant bibliographic researcher who is well read in multiple disciplines, and who is an active participant in the team or institution which they feel a part of, or in other words: *a lucid minipiece within the maximechanism the person is associated with*.

07. **Monitor.** A person acting as an *inquisitive monitor*, an expert in a specific area of consciential projective or parapsychic libertarian activity.

08. **Motivator.** Shows the capacity to train / motivate other conscins to undertake the communication of conscientially liberating ideas: conscins and consciexes.

09. **Participant.** *Wears the shirt* of the conscientiological or projectiological organisation in which they participate, contributing at a high level to the flow of decisive information.

10. **Potential.** Little by little becomes a key-conscin with a high *informative potential*.

11. **Processor.** Gradually and spontaneously constitutes an *extraordinary processor of advanced information* regarding Conscientiology.

12. **Sensor.** Is a sensor with high parapsychic sensitivity, with a leading edge vision of the Socin's intrapysical world, detecting, identifying and predicting isolated signals or *precocious alarms*, changes, emergent trends and impacts derived from healthy extrapysical activities that favour conscins.

13. **Vanguardist.** A personality prone to sharing *leading edge ideas*, establishing emerging trends, evidencing the wish to participate - by presenting problems, ideas and solutions - in decisive moments of the libertarian institution which they serve.

379. **STRONGTRAITS OF A CONSCIENIOLOGIST**

Vanguard. All lucid human investigations are generated with the intention of getting conscins closer and closer to the *leading edge relative truth or the vanguard* of things in the Physical Universe and in the Extraphysical Consciential Dimensions.

Listing. The field of Conscientiology research, including the investigations of Projectiology, is based on Holosomatology and Multidimensionality and asks for clear definitions from a researcher who possesses, at least, these 10 very evident *strongtraits* in the structure of their dynamic personality:

01. **Analyst.** In relation to Conscientiology and Projectiology an unbiased analyst of these 20, among others, *not so elegant* and barely erudite subjects: abandoned and abused children; AIDS; assaults; capitalist deliriums; corruption in general; epidemic mental laziness; extermination squads; homosexuality; low wages and kidnappings; madness; mendicity; mysticisms; occupational diseases; poverty; prostitution; racism; slaughter of animals; social injustices; unemployment.

02. **Debater.** A participant in free and democratic discussions, without being enslaved to a *bonfire of vanities and novelties*, or an intellectual fad.

03. **Derepressor.** An intellectual - not developed in the shadow of *periconsciential* academic institutions, or conventional universities - who knows how to *say no* to temporal power, when necessary, in order to speak on behalf of all intra and extraphysical beings.

04. **Independent.** Someone who is no longer a slave to the *careerist vice* of exegetically and precisely saying everything that is thought by others, without adding anything new and without saying - in a loyal and honest way - any word generated from their own head.

05. **Investigator.** An independent investigator, without being a career academic, far from the *dust of stagnating scientific neutrality* belonging to the *periconsciential*, mechanistic, physicalist, conventional scientific paradigm.

06. **Decision Maker.** A theoretical and practical scholar capable of making *cosmoethical decisions*, that are universally valid, for the good of all, be they conscins in the Socin or consciexes from the Sociexes. *Interdependence between conscins does not signify existential mimicry.*

07. **Megacommunicator.** Maintainer of their right to express themselves as and when they think fit, with or without the cangues and collars of Socins' *multimodal patrollers*.

08. **Original.** Guarantor of the originality of the subject they want to talk about and how they want to say it, without submitting to anyone's opinion like a ventroliquist's doll.

09. **Projector.** A veteran lucid projector who is a defender of the dignity of public culture and does not participate in the social regime of the *masses and consumption*, or the robotic unthinking human masses, a product of the Socin, the consciential basement and the stagnating *abdominal sub-brain*.

10. **Thinker.** A free thinker who possesses *fearless prose* (speech) and puts this within reach of the wider public, when they are interested in holomaturity or in the consciousness' integrated evolutionary maturity. (See page 484).

380. PERSONAL MEGAWEAKTRAIT AVOIDANCE TECHNIQUE

Weaktrait. According to the Conscientiogram, a weaktrait is the specific trait that burdens a personality. *A weaktrait is the caravan congesting the flow of your self-evolution.*

Self-inheritance. A weaktrait is a *burden of the consciousness*, an excrescence of parapathological self-inheritance. It requires a catharsis, purge, shrinking or purification. Who understands, identifies and accepts the reality of their self-weaktraits, with time, succeeds in exterminating them.

Psychosoma. A spurious fruit of the *abdominal sub-brain*, the weaktrait inhibits the mental-soma, the expansion of intellectuality and the dynamisation of self-discernment. In this way it manages to freeze the actions of the consciousness in an *evolutionary neutral*, which is based on manifestations of the still ill psychosoma (calluses, *Achilles' heel*, parapathological disorders).

Recyclers. Here are 6 examples of *genius* consciousnesses, adult *existential recyclers*, each rare in a certain specialty, but still *evolutive paralytics*, with *seemingly harmless* maximum weaktraits (or megaweaktraits), characterised by unconscious and self-hypnotic rigidity, inducers of useless old, if not millennial, repetitions of secular intraphysical experiences or already dispensable self-mimicries:

1. **Artist.** *A tachypsychic ex-singer*, 35, a professional at energosomatic seduction, still resisting rationality and research. Has her intellectuality inhibited in the manifestations of the *artistic message*, hindering a personal erudite deepening of her experiences.

2. **Home-maker.** *An excellent house-wife*, 33, a human procreator, with intellectuality intertwined with extreme maternal love. A slave to the endless and apparently insoluble *domestic schemes*, almost everything in the environment still obstructs her freedom and inhibits her consensual expansion within an explicit, carefree and optimistic authenticity.

3. **Educator.** *A teacher*, 36, a brilliant and diligent writer, with an intellectuality entirely based in the *literary form* of messages. Still inebriated by formal semantics that reach their peak in her administrative rigidity, they inhibit creativity regarding the content of libertarian ideas and hamper a broader parapsychic development.

4. **Politician.** *A physician*, 31, a competent diligent professional, however, one who prohibits himself from being authentic and sincere. His intellectuality is still obstructed by *maniacal self-corruption*, maintaining him excited over CEs but fossilised in political, *social* and anticosmo-ethical manipulation of vulnerable and susceptible conscins.

5. **Attendant.** *A diligent worker*, 46, still fighting, without reflection, everything new and positive (neophobia). Her subservient intellectuality is stubbornly stuck in time, impeding her communicability from *flying higher*. By obstinately refusing *self-organisation* she routinely struggles with irrelevant conflicts and dangerous or even lethal depressions.

6. **Technician.** *A self-disciplined engineer*, 30, whose super-specialised intellectuality is oxidised by *ephemeral Technology*, monopolising his temperament and preventing him from releasing his humane side. Because he lacks an overview of the bigger picture and is without superior prioritisations, he continues to store his libertarian projects in the drawer, hindering the expansion of his self-inventiveness.

381. EXPERIENCES OF SELF-STRONGTRAITS AND SELF-WEAKTRAITS

Identification. Every attempt to identify your traits, *strongtraits* (megastrongtraits) and *weaktraits* (megaweaktraits), which are more vigorous and capable of dynamising, or paralysing, personal efforts of self-conscious and well planned evolution, is valid.

Classification. Personal *strongtraits* and *weaktraits* can be classified according to the consciousness' vehicles of manifestation and the entire structure of the intraphysical holosoma.

Examples. According to the evaluative norms of the Conscientiogram here is a list of examples of 20 basic *strong* and *weaktraits* for a frank self-analysis:

Intraphysical strongtraits - peaceful coexistence with your *body-home* and Somaticity:

01. **Health.** A reasonable level of intraphysical or corporal integrity and *neuronal health*.

02. **Visual.** Pleasant, giving, charismatic and communicative *biotypological aesthetics*.

Bioenergetic strongtraits - useful intentional applications of Energosomaticity:

03. **VS.** Control of your VS, or *vibrational state*, with assistantial objectives.

04. **Deintrusion.** Personal holothosene of total, permanent deintrusion (*permanintfreeness*).

Psychological strongtraits - self-lucidity regarding the use of Psychosomaticity:

05. **Self-criticism.** Sincere readjusted self-criticism, without susceptibilities or resentments.

06. **Derepressions.** Acceptable level of derepressions without blind personalisms.

Intellectual strongtraits - Self-awakening regarding advanced Mentalsomatology:

07. **Attributes.** Wise organisation of your creative consciential attributes.

08. **Serenism.** Self-predisposition to the acquisition of *pro-serenism self-knowledge*.

Parapsychic strongtraits - Practical knowledge of all Holosomatology:

09. **Signals.** Identification of your personal animic-parapsychic-energetic signals.

10. **MS.** Evident development of multidimensional self-awareness.

Intraphysical weaktraits - Parapathologies of the holosoma incident to Somaticity:

11. **Illness.** Disturbance from a chronic, personal, stressing and organic origin.

12. **Stigma.** Antiphysiological, pluriexistential and personal *paragenetic stigma*.

Bioenergetic weaktraits - Unhealthy abuses in the use of Energosomaticity:

13. **Blockages.** Chronic energosomatic decompensations and blockages.

14. **Sexochakra.** *Multiexistential addiction* to using anticosmoethical *sexochakral seduction*.

Psychological weaktraits - Thoughtlessness regarding the utilisation of Psychomaticity:

15. **Big Ego.** Predominance of ego-defence mechanisms in relation to self-confidence.

16. **Depression.** Self-corrupt, depressive, personal mental-affective disorder.

Intellectual weaktraits - Crass ignorance regarding advanced Mentalsomatology:

17. **Nescience.** Absence of a reasonable level of personal culture (*abdominal sub-brain*).

18. **Sub-endowment.** Immaturity regarding intellectual prioritisations (*uninformed sub-endowment*).

Parapsychic weaktraits - Practical ignorance of Holosomaticity:

19. **Lack of motivation.** Lack of motivation to assume personal parapsychic manifestations.

20. **Incompetence.** Incompetence regarding the application of parapsychic talents.

382. GENESIS OF SIMPLE AND COMPOSITE WEAKTRAITS

Contradiction. There are simple *miniweaktraits* that gain simple *ministrongtraits*, without binding to them and that later generate composite or sophisticated *megaweaktraits*. It is a real contradiction, irony or unconcealable pity that a *conscin* creates a trampoline out of their simple, but not fully consolidated, *strongtraits* and intensifies their simple *weaktraits*. *A consciousness never stops. All stagnation in self-evolution is already a consciential regression.*

Columns. *Experimentation* is the only adventure allowed by pure Science. Here in 3 comparative columns, for competent analysis and reflection, are 20 simple *miniweaktraits* related to a specific *line of self-thosenic manifestation*, where each has passed, but not bound to, a simple *ministrongtrait* and has later settled as a composite *megaweaktrait*:

Simple Miniweaktrait	Simple Ministrongtrait	Composite Megaweaktrait
01. <i>Abdominal sub-brain</i>	<i>Initial</i> rationality	Blunt materialism
02. Accepted subalternity	Personal human power	Inaccessible prepotency
03. Consciential basement	Mental maturity	Spurious sociability
04. Consciential retailing	Consciential wholesaling	Blind avarice (usury)
05. Blind intrusion	Self-defence with CEs	Intraphysical heterointrusion
06. Blockages in CEs	Flexibility with CEs	Manipulation of conscins
07. Crass ignorance	<i>Preliminary</i> erudition	Pontification of knowledge
08. Incomplete couples	Composite intimate couples	Sexual promiscuity
09. Intraphysicality	Multidimensionality	Intraphysical alienation
10. Misinformation	<i>Initial</i> information	Sub-brainwashings
11. Old acriticism	<i>Preliminary</i> self-criticism	Excessive heterocriticism
12. Parapsychic blockages	<i>Initial</i> parapsychism	Group fascinations
13. Personal disorganisation	Self-organisation	Exigent perfectionism
14. Personal incomplexis	Completest morexis	Wasted existence
15. Personal inexperience	Self-experiences	Unreflective snobbery
16. Primary parapsychism	<i>Initial</i> animism	Parapsychic apathy
17. Somatic carelessness	Somatic hygiene	Manic bodybuilder
18. Unconscious projections	Lucid projectability	Manifest triumphalism
19. Vulgar somaticity	Holosomaticity	Obtuse egokarmality
20. Vulgar consoltask	<i>Initial</i> claritask	Primitive despotism

Test. Here is a test for you of 3 questions related to the subject:

A. Have you already studied *self-thosenes* to see if any of these undesirable developments in personal preferences have occurred in your consciential microuniverse?

B. If you haven't studied them, do you think it is worth the effort to study them in your life?

C. If you have already studied them, what are the current results of these facts in you?

383. TEST OF 11 QUESTIONS REGARDING THE STRONGTRAIT

Definition. A conscin's *strongtrait* is the trait that can propel them along the path of self-conscious evolution. There are masculine and feminine *strong* and *weak*traits. A conscin-man gets more attached to their *egokarma*, a conscin-woman to their *groupkarma*.

Answers. These 11 technical questions are appropriate when approaching any original scientific subject under analysis, and they are succinctly answered here in relation to the *strongtrait*:

01. **Agent.** *Who* can have an outstanding *strongtrait*, or a *megastrongtrait*? Any consciousness. What varies is the quality of the human personality's *strongtrait* or *strongtraits*.

02. **Existence.** *How can a strongtrait be interpreted?* As an evolutionary conquest of the consciousness, for example: self-determination, self-control, self-sufficiency, personal genius.

03. **Space.** *Where* is a *strongtrait* acquired? In the intraphysical dimension, notably in lives *crowned* by complexis, or beyond that, by a healthy, constructive and larger *morexis* accepted with all lucidity or consciential hyperacuity.

04. **Time.** *When* is a *megastrongtrait* incorporated into a consciousness? After countless repetitions of constructive intraphysical experiences, through the *seriexis* or *multiexistences* (consecutive intraphysical rebirths and *desomas*).

05. **Comparison.** *With what* reality can a *strongtrait* be compared? With the positive genius of any nature or the consciousness' maximum talents.

06. **Cause-effect.** *Why* do we develop a *strongtrait*? Through the natural order of the consciousness' evolutionary maturity, after a certain level of self-lucidity or hyperacuity.

07. **Resources.** *With what* resources can we acquire an outstanding *strongtrait*, or a *megastrongtrait*? With all the resources able to lead a conscin to employ *Holosomatology* with intelligence, in the quality of a *Homo sapiens invulgaris*.

08. **Method.** *What* is the process to acquire an outstanding *strongtrait*? Through constant self-dedication to the performance of non-egotistic evolutionary procedures.

09. **Goal.** *What* is the advantage of incorporating an outstanding *strongtrait* or a *megastrongtrait*? To dynamise the development of your self-evolution, which is ideal for the consciousness and for others, as they get rid of personal *megaweaktraits*, the consciential basement and the abdominal sub-brain condition. *Who only sees weaktraits in others does not live well with anyone.*

10. **End.** *What is the end result that makes* the effort to acquire an outstanding *strongtrait* worth it? In order for a consciousness to better implement their own evolutionary tool, thus avoiding already dispensable existential self-mimicry.

11. **Quantity.** *How much* should be invested in the effort to acquire a *megastrongtrait*? The maximum permitted by your personal competence so you can enjoy a condition of greater serenity. Within evolution no *minipiece* is superior to the *maximechanism*.

Test. Answer for yourself:- Which is the most outstanding *strongtrait* identified within myself? Do I know how to employ a *megastrongtrait* to eliminate *megaweaktraits*?

Knowledge. Knowledge is the permanent *mentalsomatic* possession of a concept.

384. TEST OF A STRONGTRAITIST CONSCIOUSNESS

Predominance. Unfortunately, in every groupkarma there are always those people who predominantly emphasise their *weaktrait* - the burdening-trait of their personality - the monopoliser of their *strongtrait* - the more evolved strongtrait of the same personality. *In a very crude didactic analogy: weaktraits are the consciousness' haemorrhoids.*

Help. *Weaktraitist* human beings need to be helped by those conscientially more evolved, the *strongtraitist* conscins, those already with their basic *strongtrait* manifesting with greater power over the preponderant *weaktrait*. Every *strongtrait* is born from some scar.

Strongtraitism. What is your position? *Strongtraitist* or *weaktraitist*? Can you already help others or do you still constantly seek help from others? A consciousness' *strongtraits* are marked by the *strength of the traces* of their experiences (*evolutionary scars*).

Self-diagnosis. Check yourself with this test of 20 comparisons between a *strongtraitist* and a *weaktraitist* consciousness. There is no middle ground: your personal definition appears. With all possible self-criticism check yourself to obtain a self-diagnosis.

Strongtraitist Consciousness

01. A balanced and self-sufficient being
02. A much stronger being (energosoma)
03. Always the *owner of their own legs*
04. Always *more* optimistic and positive
05. An active and universal *strongtraitist*
06. An anti-egotistic donor of CEs
07. *Attractor* of positive ideas
08. Firmly self-unforgiving character
09. Greatly *more* active or animistic
10. Indefatigable self-experimenter
11. Lives by personal principles
12. *More* communicative (laringochakra)
13. *More* deintruded and free
14. *More* interdependent and lucid
15. *More* conscientially free
16. Practitioner of *wholesaling* (vision)
17. *Resistant*: shows perseverance
18. Self-conscious personality
19. Tends to lead (at the *forefront* in life)
20. Universalistic, polykarmic and lucid

Weaktraitist Consciousness

- An unbalanced and chronically needy being
- A much *more* frail being (Pathology)
- Enslaved by *consciential crutches*
- Much *more* depressed and negative
- A passive and sectarian *weaktraitist*
- Dissimulated or insincere *energy receiver*
- Subtracts in every action (drain)
- Corrupting self-complacent nature
- Greatly *more* passive or mediumistic
- Prisoner of blind anachronistic beliefs
- Very primary *butterfly-seeker*
- More* introjected and very locked
- More* mini-intruded and energetically captive
- More* dependent and still unconscious
- Repressed and narrow-minded sacraliser
- Adherent of *retailing* (parochialism)
- Deserter*: desists easily
- Alert feeble-minded* (robexis in Socin)
- Tends to be led (mob)
- Carrier of *all the collars of the ego*

Test. Your personal traits and tendencies predominate in the first or in the second column?

385. TEST OF SELF-COMPREHENSION OF THE STRONGTRAIT

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about the *strongtrait*. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge* (books, notes and other resources):

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of planning and organising your ideas:- Establish the advantages and disadvantages of you understanding the concepts of the *strongtrait* and the *weaktrait*.

02. **Critique.** *Demand* an effort from the more complex mental processes:- Critique the approach of isolatedly researching a conscin's *strongtraits* compared to the approach of jointly researching *strong* and *weaktraits*.

03. **Definition.** *Demand* the self-capacity to classify and distinguish the different categories of the trait being analysed:- Define *consciential invulgarly*.

04. **Description.** *Demand* a presentation of the characteristics of your own *strongtraits*:- Describe 3 essential *strongtraits*, of different natures.

05. **Discussion.** Presupposing the self-development of ideas, *demand* more than a simple description:- Discuss the cause of why, prior to Conscientiology research, the *strongtrait* was not emphasised in the evaluation of personalities from Human History.

06. **Enumeration.** *Demand* your personal ability to recall:- Enumerate 5 consciential attributes that present a direct relationship with your *megastrongtraits*.

07. **Exemplification.** *Demand* a demonstration of ingenuity through a personal contribution:- Give 3 examples of personal manifestations involving self-*strongtraits* and 3 examples related to already identified self-*weaktraits*.

08. **Explanation.** *Demand* an emphasis on the subject in relation to cause and effect:- What are the reasons for why, today, we are mature enough to understand and apply our *strongtraits*, or *megastrongtraits*, in order to little by little eliminate our *weaktraits* or *megaweaktraits*?

09. **Interpretation.** *Demand the* self-capacity to perceive the meaning of the principle idea:- For what reason do *strongtraits* and *weaktraits* exist in every person?

10. **Organisation.** *Demand* a personal recollection of facts according to the criterion of increasing importance:- Organise a list of arguments favourable to the identification of personal *strongtraits* and *weaktraits* in 3 consciential areas: energetic, or in Energosomaticity; emotional, or in Psychosomaticity; and intellectual, or in Mentalsomaticity.

11. **Outline.** *Demand* self-organisation of the subject into topics and subtopics:- Outline 3 sustaining principles of the rational conscientiological concept of the *strongtrait*.

12. **Selection.** *Demand* a simple critical self-evaluation according to pre-established criterion:- Indicate 3 facts that are evidence of some *megastrongtrait*.

Summary. *Demand* that you present the essence of the subject under analysis:- Give 3 cosmoehtical, theoretical consequences of the identification of your *strongtraits* and *weaktraits*. *Money and fame generate marvel with the instillation of feelings of innocence (false).*

386. CAUSES OF THE <i>MEDIOCRITISATION SYNDROME</i>
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Causes. *Have you already been identified, in the presence of others, in the **unconscious role** of an exploited-innocent?* There are 3 basic causes in the implantation of the consciencial mediocritisation syndrome: absence of the creation of opportunities, self-corruptions and scepticism.

1. **Opportunities.** Due to erroneous prioritisations the conscin does not create *opportunities* for advanced experiences in life. The person does not give themselves chances to know and experience anything beyond their egoistic parochialism. Their personal philosophy is poor or vulgar. Generally they become a *hemiplegic* specialist, without a personal view on generalism or multidisciplinary. They conform to traditional religion. They may even be an economically independent, well travelled, polyglot, a *p-h-Deus (god) or p-h-Diva*, they may have a good status in Socin, be a highly informed *diplomat* regarding day-to-day trivialities and a maintainer of the *status quo*. Considered successful in “every regard”, even following *bypass surgery*, a myocardial infarction, a weight loss diet, or *otium cum dignitate*.

2. **Self-corruptions.** At this point a personality has already created and maintained, even if unconsciously, *self-corruptions* in their intimate reactions and varied sectors of behaviour. Consciencial self-control is limited to the boundaries afforded by human morality and sociality. They only do what will not “attract attention”. They may follow ephemeral fashions, display excessive body weight, be devoted to tobaccoism, *social* alcoholism and even have a discrete drug addiction. Besides abetting the small familial, professional or social groups, within the personal *geographic zone*, the following could occur: *quick fixes*, a “you first” attitude, *opportunism*, courtships, life at the Government’s expense, nepotism, participation in suspicious transactions, dirty tricks, “*gravy trains*” and *theft* based on a lack of control of public finances, for example (Base year: 1993), the absurd payments by INAMPS in Brazil for “phimosis in woman” and “abortions and childbirths for men”.

3. **Scepticism.** Once the 2 initial pillars of personal behaviour are solidly built, the conscin, nestles in to live a human existence with a degree of hedonism in the *here-and-now*, becoming adept at deeply-rooted *scepticism* regarding parapsychic phenomena. Frankly they do not manage to accept the extraphysical reality that certain friends or acquaintances call attention to. This would disrupt their stratified conditionings and repressions. They do not find tangible, *temporal rewards* by accepting such *superstitions* and *surreal* facts. They avoid committing themselves to persuasive personal experiences, beyond the realms of traditional beliefs. They close themselves within a self-hypnotic and frankly castrating *ivory tower*.

Therapeutic. Here is the crescendo of the prognosis of the *consciousness’ mediocritisation syndrome*, a self-stagnating illness that is a *holosomatic Parapathology*: repetition of already dispensable and, therefore, useless intraphysical experiences, or self-mimicry; *post-desomatic* parapsychosis; *post-desomatic melancholy (melex)*. You find such people “among the best families”. Therapy: personal control of bioenergy; LP, or lucid projectability; frank personal research and the mature self-discernment of the consciousness’ integrated maturity.

387. LIBERATION FROM A MEDIOCRE EXISTENCE

Mediocrity. Here are 6 typical stages in the development, on this Planet today, of a mediocre intraphysical existence of a *conscin who is unthinking* regarding consciential evolution.

1. **Negligences.** Meaning: affective sociocultural irresponsibilities; mistakes due to ignorance and inexperience; lack of prioritisation; omissions resulting in a loss of talent, CEs, useful companions, time and opportunities; affective consciential deviations with indifference to the orientations planned in their preresomatic *Intermissive Course*. (See page 604).

2. **Deceptions.** Constituted by deceptions; late self-awakenings; self-awareness regarding personal mistakes without attaining pacifying solutions.

3. **Self-guilt.** Generally emerges in physical middle age (from 45 to 65 years of age); evidences a sociocultural nature, with psychological defensiveness, anxiety to get back on track and possibly recuperate time previously spent *chasing lost causes*.

4. **Fears.** Diverse causes of reactions, based on thanatophobia, or the intuition of the return to the extraphysical origins; appears as frailties with susceptibilities to frequent mini-intrusions and insecurities regarding the culture and personal submissions.

5. **Self-complacencies.** Characterised by the absence of *positive aggression*; a tendency towards *mollifications*, self-corruptions, complicities and temporisations, to *escape from the onus of saying no*, prodigalities and unstable self-motivation.

6. **Incomplexis.** Awareness of incompleted personal tasks (incomplexis); helpless acceptance of personal subpar *performances*; frank adherence to the *law of the economy of evils*; accommodation towards consoltask, or the primary assistantial task of consolation.

Megastrongtrait. Such personalities have as a megastrongtrait, an urge to get back on track; and as a megaweaktrait, despondency in the self-surrender to incomplexis.

Conscientiology. For such conscins knowledge of Conscientiology that entails experience of holosomatics, lucid projectability (LP) and multidimensionality is ideal in the recuperation of motivation, in the elevation of the level of self-performances and to attain a better level in their accomplishments. (See Bib. 3456).

Substitution. Conscientiology is the line of human thought currently available that is most capable of substituting existential mediocrity for an evolutionarily exponential life, founded on productive, universalistic, lucid and *solid extraphysical bases*.

Therapies. The leading edge relative truths of Conscientiology have 6 efficient therapies to offer a mediocre person: 1. Regarding negligences: self-organisation; 2. Regarding dispensable suffering: Cosmoethics; 3. Regarding self-guilt: the realisation of polykarmality; 4. Regarding fears or neophobias: integrated self-awareness; 5. Regarding self-complacency: unforgiving personal incorruptibility; 6. Regarding personal incomplexis: self-sufficient motivation in the execution of claritask (clarification task).

Work. To an interested conscin, go, this here is an invitation to *roll-up your sleeves and get to work. In life, providential aids always emerge when least expected.*

388. LIBERATION FROM 90 SALVATIONIST PRACTICES

Secrets. Conscientiology separates personal practices and research from all types of *salvationist secrets*, such as these 9: *secrets* of Nature; *secrets* of miracles; *secrets* of magic; *secrets* of witchcraft; mystical *secrets*; arcane secrets; *mediumistic secrets*; psychic *secrets*; scientific *secrets* and the like.

Practices. In order to avoid any misunderstanding by the experimenter, the principles of Conscientiology also reaffirm the fact of *having nothing to do* with these 90 *salvationist practices*, amongst others, that are in general manipulative, inculcating, as well as being commercial:

- | | | |
|--------------------|----------------------|---------------------|
| 01. Acutomancy | 31. Druidism | 61. Pantheisms |
| 02. Aeromancy | 32. Enchantments | 62. Phrenology |
| 03. Alchemy | 33. Esoterism | 63. Physiognomy |
| 04. Aleuromancy | 34. Exorcisms | 64. Phytomancy |
| 05. Alomancy | 35. Fairyism | 65. Possessisms |
| 06. Amniomancy | 36. Fakirisms | 66. Predestinations |
| 07. Androgynisms | 37. Fantasisms | 67. Prophetisms |
| 08. Anthropomancy | 38. Fatalisms | 68. Proselytisms |
| 09. Aquarisms | 39. Geomancy | 69. Pyramidology |
| 10. Arcanisms | 40. Grimoires | 70. Pyroscopy |
| 11. Archimagic | 41. Hermaphroditisms | 71. Revivalisms |
| 12. Arithmomancy | 42. Hermetisms | 72. Rosacruzianism |
| 13. Ascetism | 43. Hydromancy | 73. Satanisms |
| 14. Astragalomancy | 44. Hypomancy | 74. Scientology |
| 15. Astrologisms | 45. Idolatrisms | 75. Shamanisms |
| 16. Astromancy | 46. Incubism | 76. Sorceries |
| 17. Astrotheology | 47. Luciferism | 77. Stigmatisms |
| 18. Atavisms | 48. Lunations | 78. Sufism |
| 19. Batraquomancy | 49. Lycanthropy | 79. Symbologisms |
| 20. Cabalism | 50. Mesmerisms | 80. Syncretisms |
| 21. Cartomancy | 51. Millennianism | 81. Tantrism |
| 22. Catarisms | 52. Monsterisms | 82. Tarology |
| 23. Ceromancy | 53. Mysteries | 83. Thaumaturgies |
| 24. Chironomancy | 54. Mysticisms | 84. Totemisms |
| 25. Conjurations | 55. Necromancy | 85. Transmutations |
| 26. Crystalomancy | 56. Necrophilias | 86. Vampirisms |
| 27. Demonology | 57. Numerologisms | 87. Visionarisms |
| 28. Dianetics | 58. Occultisms | 88. Voodooism |
| 29. Divinations | 59. Oneiromancy | 89. Witchcrafts |
| 30. Dragonisms | 60. Oracles | 90. Zombieism |

389. LIBERATION FROM EVOLUTIONARY MEDIOCRITY

Techniques. These techniques, summarised in 11 items below, offer experimenters liberation from the mediocre level of evolution of the majority of conscins in this pathological Socin, a Socin capable of hypnotizing a person - through a culturally induced hypnosis or canalised thoughts - to constantly accept a determined set of false premises. The techniques are:

01. **Genius.** Dynamise personal consciential talents, whether physical, organic, energetic, or from the intimacy of the consciousness, such as the attributes of reason, choice, imagination, construction of thoughts, attention, mental concentration, understanding, association of ideas, memory, innate ideas and others. (See Bib. 3801).

02. **Somaticity.** Perform physical exercise, running or walking, swimming and others, to conserve physical and mental health with constant healthy operosity.

03. **Energosomaticity.** Exercise CEs, or consciential energies, in relation to self-defence, paraprophylaxis, liberation and reception of energetic flows in daily life, seeking interaction with the Physical Universe and conscins and consciexes in general.

04. **Sexosomatology.** Experience greater emotions and the subsequent relaxation from frequent orgasms, daily, until over time becoming predisposed to important original or uncommon ideas, above the average of the common tropospheric or habitually sexually needy researchers. (See page 239).

05. **Mentalsomatology.** Establish frequent intellectual contacts and exchange information on self-thosenic experiments with other conscins in debates on the evolved concepts of Conscientiology. A conscins' modules of intelligence become evident in their personal priorities. *Aquila non captat muscas.*

06. **Mnemosomatology.** Read, study, memorise and write, in the condition of a self-reflective consciousnesses, able to reflect on personal experiences, regarding advanced works such as the liberation of consciousness toward evolutionary openness.

07. **Holosomatology.** Take care of the specific aspects of sleep and alimentation, objectifying homeostasis of the holosoma in the ordinary physical waking state.

08. **Autodidacticism.** Apply the most evolved self-organisation, discipline, technical and theoretical methods available, in order to perfect self-performances in every area of personal effort, while remaining attentive to the fact: all theories change with time.

09. **Parapsychism.** Work in the field of parapsychism with all the energetic, psychic and parapsychic faculties, that, strictly speaking, are personal, and the altered states of consciousness, whether they occur in the ordinary physical vigil or during the daily periods of sleep, or the soma's rest.

10. **Multidimensionality.** Trust in and be courageous regarding the creativity within yourself and in the extraphysical assistance received from helpers, to cosmoethically construct and develop in favour of others, according to inspirations from the proexis.

11. **Heuristics.** *The base of Heuristics, minicreativity generates megacreativity.*

390. LIBERATION FROM 156 MYSTICAL OBJECTS AND ACTS

Separation. Conscientiology promotes a clear separation between the research of its practical part, Projectiology, from all the pompous, professional *mystical acts*, fashionable in the doctrinal and dogmatic areas of the prematernal protoknowledge of brainwashing beliefs (faith). In order to prevent misunderstandings, the principles of Conscientiology reaffirm that they *have nothing to do with*, amongst others, these 30 sets of 156 related *mystical objects or acts*, about which the experimenter should not waste time if they desire to free themselves from the sacralisations, repressions and fanaticisms of the still pathological Socin:

01. ***Abdominal sub-brains of faith:*** eucharists, unleavened breads, consecrated portions.
02. ***Biblotisms:*** bibles, prayer books, sacramentaries, breviaries, book of sermons.
03. ***Brainwashing of faith:*** prayers, litanies, creeds, recitals, penitence, suffrages.
04. ***Canopies of fanaticism:*** umbrellas, dossals, altars, shrines, altarpieces, baldachins.
05. ***Chastity belts of the faithful:*** promises, penances, graces, abstinences.
06. ***Collars of the faithful:*** baptisms, confirmations, lustral waters, ordinances, pastoralisms.
07. ***Conditionings:*** responses, vigils, continual adorations, sacred ways, doxologies.
08. ***Crude inculcations:*** sorceries, prestidigitations, teomythologies, superstitions.
09. ***Deifications:*** oblations, devotions, offerings, tenebraes, offertories, small chests.
10. ***Demagogies of faith:*** rites, psalmodies, catechisms, evangelisations, sermons.
11. ***Faith charms:*** thanksgiving, matins, vespers, hosannas, novenas, triduums.
12. ***Frank commercialisms:*** occultisms, cabalisms, taros, astrology, usurpers.
13. ***Hypnoses of the faithful:*** campaniles, bells, carillons, tombstones, hand bells, little bells.
14. ***Hypnotic hymnaryies:*** psalms, chants, choirs, motets, trisagions, faldstools.
15. ***Magicism:*** voodoo spells, bewitchings, evil-eyes, talismans, caduceus.
16. ***Niches of faith:*** temples, convents, cathedrals, *ashrams*, ceremonial grounds, dagobas.
17. ***Psychoses of faith:*** macerations, flagellations, mortifications, prostrations, asperges.
18. ***Public cleansings:*** washing, *holy oils*, ablutions, unctions, ampullas, consecrated hosts.
19. ***Rituals of fanaticism:*** signs of the cross, fasts, novenas, bigotry.
20. ***Rooms to torture the faithful:*** cloisters, cells, solitaries, hiding places, novices.
21. ***Scaffolds of the faithful:*** prayer-stools, confessionals, communion places, oratories.
22. ***Shackles of faith:*** holy days, sacraments, praises, glorifications.
23. ***Sophistry of faith:*** idolatries, zoolatries, angelolatries, demonolatries, gurulatries.
24. ***Taboos of irrational faith:*** theurgies, thaumaturgies, fetishes, idols from spells, manitous.
25. ***The faithful's Totems:*** statues, images, pictures, sudariums, shrines, ornate church seats.
26. ***Uniforms:*** gowns, overcoats, veils, suffibulums, monk's robes, cowls, trunks.
27. ***Uteri of irrational faith:*** spaceships, apses, sacristies, crypts, churchyards, baptisteries.
28. ***Vestments of faith:*** cloths, robes, cassocks, capes, surplices.
29. ***Witchery:*** witchcrafts, wizardry, vampirisms, exorcisms, prostrations, potions.
30. ***Yokes of the faithful:*** crucifixes, veronicas, scapulars, *holy crosses*, amulets.

391. TEST OF THE EXIT FROM INTRAPHYSICAL MEDIOCRITY

Experience. The discovery and experience of Conscientiology, Cosmoethics, greater self-discernment and integrated maturity, change all the potentialities or talents in the intimacy and external perspectives of the interested person's consciential microuniverse.

Self-consciousness. You can detect, without triumphalism, the improvements made in the face of still mediocre evolutionary contemporaries, the *unthinking consciousnesses* from the group-karma, assuming the *great responsibility* of the level of exceptional self-consciousness, that is larger, personal and in full intraphysical life.

Responsibility. A direct individual vision of the *subhuman* weaknesses of exponents of diverse *human* leaderships tyrannised by *abdominal sub-brains*, also increases the personal responsibility to serve as an example of the act of making fewer mistakes.

Facts. For example, let us see 9 facts to compare and accurately analyse (Base year: 1994):

1. **Actress.** The renowned beautiful actress, 32, a lucid projector who has not managed to liberate herself from the vice of smoking 2 packets of brand cigarettes every day.

2. **Consoler.** The sensitive man, 48, with uncommon CEs, without the strength to leave the primarism of the consolation task (consoltask), which fondles the ego, for the less likeable *clarification task (claritask)*, which is the true line of personal realisation of his proaxis.

3. **Journalist.** The famous political journalist, 42, a projector who does not resist the vanity of staying on the crest of the wave of *social events*, loosing time for the assistential CPs, or consciential projections, that rationally he should produce.

4. **Leader.** The conductor of human masses, 45, maintainer of *idolatry allowed* by the cultivators of sorcery, who, intimately, is completely insecure regarding energetic self-defences. This is why he does not attend the public conferences that request his presence, from all parts.

5. **Marketer.** The communication theorist, 46, aware of multidimensional realities, but unable to resist the anticosmoethical manipulation of consciousnesses, foolishly aiming to maintain intact the *status* of her trivial prestige.

6. **Sensitive.** The sensitive parapsychic, 25, *pursy*, aware of the extraphysical heterointruders around, without however a positive reaction due to his emotional condition.

7. **Singer.** The popular singer, 29, revered by millions, sinks his artistic career in the delusions of CEs, or consciential energies, disturbed by toxic drugs.

8. **Writer.** The popular parapsychic writer, 43, *a slave of dollar signs*, who, in the face of his public of millions of readers, escapes his duty to the altruism of the clarification task.

9. **Youth.** The *sexy*, lucid parapsychic, beautiful youth, who at 24 is subject to the anarchic compulsions of her own gynochakra making the chakras around her vibrate wildly.

Test. *All consciential evolution has a specific price.* Exiting from the condition of human mediocrity also demands a certain price from you, discipline. Here is the question:- Have you already paid this inevitable price, with lucidity, at a cosmoethical level, without haggling over it?

392. IMMATURITIES OF ERUDITE PERSONALITIES

Culture. To be *cultured* does not mean everything. There are many well educated people who do not prioritise their accumulated knowledge, or what they assimilated during intraphysical life.

Immaturities. There are countless immaturities in the intimacy of the most erudite personalities, this is because nobody develops all their personal talents at the same time.

Accumulation. According to the ambivalent philosophy of *superflua non nocent*, the summit of irresponsibility is to light a cigar with a 100 dollar note.

Priorities. Through Conscientiology, or the Conscientiogram, it is easy to detect the absence of intelligent priorities in the *cultural background* of eminent leaders of contemporary thought: politicians, artists, scientists, therapists and others.

Ignorance. Through ignorance of the self-control of CEs beyond the soma and disregarding Holosomatology and multidimensionality, there are frank, sincere, living *materialistic leaders* from the Socin, authors, who make hopeless written claims in *best-selling* personal works, (Base year: 1987), for example, the text from these 5:

1. **Meaning.** “Life has no meaning for me”.
2. **Mystery.** “Having been born, being alive, being the centre of my own Universe, in terms of consciousness, all that I feel is just a fascinating, incomprehensible, unsolvable mystery”. (See Bib. 3969).
3. **Choose.** “I did not ask to be born and I did not choose to who, why, where and when to be born. In the same way as I cannot decide when, how, where, from what and why to die”.
4. **Insecurity.** “These things produce in me the sensation of an immense and fatal abandonment, a permanent existential insecurity”.
5. **Suicide.** “I lived with people who successful and unsuccessful tried to commit suicide, I myself tried a few times”. (Conscious suicide is the cumulation of self-corruption).

Deceits. *There are excessive personal deceptions due to a lack of prioritisation of knowledge.*

Hopelessness. Often insecurity and hopelessness are merely results of the fact that people, even those very intelligent and psychologically well endowed, do not assume the most intimate, priority, integral and practical self-knowledge (*Intermissive Course*).

Point. They may even move CEs and the vital energies of an active sexochakra, with high intensity; however, they do not go beyond the *point of bioenergetic stagnation*.

Realities. For whom is still in this evolutionary, *consciential dead spot*, it would be opportune to awake to leading edge relative truths. Verpons liberate consciousnesses.

Perspectives. Conscientiology offers personal principles to live by, completely different theoretical and practical perspectives capable of enriching life and giving a rational meaning to everything that still leads to hopelessness, even for personalities seemingly more prepared or those with the best intellectual equipment.

Refutatiology. Who has already started criticising, experimenting and refuting the conscientiological exercises and conscientiometric tests of this book, is correct.

393. SUBTLETIES OF POLITICAL IMMATURITIES

Masks. For each book about *maturity* there are 1000 books that exalt violence. The following are 8 attitudes that, in light of Conscientiology, have fundamental, subtle, political immaturities, that emerge masked by utilitarian facades in the intraphysical day-to-day:

1. **Antitechnology.** *Antitechnological paranoia.* We have to adapt our consciousness to the reality encountered in intraphysical life (“necessary evil”) while raising the standard.

2. **Greenism.** *Romantic idealisation of nature.* The population of this Spaceship Earth is heading towards a demographic explosion (Base year: 1994). We urgently need to know how to manage the waste from materials used, including *bodies* and raw materials, without nationalistic demagogies.

3. **Leftism.** *The revolutionary society of the left.* Only a consciousness itself manages to evolve more quickly, far beyond the ephemeral distichs of factions and small human groups. The concepts of the left and the right are beginning to decay.

4. **Counterculture.** *The lost paradise of the counterculture.* The *paraculture* of multidimensional consciousness matters far more than the traditional *cultural background* of *Homo sapiens physicus*. We can do cosmoethical derepression without *Woodstock*.

5. **Revolution.** *The time of upheaval in the world.* Strictly speaking, upheaval of the world can only be executed in respect to the consciential microuniverse. Collective changes are subject to the wise hierarchical control of evolution, far beyond our immediate possibilities as pre-sere-nissimus or those of mere terrestrial existence.

6. **Manichaeism.** *Ideological Manichean flags.* Groupkarma is still not the ideal area to seek self-evolution. Polykarma is of much greater interest. A *uniform* is a residue of slavery.

7. **Politology.** The traditional paradigms of politics. Human interests always gravitate towards the soma, to the detriment of the holosoma. In light of the evolutionary reality this is only very good for primary consciousnesses.

8. **Profitability.** Profit as the sole criterion of valuation, or the profit system. Self-evolution is the most profitable value for a consciousness, it favours many other consciousnesses, in every existential dimension.

Criteria. A conscin with any level of lucidity is, first of all, interested in the present, the *here-and-now*. However, any criterion of personal choice and behaviour based only in the transitory physical life, is poorly founded in light of the pluriexistential and multimillennial consciousness, which everything evidences is permanent. A *rheumatic bureaucrat* is a living fossil from the evolutionary rearguard.

Maturity. Due to immaturity we are still stubborn children (sulking). Conscientiology understands and adapts to life, through greater holosomatic and projective self-knowledge it clearly expresses intelligent prioritisation and an elevated level of political maturity, or a new Politology (Paralaw) integrated with an evolutionary panorama of consciousnesses.

Consciousness. *An intraphysical global crisis is a consciential crisis.*

394. LIBERATION FROM BELLICOSE IMMATURITIES
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Conscientiology. *Conscientiology indicates discernment as an essential objective for self-evolution.* Who desires to attain integrated maturity needs to know the immaturities hidden-within Socin.

Facts. Here are 7 facts or anticosmoethical immaturities of wars:

1. **Supercorporations.** Very dangerous governments with congenitally ill, uncompassionate and not understanding political systems still exist. In these places the people are not in charge. The *economic supercorporations* are who govern, and they support, in a criminal way, terrible men solely preoccupied with the accumulation of money, the *all-powerful* vile metal, without any respect for the lives of human beings.

2. **Trifles.** Faced with war, however, paradoxically, the people's day-to-day assumes a ridiculous air and position. Commercial, bureaucratic, ideological and *capitalist concerns* are trivial and oppress people.

3. **Multinationals.** *Large multinational* advertisers, such as McDonald's, Coca-Cola, Pepsi-Cola, Kodak and Ford (Base year: 1991), avoid having their products associated with images of death and destruction. For example, they do not allow broadcasters (media) to transmit their advertisements during special programmes about war.

4. **Pseudosurgery.** The greatest fallacy of *modern war* is to affirm that war is a mere giant *videogame*, an *abstract war*, or one that is clean, without destruction, without wounded and without victims. This defence of the illusion of a *surgical war*, totally anesthetises public opinion. This is performed through a *propaganda war* with disinformation from military superpowers that hides, with euphemisms, the *human costs*; genocides bring torture and slavery.

5. **Prohibitions.** The *military censorship beforehand*, imposed on the journalistic coverage of war, exercises tight control over every type of information reaching the public. Reporters are prohibited from interviewing soldiers - the tender *cannon fodder*. The following are prohibited: communication regarding the number of combatants, ships, aircraft and armaments mobilized for the conflict; the casualties suffered or the death toll and damage sustained in combat; and the presentation of raw live images of the corpses of sacrificed soldiers.

6. **Lies.** War kills the freedom of the press first of all. Then occurs generalised disinformation, promoted by the Armed Forces public relations and information services. The natural tendency of journalism to focus on disasters is frustrated, however the versions and *contents of the truth* of the slaughters cannot be independently confirmed. (See page 294).

7. **Eliminations.** The correct interpretation, analysis, prospection and projection of the facts in modern wars are completely eliminated. *There are fictitious megastories.*

Cosmoethicology. Here is a question for you, experimenter:- If war is, in itself, immoral; and if war is the *professional activity* of soldiers; in the presence of Cosmoethics, are the soldiers conscious or unconscious professionals of this immorality?

395. DIAGNOSIS OF EVOLUTIONARY INSECURITY

Evolution. Evolutionary superiority culminates in *self-discernment* or in the amount of poly-karmic claritask, or clarification task, performed. Only understanding a little more about the realities of Conscientiology and Projectiology does not mean we compete in an imaginary evolutionary race with our peers.

Serenissimus. *A Serenissimus does not present any competitive spirit with other beings.*

Reform. We should live fearlessly against our millennial mistakes; proceeding with evolutionary recin without disputing rights with others and help in the condition of gratifying duty. We are not in any evolutionary game or war with other consciousnesses.

Test. This is why only one *yes* to any of these 25 questions demonstrates that you require a *primary renovation* of your mentality regarding evolutionary self-insecurity.

01. **Acquire.** Do I persistently think about getting it all for me?
02. **Bad humoured.** Do I imagine making someone *mad with envy* and jealousy?
03. **Close-up.** Do I always seek to be in the *foreground*, to have a *close-up*?
04. **Competition.** Do I long to surpass somebody else and not my own big ego?
05. **Downgrade.** Do I plan to *put somebody down*?
06. **Excess.** Do I go *beyond the limits* in order to be worth more compared to all others?
07. **Exclusiveness.** Am I eager to be in the *primus inter pares* condition?
08. **Gersism.** Do I want to take advantage of everything (Gerson's law)?
09. **Height.** Do I desire to soar at a high level to show the height of my personal evolution?
10. **Mercilessness.** Do I ruthlessly outclass whoever crosses my path?
11. **Monopolism.** Do I aspire to live without rival, beyond the fairness of proper conduct?
12. **Norms.** Do I go beyond the *customary norms* in order to gain something?
13. **Palm.** Do I aim to *take the palm* ahead of somebody else? (See Bib. 4195)
14. **Persecution.** Do I try to dim a colleague's brilliance in a critical meeting?
15. **Precedence.** Do I perform some act to dispute precedence?
16. **Preference.** Do I plan to always walk *ahead of someone else*?
17. **Pretension.** Do I intend to be, *at any cost*, the most capable existential recycler, the greatest conscious projector, the *best of all pre-serenissimi*?
18. **Pride.** Do I cultivate the *spirit of a king*, queen, prince, princess, general or god?
19. **Portion.** Do I always wish to know who got the *lion's share*?
20. **Privileges.** Do I unjustly claim privileges enjoyed by others?
21. **Records.** Do I try to break somebody else's records, *at any cost*?
22. **Rivalry.** Do I fear competition in personal *libertarian undertakings*?
23. **Shadow.** Do I defend myself so as not be overshadowed or passed by anybody? To choose 1 dish from 1 menu is already a privilege: many people *starve*.
24. **Starring.** Do I make efforts to eclipse the *new star* that appears ahead?
25. **Superlatives.** Do I love to employ superlatives in my published writings and dialogues?

396. LIBERATION FROM ACCUMULATIONS OF IMMATURITY

Understanding. First of all, we need to understand the immaturities we are subject to in order to avoid them. Such immaturities thrive where least expected.

Mega-illness. Observations from the day-to-day and the social mega-illness of war offer a countless number of profound absurdities regarding consciential immaturities.

Absurdities. Take these 6 greatest absurdities from among consciential immaturities:

1. **Preparation.** The preparation for war between superpowers is, in itself, a war, so high are the immediate negative, sick social, economic and technological impacts. The absurd and onerous cost of war - including modern wars - inevitably brings recession, foreign debt, environmental degradation, impoverishment, insecurity and social violence. Is there a greater collective foolishness?

2. **Language.** The military, involved in a game of life and death, make use of acronyms, abbreviations and aseptic terms to refer to something as real as the civilian victims of war, so as not to be implicated. When a megabomb kills civilians, officials say some collateral damage was incurred. This is aseptic language, one without victims. Entries from the official military dictionary: wounded soldier: BCR; wounded in action: WIA; dead: Elvis; human remains pouch: HRP. Are there more deadly euphemisms?

3. **Bible.** In 1990 an “armour-clad” pocket battle edition of the “Bible” was published, protected by steel plates, to lessen the impact of a projectile on the soldiers from the USA. Is there a greater religious and military demagoguery?

4. **Religions.** In relation to wars, religions - who say they fight for peace - do little to help and frequently worsen the context. In the Persian Gulf War, the 3 largest Christian - “religious” - armies of the world fought the Planet’s largest Muslim - “religious” - army. Is there a greater contradiction? (See Bib. 4070).

5. **Spectacle.** During the Persian Gulf conflict, there were those who met friends at home to watch the spectacle of war through the technical wizardry of universal video, like a World Cup Final or an Oscar ceremony, washed down with sips of whiskey and platters of savoury treats. Having no respect for the millions of suffering people, conscious that thousands of innocent people were marching to their death with uncontrolled bowels, in a strange foreign war. Is there a greater snobbish absurdity?

6. **Ostentations.** In Brazil, in 1989-1990, there were 5,024,173 *malnourished children*, under 5 years of age (according to INAN), besides the millions of illiterate, and 4 very special people: the property developer who, until his death, lived in a penthouse apartment in Barra da Tijuca, worth 5 *million* dollars; the physician who owns an island off the coast of Rio de Janeiro, estimated at more than 5 *million* dollars; the young yachtsman with a pleasure boat valued at over 5 *million* dollars; and the young pilot with a BAE 125-800 jet, valued at 10 *million* dollars. Are there greater ostentations?

Coherence. Maxicoherence is equal to courage in prosperity and in adversity.

397. TEST OF CONSCIENTIAL IMMATURITY

Pseudolove. The pseudolove of human beings steals *space*, through *birdcages*, and steals the *orgasm*, through the *castration* of cats and dogs. Sterilising living animals, *in the name of kindness*, in order to not dirty the house or inconvenience those responsible.

Test. According to Conscientiology the following are 13 facets of a still very immature conscin:

01. **Blackmails.** Do I still *consciously* or unconsciously appeal to emotional blackmails as resources to defend a mega-ego, *big ego* or big-belly? (Infantile egocentrism).

02. **CEs.** Am I still not permanently, lucidly, employing CEs, or consciential energies, in daily life? (Human energetic drain).

03. **Fragilisations.** Do I intentionally cultivate self-fragilisation, to cultivate dispensable sufferings? (Self-masochism). *Intransigence and radicalisation denote immaturity.*

04. **Freedom.** Have I lived conjugally, with another person, for more than a decade, without having attained the freedom to release even 1 *audible fart*? (Consciential satellisation).

05. **Machismo.** Do I still take *delightful pleasure* from masculine machismo, or feminine “machismo”? (*Shrinking of the brain*).

06. **Megaweaktrait.** Have I still not identified and, therefore, do not apply as an evolutionary resource, knowledge of the greatest self-*strong*trait and personal megaweaktrait?

07. **Parochialism.** Do I live in a sectarian and parochial manner, far from consciential universalism? (Slave to a small social group). (See Bib. 4178).

08. **Resentments.** Do I habitually cultivate grief, susceptibility, shock, resentment, sullenness, *tantrums* and *depression* with my self-obsession?

09. **Seductions.** Do I consciously use energosomatic seductions as a common resource of living in the zone of consciential mediocrity? (*Abdominal sub-brain*).

10. **Self-corruptions.** Live knowing, without a doubt, that I am enslaved to permanent self-corruptions without making any effort to renew, *turn the tables* or confront the existential recycling of the internal world? (Consciential fossilisation).

11. **Self-destruction.** Do I live slowly and consciously condemning myself to a measured suicide, through a self-punishment or self-destructive and secret vice? (Suicide).

12. **Seriexis.** Do I reject the possibility of a new, next and future intraphysical existence somewhere (Seriexology)? (Sense of intraphysical rebirth).

13. **Superstitions.** Today, do I submissively and subserviently live overbearing, castrating and even inextirpable superstitiousness? (Irrational self-castrations).

Diagnosis. See how you did in this test. If a person from your social circle has some of these characteristics and is already above 45 years of physical age, do not waste time, be realistic without pessimism, do not expect any high-quality intimate renovation from this closed micro-universe. This is likely only in another soma, in another intraphysical life ahead.

Exception. Does this also happen to you? Intelligence is to be an exception to the rule and to address the issue head on, here and now, against all setbacks.

398. IDEOLOGICAL REMODELLING OR BRAINWASHING

Definition. Brainwashing (*lavagem cerebral, mental stripping, Hsi Nao*), a condition repudiated if people are free, is the method that seeks to convert people, deprived of freely determining their own will, to a political (ideological remodelling) or religious (imposition of belief) creed through systematically produced fatigue, chemical agents, persuasion, inculcation (imposed behaviour) and the most abject indoctrination. *There are still humans who only have orgasms if others are in agony.*

Protowashing. The condition of the so-called *group-soul* of subhuman animals is the first, primitive, spontaneous and unconscious natural application of sub-brainwashing (protowashing) that exists in the universe. Existing as a conscin is a brainwashing process for egos still far from experiencing healthy retrocognitions.

Obstacle. After fear, brainwashing is the second largest practical impediment to the development of LP and Projectiology itself.

Characteristics. Cases of brainwashing, from the mild to the devastating, can be grouped together and explained through 4 basic characteristics:

1. **Types.** They present different types: classic; commercial; spontaneous; group; indirect; policial; political; religious; and others. (See Bib. 4722).

2. **Responsible.** The *brainwashers*, invaders of egos, violators of consciousnesses or vandals of spirits, receive different labels depending on the context: indoctrinators; initiators; *incarnated obsessors*; intraphysical intruders; castrating mothers; secret police; self-employed people; propagandists; clergymen; sequesters; superiors; torturers; human intruders or *criminals*; and others.

3. **Institutions.** The techniques of reforming a person's mentality varies in accordance with the group-purpose and circumstances, but the basic approach used is the same across different places or institutions: concentration camp; partisan cell; revolutionary college; office; convent; factory; psychiatric hospital; corrective political prison; barracks; temple; and others. Even the *silence*, of any person, can be a lie.

4. **Procedures.** The procedure of *intellectual coercion* and the condition of psychological regression imposed through brainwashing has received various names in different contexts: *brainwashing* among the political elite; *contemplation* in the mysticism of religions and sects; *initiation* in orders, fraternities and primitive societies; *zombification* in the doctrinal practices of voodoo; *marketing* (Marketology) in the rivalry and competition of the commerce and industry of *Homo faber*; *forgetfulness* in the general development of the seriality of intraphysical lives, or seriexis; and others.

Examples. One encounters examples of the disintegration of the personality and the construction of a *new* personality in soldiers, *the group-soul of the regiment*; in professional terrorists; in *kamikazes* (*Japanese*); in *religious revivalisms*; in the *training* of the Hitler Youth; in messianisms in general; and in other groups from Human History.

399. CONSCINS FACING THE CONDITION OF INTRUSION / DEINTRUSION

Condition. No intraphysical consciousness, whether male or female, of any physical age, sociocultural level, or consciential evolutionary stage, is exempt from the condition of intrusion / deintrusion. Neither this author, nor you. *Permanintfree know how to dissent without adrenaline.*

Heteroidentifications. Strictly speaking, the condition of intrusion / deintrusion identifies and categorizes human *groups* in particular and Socin in general.

Self-identification. Performing a self-identification is also required.

Classification. Regarding the condition of intrusion / deintrusion, each human being can be classified into any of 3 fundamental categories: the chronically intruded; the occasionally intruded; or the permanently, but still *not totally*, deintruded.

Intruded. The chronically intruded present these basis characteristics:

1. **Symbionts.** Born into this seriexis already with *symbiotic intruders (roots)*.
2. **Signals.** Presents manifested signs of intrusion from consciexes from the past.
3. **Parapathology.** Suffers from parapathological disturbance (past lives).
4. **Groupkarma.** Brings unsolved commitments with people from the groupkarma.
5. **Vulgarity.** Is a person easily encountered in daily life.
6. **Deintrusion.** It is very rare to encounter a former permanently and chronically intruded person that became permanently *deintruded*. This is possible through direct extraphysical self-*deobsession*, achieved, for example, through projective *deintrusion* (Projectiotherapy).

Occasional. The occasionally intruded exhibit 6 essential characteristics:

1. **Beginner.** In general, they were not *chronically* intruded earlier in this human life.
2. **Cycles.** They live their whole life being intruded for 5 minutes, 5 hours, 5 days, 5 months or even 5 years. This composes the majority of intimate human couples.
3. **Ignorance.** Ignores the real causes of their parapathological crises.
4. **Irrationality.** Is reluctant to admit the existence of their intruders.
5. **Majority.** This composes the *absolute majority* of Socin's elements.
6. **Conscientiotherapy.** The techniques of Conscientiotherapy effectively and in no time, awaken a consciousness to occasional unconscious mini-intrusion.

Deintruded. The permanently (*not totally*) deintruded evidence 6 characteristics:

1. **Discovery.** Is the person discovering and fighting, on their own and now completely dominating, the unconscious occasional mini-intrusions. (See Bib. 4050).
2. **Self-defence.** Lives in a condition of permanent and lucid energetic self-defence.
3. **Bait.** Today serves consciences in the condition of lucid human assistantial bait.
4. **Maturity.** In general only attains the advanced condition during physical and psychological maturity, between 36 to 70 years of human age, in the second half of their existence.
5. **Rarity.** Is a person still rarely encountered in daily life.
6. **Couples.** Even more rare is to encounter an intimate couple of any physical age, composed by 2 permanently (even if still *not totally*) deintruded people.

400. THEORY OF ENERGIVOROUS CONSCIEXES

1. **Energivorous.** The great populations of consciexes or *tropospheric* consciexes on this planet, living components of parahumanity, or Sociex, are *energivorous* with respect to the consciential energies (CEs) of human and subhuman beings.

2. **Predominance.** In *tropospheric* contact with conscins on the Earth's crust, consciexes who absorb CEs outnumber the consciexes who donate CEs.

3. **Intrusion.** It does no good to revere a *Serenissimus* and turn your back on an intruder. *Even a precognition can be cunningly provoked by an extraphysical intruder.*

4. **Desoma.** Crustal consciexes hunger and thirst for, or exist craving, the sexochakral or animal energy lost during the desoma, or *first death*. Passing through this ruptures the consciousness' energosoma, or energetic body.

5. **Second.** In addition, this state of rupture is exacerbated with the second desoma, or the deactivation of the dense energetic connections remaining from the energosoma (Energosomatics), in the psychosoma (Psychosomatology). (See Bib. 3215).

6. **Disturbances.** Based on this reason alone many aspects and causes of disturbing facts regarding the interchange between consciential dimensions can be explained. For example: the existence of *post-desomatic* parapsychotic consciexes; the incessant occurrences of unconscious mini-intrusions between conscins; all types of intrusive stigmas; parapsychic accidents and other incidents of a similar nature.

7. **Maintenance.** These insatiable energivorous consciexes exploit, where they can, the following 10 negative conditions: extraphysical catatonias; the paracomatose condition of mediocre conscins; maintenance of dispensable existential self-mimicry; prolongation of the conscins' vulnerable condition of the *abdominal sub-brain*; spurious sustentation of groupkarmic inter-prisons between imprudent conscins; cooperation in possible wilful energetic and thosenically toxic intrusions; the triggering of destructive macro-PKs; and efforts for the prolongation of the 3 most undesirable conditions in which they can influence and suggest: brainwashings, the consciential basement and robexis.

8. **Vampirisations.** In intraphysical life, we live unprotected regarding such energetic vampirisation from ill consciexes. The facts do not evidence any type of natural law acting in order to curb the energetic vampirisations developed and maintained through a real affinity. Much to the contrary, a conscin, when aware of bioenergies, will know there are IEs everywhere, without exception and that CEs are intensely diversified according to the evolutionary level of each consciousness.

9. **Self-control.** The facts suggest: consciential evolution demands this borderless level of openness between energetic consciential dimensions. Everything indicates there cannot be any other way, there is no other alternative. Being such, the solution is for each of us to personally seek energetic self-control by means of continuous practices with CEs. At this point, the decisive role of the VS, or prophylactic vibrational state, in evolution is established.

401. CAUSES OF CHRONIC INTERCONSCIENTIAL INTRUSIONS

Cosmoethicology. Lucidity regarding multidimensionality brings the responsibility of discovering Cosmoethics. *The more hyperacuity, the greater the responsibility.*

Values. Cosmoethics indicates, without self-corruptions, existential values that are unmanifested in a conscins' *daily life*.

Self-critique. The utilisation of modesty in the identification of *primary self-deficiencies* becomes indispensable in the self and heterocritiques of a social beings' existence.

Professionals. Unconscious professionals generally do not have the opportunity and time to think about the essential reason for their *daily survival*.

Prioritisations. Nor do instinctive professionals stop to think about the spurious causes and effects of the prioritisations of personal choices.

Interprison. Beautiful human animals live with their *tails trapped* and with *a guilty conscience*, with neither purely ethical nor ideal dependencies, masked by appearances that can lead them to a condition of *groupkarmic interprison* (Interprisiology). (See Bib. 4436).

Dependencies. Here are 6 examples of anticosmoethical human dependencies:

1. **Greed.** Legitimate children of greedy, *groupkarmic, consanguineous* individuals: bankers; certain economists; income tax inspectors; and others.

2. **Instincts.** Merchants of the animalised instincts of a social being: actors in general; belletrists; propagandists; publicists and others from similar lines of interest.

3. **Sex.** Specialised exploiters of human sex: proprietors of media channels; models; certain types of industries; and other *sexaholic conscins*.

4. **Vanity.** Those responsible for the maintenance of peoples' raw vanity: stylists; hairdressers; plastic surgeons who perform excessive aesthetic operations; and others.

5. **Vices.** Sustainers of the vices of men and women: cigarette manufacturers; certain drink manufacturers; certain drug manufacturers; and others in the same class.

6. **Violence.** Those dependant on the violence of human animals, *evolutionary colleagues*: policemen; military professionals; weapons manufacturers; and others.

Intruders. Exploiters of the darker side of consciousnesses generate chronic, unhealthy extraphysical intrusions that act upon the *most correct* professionals, however they cannot be cured without the qualitative improvement of the less dignified causes that sustain economic survival. There are still intraphysical slaves of palliatives and *fashionable therapies*.

Manufacturers. There are manufacturers (*big bosses*) who have never used the products they manufacture in their own factories - in their opinion - they are only for consumers. They consider them fine and acceptable for others, but bad and not good enough for themselves. They completely err in verbaaction.

Profession. The adolescents' career choice defines the nature of the next and future self-intrusions, not rarely, for the rest of their human life (*lifetime*).

Composites. There are legions of ill human patients simultaneously composed of: intruded-intruders, or vice versa, intruders-intruded.

402. DIAGNOSIS OF ADVANCED EXTRAPHYSICAL INTRUDERS

Symptoms. Malignant and advanced interconsciential intrusions caused by sick or needy consciences, or extraphysical consciousnesses, make consciences, or intraphysical consciousness, vampirised victims, and also present traces, signals or symptoms just like these 30, listed here for accurate Conscientiotherapy research:

01. **Aggressiveness.** Present temperamental explosions when least expected.
 02. **Alienation.** Strive to dreamily live in a distant world (daydreaming).
 03. **Bother.** Persistently bother and annoy nearby people.
 04. **Bulimia.** Compulsively or exaggeratedly eat, submissive to insatiable hunger.
 05. **Cacoethes.** Exhibit *rictus*, tics, cacoethes, uncontrollable frowns or grimaces.
 06. **CEs.** Exteriorise flows of unpleasant CEs, or consciential energies.
 07. **Compulsions.** Excessively worry about improper preventions.
 08. **Coprolalia.** Employ, as a norm, embarrassing insulting words and obscenities.
 09. **Entropies.** Provoke inconvenient and useless quarrels wherever you go.
 10. **Exhibitionism.** Be dedicated to acts of ostentation and megalomania.
 11. **Hallucinations.** Say that you hear and see fantastical or irrational things all the time.
 12. **Histrionics.** Create silliness with the pretence of being funny or to *curry favour*.
 13. **Hypochondria.** Convincingly ascribe inexistent illnesses to yourself.
 14. **Idleness.** Feel constant pleasure in not doing anything (inactivity).
 15. **Illogicalness.** Act with obvious irrationality or blind fanaticism.
 16. **Intrusions.** Be systematically impertinent in relation to others.
 17. **Irritation.** To become irritated, without reason, in an uncontrollable and radical way.
 18. **Manias.** Manifest ridiculous extravagances or eccentric whims.
 19. **Monoideisms.** Be attached to fixed ideas or irremovable *monothosenes*.
 20. **Negligence.** Neglect obligations at home and at work.
 21. **Psalmody.** Mechanically repeat the same phrase or dictum.
 22. **Pusillanimity.** Reveal pusillanimity or cowardice in the most serious circumstances of the *modus vivendi*, similar to *Homo sapiens genuflexus*. (See Bib. 5012).
 23. **Radicalism.** Being extreme in personal postures and passions (umbilicochakra).
 24. **Regression.** To laugh or cry without reason or under the pretext of frivolous things, in a psychological regression. *Half a litre of alcohol makes a scientist a mere subhuman being*.
 25. **Sentimentalisms.** Have the desire to cry without a plausible or logical reason.
 26. **Sleepiness.** Inclined to always sleep, at any time and in any place.
 27. **Soliloquies.** Gesture and speak alone (audible soliloquies).
 28. **Squandering.** Spend beyond personal means (anti-economy).
 29. **Stubbornness.** Demonstrate extreme obstinacy while still being young.
 30. **Untruths.** Cultivate the habit of lying with all seriousness.
- Diagnosis.** Are the conditions of advanced extraphysical intruders very clear?

403. ENERGOSOMATIC PREDISPOSITION TO ACCIDENTS

Facts. Here are 7 facts whose details reveal an energosomatic predisposition or a serious personal energetic decompensation, making the conscin, in this case, a potential victim, susceptible to apparently indeterminate accidents (*accident proneness*):

1. **Airplane.** Among the members of a sports team preparing to board a plane, a young woman - late because of celebrating a birthday in the family - was the *only one who did not manage to get a seat* on the last flight of the night. The aircraft crashed killing all passengers.

2. **Bus.** In an accidental vehicle collision the *only person* seriously hurt was a *sleeping* child. The infant was in a row of seats near the centre of the bus with 41 adult passengers onboard.

3. **Competition.** A boy, despite all of the bloody wounds, *apparently common and banal*, achieved a high placing in the karate competition. Only to later discover that he contracted HIV through his victorious physical blows.

4. **Help.** This man (*a gentleman*) was the first to discover the unconscious victim on a desert road. In his desperate anxiety to help her, through *mouth-to-mouth resuscitation*, he saved her and at the same time contracted HIV.

5. **Lightning.** From among the more than 70 hikers walking outdoors, lightning struck directly on the head of this woman: the *shortest* of them all.

6. **School.** From the hundreds of school students who walked under the plaster ceiling, where there was a well known leak in the roof, it collapsed on to 3 young students. However *only one student*, a 21 year old, suffered scratches on her shoulders and a serious *nervous breakdown*.

7. **Sleep.** According to the apartment manager's calculation, at that early hour more than 20 residents were asleep in the apartments on that side of the building. A stray bullet, coming from a nearby hillside slum, hit the sleeping woman, directly in the head - she *did not wake again*.

Fate *Fate* is an expression employed to console distraught loved ones who have suffered some affective loss. However, who precisely knows if the mourned person was really a victim of fate, a fact planned in their proexis, or a frank intervention from an interconsciential extraphysical intruder, a parapsychic en route accident, an intrusive stigma, or an occurrence of destructive macro-PK?

Desoma. Each of these cases deserves meticulous analysis and, almost always, the interested parties will only come to know the reality of the facts when they pass into another dimension through the desoma.

Errors. Through *aberratio delicti*, *error in persona* and *aberratio ictus* a criminal is induced to attack a person different from whom they initially intended to assault; this frequently includes instances of *en route accidents* which have energetic or parapsychic foundations.

Level. *Chimpanzee babies demonstrate a characteristic innate fear of snakes*. Energosomatic predispositions to accidents determine the critical level of pathological interconsciential influence for each conscin living on Earth.

Mentalsoma. Use of the mentalsoma always inhibits gross emotionalities.

404. PROPHYLAXIS FROM INTERCONSCIENTIAL INTRUSIONS

01. **Intrusions.** Interconsciential intrusion involving the *binomial conscin-consciex* is the greatest illness affecting, in a general way, all the components of humanity. The worst interconsciential intruders are those involving intrusions with emotional bases and are rooted in multiexistential and plurisecular *groupkarmic interprisons*. *In the self-cure of extraphysical interconsciential intrusions, the helper is the cotherapist.*

02. **Lines.** Despite being repudiated by conventional science, interconsciential deintrusion, or *thosenic deintrusion*, acting on the emotions but especially in the dimener, or energetic dimension, is performed by diverse lines of human thought.

03. **Discharge.** In Umbanda, a religious syncretism with Afro-Brazilian content, the intruder is called “*encosto*” and deintrusion receives the name “*descarrego*”. It consists of a *discharge bath* that utilises substances, rituals and imposed *obligations*. This is the most primitive therapeutic recourse, since time immemorial.

04. **Cost.** In Umbanda, the deintrusion is palliative as it implies a doctrinal involvement with some more primitive sectarianism, which even demands material costs.

05. **Deobsession.** In Spiritism, which is based on the work of Allan Kardec and in christolatric principles, the intruder is called *obsessor* and deintrusion receives the name *deobsession*. It consists of palliative indoctrinations, with sectarian involvement in uninterrupted special sessions and, generally, in permanent adhesion to religious practices, inculcated in a subtle or even an ostensive way (religious demagogy and enticement).

06. **Exorcism.** In Catholicism and Evangelical Sects, the intruded person is called *demonised* and deintrusion receives the name *exorcism*. It is a palliative consisting of rituals and rigorous formulas, sponsored by priests or austere ministers, involving doctrinal adhesion to ecclesiastical or christolatric principles and practices.

07. **Deintrusion.** According to Conscientiotherapy, deintrusion is attained through a technique of bioenergetic assistance developed with discernment, seeking to be more curative and not merely palliative, without any type of indoctrinations or sectarian involvements.

08. **Symdeases.** Conscientiotherapy instructs an intruded conscin to use symdeases through the impulse of their own will, with the subsequent decoding of the mixture of thosenes from other consciousnesses, transferring their consciousness’ pointer from the abdominal sub-brain to the natural encephalic brain.

09. **Self-defence.** Nevertheless, despite these 4 previously cited expedients the ideal is to attain interconsciential deintrusion by means of self-prophylaxis from intruders, through personal domination of the VS, or vibrational state, and a honing of the energosoma’s flexibility.

10. **Penta.** Such a scientific procedure of energetic self-defence, also favoured by Conscientiotherapy, is based on a change of the conscin’s interconsciential atmosphere. The ideal technique of *anti-intruder self-defence* is penta, a daily, personal, assistantial, energetic practice, an evolved resource of self-cure for unconscious intrusions.

405. PRINCIPLES OF DEINTRUSION IN RETROCOGNITIONS

Conscientiotherapy. According to Conscientiotherapy and Projectiotherapy, here are 16 principles of deintruding self-confrontation in retrocognitions:

01. **Heterocritique.** Analysis of retrocognitions demands an optimal *heterocritical sense*.
 02. **Incorruptibility.** *Cosmoethicology* recommends a consciousness constantly apply self-criticism in order to act appropriately, within their possible incorruptibility.
 03. **Self-critique.** *Analysis of self-retrocognitions demands extreme self-criticism*.
 04. **Self-confrontation.** The most difficult deintrusion, according to what the facts evidence, is *critical self-confrontation* in order to perform self-deintrusion, a multiexistential self-analysis of the consciousness.
 05. **Integral.** *Integral* self-confrontation is extraphysical, multidimensional, multiexistential, holosomatic, more aspatial, more atemporal, more paratherapeutic; regardless of whether a conscin, a consciex, or a projected conscin the consciential state is not important.
 06. **Dimensions.** Pluriexistential self-retrocognitions occur in these dimensions: *intrapysical* - human condition, and *extraphysical* - projected and intermissive conditions. It is important to live attentive of *promnesias*, *paramnesias* and *pseudomnesias*.
 07. **Melex.** Deintruding self-confrontation in the extraphysical dimension seems to be the most effective cure that exists for *post-desomatic melancholy*, or melex.
 08. **Melin.** According to the facts, deintruding self-confrontation in the intraphysical dimension seems to be the most effective self-cure that exists for an *intrusive retrocognition and pre-mortem melancholy* (longing, nostalgia, melancholic lamentations, nostomania) or melin.
 09. **Intimacy.** Whether in one self-confrontation or another, in the consciential or human dimension, the remedy for a self-cure is always in the *consciousness' intimacy*.
 10. **Resources.** *External resources*, the appeals of human life, including sex for sex's sake, money, work and others, do not, strictly speaking, alleviate the intraconsciential problems demonstrated in self-obsessive retrocognitions (implacable *retrothosenes*).
 11. **Intraconscientiality.** *Intraconsciential resources* seem to be uniquely capable of diagnosis, prognosis and curing self-obsessive retrocognitions.
 12. **Test.** The *acid test* of the consciousness' temperament, or the assessment of their evolutionary level, is in the consciential self-confrontation performed during the human life.
 13. **Problem.** In this respect, self-obsessive retrocognitions are a *unique problem* of the consciousness with themselves and have to be resolved by themselves.
 14. **Passion.** The self-obsessive retrocognition emerges, grows and becomes firmly installed in some *sentiment poorly-managed* by the consciousness or in some unexpected passion.
 15. **Groupkarma.** A problem specific to self-obsessive retrocognitions involves another or *other consciousnesses* from the groupkarma of the victim of themselves, the self-obsessed.
- Mentalsomatology.** The self-intrusive consciousness only attains self-cure when they decide to command their actions from the mentalsoma, dominating their emotional body.

406. AVOIDANCE OF DANGERS OF INTRAPHYSICAL LIFE
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Evolution. Intraphysical life provides the possibility to dynamise the self-evolution of the consciousness, which is otherwise imposed. However, Socin offers dangers of losses of consciencial energy, space and time through the repetition of unnecessary, dispensable experiences (self-mimicries), which demand avoidance. We have to avoid certain excesses. *Est modus in rebus.* *Knowledge* is the expression of the exact moment of the consciousness.

Causes. For positive reflection and analysis by an interested experimenter here are 13 essential causes of probable dangers, to be avoided:

01. **Soma:** the paradox of a perishable human body, sheltering an imperishable consciousness. *In Brazil traffic accidents generate 1 death every 26 minutes* (Base year: 2000).

02. **Humanity:** the paradox of the existence of 7 billion humans and 60 billion (probable) consciences, or extraphysical consciousnesses, in the psychosphere of Earth. We all have to seek to live like a *Homo sapiens informaticus* of IT.

03. **Socin:** the modern reunion of human beings, composed of 89% consciencial sleepwalkers living an intraphysical existence in an *evolutionary paracomatose* condition, losing practically 1/3 of the human life. (See Bib. 4447).

04. **Science:** the modern and still very young, least bad line of human knowledge, consisting of the *dermatologies of the consciousness* (materiological, periconsciencial sciences) and *consciencial fetuses.* *Beliefs,* assumptions and rumours are not facts.

05. **Technology:** the Anti-ecology generation, the bellicose and the technotronic genocides. The *pilot of the airplane* responsible for the bomb dropped on Hiroshima (Japan) went crazy.

06. **Cybernetics:** the manufacturing of *satisfied human-robots* (robexis) and the great fashions of intraphysical life's evolutionary moment (*megashows*).

07. **Industry:** the cult of eternal immaturity through *disposable stigma* that always seek the ephemeral, tropospheric, crustal and amoral profit (marketing).

08. **Politics:** the generalised, antifraternal, sectarian *sub-brainwashings* characteristic of temporal power and uniquely human prestige.

09. **Religion:** the imposition of ideas and narrow-minded conduct within *dogmatic multi-secular holothosenes.* Strictly speaking, *to evolve* is to be re-educated while re-educating.

10. **Art:** messages without rational and evolutionary content for the consciousnesses' fundamental multidimensional and holosomatic prioritisations.

11. **Communication:** the logical fallacies of the *merchants of consciousnesses* maintaining the *status quo* of infantile or subhuman levels of evolution.

12. **Leadership:** the alarming feeling of repugnance, by the major controllers of the *unthinking masses,* towards acts of assuming responsibilities and fulfilling them for the common good. The *consciencial basement* is the psychosoma's *parashadow.*

13. **Psychology:** a conscin that escapes from important maturity due to blind devotion to the condition of *perpetual infancy,* neglects the moment underway.

407. AVOIDANCE OF PARAPSYCHIC ACCIDENTS

Attraction. Frequently, people who excessively subject themselves to already logically dispensable psychological yokes, *consciential crutches and scaffoldings* attract more unconscious malignant mini-intrusions, parapsychic en route accidents and payments of *bioenergetic tolls* that, if desired, could be avoided.

Evocations. Like attracts like. Obviously, the negative always evoke the negative. This is the reason an elevated number of the parapsychic en route accidents that occur are generated by a chronically pessimistic attitude and mentality, evocations of the worse and a personal predisposition to disasters, catastrophes, tragedies, failures and defeat.

Ignorance. Today there are even definitive unnatural laws or *pseudolaws* of negativity, sophisticated *cumuli of pessimism* and *principles of frustrations* taken very seriously in certain enterprises and sociocultural circles of people who are parapsychically ignorant of the use and practical effects of thoughts and CEs. They repeat the old evocations of the worst: *abyssus abyssum invocat*, or *calamitas nulla sola*.

Avoidances. Analyse if you apply some of these *corrosive bioenergetic and thosenic* norms. Here are 10 self-obsessive *pseudolaws* with the name of the authors (anticosmoethical or unhealthy creative genius) between parentheses, that should rationally be avoided by a conscin already aware of Conscientiology:

01. **Error.** “Anything that can go wrong, will go wrong” (Murphy). Does a bigger technique to attract the worst exist? *If we think it, we make it with consciential energies.*

02. **Mention.** “When you mention something, if it is bad, it will happen” (Folklore). Is there an affirmation more pessimistic and prepared by extraphysical intrusion?

03. **Expectations.** “Positive expectations produce negative results”.

04. **Plan.** “All men (or women) have a plan that will not turn out right” (Howe).

05. **Problems.** “Inside each great problem there is a small problem fighting to come to the surface” (Hoare). This is nonsense or obvious. The *whole* is always divided in parts. *To evolve* is also to simplify the complexities of ignorance.

06. **Facts.** “If the facts do not conform to the theory, then they must be abandoned” (Maier). Nonsense. *Self-corruption* is to be a conscious victim of yourself.

07. **Line.** “The other line always moves faster” (Ettorre). This is an undesirable evocation of *psychopathological intruders*.

08. **Gravitation.** “An object will fall in a way that causes the most damage possible” (selective *pseudogravitation*). This is an undesirable evocation of *en route accidents*.

09. **Necessity.** “Necessity is the mother of strange bedfellows” (Farber). This also is an undesirable evocation of parapsychic accidents.

10. **Clocks.** “A person with 1 watch knows the exact time. A person with 2 watches is never quite sure” (Segal). This is proof of *conscious nescience*.

Truth. Leading edge relative truth varies from discernment to discernment.

408. AVOIDANCE OF FATAL SELF-DECEITS

Lapse. In human life, a small mistake can be fatal or cost the life of the body (desoma). Any person, experimenter, can commit, *at least*, a fatal mistake or lapse, sometimes in only a few seconds. Here are 8 facts:

1. **Accelerator.** Pressing the car's accelerator and not the brake at a particularly inopportune moment. There are those who use the automobile accelerator like a trigger.
2. **Door.** To unnecessarily open the emergency door of an airplane in mid-air.
3. **Mask.** To put on a gas mask without removing the seals from the air filter.
4. **Match.** Using a match instead of a torch to check the level of gasoline in the vehicle's fuel tank at night. An indescribable discontinuity of an incautious conscin.
5. **Parachute.** To forget to pull the parachute's handle in mid-air.
6. **Peel.** Slipping on a banana peel you didn't see and then falling and hitting your head on a rock or concrete slab. You need to watch where you put your feet.
7. **Sewer.** Accidentally disappearing through a manhole leading to a sewer, left open without a cover, barrier or warning sign. A traditional fact for distracted readers.
8. **Window.** To use an open window as if it were a door. Mere daytime blindness.

Extraterrestrials. Thousands of temerarious actions and fatal mistakes like these have occurred, killing people's human bodies. They are *extraterrestrial consciousnesses* who recently arrived in the troposphere, still too incompetent to live here. Such people kill themselves, usually unwittingly and unexpectedly. They committed *unconscious suicide* through mere inattention, absent-mindedness or alienation. *Their heads were in the clouds* and they did not perceive the *innocent, but dangerous pitfalls* of their human day-to-day. *En route accidents* are warnings or a drizzle. *Destructive macro-PK* is a storm cloud.

Law. And there is more: according to the *rational law of statistical probabilities*, such fatal errors, illusions or small instantaneous accidents, of a few seconds, continue to occur with legions of incautious, inattentive or deluded people throughout this world, all the time. When will this cease? Nobody can foresee. Little can be done to improve a picture like this. It is impracticable to promote a definitive or absolute prophylaxis against such calamitous accidents, removing this unhappiness. Only the person themselves can do this. It is a flaw of the still animal human nature, which has strong remnants of protorepetilian irrationality.

Self-betrayal. But *the worst* of all self-deceits is that you - an eternal consciousness - think about destroying yourself. Either by committing suicide, a fatal self-deceit, or through an unconscious suicide, unwanted even by whom is responsible, a self-betrayal or an *own goal*.

Attention. *For Conscientiology attention is the first step towards self-knowledge.* Without attention (aprosexia) how can we know if we exist in this world of illusions? In this case, even the human body can be sacrificed and deactivated.

Facts. As has been observed: these 8 fatal lapses listed here constitute *facts*.

Question. Excuse me, but did you, in fact, pay *attention* to the words read here?

409. AVOIDANCE OF EQUIVOCATIONS IN PARAPERCEPTIONS

Clairvoyance. There exists real clairvoyance of all types in relation to environments and consciexes (extraphysical beings) and also in relation to the illusions or unrealities of intraphysical life. *A conscin's errors are born more from unconsciousness than from nescience or ignorance.*

Equivocations. No *pre-serenissimus* has only victories in life. In order to remedy mistakes, it is useful to prevent at least 30 disturbing occurrences of multidimensional parapsychism, or intrusions in the frontochakra during the full ordinary physical waking state, related to - as an example or didactic resource - clairvoyance in general:

01. **Acriticisms.** Fluctuations of an acritical consciousness or unconscious self-corruptions.
02. **Amplifications.** *A magic lantern*, reflections and amplifications of distant images.
03. **Appearances.** False appearances proper to susceptible and credulous people.
04. **Clouding.** Clouding of sight, ordinary and ephemeral visual disturbances.
05. **Deceptions.** The most diverse energetic-psychic-parapsychic *trompe l'oeil*.
06. **Dreamer.** A dreamer, disregarding simple parapsychic occurrences.
07. **Entoptic.** Entoptic phenomena, varied intraocular visual images.
08. **Errors.** Perceptions and paraperceptions erroneously interpreted by a conscin.
09. **Hypnagogics.** Confused hallucinations from the *hypnagogic* and *alpha* states.
10. **Hypnohabits.** Undetected self and hetero-*hypnohabitual* suggestions.
11. **Ignis fatuus.** Ignis fatuus, spontaneous combustions of natural gases.
12. **Illusions.** Prestidigitations, conscious and unconscious illusions.
13. **Imagic.** Foggy eyes, secondary or consecutive visual images.
14. **Imperfections.** Imperfect vision when the biological clock is at a low level (*timing*).
15. **Imperspicuities.** *Fata morgana*, mirages and short sightedness, without perspicuity.
16. **Lies.** Unlimited fabrications of fantasy, lies and imaginative creations.
17. **Mirages.** Mirages and effects generated by the natural reflection of sunlight.
18. **Oneirisms.** A fleeting dream-like image, all types of oneirism.
19. **Optics.** Optical illusions, tricks of the ordinary visual sense.
20. **Phantasmagorias.** Phantasmagorias of enchantment and primary suggestions.
21. **Phosphenes.** *Phosphenes*, luminous impressions from ocular compressions.
22. **Pyrotechnics.** Pyrotechnic fireworks, the art of using fireworks.
23. **Reflections.** Spectacular reflections, reflected light and the respective physical effects.
24. **Scotomas.** *Muscae volitantes*, occasional, scintillant and luminous scotomas.
25. **Semi-consciousness.** *Lightly clouded*, semi-conscious crepuscular perceptions.
26. **Sensations.** Kaleidoscope of a combination of imaginative impressions and sensations.
27. **Shadows.** Chinese shadows, the shadowy reflections of diverse objects.
28. **Somnolence.** Suggestive *shadows* and the twilight state of somnolence.
29. **Theatrics.** Skits, the *theatrics* of exhibitionist personalities.
30. **Whims.** Architectures of the imagination capable of generating visual whims.

410. THEORY AND AVOIDANCE OF INTRUSIVE STIGMA

Definition. An *intrusive stigma* is the always dramatic, generally pathological or evolutionary defeating failure, which is based on self-obsession and generates melin (intrapysical melancholy) or melex (extraphysical melancholy).

Self-relays. A different and more serious occurrence than interconscial intrusion, *intrusive stigma* reveals its origins in the millennial past and in the system of existential self-relays within groupkarmic situations and in the consciousness' claritask.

Affinities. *Intrusive stigma* has affinities with, is situated near, or in certain cases, can be confused with, destructive macro-PK, being worse than an *own goal* within the foundations of personal, group or collective performances.

Maxidiversion. *Intrusive stigma*, in every lamentable occurrence, constitutes a pathological maxidiversion of a conscin in relation to the healthy execution of the current personal proexis.

Types. *Intrusive stigma* can be fatal regarding the soma because, in certain circumstances, which may be more or less tragic, they can, actually, reach the point of promoting desoma, or somatic deactivation of the conscin victim. (See Bib. 4427).

Parapsychism. It is not necessary to be a parapsychically developed conscin to succumb to the *holothosenic pressures* of an *intrusive stigma*. At the current evolutionary level this occurrence can occur with any conscin (*overdose*).

Occurrences. There exists, for example, 14 realities or occurrences of interest to Conscientiology - auric coupling, sympathetic assimilation, physical base, interconscial atmosphere, condition of an incomplete couple, a consciex, a conscin, dimener, holothosene, spermatic intrusion, thosene, energosomatic seduction, sexosoma and PE, or personal experience - with each presenting 2 antagonistic aspects: positive or healthy and negative or sick. This last aspect always predisposes *intrusive stigma*.

Listing. Here are, as examples, 7 *conscin-victims*, human personalities of greater or lesser notoriety, victims of *intrusive stigma*, 6 of whom I met, including the first who, in 2012, is still living intraphysically:

1. Fernando **Collor** de Mello, Brazil, 1992, president: *Collorgate, impeachment*, resignation forced by facts. *Deceit* is the intention to harm somebody.

2. Richard **Nixon**, USA, 1974, president: *Watergate*, forced resignation.

3. Jânio **Quadros**, Brazil, 1961, president: rationally inexplicable resignation.

4. Edson **Queiroz**, Brazil, 1991, deputy, parasurgeon: the assassin used a knife.

5. Douglas Scott **Rogo**, USA, 1990, parapsychologist, writer: assassinated.

6. Alexander **Tanous**, USA, 1990, conscious projector: died a victim of AIDS.

7. Getúlio **Vargas**, Brazil, 1954, president: spectacular suicide, will.

Prophylaxis. Prophylaxis from *intrusive stigma* is done through domination of CEs, conscial self-organisation and the experience of cosmoethics with maximum self-discernment.

Intruder. *The intruder is the consciousness who kicks the "tent pole".*

411. RESEARCH OF SEXUAL INTRUSIVE STIGMA

Homosexuality. A highly pathological and lethal intrusive stigma can be manifested with essentially sexual foundations, without a predominance of predisposing parapsychic factors. This happens in typical cases of violent murder perpetrated by *rent boys, hustlers or prostitutes*, who are generally passive, latent or active homosexuals. In this case, in conflictive and violent sexuality the homosexual decides to punish their own reality in another homosexual. This is an *essential error of person*.

Cases. Here are 10 cases of homosexual murders, registered by the press, generated by the defect or cruel anger of rent boys, psychotic manic-depressives, examples of lethal intrusive stigma without a predominance of predisposing parapsychic causes, sidetracking or paralysing the conscins' evolutionary gains:

01. **Cultural attaché:** Décio Escobar, died by strangulation, in Urca, Rio De Janeiro, RJ, Brazil, on 17.4.1969 (*Meinel, V.; Manchete; Rio De Janeiro, Brazil; Weekly; Year 41; No. 2,118; 11 illus.; 17.11.92; p. 94*).

02. **Italian movie maker:** Pier Paolo Pasolini, 53, assassinated in Italy by Giuseppe Pelosi in 1975. Internationally known communist; revered and mourned.

03. **Costume designer and tailor:** Gil Brandão, 59, assassinated by 13 stab wounds on 11.12.1983 (*Meinel, V.; Manchete; Rio, Brazil; 17.11.92; p. 94*).

04. **Psychiatrist:** Antonio Carlos di Giacomo, 39, died by strangulation, in Sao Paulo, SP, Brazil, in August 1987 (*Meinel, V.; Manchete; Rio, Rio de Janeiro, RJ, Brazil; 17.11.92; p. 95*).

05. **Theatre director:** Luiz Antonio Martinez Corrêa, 37, assassinated by 88 stab wounds, in Ipanema, Rio De Janeiro, Brazil, on 24.12.1987 (*O Globo; Rio; 19.06.91; p. 13*).

06. **Geologist:** Raimundo José Portella Brim, 55, murdered by strangulation, in Copacabana, Rio de Janeiro, on 12.12.1990 (*O Globo; Rio De Janeiro, Brazil; 14.12.92; p. 18*).

07. **Singer and composer:** Osvaldo Nunes, 60, assassinated by 11 stab wounds in Centro, Rio De Janeiro, Brazil, on 18.6.1991 (*O Globo; Rio, Brazil; 4 illus.; 19.06.91; p. 13*).

08. **Army soldier:** Claudinei de Souza, shot to death by a soldier from the Civil Police, in Belo Horizonte, MG, Brazil, on 28.1.1992 (*O Globo; Rio; 2 illus.; 30.01.92; p. 8*).

09. **Civil servant:** Ary de Miranda Neves Filho, 40, died by hanging, in Copacabana, Rio, Brazil, on 11.8.1992 (*O Globo; Rio; 4 illus.; 12.08.92; p. 14*).

10. **Artist and entrepreneur:** Aparício Basílio Da Silva, 56, assassinated by being stabbed 97 times with scissors, in São Bernardo do Campo, SP, Brazil, on 19.10.1992 (*Veja; S. Pablo, SP; Weekly; Edition 1,259; Year 25; No. 44; 1 illus.; 28.10.92; p. 83*).

Poltergeists. In light of the energetic, affective and sexual disturbances responsible for such tragic events, it is not intelligent to recommend the participation of recognised homosexuals and practitioners of homosexuality in the parapsychic research of *poltergeists*, in order to prevent the augmentation of entropy, or unhealthy CEs, operating through the phenomena of physical effects and accidents, primarily, *with the homosexuals themselves*.

412. TEST OF THE AVOIDANCE OF MYSTICAL FADS

Manipulations. *Having good will and good intentions is not enough to live an evolutionarily profitable human life.* Due to the mystical fads of gurulatro, if a conscin is not careful they can repeat the useless and dispensable submission to the *sub-brainwashings* of these professional tricksters, throughout their entire human life. There are those who live well, alert to possible manipulations of consciousness done in the name of “good”, “fraternity”, “solidarity” and under other pretexts of “extreme good will” and “very good intention”.

Test. For a test of reflection, here are 10 types of followers of mystical fads that have ruined - or are still ruining - the efforts, time, CEs and entire human lives of the careless and vulnerable who lack a greater sense of self-discernment in the face of *human herds*:

01. **Captives.** Catechetic sects employ artists as pitchmen, for example the Rational Culture, *Universe in Disenchantment*, of Manoel Jacinto Coelho, who for decades has contended that UFOs (machines) and UFO-nauts (consciousnesses) are the same thing, to thousands of narrow-minded readers captivated by fanaticism.

02. **Dieticians.** *Salvationist diets* that, since 1970, have already abbreviated the human life (desoma) of multitudes of fanatics and exploited-innocent naturalists in dozens of countries.

03. **Illogical.** Absurd theories, for example, the *Flat Earth* and *Hollow Earth*, that have for decades overwhelmed legions of illogical, fanatical consciousnesses on this planet.

04. **Intoxicated.** The legalised or decriminalised intoxications of Santo Daime, or the Vegetable Union, mismanaging the liver and the mind of legions of proselytes, through the action of quinine-scopolamine, the folkloric hallucinatory *ayahuasca*.

05. **Moonies.** The all-powerful sects, for example, of reverend Moon and the *Moonies*, specialised in granting, at reasonable prices, *places in the sky* in a *hyped-up climate of fleeting highs, extravagances, happenings*, multinational ceremonies and deliriums.

06. **Telefollowers.** The fanaticised sermons to the *tele-followers* of mercantilist *television-preachers*, professional religious demagogues, astute *billionaires* of hypocrisies.

07. **Trigueirists.** *Intraterrestrial cities*, for example, of Jose Trigueirinho Netto (Base year: 1992), creator of a *UFO-sect* with legions of fanatic UFO-chasing *trigueiretes*, submissive to hypnoses and cheap, irrational excessive sentimentalism. (See Bib. 4549).

08. **UFO-chasers.** The ufological hoaxes or *tricksters*, for example, Eugênio Siragusa and Victor Speers, with the fable of Ashtar, fictions and inculcations for the unprepared minds and needy energosomas of thousands of *UFO-chasers*.

09. **Unthinking.** Antiscientific nonsense, for example, of *Planet X*, supposedly capable of periodically destabilising the gravitational balance of Earth, which has from time to time, since 1950, perverted gullible minds from among the infantile and *unthinking masses*.

10. **Widows.** The delirious movements, for example, of Bhagwan Shree Rajneesh, or Osho, the man with 92 Rolls-Royce automobiles, who desomated a victim of *AIDS* and left thousands of followers, *inconsolable widows* and unloved *on streets of sorrow*.

413. PROPHYLAXIS FROM DESTRUCTIVE MACRO-PK

PK. PK or psychokinesis (telekinesis) is a physical action generated by distant parapsychic agents, with the objective of producing the greatest parapsychic phenomenon, macro-PK: intraphysical effects with a *multi* or *interdimensional* origin; ectoplasmy; parasurgeries; and others.

Definition. *Destructive macro-PK* is the macropsychokinesthetic capability of causing generally fatal damage to a parapsychic conscin, a sensitive, an animist and a projector, as well as to a researcher, conscientiologist, parapsychologist or interested people in general.

Causes. The sensitive ectoplast and the specialised researcher are predisposed to *destructive macro-PK* because they liberate CEs and can be enveloped by the CEs of other consciousnesses.

Effect. Through CEs we become predisposed to physical accidents (*accident proneness*), notably with intrusive influences or transmissions from sick consciexes.

Victims. According to the theory, there are two types of victims of *destructive macro-PK*: the parapsychic sensitive (ectoplast) and the researcher of intraphysical effects.

Sensitive. Here are 7 examples of sensitive parapsychics, victims of *destructive macro-PKs*, or 7 cases of 5 different types of violent deaths (desomas):

1. **Accident.** Oscar **Wilde** de Oliveira, automobile accident, in 1976.
2. **Automobile.** Dollie **Clark**, automobile accident in Indiana, USA.
3. **Bees.** Antonio **Rios**, stung by bees in Palmelo, GO, Brazil in 1990.
4. **Car.** Jose Pedro de Freitas (**Arigó**), automobile accident, Minas Gerais, Brazil in 1971.
5. **Incineration.** Anna **Prado**, accidental incineration in Pará, Brazil in 1923.
6. **Murder.** Edson **Queiroz**, murdered in Recife, PE, Brazil in 1991.
7. **Run over.** Carmilo **Mirabelli**, run over in Sao Paulo, SP, Brazil in 1951.

Researchers. Here are 5 examples of parapsychic researchers, victims of *destructive macro-PKs*, or 5 cases with 5 different violent deaths (desomas):

1. **Airplane.** Gustave **Geley**, Frenchman, airplane accident in 1924. (See Bib. 1632).
2. **Attack.** Kenneth J. **Batchelder**, English, unexpected sudden death in 1988.
3. **Automobile.** Gastone **De Boni**, Italian, automobile accident in 1986.
4. **Murder.** Douglas Scott **Rogo**, American, murdered, Los Angeles in 1990.
5. **Suicide.** William Jackson **Crawford**, English, suicide, by poisoning in 1920.

Prophylaxis. For a sensitive and a researcher, prophylaxis is the best way to live with macro-PK phenomena, living alert to not committing any type of physical excess, especially concerning driving and the use of vehicles. Enforce a well organised existence without abuses or temerity and a balanced emotional life without intense passions, conditions extremely difficult in such cases.

Participation. *Strictly speaking, energetically all research is participative.* This condition, when married to *destructive macro-PK*, can bring tragedy and biological death.

Utopia. Such facts evidence that so-called *non-participative research* is mere utopia, defended for centuries by conventional or *periconsciential* sciences.

414. TEST OF AVOIDABLE MANTRAS

Definition. A mantra is generally a brief formula, a *verbal crutch*, of a single or a few words, used with the objective of provoking a certain parapsychic condition.

Trance. The self-hypnotic effect of special phonemes, or *power words*, promote the induction of the consciousness to a trance state or an altered state of consciousness.

Breathing. Rhythmic breathing is more efficient and functions better than mantras to induce a CP, or conscious projection. Mantras have a relation with common exclamations, publicity, advertisements, echoes and resonances in everyday life.

Healthy. There are positive or healthy mantras, based in love or affectivity: the common prayer, exorcism, the *primal scream* and the *enlarged* expression in parapsychic physical effects phenomena. There is benign and malignant, chronic or acute intrusion.

Pathological. There are negative mantras, generated via sick, emotional energetic loads (*pathothosenes*, or pathological thosenes). There are mantras generated by fear. *Fear* is the *mega-weak* trait of legions of fragile, lacking and impressionable conscins.

Test. Test if you live employing any of these 10 negative intrusive types of mantras, attractors of en route accidents, that should always be avoided:

01. **Anathemas.** Anathemas, *public imprecations* and excommunications on the part of religious professionals. Lamentation will never be rational questioning.

02. **Choruses.** Choruses and verses from parodies, anecdotes and popular burlesque or depressive songs. Only a *conscious* intruder is duplicitious.

03. **Evocations.** *Intrusive evocations* of the “devil’s” numerous names by practitioners of rites from so-called *demonic* sects.

04. **Hypnosis.** The hypnotic word, post-hypnotic induction, of the hypnotist (*brainwashing*) or of certain condemnatory sentences drawn-up by judges.

05. **Imprecations.** An imprecation or the act of cursing someone (malicious thosenes).

06. **Injuries.** Public insults, *offensive words*, for example, during sports games and decisions. *Cosmoethics* is the consciousness’ hygiene.

07. **Onomatopoeias.** Certain *onomatopoeic-mantras* with pejorative connotations.

08. **Pathothosenes.** Persistent *mental peccadillos*, mental or *mantric echoes*.

09. **Sound techniques.** Specific catastrophic effects from *mantric sound techniques*.

10. **Swear words.** Swear words and obscene maledictions badly used in conversation. *Small cosmoethical slips open intimate doors to big heterointruders*.

Thosenes. The deeper *interconsciential intrusions* - holosomatic intrusions - are those based in the 3 inseparable components of thosenes - thought, emotion and energy - at the same time and at the same level of intensity. *Interconsciential possessions* and pluriexistential stigmas are born from there.

Thosenity. As with all other manifestations of the consciousness, the avoidance of undesirable mantras can only be made through lucid and constructive self-thosenes.

415. TEST OF REFLECTION ON EN ROUTE ACCIDENTS

Interferences. *Parapsychic* en route accidents, with foundations in CEs, or decompensated consciencial energies, disrupt the human lives of legions of people everywhere. There are occasional sick intrusions and interferences, many of them with subtle, group or multidimensional origins.

Desoma. *A reasonable percentage of parapsychic en route accidents can provoke a desoma.* Such influences happen with impressive frequency.

History. According to Human History parapsychic en route accidents have always occurred. There are even a great number of these occurrences registered, although people did not always acquire knowledge of these facts and the respective causes. (See Bib. 4828).

Test. To test your conscienciological reflection, here are 9 accidents, the protagonists and causes that suggest negative personal, group and environmental predispositions:

1. **Armour.** Fulk Fitzwarin IV (1230-1264), English Baron, died suffocated (desoma) in his armour while beating a retreat in the battle of Lewes, when his horse got bogged in a quagmire.

2. **Bread.** Thomas Otway (1652-1685), English dramatist, a very poor man, driven by hunger to beg, received one guinea, bought bread and died from choking on his first bite.

3. **Coins.** Yusuf Ismail, Turkish wrestler, died in 1898. While returning home the ship he was travelling on collided with another and started to sink. Refusing to release his belt, full of gold coins, he jumped in to the sea as such. Although an excellent swimmer, the gold coins were too heavy and he did not manage to remain on the surface, he sank and drowned.

4. **Cup of water.** Arnold Bennett (1867-1931), English romanticist, died in Paris from typhus contracted when drinking a simple cup of local water with the intention of demonstrating that the water in Paris was perfectly safe, or potable.

5. **Feather.** Claude I (10 BCE - 54 CE), Roman emperor, choked to death on a long feather, inserted into his throat to provoke vomiting.

6. **Monkey.** Alexander (1893-1920), king of Greece, was bitten by a pet monkey and died from blood poisoning (septicaemia).

7. **Scarf.** Isadora Duncan (1878-1927), the celebrated American dancer, riding in a car when her long scarf got caught in its rear wheel. She was strangled, had her neck broken and died.

8. **Tongue.** Allan Pinkerton (1819-1884), founder of the famous American detective agency, stumbled during matinal exercises, bit his tongue and died from the resulting gangrene.

9. **Toothpick.** Agathocles (361-289 BCE), tyrant of Syracuse, died by choking on a small toothpick.

416. TEST OF AVOIDANCE OF APOLOGETIC INTRUSIONS
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Self-corruption. Self-corruption creates anticosmoethical abuses. These transform *liberty* into *licentiousness*. Frequently without any modesty, shame or prudence.

Apology. An apology is a discourse to justify, defend or praise. The worst apology is one related to some personal *weaktrait*. Worse still is when we are self-conscious of this.

Intruders. There are human intruders aware of their actions and who precisely exalt their acts. Often there are direct and unhealthy connections to sick consciences.

Apologists. Here are, for example, 13 types of apologist-intruders:

01. **Addict.** An addict of tobacco, alcohol and other light and heavy drugs.
02. **Bellicose.** Warmongers from the armaments industries and wars (genocides).
03. **Executioner.** Dictator executioner (jurist, politician) of a fully legalised *death penalty*.
04. **Fossilised.** Fossilised retrograde, anachronistic and out-dated monarchies.
05. **Inductor.** Stimulator or inducer of a sick candidate to attempt suicide in full public view: *homo homini lupus*. A *suicidee* is the detainee who dies during an escape through the prison-school's sewer. There are always aggravations and mitigating circumstances in suicides. The *desoma* is the last possible act that a conscin can *do well*, on Earth.
06. **Outcast.** An outcast who performs antisocial and criminal acts (Psychopathology).
07. **Politicastr.** Amorality of anticosmoethical political Machiavellianism (*petty politics*).
08. **Promiscuous.** Anarchical sexual promiscuity (contagion, STDs and AIDS).
09. **Prostitutors.** A generalised user of prostitutes, without limits (*roguery*).
10. **Pseudojustice.** Immorality of generalised *pseudojustice*: the “just” illness; the “just” hunger (malnutrition); the “just” misery; the “just” group corruption; the “just” war.
11. **Sadist.** A pervert with a propensity to sadistic and heterodestructive sexual perversions.
12. **Sexaholic.** A vidiot, or video idiot, of indiscriminate sexually explicit scenes.
13. **Vandal.** A vandal from public scenes of violence, *riots* and lynchings.

Avoidance. Here are 10 attitudes, or related facts, supplementary to or resultant from deeply intrusive energosomatic seduction, always deserving of our perspicacious analysis:

01. **Adulation.** Any kind of fireworks raising a maelstrom of adulation.
02. **Applause.** The storm of applause on the catwalk of *intrapophysical fame*.
03. **Compliments.** To speak in a eulogizing manner and to *write with gilted lettering*.
04. **Laudations.** Exaggerated compliments regardless of where, when and for whom.
05. **Populism.** The popular cultivated aura of shameless demagogic populism.
06. **Sanctity.** The *smell of illusion* or the *odour of sanctity* within the soma.
07. **Selfishness.** The souvenir or self-serving gift that *masks something unpleasant*.
08. **Self-praise.** Praising yourself, even if dissimulated or euphemistic.
09. **Triumphalism.** The triumphal hymn or the mythical siren's song.
10. **Unanimity.** Full approval or legendary human unanimity.

Criticisms. Only self-criticism and heterocriticism implant consciencial serenity.

417. TEST OF 30 INTRA AND EXTRAPHYSICAL INTRUDERS

Distinction. *Who does not know a false-friend, a disloyal embrace and the kiss of betrayal?* If you are interested in the science of Conscientiology, as a *least bad way* to knowledge and intimate evolution, it is pertinent to acquaint yourself with the existence of 30 intruding personalities that, to this hour, obviously, already discriminate against and persecute you (which is, strictly speaking, a real interconsciential honour):

01. **Anathematizers.** Forgers of public anathemas, *blacklists* and excommunications.
02. **Commercialists.** Mercantillist *telluric prisoners* of tropospheric sects (Opus Dei).
03. **Cowards.** Cowards *brainwashed* by an aristarch's heterocriticism.
04. **Credulous.** Ignorant defenders of beings and untouchable miraculous images.
05. **Deceitful.** Those who play with deceitful words, *manipulators of public media*.
06. **Defrauders.** Obstructers prejudiced by contact with authors and subjects.
07. **Dissimulators.** Concealers of facts arising from a difficult (for others) critical approach.
08. **Dogmatic.** Legions of the dogmatic or orthodox, of any *kind*.
09. **Halters.** Conditioned audiences, directed readers, captured listeners.
10. **Fanatics.** Multitudes of fanatical withholders of serious, useful information.
11. **Hypocrites.** Subservient and omissive *humility* - shameless *hypocrisy*.
12. **Idolatries.** Passionate idolatries of their infallible and *absolute truths*.
13. **Immaturities.** Beings ashamed of assuming personal intraphysical maturity.
14. **Inquisitors.** Still living inquisitors, torturers and *witch-hunters*.
15. **Mellifluous.** Herds of *abnormally smooth speakers* and *sugary writers*.
16. **Missionaries.** Armies of celibate missionaries, *professional virgins*.
17. **Mythogenics.** Sponsors, manufacturers and eternalizers of myths and mythologies.
18. **Paramyopians.** Pluriexistential, multidimensional and *holosomatic myopes*.
19. **Parapsychotics.** Unconscious or semi-conscious parapsychotics (extraphysical).
20. **Patients.** Irretrievable holders of a chronic fixation with *gurus*, *mediumship* and *mysticism*.
21. **Patrollers.** Platoons of ideological patrollers of decrepit doctrines.
22. **Proselytisers.** Tribes of systematic, dissimulating, proselytising technicians.
23. **Puritans.** Inveterate moralizers and puritanical moralistic censors.
24. **Sacralisers.** Provincialist repressors and sociocultural sacralisers.
25. **Salvationists.** Evangelistic and salvationist parapatological mentalities.
26. **Sophists.** Sophists strongly supported due to a well crafted public opinion.
27. **Sonambulists.** Sonambulists unknowingly engaged with the pathological *human majority*.
28. **Stagnators.** Robotised maintainers of the evolutionary stagnation of conscins.
29. **Ventriloquists.** *Infantile ventriloquists speaking with their hearts pounding*.
30. **Weakened.** Fragile adults, *yearning for infantile emotions*.

Tests. It is always intelligent to *think well*, with Cosmoethics, in favour of all these *test-colleagues*, intra and extraphysical intruders in groupkarmic evolution.

418. TEST OF LIBERATION FROM 15 CRUTCHES OF CONSCINS

Option. A conscin can live dependent and enslaved, loyal to some doctrine of absolute truths at a *pre-kindergarten level of protoknowledge*; or else they can live independent and free in the endeavour for libertarian self-knowledge.

Crutches. These 15 basic types of fragile and weak psychological crutches are artificial products, *ephemeral physical instruments*, objects more or less sacralised in rituals, that the majority of insecure intraphysical consciousnesses utilise with the intent to dynamise their psychic capacities, obtain protection, health, riches and power, intensify their motivation, expand their lucidity or reach other consciential dimensions:

01. **Bibliotism.** Canvases, missals, bibles and other *sacrosanct books*.
02. **Deceptionologies.** Computerized astrological profiles, charts, horoscopes.
03. **Divinations.** *Magic wands* and evocative swords.
04. **Enslavements.** Drawn or painted mandalas.
05. **Evokers.** *Ouija* boards with numbers and letters.
06. **Games.** Card decks, arcane and archetypical tarot cards.
07. **Gewgaws.** Charms, scapulars, horseshoes, amulets, talismans.
08. **Hallucinogens.** Candles, incense, myrrh, oils, ashes, herbs and hallucinogens.
09. **Idolatries.** Altars, congas, litters, adorations and images of various types.
10. **Materials.** Pyramids, crystals, mystical stones.
11. **Objects.** Pendulums, energised rings and *love potions*.
12. **Objects of magic.** Monstrances, crystal balls, *magic mirrors*, pentagrams.
13. **Prayers.** Rosaries, third part of the rosary, prayer beads and *prayer wheels*.
14. **Sacred objects.** Shells, coins, earrings, necklaces, bracelets and *sacred jewels*.
15. **Superstitions.** Jaguar's teeth, mollusc shells, whale bones, rabbit's feet and objects that are typical of the anti-ecological cravings of *Homo sapiens superstitious*.

Liberation. Using appropriate technical exercises, Conscientiology demonstrates: you - as a conscin - can know yourself much more deeply and reach other consciential dimensions with greater efficiency, by liberating yourself from such ritualistic crutches, fragile scaffolds and psychophysical artifices, and by facing yourself.

Yokes. A scaffold is a resource to be used only *during* the construction phase, and not *after* a building is completed. You do not need to remain *loyal* to these items, enslaving yourself, constantly with *a bell under your chin* and *a yoke around your neck*.

Desoma. When the soma decomposes (desoma), you (consciousness) do not die and do not have any of these crutches and, because of them, you become a *deficient extraphysical consciousness*. Whether you will be a *materialist-spiritualist-spirit*, enslaved by sub-brainwashings, a robot of some doctrine or another, or not, only depends on you.

Test. Do you live with lucidity or under scaffolds?

Serenissimi. *Serenissimi will remain scarce on Earth for a few millennia to come.*

419. TEST OF 22 PSEUDOMOULDERS OF A CONSCIN

Navel. There are conscins so dominated by the *abdominal sub-brain* that they spend life *circling their own navel* (umbilicochakra). An example of this unhappiness: the toxicomaniac.

Drugs. Here are 22 drugs or plants used to artificially unleash 22 parapsychic phenomena, discoincidences of conscins, or bioenergetic projections:

<i>Scientific Name</i>	<i>Common Name</i>
01. <i>Amanita muscari</i>	Magic mushroom
02. <i>Atropa belladonna</i>	Belladonna (Deadly Nightshade)
03. <i>Banisteriopsis caapi</i>	Ayahuasca
04. <i>Camellia theifera</i>	Tea (See Bib. 3971)
05. <i>Cannabis sativa</i>	Marijuana
06. <i>Cereus peruvianus</i>	<i>Huachuma</i> (Peruvian Torch)
07. <i>Claviceps purpurea</i>	Ergot (Ergotism)
08. <i>Coffea arabica</i>	Coffee (Caffeinism)
09. <i>Datura arborea</i>	<i>Huanto</i> (Angel's Trumpet)
10. <i>Datura stramonium</i>	Jimsonweed
11. <i>Digitalis purpurea</i>	Foxglove
12. <i>Erythroxylon coca</i>	Cocaine (Cocainomania, crack)
13. <i>Hyoscyamus niger</i>	Black henbane
14. <i>Ipomoea porsativa</i>	Morning Glory
15. <i>Lophophora Williamsii</i>	Peyote (Peyotism)
16. <i>Mandragora officinarum</i>	Mandrake
17. <i>Nepenthes distillatoria</i>	Nepenthes or Pitcher plant
18. <i>Nicotina tabacum</i>	Tobacco (Tobaccoism)
19. <i>Psilocybe mexicana</i>	<i>Teonanácatl</i>
20. <i>Rivea corymbosa</i>	<i>Ololiuqui</i>
21. <i>Tabernanthe iboga</i>	Iboga
22. <i>Vitis vinifer</i>	Wine (Alcoholism)

Warning. After attentively reading this listing, for your own good forget such products: they are all *drugs* in various senses. *A drug potentises megaweaktraits.*

Consciousness. *A consciousness is neither a botanical nor a biochemical product.*

Will. The only trustworthy expander of the unconscious, the transcendental *biochemical key*, the *supermagic* projectiogenic drug, the moulder of the consciousness, who has the last say, the resolver of parapsychic questions, the physiological product of choice, that which has proven its effectiveness, truly helping the *Paraphysiology of the holosoma*, is the unbreakable will.

Liberation. Are you already liberated from *pseudomoulders* of the consciousness?

420. COMPARISONS OF THE RELATIVE TRUTHS OF CONSCIENIOLOGY

Projectiology. Here are 16 comparisons between the leading edge relative truths (verpons) of *Intraphysical Projectiology*, presented in the first line of each numbered topic and *Extraphysical Conscienciology*, represented in the second line:

01. *International Institute of Projectiology and Conscienciology* or IIPC (intraphysical).
Interdimensional Institute of Conscienciology (extraphysical).
02. Human projectability (LP), characteristic of an intraphysical being or conscin.
Lucid multidimensionality, acquisition of the consciousness itself.
03. Projectiological or projective courses in common day-to-day life.
Extraphysical, or preresomatic, *Intermissive Courses* (ICs) (innate ideas).
04. Human telepathy, or the phenomenon of the transference of thought.
Superior conscientese, the language of expanded consciousnesses.
05. Concept of the intraphysical rebirth experienced during the terrestrial phase.
Self-conscious intermissibility, or the consciousness' true condition.
06. *First death* or deactivation of the soma (desoma), and the second, of the energosoma.
Third desoma (liberation) or deactivation of the psychosoma (Serenissimus + FC).
07. Groupkarmic, *conscious, interconsciential, assistantial bait* (conscin).
Conscious and polykarmic helper (consciex).
08. Practitioner of penta, or the daily, assistantial, personal energetic task.
Self-aware energetic inflexibility of the energosoma.
09. The offiex, or extraphysical office, in the consciential epicenter's physical base.
Invisible College of Serenissimi (ICS, *Homo sapiens serenissimus*).
10. The being's multidimensional self-awareness (MS).
The being's multidimensional *self-cosmoawareness*.
11. The being's state of continuous consciousness.
The being's state of continuous *cosmoconscienciology*.
12. Serenissimi, themselves. (See Bib. 4693).
Free Consciexes (FCs) themselves (consciousnesses without psychosoma).
13. Consciousnesses-human leaders (Socin) (the *giants of the centuries*).
Consciousnesses-architects of galaxies (Sociex) (Free Consciexes).
14. Primary Intraphysical Cosmoethics (See page 651).
Superior Extraphysical Cosmoethics (evolved Extraphysical Communities).
15. Condition of integrated consciential maturity (holomaturity).
Condition of the consciousness' pure serenism.
16. Lived *Consciential Era*. *In theorice, the important thing is the quantity of the quality*.
The consciousness' Third, Post-space-time, Evolutionary Course (the FC's Condition).

Keys. Only applied multidimensionality, with reasonable performances, supplies the rational and logical keys for these transcendent conjectures.

421. SUBTLITIES OF LEADING EDGE RELATIVE TRUTHS

01. **Science.** To live *with* and *for* mature science is not a continuous experience of coldness or personal stupefaction. On the contrary, it can be very entertaining and evolutionarily the best undertaking in favour of all beings.

02. **Truths.** Speaking frankly about leading edge relative truths (verpons) is not always a sterilising or iconoclastic experience. It can represent an extremely rewarding intra and extraphysical route. The relative truth is a partial and ongoing victory.

03. **Attachment.** Manifesting a conscious attachment to indispensable human things is not always an egoistic existence or degenerative disease of a being. It can be a unique resource to maintain a consciousness in the *inegoism of polykarma*.

04. **Vanity.** To publicly confess personal vanity regarding the accomplishment of positive acts is not always a *parapathology of the ego*. It can encourage others by example and motivate them through the most indisputable *cosmoethical authority*.

05. **Aggressiveness.** To act with a small pinch of aggressiveness in the self-defence of libertarian consciential principles (Impactotherapy, destructive cosmoethics) is not always a chaotic destruction or a contribution to universal entropy. It can bring an ideal solution to construct good and less impermanent things in Socin, the Intraphysical Society.

06. **Intruders.** To publicly recognise your condition as an unconscious victim of extraphysical consciential intruders is not always a demonstration of weakness, cowardice or masochism. In an evolutionarily intelligent manner it may rationally found the unique recourse to reform the groupkarma to which we belong.

07. **Turn.** Making a *180° change* in a human trajectory - a visceral recexis or reperspectivisation of existence - does not always signify madness or alienation. It can generate a most providential decision from among all the existing possibilities, to improve things, putting the destiny of numerous personalities into a new perspective. (See page 682).

08. **Authenticity.** To prefer authenticity, openness and sincerity in the face of everything and everyone, is not always *intellectual masturbation* or moral suicide. It can be proof of maximum self-discernment towards the attainment of integrated consciential maturity.

09. **Dissidence.** To choose dissidence or *divorce* does not always constitute a pure and simple dissolution of commitments. It can be the most viable choice between all the evolutionary options available within the intraphysical situation (lesser of two evils).

10. **Existences.** To reflect deeply and act for the next existence is not always a mere displacement of responsibilities or *alienating mental diarrhoea*. It can constitute the *gold seal* of the current existence in Socin.

11. **Consciousness.** Human evolution on this Earth has been undergoing a continuous acceleration through the millennia of History. The world of Physics, however, has not accelerated. *The electron has revolved around the nucleus of the atom at the same pace for 10 billion years.* Therein lies the difference: we are not atoms, a consciousness never stops.

422. RESEARCH OF LEADING EDGE RELATIVE TRUTHS
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01. **Ideas.** Since 1966, or in other words for 4 decades (Base year: 2006), this author has been trying to research the *leading edge relative truths* (verpons) of Conscientiology / Projectiology, in a full-time and theoretical way, as a priority, in Brazil and abroad.

02. **Rejection.** In my even earlier initial attempts to debate these advanced ideas, over 6 decades ago, the *rate of rejection* or the open opposition encountered was 100%. There were multiple occasions in which the researcher felt physically isolated after having successive doors slammed *in his face*. (See page 139).

03. **Indoctrinations.** Personalities excessively castrated or indoctrinated by *sub-brainwashings*, motivated by deeply rooted *somatic passions*, without the predominance of consciential self-discernment, dominated all the parapsychic areas.

04. **Self-defences.** There appeared various occurrences of *flat no*, discriminations, misinterpretations, insults, ostensive persecutions and obstructions. Only their ego defence mechanisms were at play, *sending the neoideas to hell*. There was an uprising against the person of the researcher instead of a combatting of the ideas. *Neophobia* is an absurd and unhealthy attitude.

05. **Witness.** The researcher's persistence in this period allowed him to witness, or watch, the disappearance of various movements of ideas, the radicalisation of multiple doctrines that still exist, the desoma of legions of fanatics and the emergence of many less sectarian or more libertarian personalities, collaborators and volunteers, men and women now working with the neoconcepts of liberating consciousnesses.

06. **Self-critique.** Today, through extracurricular and advanced courses in diverse locales, it can be affirmed that: the current *percentage of explicit disapproval* to the neoideas, with all realism and self-critique, is only 5%. (See Bib. 973).

07. **Devolution.** That statement can be verified through research: of 60 students participating in courses, on average only 3 of those enrolled publicly manifest head-on opposition to the material presented. For this reason, a *refund of the enrolment fee* is permitted, in the first half hour of the first class, to those who are unsatisfied. Already, in 1994, such a fact is rarer.

08. **Themes.** Another research: currently the rejections were stronger regarding the topics of these 4 courses, listed in descending order: "Projectiology and Sexosomatics", "Analysis of the Theory of Seriexis", "*Advanced Projectiology*" and "Deepening of Invexis".

09. **Evolution.** Research shows that human life is evolving and that conscins have improved significantly, or by 95%, in the period of the most recent generation. Only those who have not experienced the heated *frontline of the debates*, as an adult, do not see or feel the change. *Experience* is our vaccination against the fallacious lie of belief.

10. **Optimism.** This reaffirms the relativity of others' opinions. With my usual frankness, this author does not see any reason not to be *logically and justifiably optimistic* regarding the leading edge ideas that we seek to inform interested parties of.

11. **Facts.** *Against facts neither mere words nor arguments make headway.*

423. TEST OF THE ABSENTEEISM OF CONSCINS

1. **Intimacy.** Conscientiology deepens discussions about happenings within the consciousness, in its intimacy, its core. It is for those who want to implement some lasting personal reform, to improve and move on from the inexperience and irresponsible mistakes of the past.

2. **Holomaturity.** If one intends to recover evolutionary lucidity, 100% of the *cons*, holomaturity, while an intraphysical being, an extensive intimate change in our habits of thinking, feeling and applying self-thosenes is necessary. It will always be ideal to accomplish this without paying the clearly dispensable tolls of mysticism, gurularty, salvationism, demagogies and outdated fossilised self-corruptions. The reconstruction of the consciousness, by itself, can be developed through a model of creative self-evolution.

3. **Self-discernment.** *Consciential self-discernment makes you definitively and without ego defences, get rid of that which is dispensable.* You stop defending the indefensible and repeating unnecessary anachronistic self-mimicries. (See page 504).

4. **Expression.** In the universe of primary ego defence mechanisms, the *fallacy of self-corruption* is among the most commonly employed in Socin, it affirms: In a theory libertarian ideas are promising, however they do not work in practice, therefore they are unfeasible and excessively romantic and idealised for everyday human life.

5. **Absenteeism.** In Conscientiology, which maintains consciousness as its primary and greatest research instrument, these irrational conjectures and actions of non-confrontation of one's ego do not work. Lucid projectability eliminates evolutionary dilettantism from life and brings to the debate the question of unsustainable *absenteeism of the consciousness*, a condition of neutrality regarding integrated self-maturity and the principle of disbelief.

6. **Pathology.** In the pathological atmosphere in which we live, conscins loyal to absenteeism regarding self-conscious evolution compose the following picture: all know of the existence of irrational absenteeism regarding maturity, all admit to it *in petto*, but nobody fights it. Thus, the commercial-industrial exploitation of youth continues unabated. The still pathological Socin yearns to keep this facet submerged, using the most worn-out arguments and slogans inspired by medieval times, in divergence with *Astronautics and the Information Age*. Mimicology and Sameology come from there.

7. **Facts.** Personal multidimensional experiences demonstrate the fact: such antiquated arguments do not honour their defenders and when faced with Cosmoethicology and possible incorruptibility they appear to be afflicted by mental and intellectual poverty. In this situation, two sets of facts establish the differences: the *facts of absenteeism* of consciousnesses, in a group and collective way; and *facts of the lucid projectability* of consciousnesses, in an individual and intimate way. Without personal effort old social pathologies (sociopathies) will continue. Until when, ultimately? This also depends on you, as a social being and a component of Socin. *Lamentation is laziness.* Here is the *decision trinomial: here-today-now.*

Test. What actions have you sustained in the face of consciential absenteeism?

424. TEST OF CONSCIENTIAL UNITS OF MEASURE

Variables. There are variables in human lives and evolutionary efforts functioning as consciential units of measure, demarcating and weighing the consciential microuniverse in a *possible mathematisation of the intraphysical consciousness*.

Types. Here are, according to conscientiological Terminology or Orismology, 10 typical consciential units of measure for self-research, from among others:

01. **Claritask.** Claritask, or the clarification task, is the *unit of measure* of a conscin's self-evolution. Are your self-performances based on cosmoethical clarification tasks? There are *conscins* who only proffer carbon dioxide because they cannot retain it.

02. **Con.** A con is the *unit of measure* of the consciousness' lucidity or hyperacuity. Today, is your self-recuperation of cons satisfactory for you?

03. **Enerspring.** Enerspring, or the state of energetic springtime, is the *unit of measure* of holokarmality, the personal balance according to the *law of cause and effect*. Have you already consciously experienced periods of enerspring in the current existence?

04. **Holorgasm.** As lucid conscins the holorgasm is the *unit of measure* of the maturity of sexuality. Have you already managed to attain a transcendent sexual level of holorgasms in *intimate workshops* in an energetically shielded bedroom?

05. **LP.** Lucid projectability is the *unit of measure* of our self-conscientiality. Does theoretical lucid projectability already fully satisfy you?

06. **Recexology.** Recexis, or existential recycling, is the *unit of measure* of self-scientificity. For the young of recent generations, instead of recexis, the *unit of measure* of self-scientificity is invexis. Do you still lack a general and profound self-determined existential recycling, like a renovating *reentrée* into life with a *new perspective*?

07. **Strongtraitology.** *The conscin's strongtrait is the unit of measure of holomaturity.* Have you already identified, with self-critical certainty, your *megastrongtrait*?

08. **Thosene.** The thosene is the *unit of measure* of general lucid manifestations for all conscins. Thosene is action. Therefore, thought is action, emotion is action and consciential energy (CE) is action. Are your standard self-thosenes of a high evolutionary level?

09. **Verbaciology.** Verbaction, or the precise union of the verb and action in a conscin's behaviour, is the *unit of measure* of self-cosmoethicality, self-coherence and incorruptibility. Do your acts precisely confirm you, like personal testimonies of self-affirmations?

10. **VS.** The VS, or vibrational state, notably the prophylactic one, is *the unit of energosomatic flexibility* or consciential health for all intraphysical consciousnesses. Self-critically, is the self-control of your VS reasonable?

Test. Do these 10 personal answers display a positive average? Or not? As noted: the *measuring instruments* are there in front of you, in your hands. The actual measuring only depends on you, self-motivation and self-effort. You are urged to take good evolutionary advantage of the opportunities.

Power. *Qui potest maius, potest et minus.* Fear is perishable; the consciousness is not.

425. THEORICE OF EXPERIENCES OF MATURITY

Truth. *There are people perversely convinced of being the sole holders of the truth.* This author has no pretension in this regard. We seek heterocriticism.

Arrival. The following has been affirmed for centuries: *ipsa scientia potestas est.* According to Conscientiology, integrated, multidimensional, lucid *omnimaturity* comes to you, experimenter, when your consciousness starts to understand and self-motivatedly seeks to experience, at least, these 60 concepts:

- | | |
|---|---|
| 01. Basic organising principle | 31. Liberation from belief systems |
| 02. Being: a pluridimensional ecosystem | 32. Maxifraternity (lucid altruism) |
| 03. Body of discernment (mentalsoma) | 33. Maximum consensus in contexts |
| 04. Broad global view of an individual | 34. <i>Maximum unified field theory</i> |
| 05. Collective terrestrial interests | 35. Maxiuniversality (antisectionalism) |
| 06. <i>Complexis</i> (existential completism) | 36. Multidimensional awareness |
| 07. Conscientese (cosmic paralogy) | 37. Multidimensional Paraecology |
| 08. Conscious multidimensional life | 38. Omnilateral open mind |
| 09. Cosmic consciential kinship | 39. Openness or this Evolutionary Era |
| 10. Cosmism (Cosmic Communities) | 40. Parapolymathy of parapsychism |
| 11. Cosmoconsciousness (personal condition) | 41. Permanent omniquestioning |
| 12. <i>Cosmoethic</i> (greatest cosmic moral) | 42. Phytoconviviality (living flora) |
| 13. Cosmoethic megaconviviality | 43. Polyglotism (communicability) |
| 14. Essential paraperceptions of the ego | 44. Polykarmality (universalistic) |
| 15. Everything (the present reality) | 45. Practical consciential paradigm |
| 16. Experiential unification of the Globe | 46. Primacy of value over effects |
| 17. Great consciential gestations | 47. Renunciation of asking only for yourself |
| 18. Group of existential inverters | 48. Serenism (evolutionary level) |
| 19. Groupkarmic inseparabilities | 49. Statelessness (universal citizenship) |
| 20. Holistic (all-inclusive theory) | 50. <i>Taking it to the ultimate consequences</i> |
| 21. Holosomatic homeostasis (condition) | 51. Theorice (or study and experience) |
| 22. Holosomatology (intraconsciential) | 52. <i>Thosenes</i> (means of communication) |
| 23. <i>Homo universalis</i> (or <i>H. sideralis</i>) | 53. Today's pragmatic globalism |
| 24. Human-animal-plant-engine interaction | 54. Totality (encompassing) |
| 25. Inexhaustible immanent energy | 55. Unified perspective of being |
| 26. Integrated maturity of the consciousness | 56. Vanguard omnicooperativity |
| 27. Interdependence with discernment | 57. Volitating consciousness (<i>H. viator</i>) |
| 28. Interdisciplinarity (<i>Everythingology</i>) | 58. Wholesaling as a technique to perform |
| 29. Joint holosomatic orgasms | 59. World State (Politology) |
| 30. Justified megacosmopolitanism | 60. Zooconviviality (living fauna) |

Evaluation. Which of these neoconcepts of holomaturity are you unfamiliar with?

426. PARAPSYCHIC AND SEXUAL MATURITIES

01. **Conscientiology.** The sciences of Conscientiology and Projectiology enjoy all the healthy traits of personalities who have parapsychism. However, they lament the disturbances from the sick relationships inherent within these same personalities.

02. **Self-discernment.** The employment of self-discernment, beginning in the mentalsoma, is the only agent that maintains a more permanent equilibrium for a conscin, without sponsoring *discrimination of people* or suffering excessive *social compulsions*, derived from the *abdominal sub-brain*, a condition from the conscinial basement or from peers.

03. **Sexosoma.** In an atmosphere where parapsychism is developed, notably in relation to sexual appetites, or the maturity of sexuality, people who breathe can be classified in to 3 categories (Personology): *adapted*, very perturbed, or *maladapted*.

04. **Conditionings.** Strictly speaking, sex has no direct or basic influence on the research goals of a competent parapsychic investigator or authentic sensitive. In theory, this is 100% accurate and should happen. However, in practice, cultural conditionings (Mesology) and the social context generally convey both positive and negative consequences to / and for the researcher, sensitive and institutions.

05. **Overestimation.** We wish to study, above all else, parapsychism or Conscientiology. The consciousness itself does not have a sex, that is merely a component of the animal body (sexosoma). Extreme, overvalued or overestimated sexuality acts as a morbid or intrusive element within this context. Understanding this, to a high level, is obviously still an insurmountable difficulty for an extensive number of conscins.

06. **History.** Since primordial times, the History of Parapsychism has registered the appearance of serious and competent homosexual researchers, for example: Frank Podmore; or lesbians, like Ann Radcliffe Hall; both members of the oldest and most prestigious *British Society of Psychological Research*. Sexually speaking, the picture of human values in transcendent research, remains the same, whether in Brazil, the *United States* of America or in Europe.

07. **Constraints.** Immature sex and emotional deviations still create - like it or not - enormous constraints for both sides, in broad areas of research within Socin and it seems this will continue for generations to come.

08. **Permissiveness.** Parapsychic researchers, including conscientiologists, are grappling with legions of *unloved*, emotionally unstable conscins, including previously married adults with children, who are now homosexual or lesbian. As we also work with young people in this *age of permissiveness*, excessive promiscuity and *AIDS*, these critical problems recrudescence in an explosive way.

09. **Cosmoethicology.** For that reason you cannot dispense with Cosmoethics to live, at this moment, between anticosmoethical discriminations and inevitable constraints.

10. **Solution.** Reader, do you see any better solution to such questions?

427. AVOIDANCE OF CONSCIENTIAL ERRORS

Errors. In theory there are a large number of consciential errors, misunderstandings and mistakes that can be holokarmically lesser than others. Here are 12 examples for analysis:

01. **MS.** The unhealthy foolishness of an unaware person *is less when compared to* that of a personality perfectly aware of their own actions (multidimensional self-awareness).

02. **Assistanciality.** The assistancial misunderstanding by a person who has good will and good intention, but lacks discernment, *is less when compared to* that of a consciential epicenter (*epicon*).

03. **Complexis.** The primary mistake of whom - young or old - lives in the condition of the *consciential basement* brings *less problems when compared to* those of a *completist conscin*.

04. **Knowledge.** The inaccuracy of the knowledge of an ignorant person *is lesser*, in effect, *when compared to* that of an internationally recognised scholar.

05. **Permaninfreeness.** The folly of the energetic blockage of a person who does not master CEs *is less when compared to* that of a totally, permanently intrusion free being.

06. **Gestations.** The instinctive fallibility of a person who promotes common human gestations *is less when compared to* that of a person who sponsors lucid *consciential gestations*.

07. **Holomaturity.** A dopey outbreak of foolishness in an immature youth *is less* of an issue, as a negative example, *when compared to* that of a mature and experienced adult. (See Bib. 4588).

08. **Mentalsomatic.** The human vices of a person who only knows how to live through the *abdominal sub-brain* are *less when compared to* those who lucidly use the encephalic brain.

09. **Multidimensionality.** The egokarmic consequences of disinformation about multidimensionality from a person who lives in the state of *evolutionary paracomatosis* *is less when compared to* that of a conscious projector who leaves this state and the locked seriexis.

10. **Polykarmality.** An egokarmic lapse of a person who breathes without knowing *holokarma* *is less when compared to* that of a person who already knows and seeks to experience *polykarma*.

11. **Recexis.** The illusion in the approach of a young male *existential inverter* (*invexis*) *is less when compared to* that of a veteran intraphysical female who is an *existential recycler* (*recexis*).

12. **Claritask.** The foolishness, characteristic of inexperience of a person who exercises the consolation task *is less when compared to* that of who already executes the *clarification task* (*claritask*).

Percentage. However, to defend a mistake by stating it is less bad is also foolish. No single error stops being an error solely because the percentage of introduced equivocation.

Self-discernment. *Megaprioritisation is to live with the prudence of self-discernment.*

Cosmoethicology. Consciential acts are cosmoethically correct or not. It is useful to defend *successes* with logic and coherence, when necessary. It is not intelligent to defend *personal errors*. Whoever immediately recognises and rectifies those acts, gets more right.

Reflections. Integrated consciential maturity leads your consciousness to cogitations, beginning in the *mentalsoma*, equal to those listed here. It is intelligent to reflect upon the areas mentioned that are closely related to personal evolutionary needs.

Thosenity. To think, or to thosenate, does not cost so much.

428. THEORICE OF CONSCIENTIAL CONTINUISM

01. **Life.** *Life itself demands conscious and coherent continuity of actions.* Consciencial continuism is to prune a tree, cutting a *branch* without being seated on it.

02. **Definition.** Consciencial continuism is the gapless integrity of the continuity of consciencial life through opportune foresight and evolutionary self-relay. It means incessantly sewing together this present experience and the immediately prior experience, into one cohesive and single whole, without diluting continuity or having sealed off, disconnected experiences.

03. **Attributes.** A *consciousness* does not stop. Consciencial continuism is based on various consciencial attributes: lucidity, elaboration of thought, attention, mental concentration, association of ideas, integral cerebral memories and the *organismic submemory*.

04. **Time.** *Consciencial disconnection* is a *weak* trait; consciencial continuism is a *strong* trait, a deliberate *simulcognition* and natural precognition of the *here-and-now*.

05. **Continuation.** Consciencial continuism demands a *follow-up* on the ideas, people and scenarios in both the space-dimension and in the chronological time-dimension by an absent-minded or *indifferent* conscin. An *excellent* act one minute can be *terrible* the next.

06. **Steps.** Through evolutionary continuism, the consciousness anticipates the next steps to be taken in the *chess game of personal multidimensional life* and in the stages of lucid evolution, in order to attain enerspring, complexis, holomaturity, MS and permanintfreeness.

07. **Cosmovisiology.** Consciencial continuism allows an all-encompassing panoramic vision of ideas, beings, institutions, actions and your own consciencial history.

08. **Facts.** Here are 4 pieces of evidence of a person who is *not thinking about the next move*: standing in front of an elevator door that is about to open; leaves objects scattered everywhere one goes; leaving the key in the ignition and locking the car door; using a match to peer into a gasoline tank.

09. **Basement.** Discontinuity in the manifestations of the consciencial pointer in an adult, is junk remaining from the *bric-a-brac of the anarchical consciencial basement*.

10. **Improvvidence.** An improvident, imprudent, precipitated, impulsive or immature conscin, has not yet acquired any practical awareness of *evolutionary continuism*.

11. **Self-mimicry.** A conscin's existential self-mimicry, when already unnecessary, only occurs due to the absence of evolutionary continuism or from self-disorganisation.

12. **Shocks.** The consciencial shocks of intraphysical rebirth and desoma affect the maintenance of the condition of consciencial continuism, and hence maintain *consciencial paracomatosis* and a disconnection in *personal verbaaction* spread widely across this planet.

13. **Reversion.** Through the permanent and omnipresent action of holokarma, consciencial discontinuity - or *monophasic reasoning* - demands the revisitation or undesirable return of the consciousness, in worse conditions, to the *scene of the crime* of the negligence.

14. **Graph.** Self-awareness regarding consciencial continuism improves the statistical graph of the conscin's conduct. It eliminates the disparate peaks of broken lines maintaining a flat and more uniform line in the self-thosenes and self-manifestations in general.

429. TEST OF A CONTINUIST CONSCIOUSNESS

Head. *In the human head the brain is the container; the consciousness is the content.*

Comparison. Here, for self-research, are 30 characteristics of a continuing consciousness, compared with 30 other characteristics of a flawed or interrupted consciousness:

<i>Continuing Consciousness</i>	<i>Flawed Consciousness</i>
01. A chain of linked ideas	Dissolutions of continuity in ideas
02. A continuous series of personal acts	Eruptions and pauses in personal acts
03. Aptitude to associate concepts	Ineptitude to associate concepts
04. Behavioural chart: horizontal lines	Behavioural chart: broken lines
05. Coherence regarding space-time	Incoherence regarding space-time
06. Cohesive following of a progression	Intermittent stops in the progression
07. Concatenation of self-experiences	Breaks in the <i>line of self-experiences</i>
08. Consciential hyperacuity	Condition of lack of recuperation of cons
09. Consecutive self-conscientiality	Interrupted self-conscientiality
10. Constantly <i>on</i> conscin	Constantly <i>off</i> conscin
11. Continuous mnemonics over time	Mnemonic fugacity and precipitation
12. Entire permanent memory	Hypomnesia or <i>unstable memory</i>
13. Greater self-organisation to live	Predominant self-disorganisation
14. Healthy mental concentration and attention	Inattention and dispersion of ideas
15. Historical vision of self-evolution	Fleeting vision of the evolutive <i>here-and-now</i>
16. Interaction regarding personal time	Distraction regarding personal time
17. Less difficult complexis and <i>wholesaling</i>	Predisposition to incomplexis and <i>retailing</i>
18. Lucid fulfilment of <i>verbaction</i>	Disconnection between word and action
19. Lucid operational <i>self-relay</i>	A mere element of the <i>unthinking masses</i>
20. Lucid precedence and sequence	Mnemonic lapses and interruptions
21. <i>Multiphasic tachypsychic</i> reasoning	<i>Monophasic bradypsychic</i> reasoning
22. Natural precognition and <i>simulcognition</i>	Alienation regarding the immediate future
23. Normal uninterrupted self-consciousness	Habitual lacunal unconsciousness
24. Only necessary self-mimicries	Unnecessary self-mimicries
25. Peaceful interconsciential climate	Entropic interconsciential climate
26. Permanent connection of thosenity	Incessant disconnection of thosenity
27. Prudence and prevision against accidents	Greater predisposition to accidents
28. Successive mentalsomaticity	Intermittent mentalsomaticity
29. Unified vision of consciential life	Segmented vision of consciential life
30. User of the <i>encephalic</i> brain	User of the <i>abdominal sub-brain</i>

Test. The readers characteristics predominate in the first or second column?

430. TEST OF MATURE CONSCIENTIALITY

Characteristics. Here, in an open comparison, are 30 characteristics or traits from an advanced consciousness (quality of conscientiality), with as many from a primitive consciousness:

Advanced Conscientiality	Primitive Conscientiality
01. Always self-motivated healthy spirit	Feeble, sick dejection
02. Big goals always in sight	Withdrawn, self-defeating, desertion
03. Concrete execution and realisation	Scams, fantasies, daydreams
04. Definition of firm objectives	Subjection to hollow causality
05. Discipline, method and integrity	Indiscipline, <i>careless</i> entropy
06. Effort, diligence and dedication	Speculation, emotional instability
07. Explicit and unbreakable will	Chronic and disguised apathy
08. Impelling basic certainties	Repressing superstitious luck
09. Modern refuting science	Antiquated belief, faith, mysticism
10. Omnipresent discernment	Risk, temerity, pusillanimity
11. Own opinion and personality	Improvisation, <i>a shortcut</i> , self-corruption
12. Permanent and alert motivation	Dormant existential parasitism
13. Permanent personal organisation	Personal disorganisation as a habit
14. Personal initiative and active resourcefulness	Personal indifference, inactive alienation
15. Personal objectivity and constancy	Inconstancy, dispersiveness
16. Positive intention in behaviour	Destiny, determinism, indifference
17. Positive personal desire and ambition	Increasing negligence, disinterest
18. Premeditation and planning	Chaos, lack of interest in goals
19. Project, research and experimentation	Increasing laziness, negligence, apathy
20. Proposal of useful and feasible work	Bet, levity, instability
21. Purpose and self-determination	Lack of purpose, self-indetermination
22. Pure logic in tactics and techniques	Game of illogical, personal interests
23. Rational personal principles	Impossible, open, personal adventure
24. Rationality and ongoing service	Irrationality and continuous holidays
25. Reflection predominant in actions	Lack of reflection predominant in actions
26. Responsibilities accepted on the spot	Dissimulated irresponsibility
27. Self-conscious interdependence	Enslaving primary dependences
28. Technically always seeking the best	<i>Atechnicalness</i> of the law of least effort
29. <i>Thosens</i> (ideas and sentiments)	<i>Senes</i> (emotionality, CEs)
30. Thought-out plan being executed	<i>Luck</i> , parasitism, inconstancy

Test. Do the reader's characteristic traits predominate in the first or second column? *The absence of human self-discernment keeps many somas alive, but full of no one.*

431. TEST OF PRIMARY CONSCIENTIAL MATURITY

Traits. Let us assume, experimenter, that you are a personality who presents 6 traits in your biography: you attended university; you read books, periodicals and magazines; you have access to all types of information; you have even received a scientific research or an intellectual award of some nature; you are considered by all to have a highly sociable personality; and currently live with complete economic-financial independence.

Holomaturity. However, all this does not mean that you have achieved a reasonable level of integrated maturity (holomaturity) of your own consciousness, as you can live with enormous good intention, immense good will and unquestionable genius of some kind, but still be in the *shadowy zone in relation to* consciential self-discernment.

Crutches. You can unknowingly be submissive to primary, dispensable and enslaving crutches, only witnessed by you, or in other words: unmanifested personal certainties.

Convictions. For example, you may be imprisoned by any of these 15 convictions:

01. **Blindness.** Cease experiencing experiments in order to corroborate blind personal suppositions, remaining without any proof.

02. **Charms.** Use charms (“sea salt”), superstitions and trinkets against the “evil eye” (“jealous eye”) and *omnipresent envies*, coming from every origin.

03. **Chromotherapy.** Resort to the infantile brilliance of colours to preserve your health.

04. **Credulities.** Breathe in the nebulous land of beliefs, faiths and credulities.

05. **Dissatisfactions.** Practice, grudgingly, an occupation undesired by you, for two decades.

06. **Fascinations.** Become fascinated by any delirium generated by indigenous or African products and recourses, such as hymns, dances or rituals.

07. **Hypochondria.** *Somatise diseases* - paralyses, muscular diseases, auditory disturbances and all types of alterations of the soma - all the time, consecutively.

08. **Insecurity.** Be an insecure, suggestionable, vidiot, radiot or bibliot individual.

09. **Irrationalities.** Piously believe in people, books, periodicals, magazines, newspapers and writings without rationalizing thoughts had when hearing, reading, feeling and experiencing facts.

10. **Mysticisms.** Join the wave of popular mysticisms occurring (the latest “fashionable saint”).

11. **Occultisms.** Exalt unexperienced occultisms against rational answers found by Conventional Science, Psychology and Medicine.

12. **Pendants.** Hang crucifixes, amulets and *miraculous crystals* around your neck.

13. **Pyramidology.** Appeal to the overestimated power of the energies of pyramids to improve your psychic security, without thinking about your own CEs.

14. **Religiosity.** Follow the *sub-brainwashings* of traditional religion.

15. **Superstitions.** *Knock on wood* 3 times and have undisguisable fear to live the next minute, after hearing an announcement from some *devil's advocate*.

Test. If you still employ even 5 of these basic crutches, your consciential maturity, with all rationality and all discernment, is still very basic.

432. TEST OF ADVANCED CONSCIENTIAL MATURITY

Distinction. A satisfactory distinction between a holosomatic parapathology and the natural entropy of intraphysical realities is most important in attaining integrated personal maturity.

Self-discernment. This means self-discernment between health and illness, evolution and involution, the ideal and the *more or less*, a consensus and the inferior.

Holomaturity. Holomaturity appears more in the worst adversity. Do you consider yourself a mature personality? Here are 11 simple questions about apparently inexpressive details that nobody values, for you to ask yourself in order to precisely test integrated consciential self-maturity, beyond mere biological or psychological maturity:

01. **Intrusion.** Have I reached 40 years of age only living to acquire material goods and survive through money, the vile metal?

02. **Criteria.** Do I give my healthcare to a doctor who has a good reputation and is renowned, but who I know, with certainty, uses intoxicants?

03. **Deintrusion.** Have I invested my personal safety net with a certain acquaintance who possesses a fortune of half a billion dollars and still wants to accumulate more money (usury)?

04. **Logic.** Have I placed all my personal economic-financial patrimony in the management of a militant, professional, political economist or lawyer for two decades?

05. **Mentalsomatic.** Seeking to learn uncommon knowledge, do I still read articles from a single, inexperienced, pompous author who autographs their work with all 5 of their names?

06. **Motricity.** Have I chosen as a husband, a man who has come home, on various occasions, with a black eye after fighting in the street?

07. **Psychology.** Do I rely on a psychiatrist or a psychologist who twists their hair in their fingers while speaking or smokes non-stop?

08. **Psychosomaticity.** Do I waste time and CE's listening to the same litany 10 times from someone that I expect will not overcome the immense deep-rooted passions anytime soon?

09. **Sexosomaticity.** Have I chosen as a wife a woman who adores performing instinctive energosomatic seduction (sexochakral) with every charming man who appears in the front of her?

10. **Somaticity.** Do I trust the person who lives neglecting their own needs, has missing teeth, or always smells bad? *Self-organisation* starts through the discipline of laziness.

11. **Work.** Do I always dedicate the best of personal efforts to perform tasks which I truly do not like and do not have any self-motivation for?

Fissures. If you answered *yes* to even two of these questions, your consciential self-maturity still presents very primary and vulgar fissures. (See Bib. 4206).

Self-corruptions. If you consider some of these questions exaggerated, or they *rub you up* the wrong way, observe (self-criticism) the silent and unmanifested self-corruptions.

Incorruptibility. Consciential maturity starts to be implemented in practical life when a conscin strives to eliminate self-corruptions through the will and self-criticism. *Water is the mother-tincture (essence) of humans. The will is the mother-tincture of consciousnesses.*

433. SIGNS OF CONSCIENTIAL MATURITY

Preservatives. *Strictly, mysticism and fanaticism are cerebral preservatives.* Restrained by multiple *collars of the ego*, they inhibit a conscin's creativity in Socin.

Evolution. Integrated (holosomatic, *inter* or *multidimensional*) maturity of the consciousness is the means you have to expedite evolution.

Signals. Here are 20 practical signs of holomaturity that you can verify in yourself:

01. **Abnegation.** The act of forgetting about yourself in an effort to provide an adequate solution to real problems in favour of everyone.

02. **Character.** Elevation of the character's democratic structure.

03. **Coherence.** Understanding and objectification regarding logical self-coherence.

04. **Compassion.** The level of authentic and sincere self-compassion for fellow beings.

05. **Cosmoethicalness.** The cosmoethical integrity of one's personal character.

06. **Creativity.** A useful highly creative capacity in practical life (Theoricology).

07. **Emotionality.** Not having a need to demonstrate extreme emotions.

08. **Families.** No clingy or possessive friendships and relationships with the consciential (polykarmic), social, professional and nuclear families.

09. **Fearlessness.** Consistency in the personal condition of not being threatened or frightened by new and unknown things (neophilia).

10. **Humour.** Having a non-hostile or non-sarcastic sense of humour in the day-to-day.

11. **Ideas.** The depth and reasonable amplitude of involvement in positive practical ideas and undertakings. A *butterfly-seeker* may only be a turncoat.

12. **Independence.** Personal independence in relation to the culture, environment and public opinion (the *must have*, the *in fashion*, the *top*, *gossip*).

13. **Interpersonality.** The expressive intrapersonal and interpersonal adjustments as a social being within Socin.

14. **Nature.** To be comfortable in Nature, in the Physical Universe (biophilia) and with your personal Human Nature in the consciential microuniverse.

15. **Paraperceptibility.** The efficiency of animic and parapsychic energetic paraperceptions in relation to multidimensional realities (ambientexes; parafacts).

16. **Relations.** The balance evidenced by you in your interrelations with people, living beings and consciexes in general. *Self-knowledge* leads to *heteroknowledge*.

17. **Resistance.** The level of resistance to anxieties, conflicts and stresses.

18. **Serenism.** The condition of optimistic serenity, the majority of the time, in efforts towards the condition of permaninfreeness and beyond that, serenism.

19. **Unoppressive.** A high level of freeness from oppression regarding omnipresent conventionalisms in human or intraphysical life.

20. **Work.** The efficient organisation of an existence and personal efforts towards goals that are undoubtedly correct or cosmoethical. (See Bib. 4300).

434. DIAGNOSIS: A MINIWEAKTRAIT ANNULLING A MEGASTRONG**TRAIT**

Quality. The extent of the strength or functional quality of a *strong*trait - a virtue - or a *weak*trait - a vice - deserves accurate analysis in order for us to be free of the consciential basement. There are *ministrong*traits and *miniweak*traits, as well as *megastrong*traits and *mega-weak*traits.

Self-corruption. *In the microuniverse of each conscin there are small burdens and major strengths.* A determined paradoxical or contradictory *miniweak*trait, an apparently harmless *psychological crutch*, can, through *imaginative self-corruption*, completely suffocate the manifestations of a tropospheric conscin's *megastrong*trait. (See page 647).

Hyperimmaturity. There are no evolutionarily perfect conscins. Consciential self-organisation does not reach everyone. A conscin, when excessively incoherent, can be talented in a given area - the personal *megastrong*trait - and be, unfortunately, *hyperimmature*, insecure and without self-critique in another existential area, thus maintaining a determined powerful, self-obscured, implosive *miniweak*trait which annuls the *megastrong*trait.

Paracomatose. This can even sustain a personal state of evolutionary paracomatosis.

Facts. Arguments are useless against facts. It is known that a small fly can enter a lion's ear. Disturbed, the large animal can kill themselves by kicking their own head.

Examples. Here are 3 examples of the nullification of a *megastrong*trait by a *miniweak*trait, delivered through paradoxical facts that you yourselves can verify within Socin:

1. **Obesity.** The *miniweak*trait - bulimia - nullifying the *megastrong*trait - the Physiculture - of a gymnastics teacher, a person who was considered competent until 31 years of age, yet exuberantly obese, with an increasing *prosperity curve* (abdomen), because of compulsive excessive eating; the still unshakable or indiscardable personal consciential burden.

Aggressiveness. This undisguisable fact is aggressive, strikingly contradictory and, without a doubt, constantly embarrassing in various contexts for the person responsible.

2. **Tobacco.** The *miniweak*trait - tobacco addiction - neutralising the *megastrong*trait - Pneumology - of a 42 year old professional pneumologist, a known specialist, who lives yielded to the compulsion of a vice of the imagination, smoking 2 packets of cigarettes per day.

Contradiction. The doctor is discrete, avoids smoking in front of patients suffering from pneumopathies. However, the tobacco marks from the still unshaken consciential burden, are always indelibly there on his hands. Is there a conscious behaviour more contradictory than this?

3. **Nail-biting.** The *miniweak*trait - nail-biting - sterilising a *megastrong*trait - the exercise of Psychiatry - of the doctor, a 44 year old professional, with two decades of clinical experience, a long term tenured professor who firmly goes ahead, yet insecurely *gnaws his fingernails*.

Constaint. The professor is discrete, a skilful *hand hider*. However, the nails, kept at less than half the normal length, denounce, implacably, the still undiscarded compulsive, personal consciential burden, that undermines his balance and psychological self-control. Here is an epitome of human self-embarrassment.

435. TEST OF AVOIDANCE OF USELESS SACRIFICES

Sacrifice. *Only immature conscins feel fulfilled and do not allocate some time for self-reflection.* Among the more regrettable occurrences within the evolution of consciousnesses, is the useless and avoidable personal or group sacrifice, *without direct pro-evolutionary results* for all the consciousnesses. Here are 12 facts to logically ponder:

01. **Celibacy.** Abstinence from sexual activity, mortifying the *instincts' fire* through celibacy, atrophying the physical organs and the decision-making capability of the faithful fanatic (Opus Dei), who is transfigured into a *eunuch of souls*, a prisoner of group fascinations. In 1993, 20 *secret lovers* of catholic priests initiated a public protest in the Vatican, demanding the end of celibacy.

02. **Confessions.** A solemn and delayed retraction or public confession (*exomologesis*) of a transgression, which moreover does not help anybody and only worsens the understanding of old facts and the harmony of those involved who remain alive.

03. **Escape.** The prolonged and *errant escape* of a deserter hidden in the equatorial jungle, constantly tormented by a war that terminated more than 3 decades ago.

04. **Holocaust.** The offering of their own life in the holocaust as expiation for the ignorance of those undeserving others, in the manner of a *scapegoat*.

05. **Idolatries.** The act of inflicting needless corporal punishment on yourself through the unjustified and blind adoration of someone, an empty person or ideal that does not rationally merit any sacrifice, in the common condition of a *life in purgatory*.

06. **Immolations.** The penitent person, fasting (*xerophagy*), macerated or immolating themselves aiming at austere goals, that are negative or sick in nature.

07. **Insatisfaction.** The discrete, ascetic and *silent masochism* of a person only fulfilling obligations they do not like, for decades, without a word of revolt and any effort toward conscious clarification.

08. **Lamentation.** A mother's excessive renunciations, *defender of the indefensible*, in favour of the acquittal of the son, who was born a criminal, an irretrievable slave to the tragic design of a genetically abnormal, teratological soma. *Genetic Engineering* is coming.

09. **Salvationism.** The *repetition of dispensable sacrifices*, life after life, by a believer or loyal religious fanatic seeking salvation from their own ignorance.

10. **Self-flagellations.** Self-flagellations, *irrational promises* and fanatical cilices of any type and, manifestations of primitive unconsciousness immaturity.

11. **Self-guilt.** *Personal mortification of the senses* due to self-guilt regarding facts that nobody continues to suffer from, nor wants to know about or even discuss.

12. **Self-punishments.** Someone's *self-punitive suffering* without any purgation or catharsis, concerning reasons not correspondent to the truth of the facts and which have caused grief for decade after decade. The *sacrifice of yourself* can be logical or illogical.

Test. Have you developed some activity based on useless and irrational sacrifice in the current existence? The epitome of incoherence is the *woman-mother-soldier*.

436. TEST OF AVOIDANCE OF THE CULT OF USELESSNESS

Definition. *Banality* is the quality, or character, of everything considered vulgar, trivial, futile, frivolous, worthless, notorious, cliché or commonplace in the everyday *omnipresent cult of uselessness* of the intraphysical existence. Banality repels helpers.

Insignificance. Deepening self-knowledge of the *steamroller of enveloping uselessnesses* and temptations of day-to-day trivialities in modern Socin, allows us to avoid them. A *wiseman* without work is a river without fish. Here are the analytical aspects of the dispensable theory and practice (pathological theorice) of 10 human banalities:

01. **Discontinuity.** Tired eyes, unfocused attention, lack of mental concentration, mental laziness and consciencial discontinuity generate *sick banalities* (clichés).

02. **Wastefulness.** Waste of CEs, space, time and consciencial efforts are the essence of *soap bubbles*, inane futilities or *hollow banalities*.

03. **Massification.** Manufacturing consent amongst the *human masses*, generally nourishes frivolities or *ridiculous banalities*. It is the *totus in iliis*, being absorbed by bagatelles.

04. **Mediocrity.** Mediocrity, superficiality, dumbing down, multitudes, fireworks, *a flash in the pan*, *puerile acclaim* and public opinion express, in general, vulgarities or *cruel banalities*. They are *difficiles nugae*, the surrender to puerilities.

05. **Media.** In relation to consciousness, means of mass communication are, most of the time, vehicles for obviousness or *irrelevant banalities*.

06. **Laziness.** Living according to the *law of least effort* always results in an accumulation of trifles, bagatelles, consciencial amentia or *routine banalities*.

07. **Robexis.** Mechanised life and superficial, meaningless repetitive occupations form *instinctive sociocultural banalities*, also known as robexis, or existential robotisation.

08. **Simplism.** Every shortcut, oversimplification, the act of putting the *cart before the horse* or a *precipitated skipping of steps*, can result in *compulsive banalities*.

09. **Vain talk.** *Mass media* aims for superficial and commercial amusement, expressing illusionary vain talkativeness, chimeras or *banalities (fashion party)*.

10. **Vulgarity.** The natural destroying agents of motivation, inventiveness and originality that, with the passage of time, constitute *subtle banalities*.

Organisation. *Who eliminates dispersion of efforts without organising their life?*

Test. Those who do not impose attitudes of critical resistance to banalities, unnecessarily repeat experiences (useless self-mimicry). Here are two questions for personal study and testing:

1. Is *self-creativity* somatic or consciencial?
2. Do I live as an immediatist with an *ephemeral soma* or with *permanent self-awareness*?

Knowledge. Even pleasure demands know-how. *Conscientiology* is the priority Science. Those more prone to dance certain Afro-Brazilian dances, will sooner appreciate chamber *music*.

Heterocritique. If you, reader, encounter *banalities in this volume*, help, criticise the text and immediately remit a frank heterocriticism to the author, for which he is anticipatedly grateful.

437. TEST REGARDING A FANATIC PERSONALITY

Definition. A *fanatic personality* is that amaurotic adept to a doctrine, faction or ideology, who is so in an excessive, partisan, sectarian, intolerant and dogmatic way.

Conceptions. Depending on the intentions and the level of the CEs, a conscin conceives names, often unconsciously, to characterise their own fanaticism; or deliberately, regarding another's fanaticism. Such a vocabulary can be *apologetic* as much as *derogatory* and, in general, supposedly or apparently healthy, or clearly and frankly sick.

Epithets. Although every fanaticism is an obvious pathology, the 20 sets of expressions, names or epithets, used in Cosmology, mysticism and in the folklore of various peoples, are a *test of reflection* and comparison of what is assumed by others to be a *healthy* fanatic, and also a clearly unhealthy fanatic:

Fanatics Reputed to be Healthy

01. Adorer; Worshipper; *Follower*
02. Apostle; Loyal; *Biblicist*
03. Beatified; Spellbound; *Open-mouthed*
04. Blessed; Mass goer; *Cheerer*
05. Believer; *Autograph Hunter*
06. Chosen; Sectarian; Naive; Amateur
07. Contemplator; *Soft Communicant*
08. Converted; Canonist; Confessor
09. Deifier; Monotheistic; *Spiritolatry*
10. Devotee; *Audience's Monkey*
11. Mystic; Hypermystic; *Groupies*
12. Papist; Theologian; Modern Martyr
13. Penitent; Abstinant; Moralism
14. Peregrinator; Pilgrim; *Fan*
15. Pious; Coenobite; *Revivalist*
16. Prayer; Christ worshiper; *Mediumolatry*
17. Pure; Prodigal Son; Stigmatized
18. Puritan; Promise Payer
19. Saint; Professional Salvationist
20. Virtuous; Ecstatic believer

Fanatics Reputed to be Sick

- Undevoted; Profane; *Energy-taker*
- Infidel; Denier; Profligate; Torturer
- Sanctimonious; *Mass-taker*
- Excommunicated; Cursed; *Troublesome*
- Disbeliever; Miscreant; Incredulous
- Sinful; Lost; Unregenerate
- Habitual Church-goer; Novena-taker*
- Renegade; Materialist; Nihilist
- Anti-god; Atheist; Agnostic
- Antireligious; Pharisee; Hypocrite
- Reprobate; Mundane; Tainted; Impious
- Antipope; Theophobia; *Kisser*
- Sacrilegious; Desecrator; *Burial-taker*
- Heretic; Irreligious; Antichristian
- Skeptic; Unjust; Sybarite; Indecent
- Critic; Iconoclast; Lyncher
- Impure; Pagan; Heathen; Laic
- Blasphemous; Anticlerical; Epicurist
- Self-righteous; *Host-taker*; Theologaster
- Apostate; Schismatic; Hedonist

Conscientiology. Science cannot be sectarian. *The Science of Conscientiology is based on frank universalism.* That is why integrated consciential maturity demands discernment and research from you, without fanaticisms or dogmas, even scientific ones. There is a lot of insanity within *fanaticisms*. *Unhappiness* can be a bad habit.

438. TEST OF THE ABDOMINAL SUB-BRAIN THROUGH BELIEF

Atom. *A bushman (African) does not have an attitude in relation to the atom: they have never heard of it.* The average percentage of utilisation of the natural brain on Earth remains minimal.

Practices. To research the operation of the abdominal sub-brain here are 30 immature or irrational practices of the adepts of sects and religions, from diverse places and epochs:

01. **Adramelech:** Assyrian adorers of the Devil who burnt children at altars.
02. **Agapetae:** whose adherents vowed to live chastely together under the same roof.
03. **Aghori:** whose followers - Hindu cannibals - ate meat from the deceased.
04. **Amish:** religious people living in the pipe and cigar tobacco culture (1992).
05. **Ananda Marga:** 8 members immolated themselves with fire in Geneva (1978).
06. **Angimacurians:** Meditating, Hindu ascetics, whom only feed on insects.
07. **Budzos:** fanatical Korean defenders of suicide by starvation, as a virtue.
08. **Cainites:** agnostic adorers of Cain, the killer of the brother Abel (2nd century).
09. **Church of Satan:** *Devil* worshippers holding “black masses” (1992).
10. **Church of God and Love:** believers who show great distrust in *Medicine* (Brazil).
11. **Cordumentes:** the believers of different sexes sleeping together for *Christian charity*.
12. **Docetists:** they admit Jesus of Nazareth only as an apparition, without a physical body.
13. **Dukhobors:** sectarians that openly practised *free love* (18th century).
14. **Evadists:** exalters of *sex* and sensuality as a “Gospel” (1830).
15. **Hashishin:** Muslims addicted to *drugs* and dedicated to pillaging (11th century).
16. **Jehovah Witnesses:** Christians insulting the Christian churches (1992).
17. **Jumpers:** whose followers perform *leaps of joy*, during religious services.
18. **Kanitists:** defenders of freedom, *obscene dances* and the dissolution of customs.
19. **Khlysty:** the Russian believers who used *mutual flagellation* in meetings (17th century).
20. **Magical Black River Community:** these Siberians did not take baths (1913).
21. **Messianic World Church:** the adepts of which are opposed to *pharmaceutical remedies*.
22. **Muckers:** fanatical Germans announcing the imminent *end of the world* (1864).
23. **Multiplicants:** French sectarians practicing the *sexual act* before 3 witnesses.
24. **Nagas:** modern religious Hindus who do not permit the killing of *cows* (1992).
25. **Patarians:** believers for who *matrimony* was a evil act (12th century).
26. **Paternians:** loyal practitioners of *debauchery*, against all mortification (4th century).
27. **Rastafarians:** sectarians that do not pay *taxes* and attack the authorities (1992).
28. **Runcars:** practitioners of a rampant *sexual life* because “the body has no guilt”.
29. **Tanquelm:** the founder publicly married a *picture* of Mary (12th century).
30. **Zenshu:** Japanese preachers of *man’s final annihilation* (16th century).

Test. Through holomaturity, it becomes inadmissible for somebody who knows the principles of Conscientiology to be following any type of retrograde ideas like these. How do you react to these considerations? *Heterocorruption is a gag.*

439. TEST OF THE RESPONSIBILITY OF SELF-KNOWLEDGE

Population. 20 centuries ago Earth's population was around 200 million inhabitants. In 2006, we reached six billion and 500 million human beings (31 times more or 1/31) who are much more free and lucid in relation to the past. Today a 10 year old child knows more than a pioneer of modern science like Galileo Galilei did in his time. If you admit the concepts of Conscientiology, you will recognise that your responsibility, as an *expert*, is profound and extensive due to knowing the essential with a comfortable certainty.

Test. Check 25 items of personal knowledge against those of a mythical person who lived here exactly 20 centuries ago, *who had a navel just like you*, but is greatly divinised:

You, Experimenter

01. Antiproselytising and anti-enslaving
02. Aware regarding *Holosomatology*
03. Balanced technical economist
04. Cosmoethical citizen of the universe
05. Conscious of modern refuting science
06. Conscious psychic self-curer
07. Defender of conscious self-evolution
08. Democrat, pacifist and antirepressing
09. Democratic and lucid maxifraternist
10. Doer of advanced clarification
11. Ecological defender of a *green life*
12. Fearless conscious antiritualist
13. Lucid follower of personal principles
14. Mature, rational, technical energiser
15. Omniquestioning public debater
16. Passionless and logical universalist
17. Person with mature and open sexuality
18. Producer of *lucid self-projections* (LP)
19. Rationaliser with greater discernment
20. Researcher of lucid self-experiences
21. Self and heterocritical informer
22. Self-aware militant antidemagogue
23. Self-conscious *pre-serenissimus* of today
24. Self-promoter of self-knowledge
25. Universal conscious anti-idolatry

Jesus of Nazareth, Christ

- Inveterate and fanatical catechist
- Inscient regarding the *holosoma*
- Mystical with a phobia of money
- Under informed and sectarian moralist
- Ignorant of the science of the era
- Unaware psychic therapist
- Charismatic leader of believers
- Threatening with *eternal hell*
- Aggressive and radical salvationist
- Doer of primary consolation
- Mummifier of fig trees (a peduncle)
- Faith-healer in spiritual retreats
- Inflexible cultist of religion
- Young instinctive energiser
- Public preacher of convictions
- Impassioned gynophobic sectarian
- Celibate or a *thirty-year old virgin*
- Immature regarding *projectability*
- Metaphorist of mere parables
- Irrational theomegalomaniac
- Acritical indoctrinator and repressor
- Irremovable populist theolatrism
- Unaware *pre-serenissimus* from yesterday
- Self-promoter of blind self-latry
- Dependent on an archetype, the "Father"

Question. Reader, is there logic, objectivity and holomaturity in this comparison?

440. BARRIERS TO DISCERNMENT IN THE PHASE OF MATURITY

Barriers. Here are 9 impediments to consciential discernment, barriers to knowledge acquired through mentalsomatics, or conditions opposed to the rationality, logic and integrated maturity (holomaturity) of Conscientiology:

1. **Authoritarianism.** Authoritarianism, or despotism, is the authoritarian attitude, doctrine or system of blind, imposed, domineering and arrogant decision-making that does not allow suggestions or objections. Eyeglasses that fix *hypoacuity* do not exist.

2. **Dogmatism.** Dogmatism is the doctrine or attitude that evades critical examination, leading immature and simple-minded conscins to an unrestricted adherence to unquestionable principles that are accepted as absolute and definitive, irrefutable, unverifiable, irreformable, *brainwashing* truths. *Vitam impendere vero* is worthwhile even if a *leading edge relative truth* (*verpon*).

3. **Specialisation.** A *hemiplegic specialist* devotes particular interest and care to one specific study, in a special way, closing their eyes to intercommunication with other specialists and to the universality of the consciousness' humanistic general knowledge.

4. **Stereotypes.** Stereotypic attitudes and behaviours lead a consciousness to maintain immovable positions, *mimic* outdated concepts, and to become fossilised in fixed ideas, unalterable and anachronistic habits, creating a misoneistic and neophobic *cliché-person*, horrified by anything representing the *new* or neophilia.

5. **Ethnocentrism.** *Ethnocentrism* is the tendency to consider the culture of your own people as the measure of all things. It is the ideology of sectarianism, parochialism and short-sightedness centred only on the groupkarma, leading to xenophobia.

6. **Impressionism.** *Impressionism* is the tendency to characterise and analyse facts through subjective and / or sensorial personal impressions related solely to the human body. Conscientiology is based in the holosoma, the being's multidimensionality and the parapsychism of lucid projectability (LP).

7. **Prejudices.** Prejudices, preconceptions or preconceived ideas, are opinions formed in advance and without greater consideration or knowledge of the facts. Prejudices act through tenacious superstitions, beliefs, irrationalities and absurdities, generating apriorisms, ideological distortions, conditionings, false experiences, repressions, sacralisations and sociocultural conventionalisms. (See page 482).

8. **Common sense.** Common sense is the generally accepted set of opinions of a determined epoch, in which contrary opinions appear as individual aberrations. Where as, good-sense - leading to self-discernment - is the faculty to discern between true and false. However, the percentage of *critical self-judgment* varies from conscin to conscin.

9. **Subjectivism.** *Subjectivism* is the tendency to reduce all existence to the consciousness alone. Although objective human reality is an illusion, Conscientiology is not only subjectivistic. Conscientiology employs consciousness as a research instrument, but through logical universal consensuses with maximum rationality.

441. CONSCIENTIALLY MATURE BEHAVIOURS

Facets. Are you prejudiced against *work*? Among the numerous facets structuring holomaturity it is difficult not to include these 20 behaviours:

01. **Altruism.** Eliminate all resentment towards people, using altruism.
02. **Anti-indoctrination.** Always avoid any indoctrination or inculcation of ideas.
03. **Balance.** In lucid assistance to *Homo sapiens divinans* behave positively without being too soft, be firm without being discouraging, and just without being destructive.
04. **Conscientiality.** Subordinate every approach, first and foremost, to the indisputable reality of your consciousness, considered by you, as being permanent.
05. **Courage.** Recognise the fact of *never* being right about *everything* or *always* being correct in every act; accepting the reality of a lucid conscin: who errs learns to *not* err anymore.
06. **Debate.** When possible, install a frank debate with interested parties in order to resolve pending conflicts at the first appropriate opportunity.
07. **Democracy.** Not asserting your rights in every question, or trying to impose the fire and steel of your own opinion. *Egophilia* is excessive self-love, the generator of a *big ego*.
08. **Derepressions.** Strive to achieve liberation from cultural conditionings, primary sacralisations and *groupkarmic repressions*.
09. **Discipline.** Do not let yourself be excessively involved with the dispensable trivialities of physical life, wherever they arise, that are capable of impeding evolutionary self-performance.
10. **Emphasis.** Emphasise the best side of people, environments, ideas and undertakings. *Who pledges to harm their fellow man does not find time for evolution.*
11. **Holosomatology.** Install a *lucid* presence, not only with the soma, but also with the energosoma, psychosoma and mentalsoma, or the *entire* holosoma.
12. **Ideas.** Put important ideas above doctrines, institutions and groups.
13. **Incorruptibility.** Do not get worn-out due to others' corruption. It is intelligent to police your corruptions in every day-to-day experience.
14. **Mentalsomatology.** Prioritise the mentalsoma, or the *ethicosoma*, in self-decisions.
15. **Omniquestioning.** Become accustomed to *omniquestioning*, all the time.
16. **Prioritisation.** See in everything - people, environments, institutions, interests and facts - the central nucleus of each subject, above the momentary passions.
17. **Reconciliation.** Do not intransigently cling to any still obscure point of view that lacks any universal consensus (*pigheadedness*).
18. **Respect.** Respecting the right of others to have an opinion, when discordant, even if the opinion expressed is completely unconscionable or absurd, maintains the freedom of expression.
19. **Self-discernment.** Invariably search, in everything, for self-discernment which enables greater clarity, justice, prudence, consensus and consciential evolution.
20. **Self-organisation.** Attempt to permanently have evolved *self-organisation* regarding everything and everyone, in any time and place, without any dispersion of efforts.

442. EXISTENTIAL SELF-ORGANISATION TECHNIQUE

Thosenes. *Conscientiology* is the first science specifically proposed for the reform of consciousness. Those who want to organise their personal life start through cosmoethical thosenes (*orthothosenes*), *the origin* of all manifestations.

Foundations. Consequently, you can start to base your self-organisation on 9 foundations:

1. **Ideas.** *Organise* thoughts, ideas, notions and concepts with maximum rationality, thinking in a holothosene of self-discernment, in order to later attain holomaturity. *Parapsychotic post-desomatics are slaves of morphothosenes.*

2. **Hyperacuity.** It is important to pay attention to the recovery of your own cons, without forgetting the condition of cosmoconsciousness. Seek original ideas and leading edge relative truths (*verpons*). Leave the task of *remembering* to microcomputers. We cannot ignore the fact: since 1993, the amount of human knowledge has doubled every 18 months.

3. **Emotions.** *Organise* the sentiments, emotions, desires and more intimate affective vibrations, attaining a condition of reasonable serenity in the context of life. It is intelligent to heed the cardiochakra and emotional reactions, without forgetting positive and healthy intraphysical euphoria (*euphorin*), generated by existential completism (*complexis*).

4. **CEs.** *Organise* CEs, prophylactic VSs, the energetic shielding of the couple's bedroom and the execution of symdeases in relation to conscins wherever we go.

5. **Sexosoma.** It will be important to give attention to the sexochakra, without forgetting the attainment of enerspring and holorgasms within the dimener, or energetic dimension.

6. **Places.** *Organise* manifestations conforming to the space or locale where we are acting at that moment, emphasising the physical base where you normally sleep. It is easier to control and imprint the personal marks of a lucid multidimensional presence in a more limited physical-extraphysical space. (See page 198).

7. **Epicentrism.** It's good to pay attention to the place of power in each environment, without forgetting consciential epicentrism, the headquarters of the offlex, avoiding consciential ectopias.

8. **Time.** *Organise* your calendar, schedule, projects and personal agenda, valuing the 24 hours of each day. Who makes good use of the period of maximum lucidity within the circadian cycle will yield more from their efforts (biological clock).

9. **Objects.** *Organise* personal effects - wallet, pen, comb, toothbrush, hygiene products, books, sheets of paper, notebooks, clothes and others - *minimising to the maximum*, without sacralisations, liberating yourself from being a prisoner of unnecessary things. We are not professional curators. Why do we become comfortable in robexis?

Logic. With these 9 basic unsophisticated measures, self-organisation of an intraphysical existence is made with the maximum logic possible and the result of any personal and group efforts will be, without a doubt, closer to the conscins' integrated maturity.

Intermission. *Organisation demands goals.* What is the reader's long term *intermissive goal*? The author's is: to be a student listening to the *Intermissive Course for Evolutiologists*.

443. TEST OF CONSCIENTIAL SELF-ORGANISATION

Maturity. One of the most legitimate demonstrations of consciential maturity is the coherence of actions planned for the space and time of human life.

Excess. In this case, the most intelligent principle is the fact that every excess tends to harm the consciousness' self-evolutionary organisation. A monster exists because it is excessive in some way. Teratology is the pathological, abnormal growth of something that strictly speaking should be normal and healthy. In this context, organisation of the entropic effects is lacking.

Moderation. *Moderation is mature intelligence. Radicalism is crass ignorance.*

LP. If a conscin forgets multidimensionality they waste the 8 hours of daily sleep, which the soma needs but is unnecessary for the consciousness. A conscin who continues to project extraphysically, with lucidity, *all the time*, can end up being alienated from the natural obligations of intraphysical life and the execution of the existential programme (proexis). Lucid projectability (LP) also has its own wise and logical rules.

Discernment. To join space, time and effort through personal organisation evidences an ego's greatest self-discernment. Beyond this, there is only immaturity. *Personal organisation* is more important than any other organisation generated by you.

Punctuality. *Dragging your feet* is a primary self-corruption. Not being punctual with commitments is bad business. To let yourself become addicted to some animal passion can be a slow suicide. Setting priorities is the ideal way to expedite self-evolution. To be organised is to diminish repetitions of human lives and dispensable self-mimicries (Mimicology).

Test. To question is to evolve. Experimenter, see the measure of your organisation through your answers to these 10 basic question-tests:

01. **Alert.** Do I live overvaluing secondary activities in all personal acts?
02. **Coherence.** Do I conduct things as a whole, simultaneously, *continually*, without leaving a negative trace behind (consciencial wholesaling)?
03. **Conclusion.** Do I correctly finish well-initiated social, intellectual or sporting efforts? The *will* is the agent that unleashes the self-thosene.
04. **Discipline.** Does the disciplined structure of the current life best correspond to the objectives of consciential self-organisation? *Intention* is the practical carrier of the thosene.
05. **Passion.** Do you apply excessive passion to the tasks being developed?
06. **Polyvalence.** Do you manage to perform various tasks simultaneously without neglecting any, fulfilling duties without *overlooking* old obligations?
07. **Prioritisations.** Are your self-prioritisations intelligent, or can they be improved?
08. **Proexis.** As a lucid consciousness have you accomplishing your assignments and evolutionary existential objectives (proexis) in Socin? (See page 272).
09. **Self-organisation.** Do you have self-organisation of hours to the point of knowing when to stop, at the right time, to recommence the following day?
10. **Somaticity.** Do you know how to coexist with Biology in order to not sacrifice the soma?

444. TEST OF ADVANCED SELF-DISCERNMENT

Self-discernment. To experience the mentalsoma's self-discernment you have to take at least 10 positions in your everyday life:

01. **Cosmoethics.** The experiencing of *Cosmoethics* as a platform to err less.
02. **Groupkarma.** To put the groupkarma's most dignified evolutionary objectives first, ahead of the problems of an *intimate couple*. There are *degrees* in things.
03. **Holosomaticity.** Applying the holosoma in the performance of *consciential interfusions* and not in the appetites of the soma, which jeopardises everyone's well-being.
04. **Interconscientiality.** The extent of consciential space and the period of *consciential time* occupied by concerns that favour many consciousnesses and not only one or two people.
05. **Logicity.** *Pure coherent logic* consolidating the structure of the pointer (will, intention, decision) of the self-consciousness, wherever you manifest.
06. **Maxifraternity.** Placing the *collective well-being* above personal interests. Strictly speaking, this is everyone's true right to *iure et facto*. (See page 403).
07. **Maximechanism.** The ideal goals of the *multidimensional team* of universalistic work (maximechanism) based, as a priority, on the *evolutionary duo* (minipieces). The condition of *maxifraternity* is completely non-nationalistic.
08. **Polykarmality.** Groupkarmic principles directed toward emancipating *polykarmic services*. What *field of work* do you cultivate?
09. **Universalism.** The interests of the *daily agenda of tasks* as a whole, preceding the individual consultations and demands that, if allowed, arise at every moment, enveloping and neutralising our best efforts.
10. **Truth.** The coordinated daily work of leading edge relative truths (verpons) overcoming the susceptibilities and resentments of one or various elements of the intra and extraphysical *multidimensional team*. *Theoricology* needs to be theoretically lived.

Clinic. The place of work for the liberation of consciousnesses cannot be, above all, a clinic for emotional consultations that only attend to evolutionarily fleeting, individual, egocentric passions. Earth is a Megaschool.

Here and now. The objectives of the *multidimensional here and now* need to surpass every demand from the intraphysical here and now. The dynamisation of evolution comes from this.

Uselessness. Here are 4 useless things that intelligence commands us to eliminate: to *draw a line in the water*; to *sweep the wind*; a *pro forma* solemn act; and to chase the impossible.

Conscientiology. If Conscientiology's leading edge relative truths do not make you more confident, with simplicity and personal authenticity, at least be realistic regarding this posture: forget the Science of Sciences. You, in fact, are not yet prepared to apply and experience its libertarian principles or fundamentals. *Chance is the fruit from heaven that the fool, poet and "philosopher" hang around, somewhere, waiting to fall from above.*

445. TEST OF CONSCIENTIAL POLARITIES

Definition. Consciential polarities are alternative, consecutive, opposing, antipodal, qualitative, or apparently geminate differences among personal faculties, approaches and behaviours. Here are 30 consciential polarities in an open comparison:

Mature Consciousness	Immature Consciousness
01. A permanent questioner and refuter	Conformist and passive in the day-to-day
02. Active unbreakable will	Crutches and psychological scaffolds
03. Advanced active clairvoyant	Merely a medium of physical effects
04. Animist and self-lucid projector	A mere medium of various modalities
05. Carrier of a <i>loose energosoma</i>	Conditioned to a <i>locked existence</i>
06. <i>Complexis</i> , or existential completism	Dispensable intraphysical <i>self-mimicry</i>
07. Consciential revolution underway	Intraphysical <i>Age of Anxiety</i>
08. Conscious polykarmic account holder	Ego and groupkarmic account holder
09. <i>Cosmoethics</i> or lived cosmic moral	Human, or the intraphysical, moral
10. Defender of only relative truths	Defender of <i>absolute</i> truths
11. Extraphysical self-aware state	Intraphysical self-aware state
12. Follower of personal principles	Adept of castrating doctrines
13. General deintrusion of a permanentfree	<i>Poltergeist</i> and hauntings
14. High sense of personal discernment	Self-demagogue and self-corruptor
15. Holosomatic or encephalic brain	Energosomatic or <i>abdominal sub-brain</i>
16. Integrated consciential maturity	Biological and psychological maturities
17. Interdisciplinary in lucid <i>Everythingology</i>	Physicalist, <i>hemiplegic</i> specialist
18. <i>Invisible College of Serenissimi</i>	Ephemeral intraphysical initiations
19. Maxiuniversalist (<i>Intermissive Course</i>)	Parochialist (consciential basement)
20. Mentalsoma (body of discernment)	Soma, energosoma and psychosoma
21. Multidimensionally self-aware	Believer of obstructive doctrines
22. <i>Omnilateral</i> consciential openness	Purist and consciential esotericist
23. Open and self-sufficient (conduct)	Physicalist and insecure (conduct)
24. Permanentfree condition as the ideal	Eventual unconscious mini-intrusion
25. Positive omissions (more <i>cons</i>)	Deficient omissions (less <i>cons</i>)
26. Practitioner of advanced clarification	Practitioner of basic consolation
27. Self-evolutionary multidimensionalist	Temporal tridimensionalist
28. Serenissimus as a model	Contumacious and idolising pre-serenissimus
29. State of continuous self-consciousness	Only unconscious projections
30. Third desoma as an evolutionary ideal	Only first and second desomas

Test. Which column predominates in your personal consciential microuniverse, the 1st or 2nd?

446. RECUPERATION OF PERSONAL CONS TECHNIQUE

01. **Mentalsoma.** The reader's healthy and liberated consciousness lives through the mental-soma in a specific way, in the extraterrestrial or extraphysical dimensions.

02. **Expansion.** The mentalsoma predisposes the consciousness' manifestations and the consciencial attributes to be presided over by rationality, logic, self-discernment and the state of cosmoconsciousness, or expanded consciousness. (See page 372).

03. **Funnel.** Specifically when you manifest in the intraphysical dimension, you, or your lucidity, funnels the microuniverse through the inevitable and imposed mechanisms of the state of physical restriction. A *soldier* is a slave of a uniform.

04. **Energosoma.** The energosomatic existence occurs thus. Strictly speaking a consciousness is not reborn, this occurs with consciencial energies.

05. **Exchange.** While a liberated consciex you exchange the mentalsoma for the energosoma, as it is the vehicle of choice for terrestrial manifestations (conscin).

06. **Loss.** This vehicular exchange constitutes a difficult to recuperate loss regarding the *level of lucidity* of the real consciousness (hyperacuity).

07. **Lucidity.** The consciousness' lucidity is the essential factor that determines and specifies the personality's current *evolutionary level*. Who seeks *hyperacuity* does not use drugs.

08. **Recuperation.** Therefore, we need to recuperate, to the maximum possible, the level of real personal lucidity, hyperacuity or holomaturity. (See Bib. 4865).

09. **Con.** The term *con* is proposed as the unit of measure of the *consciousness'* lucidity, corresponding to one thousandth of the personal, integrated lucid reality.

10. **Units.** Taking a lucid extraphysical *consciousness*, or *consciex*, as being constituted by 1,000 cons, on the first day of their intraphysical life in the soma (*conscin*), they will manifest with one con and go about recouping their cons each day spent breathing on Earth. Rarely do they manage to get close to their original hyperlucid reality of 1,000 cons.

11. **Value.** *A human person is worth the sum of their recuperated cons.*

12. **Assistance.** At our evolutionary level, through Conscientiology we aim to help *conscins* recuperate the maximum possible of cons temporarily blocked by the energosomatic existence. The objective of recuperating *cons* is to reintegrate a consciousness into possession of themselves, thus preventing the revival of *Homo sapiens fossilis* (Cro-Magnon).

13. **Pressure.** Upon manifesting ourselves through the energosoma in intraphysical life, we all suffer the monopolising pressure of the psychosoma on *self-thosenes*.

14. **Advantages.** All the efforts of Projectiology, or Practical Conscientiology, aim to promote peoples' awareness regarding cons and the advantages of recouping the maximum possible, as quickly as possible, because there are CPs with many, few or minimal *cons*.

15. **Detention.** It is truly difficult to find some human, in the ordinary physical vigil, who has recuperated 80% of their cons, which constitute all of their important self-perceptions. Any *conscin* can detect this fact in *conscious* projections through the mentalsoma.

447. AVOIDANCE OF THE ABDOMINAL SUB-BRAIN TECHNIQUE

Brains. The *official* brain of the intraphysical consciousness is located inside the cranial case. The *semi-official* sub-brain functions with CEs from the umbilicochakra, in both sexes.

Hemispheres. The *abdominal sub-brain* features 2 specific hemispheres: the gastrointestinal (umbilicochakra and splenochakra) and the sexual (sexochakra). Regarding the organismic *submemory* There is a predominance of animal instincts over libertarian rationalities.

Facts. Here are 13 facts for which the *abdominal sub-brain* is primarily responsible:

01. **Abortions.** A reproductive female blocking (*consciential abortions*) their *consciential gestations*, or enduring acts for consciential evolution.

02. **Art.** Art in all its disciplines, with basic emotionality and *diffuse* thought predominating over *concrete* thought in the messages divulged.

03. **Beliefs.** Religion, faith, belief, dogma and mystical fanaticism.

04. **Cords.** The action of the umbilical cord on the *silver cord* (energosoma).

05. **Emotionality.** The control of instinctive emotion over the body of self-discernment.

06. **Maternity.** The much praised human maternity and intrauterine fetal life.

07. **Mediumship.** Mediumship, a kind of precarious interconsciential prosthesis, with conditions of non-participative blind passivity and robotic subjection.

08. **Paracomatose.** Evolutionary paracomatose or the loss of 1/3 of intraphysical life.

09. **Passions.** An endless series of crises of intense passions.

10. **Psychomotricity.** Sports, the prevalence of the cerebellum, musculature and sporting fanaticism (*biceps as big as one's head*) over the essential neurons.

11. **Sexolatry.** Immature sexuality made the highest priority in physical life.

12. **Stagnation.** The stagnation of self-evolution when a conscin stops in the animal phase through prioritisation of the experience of the body of flesh, the animalised material, the permanence of fetal life and the abdominal, vegetative or organic life.

13. **UPs.** The unconscious projections (UPs) and semi-conscious projections (SCPs) of a conscin restricted to the confined crustal space of the bedroom or uterus.

Canines. Through evolution, we discard the caudal appendix (10th fetal week), but we still have 4 canine teeth of a carnivorous animal and crawl on the Earth's crust. *We reached the Moon, but we still seem like ants clinging to a large suspended orange.*

Animals. It is a natural and permissible act for a subhuman animal, for example a dog, to use its *abdominal sub-brain*. It is difficult to observe a human animal, with more than 90% of the chimpanzee's genetics, make decisions based on these evolutionary components, which within the holosoma and the structure of evolution are, today, in decay for everyone.

Self-mimicries. The most evident characteristic of the erroneous and monopolising application of the *abdominal sub-brain* by humans, is the animal stubbornness which produces the unnecessary and obtuse repetition (self-mimicry) of irrational errors for themselves and their evolutionary companions. Example: smoking tobacco and the contradictory marketing of cigarettes.

448. FIXATION OF CONSCIENTIAL HYPERACUITY

Factors. Here are 35 causal factors to anchor personal consciential hyperacuity:

01. Amplify the recuperation of your cons, or the units that measure lucidity.
02. Attain a lived, day-to-day, self-aware relationship with the dimener.
03. Attain continuous consciousness, or mnemonic self-continuity.
04. Average level of your biological clock, long term *timing*, in relation to somaticity.
05. Awareness of the Paraphysiology of the CEs of the coronochakra and frontochakra.
06. Awareness of the Paraphysiology regarding thosenity with a predominance in the *tho*.
07. Be self-aware regarding the personal holothosene that constantly predominates.
08. Character of basic, yet lucid, participation in the Serenissimi's holothosene.
09. Condition of the experience of holomaturity: biological, psychological and integrated.
10. Condition of the healthy balance of the 3 inseparable elements of thosenes.
11. Criteria acting in a *personal multiexistential cycle*: intermissions and intraphysical lives.
12. Degree of efficient execution of lucid, advanced, group and assistential clarification task.
13. Degree of holosomatic homeostasis or harmony of the personal microuniverse.
14. Dominion of active, prophylactic VSs at a high cosmoethical level.
15. Elevated quality maintained by the average, interconsciential, energetic holothosene.
16. Excellence of any nominative, numeral or general practical mnemotechnique.
17. Execution of holorgasms capable of maintaining greater self-awakening.
18. Experience of a recent, advanced, preresomatic *Intermissive Course* (IC).
19. Experience of the conscious elimination of heavy parasitic morphothosenes.
20. Extent of conscious liberation from the subhuman condition of the *abdominal sub-brain*.
21. Intensity of self-awakening regarding enduring use of the parabrains.
22. Level of awareness regarding cosmoethical lucidity as a megapower.
23. Level of liberation from the condition of being a victim of thosenic intrusions.
24. Lucid experience of the condition of healthy, groupkarmic inseparability.
25. Magnitude of MS when capable of predisposing you to *liberation from intraphysicality*.
26. Maintenance of self-motivation, through symases, in the execution of the personal proexis.
27. Make intelligent use of the condition of enerspring, when it occurs.
28. Maturity of lucid projectability (LP) in the condition of continuous consciousness.
29. Nature of the profession performed by you in the intraphysicality of Socin.
30. Pattern of a healthy tachypsychic or, at least, a normopsychic condition.
31. Pursue the condition of permanentfreeness as the first evolutionary megagoal.
32. Quality of self-awareness in the condition of an active, epicon conscin.
33. Quality of the practical application of the free association of libertarian ideas.
34. Space-time extension and depth in the daily execution of penta.
35. Theorie of cosmoethical self-critique, or without multidimensional self-corruptions.

Life. *A conscin's hyperacuity minimises the disturbances of intraphysical life.*

449. TEST OF LIBERATION FROM THE ABDOMINAL SUB-BRAIN

Brain. The abdominal sub-brain, a *grey eminence* of the encephalic brain, produces ectopic and teratologic thosenes. *The abdominal sub-brain is an emotional regurgitator of the instincts.*

Qualities. Here are, as examples, 30 conditions or qualities of the practical essence of the consciousness, when constituted, *hypothetically*, by 1,000 cons (units of conscial lucidity) and that when experienced, are each equivalent to - *at least* - 10 cons.

01. **Anteriority:** a high level of pre-existential or intermissive self-awareness.
02. **Antidispersiveness:** integrated maturity of conscial self-performances.
03. **Antimaterialism:** an evolved conscial reaction against amaurotic materialism.
04. **Assistanciality:** a sense of practical generosity in maxiuniversalism.
05. **Authority:** the power of the personal evolutionary level in conducting their existence.
06. **Cardiochakrality:** the emotionality of the conscin, if they control the sexochakra.
07. **Connectivity:** coherent conduct with MS, multidimensional self-awareness.
08. **Conviviality:** the cosmoethical and polykarmic connections of an alert consciousness.
09. **Cosmoconsciality:** a conscin lucidly projected through the mentalsoma.
10. **Cosmoethicalness:** an elevated level of Cosmoethics exemplified by the conscin.
11. **Detoxification:** intentional and self-curing energetic compensations.
12. **Energosomaticity:** a conscin with self-aware experiences of the energosoma.
13. **Equanimity:** a personal sense of holokarmic justice regarding the Cosmos.
14. **Fecundity:** a *conscial* gestation of libertarian ideas and evolutionary tasks.
15. **Imperturbability:** the consciousness' level of self-control or self-sufficiency.
16. **Intellectuality:** a lucid consciousness and the multiple intelligences within them.
17. **Logicity:** the maximum acuity of a discerning, rational and lucid consciousness.
18. **Maxiconsuality:** leading edge personal wisdom regarding Evolutiology.
19. **Maxifraternity:** the level of deliberate altruism within the lucid egokarma.
20. **Maxipriority:** great maturity of the personal and self-aware freewill.
21. **Maxiuniversality:** the personal sense of experienced antisectionarian universalism.
22. **Multidimensionality:** a self-aware, multidimensional, conscial life.
23. **Omnicooperation:** leading edge personal cooperation with the Cosmos.
24. **Operosity:** the level of the libertarian tasks of the personal proaxis being accomplished.
25. **Paraperceptibility:** the animism and parapsychism of a lucid sensitive conscin.
26. **Perpetuity:** a personal sense regarding a continued and connected conscial life.
27. **Scientism:** a conscin in a high-level relationship with scientific refutation.
28. **Serenity:** the level of conscial lucidity regarding the condition of Serenology.
29. **Singularity:** a consciousness, the self-potentials and greater personal talents.
30. **Statelessness:** a *lucid maxiuniversalistic* notion of a conscin in relation to citizenship.

Test. Mark with a yellow highlighter the items that you have already attained. If they add up to 15 or more, then you have without a doubt already left the *conscial basement* and the *abdominal sub-brain*.

450. TEST OF 11 QUESTIONS ABOUT CONS

Definition. As proposed by *Conscientiology*, a *con* is the *hypothetical unit of lucidity* of a conscin, it aims to measure (*Conscientimetrology*) the degree of personal hyperacuity - or the level of *conscientiality* - at a given evolutionary moment.

Answers. Here are 11 classic technical questions made during an initial approach to an original scientific subject, each succinctly answered here regarding cons, or the recuperation of *conscientiality* within *Conscientimetrology*:

01. **Agent.** *Who needs cons? Conscins in particular, but also consciexes. The total capacity of the human brain: 1,000,000,000,000,000 items of information.*

02. **Existence.** *How is a con defined? As the hypothetical unit of lucidity of a conscin, utilised in Conscientimetrology. It corresponds to one thousandth of the maximum self-lucidity defining the conscin's evolutionary level. The cerebral dictionary ranges from archaisms to neologisms.*

03. **Space.** *Where does the loss of cons occur? In the restricting funnel of intraphysical life (organic rebirth), or in the consciential condition of the ordinary physical waking state.*

04. **Time.** *When does the loss of cons occur? In the initial moment of consciential restriction through the funnel of the energosomatic or intraphysical rebirth (Resomatology).*

05. **Comparison.** *With what reality can the con be compared? With the also hypothetical engram, or the unit of measure of human memory (mnemotechnique: the retrothosene).*

06. **Cause-effect.** *For what reason does the loss of cons occur and persist? Due to the personal Paraphysiology of a consciex's vehicles of manifestation, when they leave the extraphysical dimension and restrict themselves, in the intraphysical dimension, as a conscin.*

07. **Resources.** *With what elements can cons be recuperated? Through all the resources leading a conscin to use their mentalsoma with intelligence and maturity.*

08. **Method.** *How is the recuperation of cons carried out? Through a rational exit from the consciential basement condition, gradually diminishing the employment of the abdominal sub-brain and reaching a greater level of intraconsciential maturity, through the resources and techniques of Conscientimetrology and even Conscientiotherapy.*

09. **Goal.** *What is the purpose of the loss of cons? The evidence suggests to temporarily, yet deeply, immerse and more greatly fix the consciousness in the intraphysical dimension.*

10. **End.** *What is the objective of the effort to recuperate cons? So that a conscin can attain: full control of the encephalic cerebrum, multidimensional self-awareness (MS), the evolved condition of continuous consciousness or uninterrupted self-lucidity (hyperacuity), conscientiousness and the achievement of an advanced level of self-conscientiality.*

11. **Amount.** *How much should be invested in the effort to recuperate cons? Up to the limit that does not compromise the human life or generate personal alienation in regards to the man or woman's obligations (psychomotricity). (See Bib. 4897).*

Test. Answer for yourself: What is the degree of self-recuperation of cons I have already achieved? What is the level of *hyperacuity* I enjoy in life? Can *thought* be ubiquitous?

451. TEST OF INCONVENIENT INTERESTS

Pseudobrain. *The abdominal sub-brain - pseudobrain - acts as an instinctive restraint to lucid thosenity.* It is a mere visceral, animal restraint. A vidiot spends the day confined to the sofa.

Interests. There exists inconvenient interests that dominate people's instincts, emotions and ideas. Faced with these crucial interests, the person does not stop to think. Personal acts become precipitated. An unthinking consciousness (robexis), when without evolutionary intelligence (EI), entirely and crudely immerses themselves in these interests, impelled by the greatest impulsiveness possible. The proexis can be lost single-handedly or with company.

Types. Here are, as examples, 6 types of primary, yet very specific, natural interests: birdseed for a bird; cheese for a rat; a carrot for a rabbit; a bone for a dog; a banana for a monkey; and milk (baby's bottle) for a baby.

Health. Firstly, maximum interests propel the conscin forward, in a healthy way, they defend themselves within the intraphysical law of "survival of the fittest", through the natural egocentrism of infancy and greater egoism of adulthood.

Illness. On the other hand, these same interests, fruits of the will, when they remain unhealthy, generate at least 20 very inconvenient effects:

01. A monopoly of the egokarma within personal holokarma.
02. All blends of egocentric holothosenes. (See page 397).
03. All categories of manifestation of morbid self-obsessions.
04. All modalities of ectopic proexis (existential programmes).
05. All natures of enduring *post*-desomatic parapsychoses.
06. Always dispensable anticosmoethical self-mimicries.
07. An existential seriality, or seriexis, *locked* regarding lucid projectability.
08. Consciential ectopias in intraphysical life, saboteurs of the proexis.
09. Consciential evolutionary paracomatosis undermining 1/3 of all conscins' lives.
10. Disturbing, multidimensional, interconsciential intrusions.
11. Existential robotisation and its corollary of constriction, dissatisfaction and delusion.
12. Generalised incomplexis, or existential incompletism.
13. Interconsciential intrusions and their respective lamentable consequences.
14. Multiexistential groupkarmic interprisons, for centuries and millennia.
15. Prolonged perdurable conditions of extraphysical catatonia.
16. Sympathetic assimilations that decompensate and block CEs.
17. The condition of the abdominal sub-brain acting in the decisions of a mature adult conscin.
18. The prolonged tedious stay in the intraphysical consciential basement condition.
19. The parochial *little world* of a narrow-minded, mediocre, sectarian conscin.
20. The worst megaweaktraits of all the still very immature human consciousnesses.

Test. Which of these maximum interests still overwhelms you, in your current critical evolutionary level? Nobody is an inaccessible rocky island.

452. TEST OF RECUPERATION OF PERSONAL CONS

Units. Based on the fact that you, when an extraphysical *consciousness* (*consciex*), already lived enjoying 1,000 units of evolutionary lucidity - cosmoethical *consciential* attributes and self-discernment - during your *Intermissive Course* (IC), prior to the energosomatic existence; you now, over your entire current intraphysical life, need to withstand the pressures of the new soma and energosoma in order to recuperate, for example, 70% of those *units of lucidity*. (See Bib. 3478).

Test. *The greatest impediments to the recuperation of cons are in your own consciousness.* In this sense, answer these 10 questions for yourself:

01. **Accommodation.** Do I live with a minimum of authentic personal choices, in order to not create *problems* (inevitable healthy stresses) for myself?

02. **Cowardice.** Do I hold attitudes of frank cowardice regarding *self-confrontation*?

03. **Escapism.** Do I flee any kind of positive competition and debate?

04. **Mentalsomatic.** Do I have a natural antipathy for everything directly related to the mental-soma, to intellectuality, to the effort of technical self-research and to erudition?

05. **Negligence.** *Am I avoiding leading or pushing human life (procrastinating)?*

06. **Polymath.** Do I always *consciously* keep my social personality superficial?

07. **Psychosomaticity.** Do I bring the vocation, cultivated by instinct, of all the monopolising *consciential* reactions proceeding from the parabody or psychosoma?

08. **Self-corruption.** Do I have frivolity as a consolidated bad habit in *interconsciential* relationships, or in other words, very conscious self-corruption?

09. **Self-experiences.** Do I only use instinctive senses and practical awareness, without dedicated actions to deepen the concepts of *consciousness*?

10. **Sell out.** Have I been betraying personal strengths, in an accommodated way (*selling out*), in order to survive through the *law of least effort* and mental laziness?

Forgetfulness. The majority of *consciousnesses*, when in an intraphysical condition (*conscins*), live in an *evolutionary sublevel* or accommodated with little more than half of their intimate reality, without self-motivation or incentive to overcome the *weaktraits* within themselves.

Inertia. If conflictive self-experiences in previous existences were remembered, a great number of unprepared people would live in absolute inertia (*consciential fossilisation*). A *leading edge relative truth*, a verpon, demands lucid self-control from a *conscin*.

Gap. The worst and the most lamentable existential consequence of all this is the frustrating *gap* (divide, distance, vacuum) between very similar *consciousnesses*: *sister souls*, when one passes 90% of their reality, in evolutionary *consciential* units, to intraphysical life, and the other only 45%, thus being a mere caricature of their individual reality.

Frustration. The greatest frustration belongs to those who succeeded in transferring most of their reality to the soma. Example: the mature scholar (psychosoma + mentalsoma) and the *sexy* young prostitute (soma + energosoma). Here is a practical example: Arthur Miller / Marilyn Monroe.

453. TEST OF RECUPERATION OF CONSCIENTIALITY

Percentage. How to know, with certainty, the percentage of *cons* or self-conscientiality recuperated in intraphysical life? Here are 30 comparisons for self-critical evaluation:

Cons vs. Variables:	High Recuperation	Low Recuperation
01. Assistantial task:	Clarification task	Consolation task
02. Brain (predominance):	Normal encephalic brain	Abdominal sub-brain
03. Consciential energy:	Self-conscious CEs	Unconscious CEs
04. Consciential maturity:	Conscious adulthood	Consciential basement
05. Consciential openness:	Vivifying universalism	Vegetating parochialism
06. Conscin (category):	Lucid or permanentfree	Mediocre conscin
07. Critique (predominance):	Lucid self-critique	Heterocritique (only)
08. Ego self-control:	<i>Being your own person</i>	Consciential crutches
09. Energosomaticity (degree):	Energosomatic flexibility	Inflexibility with CE
10. Ethics (predominance):	Lived Cosmoethics	Common human moral
11. Evolutionary groupality:	Active evolutionary duo	Common individualism
12. Evolutive conduct (grade):	Consciential wholesaling	Consciential retailing
13. Existential organisation:	Lucid self-organisation	Personal indiscipline
14. Holokarma (predominance):	Discovered polykarma	Mediocre groupkarma
15. Holosoma (predominance):	Mentalsoma (logicalness)	Soma / psychosoma
16. Interdisciplinarity:	Conscious generalism	Hemiplegic specialism
17. Intraphysical renovation:	Invexis or recexis	Accommodated mediocrity
18. Life of conscin (level):	Multidimensionality	Tropospheric conscin
19. Lucid thosenity:	Thosenes: great <i>thosenes</i>	Thosenes: vulgar <i>senes</i>
20. Maintrait (predominant):	Identified megastrongtrait	Unidentified <i>weak</i> traits
21. Mature freewill:	Lucid interdependence	Egoistic dependence
22. Mature sexuality:	<i>Hologasms</i> experienced	Common orgasms
23. Modern mnemotechnique:	Reasonable memory	Common hypomnesia
24. Parapsychic signals:	Self-identified signals	Unidentified signals
25. Personal discernment:	Science (logic and refutation)	Mysticism (dogmatic)
26. Proexis (predominance):	Notion of complexis	Dispensable self-mimicry
27. Projectability (degree):	Voluntary veteran LP	Unconscious paracomatose
28. Secular recollection:	Self-retrocognitions	Without retrocognitions
29. Truths (research):	Leading edge relative	Absolute and unverifiable
30. Will (qualification):	Unbreakable will	Weak or apathetic will

Test. Where do you find yourself in this scenario: with a high or low recuperation of cons? *The Zeitgeist, or the mentality of the time, powerfully influences the difficulty to recuperate cons.*

454. TEST OF SELF-UNDERSTANDING OF CONS

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about cons. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge* (books, notes and other resources):

01. **Comparison.** *Demand* the structuring of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the advantages and disadvantages of you technically attaining a higher level of lucidity.

02. **Critique.** *Demand* an effort from the more complex mental processes:- Critique the approach of conventional psychological lucidity in comparison with the emphasis for the greater recuperation of cons within *Conscientiology*.

03. **Definition.** *Demand* the personal ability to classify and distinguish the different categories of constructs associated with the fact under analysis:- Define *hyperacuity*.

04. **Description.** *Demand* a presentation of the characteristics of the phenomenon you are a protagonist of:- Describe 3 indisputable effects of the recuperation of cons, within the soma and in the intraphysical dimension. Ask yourself, how many cons have I recuperated this year?

05. **Discussion.** *Demand*, more than a simple description, presupposing the self-development of ideas:- Discuss the reason why there was no motivation or inspiration, in general, for the useful employment of cons prior to *Conscientiology*.

06. **Enumeration.** *Demand* the personal ability to recall:- Enumerate 3 relevant phenomena derived from the advanced condition of the recuperation of cons.

07. **Exemplification.** *Demand* a demonstration of ingenuity through a personal contribution:- Give 3 examples of personal manifestations that evidence some elevated recuperation of previously lost extraphysical lucidity.

08. **Explanation.** *Demand* an emphasis of the subject in relation to cause and effect:- What is the logical reason we are now more able to understand and apply 80% of cons?

09. **Interpretation.** *Demand* the self-capacity to perceive the meaning of the principle idea:- What is the reason for the loss of cons when reborn into matter?

10. **Organisation.** *Demand* a recollection of facts according to the criteria of increasing importance:- Organise a small list of steps, in 3 different intraphysical areas, favourable to the more rapid recovery of your cons.

11. **Outline.** *Demand* self-organisation of the subject into topics and subtopics:- Outline 3 sustaining principles of the rational and logical concept of the *con*.

12. **Selection.** *Demand* a simple critical self-evaluation according to pre-established criteria:- Indicate 3 different facts evidencing a more rapid recuperation of cons by 1st a man, 2nd a woman and 3rd a child.

13. **Summary.** *Demand* that you are capable of presenting the essential points of the subject under analysis:- Summarise 3 aspects of the cosmoethical, theoretical consequences of the recuperation of personal cons. *With holomaturity, a conscin no longer lives in useless daydreams.*

455. GRADUAL EXPERIENCE OF ADVANCED KNOWLEDGE

Facts. The knowledge sought by Conscientiology differs in its greater evolutionary level and gradation from the majority of knowledge researched by conventional Sciences and doctrinal human movements. Here are 10 facts compared for deeper reflection:

01. **Cosmoethicology.** Today Human Biology sustains *Bioethics*, an evolved concept in its specialised field. Conscientiology already disseminates the much more encompassing and evolved principles of *Cosmoethics*, experienced without self-corruptions. (See page 651).

02. **Holosomatology.** Anthropology and Medicine concentrate their studies on the *soma*, the rustic tip of the holosoma. Conscientiology is based on *Holosomatology* research in order to release the consciousness from the soma, and the cycle of successive lives, into multidimensionality.

03. **LP.** Today Physics professionals advocate the use of artificial *transcommunication* devices, thought to be leading edge. Conscientiology looks to deepen the mechanisms of direct interconsciential communicability, via conscious projection (CP), or lucid projectability (LP), and *conscientese* in the evolved state of cosmoconsciousness.

04. **Maxifraternity.** Just feminist movements insist that women increasingly assume the *soma (I)*, as opposed to men that avoid assuming their *soma (it)*. *Conscientiology* alerts a conscin to have awareness of maxifraternity, beyond the soma, in the priority gestation of *consciential evolutionary fruits (gescons)*.

05. **Multidimensionality.** The pragmatism of Psychology is advocated by the immediacy of life, the *intrapysical here-and-now* of Man. Through holosomatic immediacy Conscientiology goes further in a lucid conscin's *multidimensional here-and-now*.

06. **Paraecology.** *Ecological* research today deals with evident corrections in specific terrestrial circles, against atmospheric pollution and a pro-green life. Conscientiology *combats self-corruption, elevating inter and multidimensional Paraecology*.

07. **Parapolymathy.** *Specialities* in conventional Sciences amplify by increasingly pulverizing superficial knowledge against all types of erudition. Conscientiology values the condition of cosmoconsciousness, generalism and greater self-discernment in order to obtain deliberate *Parapolymathy* (multidimensional erudition).

08. **Parasociology.** Sociology still just has *four-dimensional* interests, in favour of the one billion social beings that today (Base year: 1993) live under the rule of *patriarchies*. *Conscientiology* directs its *multidimensional* interests toward the conquest, by a consciousness, of the evolutionary condition of *Parasociology*, within sight of serenism (Serenology).

09. **Seriexis.** The holistic movement of the so-called *New Age* defends (or defended) the *theory of seriality* and the 3rd Millennium of the occidental calendar. Conscientiology emphasises the experimenter's preparation, here and now, for their *next existence*.

10. **Sociex.** Conventional interdisciplinary research justifiably sponsors the survival of the *human species*. *Conscientiology* is already preoccupied with lucid consciential evolution through polykarmality, *Parahumanity* and the Sociexes (Sociexology).

456. ANALYSIS OF A CONSCIN THROUGH THE CONSCIENIOGRAM

Life. *The human life of any person, today, constitutes a critical existence.*

Relations. Consciousnesses exist entangled in a large web of relationships. We have been coming to Earth for about 2,500 centuries with the main objective of interassistentiality, independent of mysticisms, philosophies, Sciences and interests. We have never had such an excellent opportunity to dynamise self-evolution as we do today. In a short period of time the human population has become very large: 6 billion and 500 million beings in 2006. And it continues to increase. Each person is practically obliged, or even forced, to live serving others.

Topics. Here are 12 topics in an analysis of the consciousness through the Conscientiogram:

01. **Cities.** According to an international report from July 1993, around 1/3 of the urban population of the Earth lives in cities larger than one million inhabitants. We are urbanites.

02. **Communication.** You can speak up to 100 intelligible words in 20 seconds.

03. **Erudition.** You can absorb more information by reading, listening and participating than was possible for even the greatest erudite living 5 centuries ago, during the infancy of the printing press.

04. **Food.** 2 centuries ago, humanity spent 95% of their time searching for food. Today we spend only 5% of our time with this objective. Leisure has increased.

05. **Information.** In 1994, the newspaper Folha de São Paulo contained more information in a daily edition than a person from the 17th century was informed of during their entire physical life.

06. **Innovations.** In only *1 year* we can experience as many innovations as the pharaohs (the leaders of Ancient Egypt) did, but over the course of *1 century*.

07. **Knowledge.** As you know, today a 10 year old child knows more (culture) regarding wisdom, than Galileo Galilei, the pioneer of modern conventional Science.

08. **Languages.** Languages are now more evolved and much more fluent.

09. **Meeting.** You see and meet more people in a week now, than compared to the old possibility of seeing and meeting others during an entire lifetime in the Middle Ages.

10. **Mentalsomatic.** The current *average synonymic cerebral dictionary*, the richest repository of a person's words, was never so powerful: 75,000 lexical units.

11. **Surgery.** For the first time in History a certain doctor, in Milan, Italy, performed surgery via satellite (telesurgery) on a pig in Los Angeles, USA, on 5 July 1993.

12. **Work.** A common man, with the help of modern machines, presents a *workforce* equal to that of 120 slaves from the Medieval Era, a period of explicit, legalised slavery.

Ethics. However, even today, 3 billion people live watching 1 billion rich in 15 countries, become even richer. The *moral discrepancy* today is greater than in any other human epoch. The Earth has already been a School and a Hospital, now we insist in transforming it into a *Planetary Dump*. Conscins and Socins need conscientiality.

Test. There are logical suppositions that, at the very least, 4 thousand planets exist with orbiting satellites (moons) that have inhabitable conditions better than, equal to, and also *worse than Earth*. Due to competition, it will be difficult to obtain a new life here.

457. THE CONSCIENTIAL TABULA RASA TECHNIQUE

01. **Derepression.** *Mono-intelligent* geniuses exist and *poly-intelligent* geniuses exist. *Tabula rasa* is the complete emptiness of the mind regarding self-experiences. The objective is to eliminate, in a wholesale manner, during the course of a day of frank *self-research*, all types of conditionings, sociocultural repressions, sacralisations, superstitions and brainwashings from *col-lars of the ego* that have obstructed your multidimensional life up to today.

02. **Consciousness.** You are a multidimensional consciousness. You are not the soma, nor the Genetics, nor the organismic submemory, nor a mere inheritor of the human environment. You existed, had knowledge, or *innate ideas*, prior to activating this life's human body.

03. **Analysis.** According to the technique, get out of bed early in the morning with the primary intention of analysing everything nearby, *absolutely everything*: people, beings, objects, environments, institutions, ideas, enterprises, attitudes and gestures. See and feel all this for the first time, reasoning about everything and everyone with the utmost coolness.

04. **Knowledge.** Forget, through personal effort, every experience already lived until now. Today, you do not have self-experiences, only self-knowledge. *Focus on the knowledge. Do not focus on the experiences.*

05. **Forgetfulness.** This will make you forget or jettison conditionings, repressions, ego defence mechanisms, impediments, reservations, sacralisations, euphemisms, social demagogies, apriorisms, self-corruptions and neophobic or misoneistic behaviours.

06. **Uninhibited.** Get rid of your inhibitions. Loosen up. Let go. Be free. You no longer need anything to defend yourself. There is no need to defend yourself.

07. **Recently Arrived.** You just arrived here. Feel like an *extraterrestrial consciousness*. For example, as if you came from a galaxy located 1 million light-years away from here.

08. **Evaluation.** You do not know anyone around here. You are in a super-lucid extraphysical state. How do you define and evaluate the world where you are?

09. **Anatomisation.** Analyse, with maximum acuity, everything seen, felt and experienced by you when in contact with the intraphysical life around you: bathroom, clothes, hygiene products, people, greetings, family, breakfast, transportation, workplace, interests from the previous day, and the preoccupations of others. The whole day, anatomise everything about human life, in *minute detail*.

10. **Priorities.** Go deep, in the most impartial way possible. See if until now there is intelligence in *people's priorities*, general objectives and personal manifestations.

11. **Balance.** Keep a complete account of everything you perceive. Record every detail.

12. **Discoveries.** If you seriously follow this summarised technique, by the days end, unseen points of view, new ideas (neoideas) and previously *unimagined solutions* (verpons), will spring from your debrainwashed mind. You will see particularities and discover never suspected nuances. You will feel your spirit renewed. Anatomise the depth of the repressions of physical self-restriction and the spurious influences of the *abdominal sub-brain* as never before.

458. EXPERIENCES OF YOUR CONSCIENTIALITY TECHNIQUE

01. **Soma.** *Your soma is a mere ephemeral, material composition of IE.* You keep it functioning through your CE, in a temporary energetic or *energomatic existence* of evolutionary learning. The *human being* is born with utensils - the hands - but without food.

02. **Consciousness.** You are not your human body. You also are not only your CE, or consciential energy. You, per se, are your *consciousness*, or your consciential microuniverse.

03. **Maxifraternity.** At our evolutionary level, we seek a better consciential condition called *serenism* where the consciousness prioritises, with maxifraternity, itself and not the soma, material life, or mere CE. (See page 403).

04. **Hyperacuity.** Through holosomatics and multidimensionality you understand that what is most important for the consciousness is maintenance of the greatest possible level of *lucidity* or hyperacuity. Everything that is capable of potentialising and improving the exactness, clarity and refinement of our lucidity will be the ideal for us all.

05. **Intraconscientiality.** Thus, we prioritise the attainment of MS, or *multidimensional self-awareness*, as the major goal. The condition of theoretical or subjective, and, practical or objective *intraconscientiality* in attitudes, constitutes the most efficient instrument to attain the dynamisation of our consciential evolution.

06. **Serenissimus.** When concentrating their attention on Greater Rio De Janeiro at night, a *Serenissimus* in the extraphysical dimension will not only see the *thousands* of light bulbs with fixed or sparkling lights, for example. They will also feel the *millions* of foci of CEs, or consciential energies, that constitute the inhabitants.

07. **Identification.** If they want to, a *Serenissimus* can accurately perceive, locate and identify, in seconds, *consciousness by consciousness*, the 10 most evolutionarily potent consciential centres that clearly stand out from amongst all the objects and *millions* of living beings breathing in the city at that moment.

08. **Singularity.** If you are more evolutionarily potent, no consciex who is highly evolved will miss detecting your unique presence when they want to know where you are. Your personal level of *permanintfree conscientiality* is unmistakable in the midst of other beings.

09. **Reflection.** The following are not obstacles for this immediate and direct detection: dimensions, space, time, form, mountains, buildings, walls, or somas. Think and reflect on this when confronted with your *human animal* problems, conflicts, vicissitudes and disturbances anywhere in the day-to-day, year round.

10. **Conscientiality.** It is not a good idea to continue to mislead yourself through self-corruptions. If you reflect on this refined level of *conscientiality* you will begin to see transitory material concerns as banal and ridiculous in relation to the reality of your permanent condition as a lucid consciousness. The instincts, appetites, earthbound interests, selfish values and resentments stop having the immense expression that mediocre and animalistic conscins still attribute to them, and to which they so blindly cling in human life.

459. EFFECTS OF AN INTRA CONSCIENTIAL APPROACH

Difference. Scientific writing is not poetry. There are fundamental differences between Conscientiology and conventional Sciences dedicated to the human psyche.

Evolution. Evolutionary advances also occur in the approach of the consciousness, who is nowadays aware of their LP, or lucid projectability, towards other consciousnesses who were giants in Human History. Through 1 those a *Serenissimus* can be known.

Approach. The difference and progress reside in the ego's intraconsiential approach to essential thought, reflection, decision, attitude and coherent behaviour beginning from the pure mentalsoma, without the dominating passions of an animalised emotional body.

Self-discernment. At this point, a consciousness takes all of their capacity for individual thought to its *ultimate self-evolutionary consequences*. Taking the most definitive, logical and coherent position delivers the greatest possible mature self-discernment.

Effects. 8 practical effects are inevitably generated through the *ultimate cosmoethical consequences* of grand conclusions obtained from the greatest quality thoughts, the exemplification of self-critically shaping one's life for oneself, *without seeking to, or being concerned with, the indoctrination of others*:

1. **Biographies.** Identification, through a comprehensive multidimensional perspective, of the pitfalls caused by personal egoism in each individual's biography; animalistic, familiar, group and cultural parochialisms; the often subtle errors committed because of some deeply rooted passion; and every deformation of character.

2. **Celebrities.** Tired of repeating stupid mistakes, through irreproachable self-critique the consciousness starts to discern the deficiencies, self-corruptions, accommodations and ego defences of the philosophers, scientists, artists, religious professionals, leaders in general and parapsychic geniuses that make up the gallery of figures they lived with in Humanities' past. All of this serves as an example for existential recycling. *Intelligence is to have much more than just the average 120,000 strands of hair in your head.*

3. **Conscientiogram.** A consciousness will, little-by-little, experience the basic discernment of the *Conscientiogram* in their everyday human existence.

4. **Holomaturity.** Eventually, by living better, the feasibility of the consciousness' integrated maturity is understood: the unstressed serenism of *Homo sapiens serenissimus*.

5. **MS.** Opting for libertarian principles results in the attainment of the experience of MS, or *multidimensional self-awareness*.

6. **Openness.** Personal openness will leave no room for argumentative passions or an anxiety to establish personalisms.

7. **Self-confidence.** Ending anxious interpersonal rivalry, the fear of making mistakes and being exposed to ridicule and being a slave to public opinion.

Seriexis. The ego will attain intimate self-control to a degree never previously attained in their *multiexistential cycle*. The most honourable *desoma* crowns a maximorexis.

460. WHOLESALING OR YOUR ACTS TAKEN AS A WHOLE

Points. So as not to leave any negative traces from unaccomplished tasks, here are 20 points from Conscientiology, regarding your actions, for you *to consider en bloc*, as a set, or in a whole-sale manner:

01. **Antidemagogy.** Eliminate all *pseudonyms*, use your real name, since all *disguise* is incompetence and demagogy, when it does not represent an even worse immaturity.

02. **Authenticity.** Avoid all farce, parody or reverie: always prefer the *historical-truth*, even when it represents an *exposed fracture* or a *punch in the face*.

03. **Challenges.** Be happy in questioning ourselves and accepting *great challenges*.

04. **Choice.** Choose to bring into *existence* only what you like, even if you have to renounce 1,001 privileges, shortcuts or facilitations that demand less effort.

05. **Competence.** Want to be *good* and not “more or less” in everything that you do, above all aiming for the evolutionary quality of the consciential self-effort.

06. **Creativity.** Express your completely personal and peerless *creative subjectivism* in your productions, whether via a computer, machine, pen and paper, and in the objective things, which only act as supports for, or *frames* of, the content of our original ideas.

07. **Discipline.** Have certainty that nobody is better than you, or more capable of the maximum *disciplining* of the intraphysical and extraphysical details of your existence.

08. **Dynamism.** Do not leave for later what we can *do here and now*.

09. **Efficiency.** Finish well personal *draft copies*, as if they were already 1 perfect original, from the first version, even when we are going to create 50 more versions.

10. **Experiments.** Really extend your confidence and *experiment* with yourself.

11. **Laws.** Make these basic principles *personal laws* of which, according to Cosmoethicology, you are 1 self-critical defendant and 1 incorruptible judge.

12. **Mnemotechnique.** In order to avoid confusions in the integral memory, which must always be preserved, do not use the *wrong expression* when we know the correct one.

13. **Overcoming.** Trust in *self-determination*, the ability to overcome our sublevels.

14. **Perseverance.** When warranted and enriching to self-evolution do not be lazy when it is necessary to repeat the same *effort* hundreds of times.

15. **Prioritisations.** Always prefer prioritisation of: discernment over emotion; *fact* over fiction; science over art; *airing dirty laundry* over harbouring resentment.

16. **Prophylaxis.** Eliminate every *negative expectation* possible (consciential hygiene) in order to prevent intrusion and useless stresses. The ideal is to directly assume this attitude, now.

17. **Self-confidence.** Have confidence in yourself, in your consciousness and in your will.

18. **Self-motivation.** Maintain the strongest self-motivation, overcoming all *mental laziness*, immature justifications and all conscious or unconscious self-corruptions.

19. **Seriousness.** Keep our multidimensional *inspirational channels* open, not permitting jest to interfere with the development of our serious subjects.

20. **Work.** Have leisure in your *work*, without suppressing emotions.

461. MENTAL WARNINGS FOR YOU TO LIVE BETTER

Mentalsomatology. For you to live better, in peace with your mentalsoma, promoting efficient consciential gestations, here are 15 mental warnings from Conscientiology:

01. **Appearances.** We cannot deceive ourselves with appearances. Have you considered that the *silence of Serenissimi*, with respect to you experimenter, could be *derision*.

02. **Error.** To err is human. At times even nature makes mistakes. Observe the racial segregation in anthills. However, the *biggest error* is to consciously persist in a mistake.

03. **Illusion.** *All illusion ends one day. Even the most beautiful funeral does not raise the dead.* It is nonsense to go through the motions with regards to self-criticism.

04. **Imagination.** Imagination is the fertilizer of ideas and the excretion valve of the toxins of thought (pathological thosenes). Unfortunately there is only one in each brain. One cannot go without using it. Its functioning vitalises the consciential organ.

05. **Karma.** Karma is the always infallible *antimatter clock*, which marks the hour of the obstacle (en route accident) in the destiny of the person, group or even collective.

06. **Love.** Pure love is the feeling that eternalises the moment, health and life, against everything and *against all the prohibitionists*. Yet love is never free: it has its price.

07. **Regret.** Regret is proof that a common road, a dead end and even a *one-way street* allows a return to the starting point to redo everything with greater experience. Regretfulness is not foolishness.

08. **Scars.** The *moral scars* of the psychosoma (Parapathology) are less apparent, however, they leave greater marks. Even healthy self-retrocognitions prove this fact.

09. **Self-corruption.** *Mental adultery* is a legal exercise that everyone still practises, and that will continue to remain an omission for everyone or *only* in the human codes.

10. **Self-critique.** Adoration without self-critique leads to *extreme possessiveness*. A selfish madam castrates an adored kitten in order to keep it chained to her skirt inside the house.

11. **Self-school.** *Self-school* is the technical name of the unique *school of life*: your own school. Where you are the pupil, teacher and your own course of intensive lessons.

12. **Theology.** Theology is the knowledge and the toy of big children when they demagogically and uselessly try to prove 5 impossible things: the absence of Adam's belly button; the biological superiority of a celibate; the subtle reproduction of saints; the sexual perversion of the devil; and the transexuality of angels.

13. **Truth.** Leading edge relative truth has a price. Freedom of expression has limits. In a still pathological Socin the more beautiful the song of the bird, the more who seek to shut it in a cage. (See page 486).

14. **Union.** Only the strength of a union makes 1 winner out of 2 defeated. Dissidence is inevitable in evolution and the development of things, but it is better to avoid this to the maximum.

15. **Work.** Laziness, by itself, saturates the consciousness. Ask the shipwrecked individual stranded on a desert island. Teamwork is always worthwhile and it teaches us much more.

462. EXPERIENCE OF A PRACTICAL ENCOUNTER WITH A SERENISSIMUS

Serenissimus. *The serenissimus is the coryphaeus of human evolution.* A serenissimus is as visible as the *top of Mt. Everest in the Himalayas*, but only for those who get there.

Encounter. Here are 18 occurrences that can occur during a direct meeting or interview, for example, at a classroom desk, with a Serenissimus, a fact that will inevitably end up happening for some of us, sooner or later:

01. **Clairvoyance.** Promote spontaneous facial clairvoyance with the interviewee.
02. **Conscientiality.** Utilise spontaneous telepathy, or conscientese, in the ordinary physical waking state. *To verbalise* is to conjugate exactness and concision.
03. **Conscientiotherapy.** Attain energosomatic compensations gradually triggered by the interviewee's CEs.
04. **Cosmoconsciousness.** Expand the manifestations of your mentalsoma in the full ordinary waking state, to a level closer to the state of cosmoconsciousness.
05. **Cosmoethicality.** Proceed to more deeply understand the practical or lived Cosmoethics that you have yet to achieve.
06. **Coupling.** Establish your greatest auric coupling with a Serenissimus.
07. **Discoincidence.** From that moment on, and throughout the period of the execution of your entire proaxis, achieve the condition of healthy waking discoincidence.
08. **Energetics.** Install an interconsciential climate from the high-level bioenergetic field fully felt by you.
09. **Energosomaticity.** Read, through advanced clairvoyance, the aura of the interviewee's being. *Equanimity* is the fundamental principle of universalism and serenism.
10. **Enerspring.** The installation of a period of enerspring, or energetic springtime, in you.
11. **Euphorin.** Personally infect yourself with a state of controlled euphoria (euphorin). A Serenissimus is sufficiently super-intelligent to always be super-discrete.
12. **Hyperacuity.** Recuperate in a more extensive wholesale manner, or all at once, many of your important cons, the units of measure of consciential lucidity.
13. **Openness.** To be opened up to an unexplored world of consciential investigations.
14. **Present time.** Proceed to address the most vital subjects of the human existential moment in the interview.
15. **Sociability.** According to the circumstances, or the retrocognitions, form the social condition of an incomplete couple with the Serenissimus.
16. **Symas.** Establish a sympathetic assimilation of the Serenissimus' CEs during the interview. (See page 337).
17. **Telekinesis.** With the mutual consent of the interviewee, generate telekinetic phenomena with small nearby objects.
18. **Transfigurations.** Witness transfigurations of the appearance of the evolved conscin, following a high-level exteriorisation of CEs.

463. TECHNICAL FUNDAMENTALS OF A CONSCIENTIAL GESTATION

Gestations. Here are 14 observations about a consciential gestation generated through the mentalsoma, compared with a biological gestation generated through the soma:

01. **Reproductions.** For a conscientially aware woman now is the time for an evolutionary junction of two reproductions: biological reproduction with *consciencial reproduction*.

02. **Seriexis.** Yesterday, in a previous seriexis, an immature woman - a *maneater* - had personal vanity as her greatest goal. Drowned by a legion of seduced, servile and fawning men only ephemeral passions were allowed in the permanently mischievous game of unimpeded sexual seduction that was framed in the brilliance of elegant clothing.

03. **Self-corruption.** The maneater's avidness did not allow her to be honest even with herself. She was entirely possessed by *permanent self-corruption*, all the time.

04. **Seduction.** *Vampiristic seduction* was the only stimulation that provided an escape from her insecurities. Once conquered, the *Don Juan in a skirt* abandons the drained affective or sexual object, casting it away like a sucked orange.

05. **Fascination.** She always opted for the challenge and complications of a *difficult person*. When the great complications were resolved, the fascination ended and one more relationship was broken off. Once the morbid necessity was satisfied the transitory interest was extinguished.

06. **Secret.** She adores difficult, extramarital, *secret relationships*. Once the relationship became open and public her motivation and devotion completely disappeared.

07. **Evolution.** Now the major real objective of a modern woman is to conquer themselves, in an effort to *dynamise* their self-conscious consciencial *evolution*.

08. **Goal.** Their new goal is cosmoethical, *aware, holosomatic seduction*, far superior to the anticosmoethical energosomatic seduction of the old days.

09. **Groupkarma.** The new woman now uses her wide pelvis and elevated femininity in the *preparatory half* of the human life - on average until 35 years of age - in a planned biological animal gestation, human reproduction, if necessary aiming to *set right the failed groupkarmic relationships* from her past excesses.

10. **Conscientiality.** In the *executive half* of the existence - on average between 36 and 70 years of age - a liberated woman applies herself to a consciencial gestation, one beyond the biological.

11. **Mentalsomatology.** Now is the time for the wise execution of *intellectual reproductive conscienciality*, the renovation of a conscin through their own consciousness being lucid regarding mentalsomatics, based on the *body of maximum self-discernment*.

12. **Proexis.** The new woman aims to assume the mandate of their proexis and to jointly attain, in their evolutionary duo, a libertarian objective with a most loved consciousness.

13. **Claritask.** The fundamental value of the *new woman's* existence is different: the clarification task or the assistantial task of high-level *clarification of consciousnesses*.

14. **Conscins.** Human gestations are composed of 3 conscins that compose 1 trio. *Consciencial gestations are groupal, polykarmic and maxiuniversalistic*.

464. TEST OF CONSCIENTIAL AND HUMAN GESTATIONS

Comparisons. *A Woman is not only a deposit of human ovules or a mere reproductive instrument.* Here are 30 differences in a comparison between a consciential gestation proposed by Conscientiology, for the evolutionary dynamisation of the consciousness and a human gestation:

<i>Consciential Gestation</i>	Human Gestation
01. A polykarmic current account pursued	An imposed groupkarmic account
02. Advanced clarification task	Still primary consolation task
03. Citizen of the Cosmos	Tropospheric citizenship
04. Consciential self-awakening	Predominance of animal instinctivity
05. Conscientiological reproduction	Biological or common reproduction
06. Conscious new pre-serenissimus man	Macho old reproductive man
07. Cosmic member of Sociexes	Transitory members of Socin
08. Cosmoethical maxifraternity	Mere bioethical and geoethical fraternity
09. Cosmoethical personal principles	Mere human moral principles
10. Critical cosmoethical seduction	Acritical energosomatic seduction
11. Emphasis of the advanced coronochakra	Emphasis of the animalised sexochakra
12. Evolved conscientiality	Still primitive conscientiality
13. Experience of multidimensionality	Experience of maternity / paternity
14. High level invexis or recexis	Repetition of mediocrity (self-mimicry)
15. Holorgasms and <i>mentalgasms</i>	Somatic or sexochakral orgasms
16. Integrated consciential maturity	Biological or psychophysical maturity
17. Lasting consciential families	Very transitory human families
18. Liberated new pre-serenissimus woman	Repressed antiquated breeding woman
19. Lucid or living Conscientiology	Unconscious or deceased Materiology
20. Maximum consciential openness	Egoistic esotericism from the distant past
21. Multidimensional megalucidity (cons)	Obtuse intraphysical semilucidity
22. Perennial libertarian ideas and works	Offspring or ephemeral <i>common adoptions</i>
23. Predominance in thosenes: <i>thosens</i>	Predominance in thosenes: <i>senes</i>
24. Predominance of mentalsomatics	Predominance of somatics (sexosoma)
25. Priorisation of interconsciential love	Forger of marriages and divorces
26. Production from the encephalic brain	Production from the <i>abdominal sub-brain</i>
27. Seeking experience of cosmoconsciousness	Repetitive communitarian reproduction
28. The conscin's and consciex's objectives	The conscin's solely somatic objectives
29. The option for wholesale behaviour	The option for retail behaviour
30. Use of 1 healthy holosoma	Specific use of 2 sexosomas
Test. Have you, experimenter, already produced consciential gestations?	

465. CONSCIENTIAL ECTOPIAS OR A DISLOCATED PROEXIS

Humans. In Obstetrics, ectopic human gestations occur through the lodgement of an egg *outside of the uterus* (tubes, intestine, liver, ovaries), the natural matrix for the development of an embryo (fetus).

Antiphysiology. This antiphysiological or pathological fact - an abnormal situation - often generates serious and even lethal, consequences within the normal procedures of human gestation.

Consciential. In Conscientiology, ectopic consciential gestations or those that are dislocated in regards to consciential assignments, sabotage the conscin's effort to attain complexis and earn a larger healthy morexis. Here are 12 types of ectopic consciential gestations or alienating tasks, for your analysis and avoidance in the execution of the proexis:

01. **Basement.** The personal state of being stationary in the consciential basement condition instead of fulfilling tasks programmed in the recent *Intermissive Course*.

02. **Consoltask.** Attachment to the ease of consoltask instead of the more difficult and less likeable performance of claritask. *The consoltask is an ectopia regarding an advanced proexis.*

03. **Groupkarma.** The irremediable subjection - interprison - to conscins from your groupkarma, without fulfilling your own already programmed polykarmic works.

04. **Intraphysicality.** Excessive personal commitments with an intraphysical existence - somaticity - to the detriment of a programme of multidimensional tasks. *Like a tubal miscarriage, a dislocated proexis must be intelligently aborted (recexis).*

05. **Mediumism.** Submission to the routines of an animic-mediumistic group, instead of fulfilling the isolated personal task of penta (daily personal energetic task).

06. **Moral.** Remaining within the universe of human morals without cosmoethical thosenes. For example: homosexuality is a *human sexosomatic ectopia*.

07. **Mysticism.** Development of the personal proexis based on a mystical doctrine, foreign to the pre-established programme of the field of research, logical refutation and leading edge relative truths of conventional, Newtonian-Cartesian Science.

08. **Recexis.** The delayed realisation of recexis - an imposition -, instead of the chosen pre-established programme of invexis at the correct time.

09. **Retailing.** Heading to the roadside of retailing in one's conduct, instead of remaining on the highway of more advanced self-aware *consciential wholesaling*.

10. **Sectarianism.** The erroneous application of personal effort within the limitations of sectarianism - *the little world* -, instead of experience of the maximum universalism possible.

11. **Self-mimicries.** Personal accommodation with repetitive and dispensable self-mimicries, instead of the execution of new tasks from your healthy, planned, *topical proexis*.

12. **Spontaneity.** The experience of only spontaneous CPs (conscious projections), instead of the production of CPs induced through your own unbreakable will.

Test. Have you identified some of these 12 *consciential ectopias* in your efforts to execute the proexis? There are subtle and morally decomposed proexises.

466. GRADATIONS IN CONSCIENTIAL MANIFESTATIONS

Analysis. In understanding consciological and projectiological phenomena it is indispensable to analyse 5 types of gradations in the consciousness' manifestations:

1. **Perceptions.** Gradation in the *perceptions* of the conscin regarding the use of their attributes. Attention, for example, is an initial and omnipresent attribute in simple, superficial consciential acts. Reasoning is far more deep and complex.

2. **Paraperceptions.** Gradation in inter and multidimensional, animic-parapsychic consciential *paraperceptions*. For example, there is an evolutionary crescendo in these phenomena: hypnagogy, travelling clairvoyance, lucid projection and physical bilocation.

3. **Dimensions.** Gradation in the densities of the *dimensions* where a consciousness manifests in the intraphysical, extraphysical or projected state. Even in the ordinary physical waking state we can be more alert or less lucid.

4. **Conscin.** Gradation in the degree of the manifestations of our *conscin* when we communicate with subtle extraphysical dimensions. In a projected or mediumistic state we can be unconscious, semilucid or lucid.

5. **Consciex.** Gradation in the manifestations of a consciex and even a projector, when communicating with our human dimension. A consciex can even be confused, such as a *post-desomatic parapsychotic*.

Parapsychism. In consciential interchanges, whether direct, animic, from lucid projectability; or indirect, mediumistic; a consciousness is faced with 3 essential problems: maintenance of self-awareness; accurate identification and localisation of the dimension where they are manifested; and interpretation of what is observed, experienced or lived. *Even a telephone can become an instrument of interconsciencial intrusion.*

Reciprocity. If these problems are inevitable *on our side*, the same happens on the consciexes' side, whether *benefactors*, helpers or more healthy consciousnesses; or *intruders*, more sick consciousnesses. The majority of intruders do not know what they are doing. We always face reciprocal difficulties from one side to the other.

Vision. The *paraeyes* of consciexes do not function like our eyes. If the discernment of our clairvoyance of them is still precarious, for most of them their ability to see us is also unstable. The more evolutionarily superior a consciousness, the more complex the dimensions, holothosenes and waves of CEs they will distinguish, at times simultaneously. They do not see our nose as clearly as we do when looking at it in an ordinary mirror.

Theory. Through the *theory of reciprocal difficulties*, we can better understand the difficulties that the *helpers* encounter when helping us in human life and in the projected state. If we face enormous impediments to communicate with them, the same happens with them in relation to us. The more rarefied the consciex's extraphysical body (second and third desomas), the more difficult it is for them to act in this dense, physical dimension where we temporarily live.

467. SCALE OF THE STATE OF CONTINUOUS CONSCIOUSNESS

Definition. The state of continuous consciousness is the condition of a conscin and a consciex that has attained the experience of continuous uninterrupted lucidity, without any hiatus, regardless of the dimension in which they manifest.

Stages. Here are 7 evolutionary or ascending stages in a didactic hypothesis on the *Scale of the State of Continuous Consciousness*:

1. **Tests.** The *stage* common to all types of novice conscious projectors. The first *weak-traitist* period, of the conscinial basement and multidimensional conscinial tests. Discovery of the psychosoma, energosoma and the VS. *Butterfly-seeking*, the tropospheric conscin, the *abdominal sub-brain* and mortifying doubts all end here.

2. **Impact.** The *crossroads stage* for the integral execution of the proaxis. The inverter or recycler conscin defines their destiny, staying in the dead centre or dominating the soma. CPs through the mentalsoma and cosmoconsciousness occur here. The conscin opens the polykarmic current account with the lucidity from penta and the offix.

3. **Admission.** The *stage* of the admission of a conscin to the condition of lucid *epicon* in the presence of an Evolutionary Orienter. The *autonomy of the flight* of a projected consciousness can stretch to two hours of lucid absence from the soma, with in-block recollection. Here a *strong-traitist* conscin becomes an active collaborator in the *Serenissimi's holothosene* (Invisible College of Serenissimi).

4. **Ethics.** The *stage* of the production of consecutive, assistantial and lucid CPs through the psychosoma, over an entire night. Here, cosmoethical incorruptibility becomes indispensable. A lucid conscin - a permanentfree being - incorporates the assistantial use of the majority of energetic, animistic and parapsychic phenomena in their routine.

5. **Affiliation.** The *stage* of eventual production of consecutive assistantial CPs, through the mentalsoma, over an entire night. CPs, definitively integrated into the conscin's life, dynamise their multidimensional research. Self-retrocognitions predispose the installation of *continuous memory* and the first steps towards *serenism*. Here the conscin registers their affiliation with the Evolutionary Orienter's directives.

6. **Subtilisation.** The *stage* of the predominance of prolonged mentalsomatic CPs, over an entire night. They extinguish the intrusive assistantial CPs. Personal interviews with genius consciexes from the past increase. Here, the psychosoma becomes more fluid, rarefied and subtle. The mentalsoma extends its manifestations. A *Homo sapiens serenissimus* is born. *The repercussion of the Serenissimus' leadership is always multidimensional.*

7. **Purification.** The *stage*, strictly speaking, of the state of continuous consciousness experienced since infancy. The consciousness reaches the condition of living liberated from multiexistential cycles when they deactivate, by themselves, their own psychosoma. With the end of the personal seriexis here, the consciousness enters into a new evolutionary course among the consciexes responsible for the lives of planets, at a level incomprehensible to us pre-serenissimi. *Nullus omnia scire potest.*

468. SECOND STAGE OF THE SCALE OF CONTINUOUS CONSCIOUSNESS

Definition. The state of continuous consciousness is the extremely rare condition of the conscin and consciex who has achieved practical continuity of lucid consciousness in the course of consciential life. *Serenissimi* are those responsible for Humankind's cerebral eugenics.

Scale. Conscientiology and Projectiology approach the state of continuous consciousness in an expanding scale of 7 evolutionary stages of lucidity: 1. Tests; 2. Impact; 3. Admission; 4. Ethics; 5. Affiliation; 6. Subtilisation; 7. Purification.

Impact. The second level in the *scale of the state of continuous consciousness* - Impact - is the crossroads-stage for the utilisation of the current existence on Earth, in relation to the gradation of the performance of the consciousness' lucidity.

Level. The impacting stage is very important because it specifies the level of LP, or lucid projectability, of the majority of Projectiology's students and researchers.

Signals. Here are 17 characteristic signals that appear, little by little, in this second stage. They were selected from suggestions obtained through one brainstorming, with the frank public participation of dozens of projectiologists on 27 October 1990, at the headquarters of the International Institute of Projectiology, in Rio De Janeiro:

01. **Alternation.** Seek your own condition as an alternating intraphysical pre-serenissimus.
02. **Assistanciality.** Acquisition of the permanent multidimensional condition of lucid *assistancial bait*. *Immanent energy is the will's raw material*.
03. **Cosmoethicality.** Initial questions about experienced Cosmoethics.
04. **CPs.** Production of intentionally planned, conscious self-projections.
05. **Evolutivity.** Becoming a consciousness with greater *evolutionary self-sufficiency*.
06. **Groupkarma.** Evolutionary contextualisation of yourself in the groupkarma.
07. **Holakarma.** Basic comprehension of *holokarma* (consolidated balance sheet of karma: egokarma, groupkarma and polykarma). (See page 628).
08. **Intermissibility.** Self-persuasive memories of the most recent personal intermissive period, including details of your *Intermissive Course*.
09. **Maturity.** Characterisation and beginning of a peaceful coexistence with the inevitable ambiguities of intraphysical existence.
10. **Proaxis.** Identification of your *existential goal*.
11. **Recexis.** Recycling or *taking a new self-aware perspective* of your existence.
12. **Self-discernment.** Repudiation of doctrines and adorations (brainwashings).
13. **Self-mimicries.** Self-awareness of the repetitions, those necessary as much as those dispensable, in our own current existence.
14. **Self-organisation.** Awareness of the necessity of self-organisation.
15. **Self-retrocognitions.** Experience of still intrusive self-retrocognitions.
16. **Strongtraitism.** Recognition of your own *strongtraits* and *weaktraits*.
17. **VS.** Practical domination of the VS, or *vibrational state* (Bioenergetics).

469. LIBERATION FROM CONSCIENTIAL DISORGANISATION

Evaluation. If *during the last week* you committed even one of these 22 basic mistakes of consciential disorganisation, belonging to *Homo stultus*, you do not yet have reasonable maturity, or efficient self-organisation:

01. **Bad-information.** Have I flatly deceived myself by remaining very poorly informed?
It is always worth remembering: all advertising is a eulogising report.

02. **Blackmail.** Have I resorted to *emotional blackmail* against anyone?

03. **Chatterbox.** Did I speak without thinking, blindly, for 10 minutes (Parapathology of the laringochakra), like someone with a masters or doctorate (PhDiva)?

04. **Emotionality.** Have I curtailed my intelligence, speaking ill of others for 20 hours, like a television soap-opera?

05. **Foolish.** Have I exhibited enormous foolishness in the midst of the most serious subjects?

06. **Good sense.** Have I in some way affronted basic, common, good sense?

07. **Ignorance.** *Have I mumbled poor Latin* to mask my ignorance regarding the unavoidable facts under analysis?

08. **Illogicalness.** In the place where I expend so much effort, have I demonstrated a lack of judgement in the decisive hour of a work meeting?

09. **Immaturity.** Have I had an outburst of immaturity, *lost in the mists of time*?

10. **Impulsiveness.** In a moment of impulsivity have I acted against all reason?

11. **Intrusion.** Have I crushed my vulnerable interlocutor, a silly child, under the *weight of the sinister reality* of my arguments?

12. **Irrationality.** Due to stubbornness have I argued under a false, antirational point of view?

13. **Mishap.** Have I unexpectedly committed a large social mishap?

14. **Nescience.** *Without rhyme or reason*, have I written something that belongs to a fool?

15. **Nonsense.** Did I slip-up and exhibit foolishness in front of my circle of friends?

16. **Parochialism.** Have I remained tiny because I did not have a *broader perspective* within a trivial incident? *Weak characters* predominate among unthinking masses.

17. **Pride.** Have I avoided publicly recognising an error of mine out of pure pride?

18. **Self-defences.** In a debate have I positioned myself using only my ego *defence mechanisms*, as if they were the greatest acquisition I was able to obtain over the millennia?

19. **Sophistry.** In my exposition of thought, have I tried to use sophistic, logical or philosophical fallacies? There are many selfish “sacrifices”.

20. **Subinformation.** Was I an exploited-innocent, did I *hear a rooster crow* and not know from where?

21. **Untruths.** Have I stepped *outside the bounds of the relative truth* just to show off?

22. **Vanity.** Did I make *a storm in a teacup* in order to consolidate my banal point of view? The *greatest* illness is boasting about the *smallest* illness.

Hyperacuity. *Quiddity* is the essence of a thing. Hyperacuity is the quiddity of a conscin. Through reflection we start to pacifically eviscerate ourselves.

470. TEST OF YOUR INTRACONSCIENTIAL UNIVERSE

Hypocrisy. In the physical waking state insincerity, like *inauthenticity*, can be easily masked among human conviviality. *Common hypocrisy is born from inauthenticity.*

Intrusion. Insincerity, just like *parahypocrisy*, in conviviality with sick consciences, is always a fatal mistake because it installs intrusion of an extraphysical origin.

Self-evolution. Insincerity, in the form of *non-openness*, before *helper* consciences, obstructs self-evolutionary development.

Confidence. Without a minimum of interconsciential multidimensional trust, there is no atmosphere for permanent assistance to a conscin at the level of penta, or the daily personal energetic task; and for the functioning of an *offiex* or the condition of being *chairman* of a physical-extraphysical housing complex of the libertarian task.

Uncertainties. Here are 8 uncertainties, as examples, within your intraconsciential world:

1. **Castration.** “He has a very weak personality. I can win whenever I want”. “She is too immature. She is not intelligent enough to challenge me”. Do you feed and apply castrating ideas or intrusive mental attitudes, such as these two, to other people’s talents? *Likeable sincerity* is rare, because it is easier to be sincere with antipathy. *A human* without consciousness is a cadaver.

2. **CEs.** Do you exceed yourself in the intense use of your CEs or in your competence to apply these energies?

3. **Competition.** Do you overvalue, in your favour, the minimum level of inevitable necessary interconsciential competition in human life?

4. **Fortress.** Do you abuse the strength of your *unassailable* intrapsychic or intraconsciential fortress, even when feeling your ego stronger?

5. **Rights.** Because you judge yourself more evolutionarily advanced do you feel within your rights to obtain self-beneficial advantages, while oppressing the rights of other conscins?

6. **Tachypsychism.** Do you selfishly and anticosmoethically use your developed critical judgment or your tachypsychism (tachyphrenia), the capacity to think quickly?

7. **Triumphant.** Do you avoid a triumphant spirit in any intra or extraphysical circumstance, even the most disguised to human eyes?

8. **Victory.** Is it more difficult for you to survive victory than to survive defeat without falling into spurious acts?

Deceits. These *silent deceits*, reunited in this list of *intraconsciential attitudes*, have a common denominator, or exist because of only one cause, which is generally underestimated because it is camouflaged: the self-corruption of *mental peca-dilloes*, or *pathothosenes*.

Self-incorruption. Self-complacent *intrapsychic corruptions*, like these, are the reason for the emphasis on self-incorruptibility.

Test. How about conducting, now, an inquiry into your *intrapsychic universe*, without prior warning, in relation to your *cosmoethical impeccability*? Do you think that is worthwhile?

471. TEST OF YOUR DISCIPLINARY CONSCIOUSNESS

Trail. Every *itinerant instructor* of *Conscientiology* leaves their extremely personal trail wherever they go. One hopes this trail is the most evolved possible.

Level. There are personal verbactions that demand a course correction. By answering these 20 simple questions you can evaluate your level of personal discipline in everything that you do:

01. **Assistantiality.** Do I remain unmoved when faced with the imperfections and errors, intentional or not, of my fellow beings, or do I try to help? In Socin the unthinking masses are not composed of only those who use their bottom lip as an ashtray.

02. **Balance.** Am I reserved with those I am not as close to?

03. **Behaviour.** When necessary do I distance myself from noxious entropic environments that have unhealthy CEs? It is cosmoethical to transform a vile motive into a noble action.

04. **Cardiochakra.** Do I get passionate about any subject, or not?

05. **Communicability.** Do I know how to be silent and listen, at the right moment?

06. **Conscientiality.** In certain circumstances do I, or do I not, get irritated by or curse facts? After all, to experience is to close the gap (breach) between theory and fact.

07. **Conviviality.** Am I cordial and sensitive to those who deserve this attention?

08. **Debates.** Do I patiently listen to other people's opinions, and, when having to speak my mind discretely seize the opportunity?

09. **Discernment.** Am I careful to be prudent and measured?

10. **Economy.** Do I know how to eliminate wastefulness? The brain is a mentalsomatic *kit*.

11. **Maturity.** Do I aim to be understanding of unsolvable problems? Holomaturity is the *mentalsoma's white hair*.

12. **Mentalsomatic.** Do I, in fact, think before speaking and doing?

13. **Organisation.** Do I make good use of the hours of my day to work usefully for my evolution? *Boredom* is the true name of excessive leisure.

14. **Psychosomaticity.** Do I fight feelings of outrage when they emerge inside me? It is better to acquit 100 culprits than to condemn one *innocent*.

15. **Reflection.** Do I grieve uncontrollably, or not? (See Bib. 3732).

16. **Responsibility.** Am I fully aware of my obligations and duties within Socin, or the *culture of impunity*?

17. **Security.** Do I whine and complain, or not?

18. **Serenism.** Do I preserve intimate serenity and peace in disturbed environments?

19. **Somaticity.** Do I rationally and moderately feed myself, in order to satisfy my somatic necessities? *Discernment* is the first sign of serenism.

20. **Time.** Do I live with regular schedules?

Test. A total of 15 positive answers indicates reasonable discipline on your behalf. Logically, less than this shows the need for organisational efforts from you in favour of self-evolution. *Science* is the anticreed creed.

472. TEST OF YOUR LEADER CONSCIOUSNESS

01. **Support.** Many conscins instinctively feel the need to lean on - without worship or gurulatr - another conscin who is ahead of them.

02. **Self-control.** Whoever wants to lead others must start by being capable of commanding themselves. In this point, self-control is irreplaceable.

03. **Head.** A group without a leader is a body without a head. An assembly is incapable of governing. 1 first class *scientist* is better than 10 from the second class.

04. **Conscin.** A leader-conscin does not define themselves through external signs on the soma.

05. **Decisions.** To decide is little. The important thing is that decisions are executed.

06. **Discipline.** Discipline does not aim to kill the conscin's personality, but regulates and coordinates their efforts and performances through self-organisation.

07. **CEs.** Not every leader-conscin is superman. However, they are a highly energetic (CEs) and alert consciousness who lives an existential wholesale condition.

08. **Evolution.** All are equal before the laws of consciential evolution, however we are not identical in our evolutionary levels. There are commanders and the commanded.

09. **Examples.** A leader-conscin, whether they want it or not, is an epicentre of attraction. Their example moves others. The multidimensional repercussions of their acts are ample.

10. **Genius.** A leader-conscin does not easily judge anybody incapable. At our current evolutionary level we all have some genius to develop and a proaxis to fulfil, ideally always within Cosmoethics.

11. **Leader.** A leader - male or female - possesses authority and a nature eager for responsibilities. *A true leader is a self-aware educator.*

12. **Leadership.** Innate leadership is the multiexistential product of an active conscin who has acquired speed of calculation and decision making, over millennia of evolution.

13. **Serve.** To command conscins it is necessary to know yourself. *To command* is to serve.

14. **Socin.** Every Socin has the hierarchy of the values of each consciousness at its base.

15. **Weaktraits.** A leader-conscin does not have these *weaktraits*: anguish; passive conformism; psychological depression; existential disorientation; expressions of disdain; lack of attention; psychological lack of concentration; disquietude; nervousness; rude words; cowardice; timidity; nor do they let themselves enter into *chronic fatigue syndrome* (stress).

16. **Verbaction.** The *life* of a leader-conscin speaks more highly and strongly than their voice. Their life cannot contradict their words. A leader-conscin does not maintain themselves as a leader without verbaction in the practical exercise of existence, or in other words: everyday experience.

17. **Will.** An unbreakable will, manifested through thosenes, is the realising agent in consciential self-evolution within the groupkarma.

Test. Have you, experimenter, already been analysed as a leader-conscin? *Serenissimi* do not lead with the strength of the soma, but with the discernment of the mentalsoma. Do not expel the *Serenissimus* that is within your consciousness.

473. TECHNICAL FUNDAMENTALS OF SELF-AWARENESS

Load. *A consciousness is worth their hourly mental load of awareness.*

Types. From the point of view of self-awareness, or average lucidity, an intraphysical consciousness can live as a four-dimensional or a polydimensional being. Four-dimensional self-awareness is that of a common, tropospheric, intraphysical person.

Polydimensional. The polydimensional can be divided into 2 characteristic types:

1. **Spatial.** Purely spatial *self-awareness*.
2. **Temporal.** Temporal *self-awareness*, or that regarding the chronology of their diverse recollected experiences.

Holosomatology. A consciousness obtains polydimensional spatial *self-awareness* through holosomatic experiences:

1. **Human.** Intraphysical space or cramped human environments.
2. **Emotional.** Emotional extraphysical tropospheric hyperspaces.
3. **Mental.** Mental consciential hyperspaces themselves.

Holomemory. Polydimensional temporal *self-awareness* manifests in the recesses of the consciousness' integral memory (holomemory):

1. **Present.** The present or self-awareness as at today, the here-and-now.
2. **Past.** The conscin's past, notably the immediate, prenatal past.
3. **Future.** The consciousness' immediate future in the human life / intermission rotation.

Performances. Polydimensional *self-awareness* can only be achieved with effort through 4 performances:

1. **LP.** LP or projectability of the consciousness with a high level of lucidity.
2. **Holomaturity.** Integrated maturity of the consciousness exercised in the day-to-day.
3. **Retrocognitions.** The experience of multiexistential consciential retrocognitions.
4. **Precognitions.** Calm consciential precognitions.

Breaches. Both spatial and chronological *self-awareness* can present breaches (*gaps*), or lacunas (hiatuses), in relation to the continuous experiences and recollections of a pre-serenissimus conscin:

1. **Lacunals.** Spatial breaches are the basic consciential environments that remain unknown to the consciousness due to their still feeble performances.

2. **Chronological.** Chronological breaches are the periods of experiential time that remain forgotten in the integral memory, without complete continuous recollections, for example regarding the last 2 millennia. (See Bib. 4465).

Objectives. One objective of Conscientiology is to make the consciousness reach MS, or multi or polydimensional self-awareness. One objective of Projectiology, the practical part of Conscientiology, is to allow, through personal experimentation, gradual elimination of the 2 types of possible breaches of the lucid intraphysical consciential projectors' polydimensional *self-awareness*.

474. TRINOMIAL MOTIVATION - WORK - LEISURE

01. **Evolution.** *Evolution of a personality demands incessant multifarious consciential work.* A consciousness' life is forever: let us not only think about the *coming*, but also about the *re-turning*. Another's *failure* does not always signify a failure on your or my behalf.

02. **Work.** Learning consciential work demands human motivation, or the reason for our interests, our *behavioural motives*.

03. **State.** Self-motivation, or our *motivational state*, arises against demotivation in various ways or through various specific factors.

04. **Types.** Motivation can be of different types, for example: intelligent or foolish; prioritised or ineffective; permanent or sporadic; rational or emotional.

05. **Ideal.** The ideal type of motivation proves to be self-sufficient and is that generated by the personality's consciential service. At this time, work and leisure are one. As if interfused they mutually complete each other in a trinomial, balancing the consciousness in self-control, without suppressions, in a *continuously realised motivation*. Loving what they do, the person advances in a crescendo of motivation without depressing lacunas.

06. **Perpetual motion.** A conscin directly self-motivated to realise, through what they create and sustain, becomes a perpetual motion of CE, or *consciential energy*, within the most intelligent level of utilisation of their energies. (See Bib. 4991).

07. **Dynamisation.** With perpetual motion, the consciousness dynamises their own evolution as well as that of their *evolutionary coevals*, the intimate components of their groupkarma.

08. **Forces.** *Motivating forces* that impel the consciousness from within the personal micro-universe outwards, eliminate the possibility that events from the surrounding Physical Macro-universe can manipulate them from the outside in. This nullifies Socin's *brainwashing* of them. In your household garbage are there receipts from the purchase of *disks*?

09. **Altruism.** In self-sufficient motivation, the egocentric, centripetal, *from the outside-in*, fossilising direction of the egokarma or groupkarma (extended egokarma), gives way to the altruistic, centrifugal, *from the inside-out*, *evolutionary* direction on the correct route to experiencing polykarma. There are multitudes of conscins *pregnant with a proaxis*.

10. **Self-knowledge.** In Conscientiology the aspiration to study oneself leads the consciousness to self-knowledge through the discernment of theory, but also much more through the intermediary of *motivation for* practical, theoretical, prioritised *experience* in the day-to-day. The choice of *personal occupation* is extremely important.

11. **Productivity.** If the engine of your efforts to improve your behavioural performances is your own consciousness, you have reached the maximum peak of the optimisation of your current consciential evolutionary trajectory. You now only have one very serious problem: to maintain the permanent productivity of your continuous realisation.

12. **Maintenance.** As is known, maintaining an undertaking is much more difficult than starting one. *Healthy leisure* is to know how to lose time in order to gain consciential health.

475. INTRAPHYSICAL CONSCIENTIAL COHERENCE

Conscientiology. Here are 15 considerations about personal logical coherence across the decades and periods of human life, according to Conscientiology:

01. **Agility.** Within Conscientiology one has to seek all the techniques and resources capable of agilising our evolutionary development.

02. **Maintenance.** Among the potentials to be applied in evolution, one aspect surpasses all others: maintenance of a better, more consensual, *cosmoethical ideal* in the exercise of LP, or lucid projectability.

03. **Time.** It is always easier to begin an undertaking. It is always more difficult to maintain an active undertaking in human space and time.

04. **Efforts.** There are always several important vectors regarding analysis of the maintenance of our productive efforts. Let us look at a few of them.

05. **Cohesion.** The cohesion of our personal efforts aimed at only one libertarian goal should be based on the discernment of consciential maturity.

06. **Coherence.** Coherence in harmonious objectives is the most problematic, yet possible, human conquest. *Complexity is not inexecutability.*

07. **Principles.** The entirety of our personal evolutionary principles has to be based on lived Cosmoethics. It is possible to have spurious personal principles.

08. **Continuity.** Uninterrupted continuity in personal tasks and in a conscin's libertarian undertakings demands constancy and tenacity in the repetitions.

09. **Repetitions.** Identified repetitions that are indispensable for a peaceful yet productive existence, need to be separated from the dispensable ones. (See Bib. 4904).

10. **Qualification.** Maintenance of the quality of our thoughts, CEs, emotions and acts does not dispense with the need for self-motivation in what we do.

11. **Uniformity.** Uniformity in the intelligent manifestations within human time, depends on frank, lucid, self-incorruptibility.

12. **Planning.** In our planned evolution a rational, scientific programming has to be maintained beyond emotionalisms and parochialisms.

13. **Liberty.** If we are researchers, logically we cannot isolate ourselves nor departmentalise our research. Insist on the utilisation of the liberty of science.

14. **Penta.** All of this can be achieved by a conscin through the practice of penta, a measure that is sometimes sacrificial, but peerless in dynamising evolution.

15. **Consolidation.** In the *consciencial crescendo* of the VS, auric couplings, energetic assimilations and *penta*, until the transition from the condition of unconscious mini-intrusion to the condition of lucid assistantial bait, a conscin achieves the installation of an *offiex* with helpers from other consciential dimensions. This consolidates the coherence in their libertarian consciential activities. The biggest disappointment is the *gigantic-consciex* from an advanced *Intermissive Course* who becomes a *pigmy-conscin* in the *proaxis*.

476. TEST OF ANTAGONISTIC CONDITIONS

Antagonisms. Experimenter, here are 30 evolved conditions for Conscientiology research, each one contrary to, or different from, the others:

Healthy / Evolved Conditions	Unhealthy / Antagonistic Conditions
01. Active integrated evolutionary duo	Intimate couple in a neurotic relationship
02. Advanced proexis in progress	Condition of consciential ectopia
03. Claritask in progress with penta	Consoltask in progress with doctrines
04. Consciential gestation in progress	Only human gestation
05. Consciential holomaturity	<i>Consciential basement</i> during adulthood
06. Consciential hyperacuity (cons)	Common consciential dementia
07. Consciential self-sufficiency	Excess of <i>consciential scaffolding</i>
08. Consciential wholesaling in human life	Consciential retailing in human life
09. Cosmoethics experienced in the day-to-day	Intraphysical amorality in the day-to-day
10. <i>Encephalic brain</i> condition	<i>Abdominal sub-brain</i> condition
11. Enerspring with euphorin	Melin with parapsychic accidents
12. FC or the condition of a Free Consciex	SC or a subhuman consciousness
13. Healthy auric coupling	Grievances or resentments
14. Holosomatic functioning	Only somatic functioning
15. <i>Homo sapiens serenissimus</i>	<i>Homo sapiens intrusus</i>
16. Interconsciential assistantiality	Interconsciential intrudability
17. Invexis or existential inversion	Robexis or existential robotisation.
18. Lived multidimensionality	Barely lived intraphysicality
19. LP or lucid projectability	Condition of <i>extraphysical catatonia</i>
20. Megastrongtraits with complexis	Megaweaktraits with incomplexis
21. Mentalsomatics with holorgasms	Sexochakrality with celibacy
22. Multidimensional self-awareness	Locked existence in relation to LP
23. Neophilia with self-conscious recexis	Neophobia with existential self-mimicry
24. Offiex or active extraphysical office	Defenceless & promiscuous intraphysical base
25. Open polykarma (current account)	Common egokarma-groupkarma
26. Post-complexis morexis	Pre-complexis morexis
27. Symas or positive sympathetic assimilation	Negative symas without deassimilation
28. The condition of lucid permanintfreeness	The condition of groupkarmic interprison
29. Thosenity loaded in <i>tho</i>	Thosenity loaded in <i>sen</i>
30. VS or prophylactic vibrational state	Primary ignorance regarding CEs

Test. Do your performances predominate in the first or second column?

CEs. *Regarding CEs, attack is never the best defence, regardless of where you are.*

477. TEST OF YOUR AUTHENTICITY

Authenticity. Here are 13 principles to gauge your consciential authenticity as an intraphysical personality, or conscin:

01. **Assistance.** Loyalty (sincerity) to the *personal extraphysical precedence* is the beginning of permanent, positive, extraphysical assistance, penta, an offiex and the *maximechanism*. For each 16 hours spent living, a conscin stops to live for 8. LP rescues this daily loss. (See Bib. 4906).

02. **Concealment.** The *denudation of a consciousness is based upon the fact that, strictly speaking, nothing is hidden*. Everything is unhideable. It is always foolish to try to hide normal daily acts, emotions and thoughts.

03. **Cosmoethicology.** Authenticity in human life predisposes a projected consciousness to the attainment of greater *extraphysical self-awareness*. It is a positive or cosmoethical effect.

04. **Defensive.** An attitude of defensiveness, or being excessively closed, maintains a *large morbid penumbral area* in the personality. It is the *dark side of the star* that orbits your continuous evolution. A *pathothosene*, even when silent, does not stop being unhealthy.

05. **Distrust.** Who lives an intraphysical existence without trusting anyone, has difficulty to book a *preliminary extraphysical interview* with a Serenissimus. It is a question of simple logic. One condition predisposes the other.

06. **Donation.** Reasonable *universal donation is at odds* with unjustifiable prostitution, promiscuity and AIDS, for example.

07. **Friends.** A *collection of betrayed friends* never accelerates a woman's evolution. Nor will it correct the deviations of consciential self-corruption. The same goes for a man regarding what he does in this respect.

08. **Helper.** The *percentage of conscientiality* in intraphysical life - easily gauged by those who are interested - accurately indicates the evolutionary level of the conscin's extraphysical helper. A *helper* articulates; an intruder conspires.

09. **Interests.** Improvement of the *quality of extraphysical assistance* is directly related to the quality of our human interests and basic consciential values.

10. **Performance.** *Frank authenticity* always improves a conscin's multidimensional performance. A permanentfree conscin no longer has any *area of dense shade*.

11. **Permissiveness.** Human permissiveness is always greater and more corrupting than *multidimensional permissivity*. This last permissivity also receives the name of *mercy*, a very common concept that makes part of "consoling phrases".

12. **Rate.** There is a *permissible rate of functional self-corruption*. Beyond this level extraphysical assistance does not expand or evolve. On the contrary, it tends to disappear from the psychosphere or scenery of the assisted consciousness, in every consciential dimension.

13. **Slavery.** Inauthenticity in our intraphysical conduct keeps the consciousness, when projected, enslaved to SCPs, or *semi-conscious consciential projections*.

Test. Do you obey all these principles of authenticity?

478. TEST OF YOUR MULTIDIMENSIONAL GOALS

Reflection. *Conscientiology* studies the integral consciousness. A consciousness is more than pure thought. *Self-thosenes are only perfected through reflection.* Let's push ourselves to always test our capacity of healthy reflection regarding our thosenes.

Syntheses. This is why theoretical reflections and their practical or *theoretical* consequences are relevant in terms of the basic syntheses of Conscientiology, or concerning the essential goals within the consciousness' self-lucid evolution, as is done in this book.

Goals. Here are 20 reasonably important multidimensional goals for us all:

01. **CE:** the *goal* is the mobilisation of all the energies under the control of the will.
02. **Claritask:** the *goal* is the intentional provision of more ample clarification to consciousnesses, with the opening of a personal polykarmic current account. (See Bib. 5028).
03. **Cosmoethics:** the *goal* is the experience of deliberate and constant incorruptibility.
04. **Discernment:** the *goal* is the attainment of consciential holomaturity.
05. **Healthy affective retrocognitions:** the *goal* is the avoidance of past personal errors.
06. **Human knowledge:** the *goal* is the attainment of personal usefulness in Evolution.
07. **Human personality:** the *goal* is the total awakening of mentalsomatics.
08. **Invexis:** the *goal* is human knowledge applied in the dynamisation of self-evolution.
09. **Leading edge relative truths (verpons):** the *goal* is the actualisation of personal (ego-karma) and group (groupkarma) evolution, in order to approach the Cosmos (polykarma).
10. **LP:** the *goal* of lucid self-projectability (Projectiology) is MS, or permanent, uninterrupted, multidimensional self-awareness (Conscientiology).
11. **Parapsychism:** the *goal* is bioenergetic self-compensation or lucid self-cure.
12. **Penta:** the *goal* in the effectuation of the assistantial, daily, personal energetic task, is the dynamisation of animic and parapsychic energetic evolution. (See page 409).
13. **Personal renouncement:** the *goal* is to live highly competent maxifraternity.
14. **Personal will:** the *goal* is the use of our freewill in the most intelligent way possible, right now, on this Planet, in order that we - pre-serenissimi - reach the more immediate evolutionary condition, of total and permanent interconsciential intrusion freeness (permanintfreeness).
15. **Self-critique:** the *goal* is a high level of deeply experienced self-knowledge.
16. **Self-lucidity:** the *goal* is attainment of the state of continuous consciousness.
17. **Self-motivation:** the *goal* is the maintenance of productive personal coherence.
18. **Serenism:** the *goal* is consciential evolution in an advanced evolutionary route.
19. **Thosenity:** the *goal* is the conquest of the fecundatory thought of the Universe.
20. **Universalism:** the *goal* is cosmoethical divestment taken to its maximum.

Test. Do not view this list of syntheses as a mere literary page or philosophical exercise. You have here, along with all your self and heterocritique, a practical test to gauge your priority knowledge regarding evolutionary goals in the *multidimensional here-and-now*. The recovery of *cons* depends on what types of intelligence predominate in the conscin.

479. TEST OF YOUR PHENOMENAL CONSCIOUSNESS

Complexity. *Neither your consciousness or my consciousness are simple.*

Evolution. Whoever becomes accustomed to facing, with justified optimism, the challenge of each phenomenon related to an evolving consciousness, succeeds more. According to Conscientiology these phenomena can be bundled into 30 qualities:

01. **Abstruse:** hard to understand; enigmatic; still not well explained.
02. **Ambiguous:** can be taken in more than one-way; *hard to* not be ambivalent.
03. **Androidal:** eccentric; artificial; teratological; *hard to* be common; xerophytic.
04. **Apocalyptic:** still shrouded in darkness; vicissitudinous; confused.
05. **Complex:** as comprehensive as the multiple elements or parts; complicated.
06. **Daedalian:** matted; imaginative; labyrinthine; circumlocutory; multivariable.
07. **Dilemmatic:** bothersome when presented with two difficult or painful ways out.
08. **Dubious:** *difficult* to define, to explain; and to communicate.
09. **Elusive:** *hard to* stabilise; escapist; untracable; skittish; chameleonic.
10. **Equivocal:** *hard to* classify; difficult to perceive through the ordinary senses.
11. **Flowing:** passenger; transitory; unstable; movable; mutatory; labile.
12. **Herculean:** *hard to* weaken; endowed with extraordinary and unexpected strength.
13. **Hieroglyphic:** *hard to* decipher the minute details of; logographic; unspellable.
14. **Impenetrable:** *hard to* penetrate; inscrutable; incognoscible; recondite.
15. **Inconceivable:** amazing; incredible; extraordinary; evolutionary; *super imaginative.*
16. **Indeterminate:** indefinite; uncertain; vague; apparently erratic and chaotic.
17. **Indiscernible:** *hard to* discriminate; indistinguishable; shady; *umbrageous.*
18. **Instigating:** instigator; inciter; involving; *hard to* not being enticed.
19. **Intricate:** tangled; troublesome; entangled; *hard to* unravel.
20. **Meandrous:** with meanderings or sinuosity; problematic; *hard to* solve.
21. **Paradoxical:** apparently contradictory; based on refined paradoxes.
22. **Polyacanthus:** with many unsuspected thorns; *hard to* palpate.
23. **Rarefied:** low density; quintessential; unsubstantial; *hard to* be objective.
24. **Sophisticated:** extremely refined; beyond the routine and simplistic expectations.
25. **Surprising:** capable of always surprising; causer of continuous surprises.
26. **Subtle:** perspicacious; ingenious; *hard to* explain satisfactorily well.
27. **Tautological:** repeater of clauses with different expressions; multifaceted.
28. **Tenebrous:** subject to being accompanied by disturbances of understanding.
29. **Transcendent:** overcomer of the limits of common or ordinary experience.
30. **Unsimplicable:** *difficult* to make simple or simpler; indecomposable.

Test. If your consciential microuniverse was simple, you would already have dominated it long ago and evolved to a level of serene self-realisation. If this has not happened, the effort to reflect on these qualities is useful, forgive the *dictionaryism* used.

480. TEST OF YOUR LEVEL OF CONSCIENTIALITY

Indexes. The level of your conscientiality and the index of the real quality of your consciousness regarding evolution, at this moment of your performance, composes a *reunion* of several consciential approaches emphasised by Conscientiology, for example these 9:

1. **Self-evolutivity.** A consciential evolutionary *approach* - like all those related below - with specific pertinent variables: personal performances; claritask; proexis; consciential gestations; Socin; somaticity; mature sexuality; holorgasms; theoreticality; technicality; assistantiality; seriality; intermissibility; communicability; Evolutionary Orientor (Evolutiologist); complexis.

2. **Hyperacuity.** *An approach* with the following pertinent variables: cons; self-lucidity; MS, or multidimensional self-awareness; multidimensionality; Sociex.

3. **Self-thosenity.** An evolutionary *approach* with these pertinent variables: thosenes; self-discernment; thosenators; holothosenes; parabrain; mentalsomaticity; scholarship; autodidacticism; consciential prioritisations; conscientese.

4. **Self-scientificity.** *An approach* with these variables: logicality; refutations; self-organisation; culture; generalism; parapsychic polymathy; invexis; recexis.

5. **Consciential health.** *An approach* with these pertinent variables: energosomatic flexibility; symdeases; energosomaticity; personal VS; penta; lucid consciential bait; conscientiotherapy; holosomatic homeostasis. (See Bib. 4912).

6. **Self-cosmoethicality.** *An approach* with the following pertinent variables: verbaction; personal correction; self-criticality; self-incorruptibility; self-coherence.

7. **Holokarmality.** *An approach* with these pertinent variables: enerspring; egokarma; groupkarma; self-conscious opening of a polykarmic current account.

8. **Holomaturity.** *An approach* with these pertinent variables: *strongtraits*; state of continuous consciousness; consciential wholesaling; invulgarity; maxifraternism; consciential epicentrism; permanintfreeness; serenity; preliminary extraphysical interview with a *Homo sapiens serenissimus*, or Serenissimus.

9. **Self-conscientiality.** *An approach* with the following pertinent variables: LP, or lucid projectability; Conscientiology; Conscientiometrology; Projectiology; Conscientiogram. This approach *summarises* the 8 previous consciential approaches.

Interaction. These 9 evolutionary approaches of the consciousness are different in nature; however they all interact and are equivalent. When we identify and evaluate one of them, we simultaneously identify and evaluate all the others, therefore one depends on all the others. This evidences the inevitable interaction of attributes and potentialities that invigorate the microuniverse of each conscin, in the midst of all their intelligences.

Evolution. This fact emphasises the wisdom of correcting all consciential fissures and behavioural breaches (*gaps in verbaction*) in lucid self-evolution.

Cord. *The golden cord is the last semiphysical crutch a consciousness discards.*

481. TEST OF YOUR SMALL ATTITUDES

Intimacy. Every *conscin* exposes their intimacy through their smallest attitudes.

Understanding. If you still exhibit any of these 18 small attitudes or postures you have not well understood, deeply, the extent of the evolutionary consciential renovation proposed by Conscientiology and Projectiology:

01. **Anticosmoethical.** You act disloyally in the interrelations with your own closest colleagues in evolution and in the study of libertarian ideas (groupkarmic interprison).

02. **Basement.** You put your egocentric politics above the general interest (personalism of the *abdominal sub-brain*; pathological remnants of the consciential basement).

03. **Butterfly-Seeker.** In the ordinary or mediocre condition of a butterfly-seeker, you constantly jump from one line of knowledge to another, without committing to the best, with discernment and in a consensual way. (See Bib. 5031).

04. **Candle.** You light a candle “to illuminate the way for the sick” (infantile superstition).

05. **Communication.** Although needing, you do not make an effort to improve your personal communication skills, which remain stationed in introversion (self-blocked laringochakra).

06. **Conservatism.** You go on a cursillo and baptise your child in a church (doctrination).

07. **Disorganisation.** You don’t have a reasonable, minimal self-organisation (egoic entropy).

08. **Insecurity.** You decide your life through the superstitious dictatorship of horoscopes and tarots (inactive personality of a sluggish consciousness).

09. **Irrationality.** You walk everywhere with an amulet hanging around your neck.

10. **Physicalism.** “You avoid facing your life”, or look to “take advantage of everything” (*gersismo* (Brazilian “jetinho”) or the intraphysical immaturity of Socin).

11. **Primarism.** You administer, or attend, a “confirmation course” in a traditional institution of religious professionalism (incoherence between the evolutionary vanguard and the rearguard).

12. **Robexis.** You blindly submit to the tyranny of public opinion or the frivolities of the fashion of the day (consciential self-mimicry; existential robotisation, or robexis).

13. **Sanctimony.** You are bound by the compulsion of periodic prayers (collars of the ego).

14. **Sedentarianism.** Even being able to change, you accommodate yourself with a flaccid body, the result of sedentariness or inactivity (energosomal and oxygenative decompensation).

15. **Tobaccoism.** You live constrained wherever you go, *persona non grata*, a walking chimney, bent by the vice of smoking or tobaccoism (decompensation of the cardiochakra).

16. **Umbilicochakra.** You maintain an enormous abdomen (obesity) due to a “healthy appetite”, because you eat excessively (monopoly of the umbilicochakra).

17. **VS.** You do not prioritise control of the VS, or vibrational state, in practical everyday life (blocked chakras or energosomal inflexibility).

18. **Weakness.** Already knowing something about yourself you surrender to the chronic mental laziness typical of a non-thinking consciousness (decompensation of the coronochakra).

Test. Researcher, what do you admit to in regard to this?

482. TEST OF YOUR PARAPSYCHISM - IMAGINATION

Analysis. In an analytical comparison between *authentic parapsychic experiences* and *deliriums of the imagination*, 10 self-critical factors can be considered:

Parapsychic Experiences	Deliriums of the Imagination
01. Altered states of consciousness	Intimate parathological states
02. Deliberate self-incorruption	Surreptitious self-corruption
03. <i>Holosomatic</i> encephelic brain	Visceral <i>abdominal sub-brain</i>
04. Lucid cosmoethical action	Anticosmoethical personal action
05. Mentalsoma (discernment)	Psychosoma (emotionality)
06. Multidimensional self-awareness	Exacerbated personal passions
07. Pure rationality (logic)	Consciential immaturity
08. Self-consciousness parapsychism	Oneirism in general (dreams)
09. Thought-forms (morphothosenes)	Slave to symbolisms
10. Universalism of active polykarma	Egocentrism of groupkarma

Judge/defendant. To perform a personal confrontation of these 10 variables is the largest demonstration of practical self-critique regarding integral maturity, or the holomaturity of a consciousness: a key to self-knowledge. In this you will be the only judge and defendant in the court deciding on your freewill. The law of cause and effect, action and reaction acts in this way.

Gains. You will simultaneously see your critical percentages along with your evolutionary gains and personal authenticity. Therefore, employing intelligent priorities, we can determine that at times in this human life it is wiser to renounce the enjoyment of certain transitory rights and privileges in exchange for lasting consciential gains.

Offiex. Among human beings, only you come to know of this. However, when you work in favour of others it is inevitable that the interdimensional team you cooperate with, in the extraphysical office (offiex), which is composed of more lucid and evolved consciexes, tracks your efforts and interests. Eventually intimate gratifications and outside help come to you and your unbiased analysis identifies these.

Avoidances. This is the initial step for the solidification of MS, or multidimensional self-awareness, even while you still breathe in the intraphysical atmosphere. This initiative has nothing more to do with emotional ego defence mechanisms, religiosity, mysticism, contemplations, masochism or sentimentality.

MS. On the contrary, MS constitutes the most realistic and advanced mature attitude that, today, avoids the repetition of dispensable human experiences (pathological self-mimicries) and, in the future, the state of the *post-desomatic* or extraphysical melancholy (melex).

Maturity. *The potential depth of your consciential maturity is incalculable.*

Mentalsoma. To manifest through the mentalsoma is to be at the extreme of yourself.

483. TEST OF YOUR REPRESSIONS

Dualities. In their classes, lectures, congresses and public debates a conscientiologist faces listeners, students or audiences who can be classified into 2 fundamental types, 2 diverse mentalities, 2 ways of being, 2 different behaviours or 2 opposite reactions. This duality expresses 2 contrasting cultural formations, 2 psychological barriers, or the division of Socin into 2 halves.

Traits. Identify your basic type of intraphysical consciousness through this direct comparison of 25 categorical personal traits (*strongtraits* and *weaktraits*):

Questioning Conscin	Repressed Conscin
01. A cultivator of self-development	A human <i>workforce clone</i>
02. A more extroverted temperament	A more introverted temperament
03. A much more confident and positive being	A much more perplexed and insecure being
04. A much stronger individuality	A much more obedient and submissive ego
05. Actively uses their own energy (CE)	Is passive to others energies (CEs)
06. Adherent of <i>consciential openness</i>	Maintainer of an <i>internal barrier</i> (neophobia)
07. Always dares to be different for the better	Always afraid to commit to anything
08. Always exposes opinions aloud	Mute when possible, even if using a <i>loudspeaker</i>
09. An autodidact educated social being	A cold and austere formally educated person
10. An element of the contesting minority	An element of the <i>defensive</i> majority
11. Analyses problems in the public eye	Only <i>whispers in an ear</i>
12. Demonstrates a series of initiatives	Adapts to environmental impositions
13. Investigator of exposed truth	Guilder of <i>euphemistic truth</i>
14. Knows how to live <i>in a competitive arena</i>	Avoids challenges and useful public refutations
15. Life motivated by experimentation	Fearful of their words being used against them
16. More individualistic lifestyle	A lifestyle always enslaved by shyness
17. Objects, openly, by themselves	Only speaks their mind in private
18. Openly combats all types of censorship	Feel humiliated when confronted by censors
19. Predominantly performs claritask	Predominantly performs primary consoltask
20. Presence of vital discernment	Presence of ingenuous inexperience
21. <i>Pseudopresumptuous conduct</i>	<i>Pseudoslothful conduct</i>
22. Questions and <i>criticises using a microphone</i>	Only has <i>personal dialogue in a low voice</i>
23. Raises their hand in public debates	Never intervenes in open debates
24. Reviews even their <i>ego from the inside-out</i>	Non-participatory, always fears revealing
25. Somebody always inclined toward action	A more intraphysically alienated person

Test. What type of person are you within your social circle: questioning or repressed? *Who gets where they want in life is not necessarily the most intelligent and wise.*

484. TEST OF THE POSITIVE AND THE NEGATIVE

Discernment. When faced with the discernment of integrated maturity, or holomaturity, and the practical application of Cosmoethics, at least 20 questions concerning the positive and negative are necessary in the deep, self-critical analyses of Conscientiology:

01. **Approach.** Should one always only approach the positive, healthy and ideal level? Should we be like a *sundial* and only relate the bright hours of our experiences?

02. **Concession.** When, or at what point, does positivity transform itself into innocuous *sugar coating*, mere *greed for sympathy*, or excessive concession?

03. **Complicity.** Can positivity be complicit with a *consented error*?

04. **Inauthenticity.** Can positivity constitute an act of merely *ingratiating yourself* to others, or an inauthentic, ego defensive, *reciprocal flattery*?

05. **Inexperience.** When, or to what exact level, does positivity represent only infantile inexperience, youthful optimism, the consciential basement or *alienating lyricism*?

06. **Defence.** Do advanced libertarian ideas demand, in certain injunctions, the *confrontation* of an aggressive defence without euphemisms, dissimulations or hypocrisies?

07. **Compassion.** Should we act compassionately in all circumstances, without a speck of aggressiveness or indignation? Is *Homo sapiens serenissimus* like this?

08. **Alienation.** If we insist on seeing everything *through rose-coloured glasses*, are we fleeing *our reality*?

09. **Sectarianism.** If we only analyse beneficent consciousnesses, excluding the intruders, would we be incomplete, sectarian, alienated, fearful or cowards?

10. **Health.** To what point are exclusively positive *approaches* healthy?

11. **Exclusions.** Should we exclude all the *chapters of this book* that analyse predominantly negative subjects and only research healthiness and never nosography?

12. **Analyses.** Would it be intelligent to always exclude *negative headings* in our analyses?

13. **Prophylaxis.** Should we only use *negative subjects* in self-defence or as a prophylaxis from problems, harmful stresses, conflicts, accidents and illnesses?

14. **Ostrichism.** Is avoidance of the negative a mere mechanism of *ostrichism*, cowardice, insecurity, frank fear, an omission, acting as an accomplice or self-corrupt?

15. **Omission.** Can a concession, omission and a tactical reply be aggressive?

16. **Anonymity.** *Is the anonymity of a Serenissimus a manifestation of subtle aggressiveness?*

17. **Aggressiveness.** Is it not worth using aggressiveness when faced with negative questions?

18. **Didactics.** Do *consciential didactics* exclude aggressiveness when faced with negative topics?

19. **Socin.** In the Socin of *lambs and wolves* (goats and sheep), should we only exalt peace while forgetting war, health without illness, or meekness without aggressiveness?

20. **Intelligence.** Is it not more intelligent to simultaneously, didactically anatomise the positive and the negative, in a healthy way, without letting unhealthy negatives predominate?

Personal. My choice always comes back to this last question, number 20.

Test. Experimenter, what is your choice?

485. TEST OF YOUR CURIOUS CONSCIOUSNESS

Objects. There is a whole series of very intriguing and curious things, objects and parapsychic subjects, notably within Conscientiotherapy, such as these 30 examples:

01. A physical repercussion produced during a CP, or conscious projection.
02. An installed and functioning personal *retrocognitarium*. (See page 200).
03. Basic personal holothosene as the predominant cause.
04. Classification and types of *energetic doubles* of physical objects.
05. Clitoral aura and a self-diagnosis of the gynosoma's maturity.
06. Condition of blindness in CPs, or conscious projections.
07. Connections of the energosoma in the psychosoma, structural areas and paraphysiology.
08. CPs, in series and integrated into the intimacy of the conscin's attributes.
09. Elongation of a para-arm of the psychosoma, for example.
10. Extraphysical catatonia, its characteristics, incidence and parapatology.
11. Extraphysical traumas of a projected conscin with intraphysical repercussions.
12. General currents of energy in the extraphysical consciential dimensions.
13. *Golden cord* (mentalsomatic connections), its structure and paraphysiology.
14. Identification of an interdicted extraphysical place and its characteristics.
15. Interplanetary consciential transmigrations and its consequences.
16. Intracranial sounds during the psychosoma's take-off.
17. Joint hologasm of an intimate couple in the condition of an evolutionary duo.
18. One of the double, or bilateral, palms (palmochakras).
19. Panoramic vision of the projected conscin, when a healthy phenomenon.
20. Parapsychic signals or your parapsychic-animistic-energetic *megasignal*.
21. Penile aura and a self-diagnosis of the androsoma's maturity.
22. *Phantom pain*, its relation with the psychosoma and parapatology.
23. Serenissimi (*Homo sapiens serenissimus*) and their general challenges.
24. *Silver cord* (energosomatic bonds), its structure and paraphysiology. (See Bib. 4687).
25. The healthy condition of energosomatic looseness.
26. The joint enerspring of an intimate couple (evolutionary duo) and its characteristics.
27. The projected conscin's *loss of respiration* in the extraphysical dimension.
28. The *trail of light* from a projected conscin's psychosoma.
29. VS, or the personal, mature and advanced vibrational state.
30. Your habitual *extraphysical clothing* when lucidly projected.

Test. What is the most curious fact you have encountered in Conscientiology and Projectionology? Is your healthy curiosity sufficient and able to lead you to deeply theoretically research one of these parapsychic subjects? *The silence of a mental peccadillo (pathothosene) allows you to hear a pin drop.*

Wisdom. Ownership of 1 great *book* does not create 1 great *scholar*.

486. TYPES OF POWERS OF YOUR CONSCIOUSNESS

Definition. Your *conscious power* is your consciousness' faculty of lucid determination in relation to your own life and evolutionary destiny.

Hyperacuity. Power implies the consciousness' real level of hyperacuity.

IE. *IE is the common source of power for all beings, conscins and consciexes.*

CE. CE is the source of your personal power, which grows with holomaturity. This holomaturity predisposes the accumulation, amplification and potentialisation of your personal power. CE is the *law of gravitation of consciousnesses*.

Types. In consciological practice, the powers of your consciousness, in intraphysical life, can be didactically classified into 5 basic types:

1. **Thought.** The power of positive, cosmoethical thought (*orthothosene*) acts quietly inside and around your consciousness, in a multidimensional way: the act of thinking; the flow of ideas; the thosenes; the conscious evocation of the greater CEs of more evolved consciexes; original concepts; and also *mental masturbations*.

2. **Word.** A power word manifested in a spoken or written manner: discourse; prayer; evocation; mantra; hymn; a chant in a dead or exotic language; an article; a book; the mellifluous speech of a *seducer*; and also pathological tattle.

3. **Gesture.** A power gesture is a manifestation that concentrates, potentialises, directs and reaches a specific target of the CE: to raise an arm in an evocation; to move hands to liberate healthy CEs over someone; to dance; a gesture to bless; a hug; and also the professional act of an executioner at the gallows.

4. **Object.** An object of power is something material that has a form and occupies space: the human body or its parts employed as instruments to potentialise bioenergy; a king's sceptre; objects from an altar or shrine; an image of and litter from an idol; the monstrance of a cleric; a pyramid; a sword in sorcery; a throne; one head of the conference table in a meeting room; a personal object to create interconscial *rapport*; a model's legs; a star's breasts; the sexual organ. Valuing power is indispensable.

5. **Place.** A place of power is that specific place in an environment where your CEs flow more vigorously, without *intersections* nor harmful interferences and which allows the full manifestation of your consciousness: a nook in a garden; a bench; a stand; an artist's stage; a rally's podium; the corner of an internal wall; a well located armchair in a room; a waterfall; and the corner of a block.

Personalities. Leaders, communicators, professors, lawyers, public promoters, doctors, orators and all kinds of artists have widely always tritely used, and at times in an abusive way, all these specific types of power, wherever they may manifest themselves. Such powers provide either future euforex or melex.

Consciologist. A veteran consciologist uses these resources focussed on the consciousness' multidimensional life, disposing of all mystical practices.

487. EXPERIENCE OF YOUR CONSCIENTIAL POWERS

Knowledge. *In the quotidian, we are all very different from each other.* As is recognised: knowledge is power. Among the powers that you may be exerting amid conscins and consciexes on this Planet, at least 7 should not be forgotten:

1. **Self-experience.** The act of transmitting the *power of your own experience*, or the exemplification of personal experience, in an evolutionary context, over time and across successive intraphysical and intermissive existences, and even delegating powers.

2. **Culture.** To have access to *intellectual power*, or the influence of your *knowledge* (holo-memory), in the face of important phenomena of the known Universe.

3. **Wealth.** To have *economic purchasing power* in your intraphysical life, in other words: to attain the power to buy whatever you need. (See page 310).

4. **Politology.** Investing in the *power to decide on policy* (positions), to enjoy social prestige, or exercise a controlling power over the human masses and the pace of intraphysical events. Here are 15 *statuses* or examples of *focal points* of social power: actress, banker, clergyman, doctor, general, governor, journalist, local leader, member of government, military commander, orator, professor, scientist, senator and sports champion.

5. **CE.** Arming yourself with full immediate *powers* regarding the *potency of your CE*, or *consciential energy* (charisma), in the manifestations of your consciousness within the condition of multidimensionality. CE creates both nearby and distant *absences*.

6. **Parapsychism.** To live with the practical *power of self-parapsychism* in interconsciential relations is what makes your consciousness more powerful in many dimensions.

7. **Evolutivity.** To confer the *power of dynamisation of personal evolution*, at the present time, in view of the hierarchy of the *consciousness' scale of progress*.

Exercise. The exercise of a constructed consciential power, attributed by others, or conferred through evolutionary injunctions, demands full self-awareness characteristic of the discernment of the consciousness' holomaturity. A *whip* does not educate anyone.

Industry. The greatest intraphysical power is the economic, which administers Technology and Art, which are today viewed as businesses. Anticosmoethical *cultural industry* arose from here.

Holokarma. Power based in force, or bellicosity, in tradition, or in the exploration of faith in general, also brings anticosmoethical or spurious holokarmic consequences.

Omnipower. The *omnipower*, or the power of reducing your errors in the exercise of a maximum power over your other powers, depends on you. *War* is a course on genocide.

Questions. What lucidity do you demonstrate in regards to these 7 basic powers? Which do you exercise more within Socin? What is the level of the quality of your powers? Do you abuse some of these powers? What consciential evolutionary results are you generating through your personal powers? (See Bib. 3862).

Answer. The answer to these 5 questions indicates the directives for you to achieve complexis in this current intraphysical life. Hope, *optimism* and daydreaming are not synonymous.

488. TEST OF YOUR SELF-CONFIDENCE

Assurance. To become 1 of these 7 examples: veteran conscious projector, existential inverter, practitioner of clarification, penta energiser, consciential epicentre, existential completist or totally and permanently intrusion free; an intraphysical personality needs to be secure in themselves and in what they do.

Traits. Here are 25 characteristic traits of a person when they are truly confident:

01. Do I assert myself through boldness and *omniquestioning*, shielded by healthy, homogeneous and constant consciential energies (CEs)?
02. Do I shelter, support and protect the vulnerable beings around me?
03. Do I present permanent *motivation* in my essential undertakings?
04. Do I act with interdependence and fearlessness, openly practising *kindness*?
05. Am I permanently self-confident and not easily embarrassed?
06. Do I compose, strictly speaking, an indecomposable consciential microuniverse, without rights or wrongs, with just one genuine and coherent look all of the time in everyday life?
07. Do I construct the matrix of my clarification work (*claritask*) on solid bases, with prudence and a mature sense of discernment? (See page 411).
08. Do I invariably define myself with criterion, getting *off the fence (as a fence sitter)*?
09. Do I demonstrate generosity, without stinginess and with total authenticity?
10. Do I develop my *thosenes* without cultivating self-guilt in this intraphysical existence?
11. Am I categorically truthful in my explicit *self-determinations*?
12. Regardless of where I am do I ensure my presence reassures other consciousnesses (conscins and consciexes) and that my shadow offers refuge?
13. Do I keep my feet firmly on the ground of this intraphysical dimension and anchor my mentalsoma in lucid multidimensionality? *Omnivision does not have paraeyelids.*
14. Am I prudent, yet decisive, in all behaviours, attitudes and postures?
15. I do not confuse my acts with neither bagatelles, trivialities nor superstitions?
16. I do not evidence any trace of *timidity* in any essential context of my life?
17. I do not smoke nor do I enslave myself to infantile vices of the imagination?
18. I am not afraid to publicly explain myself, with self-control, when necessary?
19. I am not enslaved to unhealthy jealousy or emotional blackmails?
20. I do not exempt myself from *responsibilities* in any circumstance?
21. I do not fear the dark or seeing fresh blood?
22. Do I know what I want and resolutely do it without hesitations?
23. Is my word a guarantee and safe conduct wherever I manifest?
24. Do I have a multipotent, unbreakable *willpower*, over and above my CEs?
25. Do I live with *discipline* and moderation, without useless dispersiveness?

Test. Do you have a majority of these traits of personal security? How many questions did you answer *yes* to? Technology can deepen anybody's robexis.

489. TEST OF YOUR POTENTIALITIES

Similarities. If you assemble the analogies and metaphors, you will see that your consciousness is curiously similar to a maelstrom of things.

Analyse. Let us look at 12 similarities for a didactic analysis of self-knowledge:

01. **Apollo:** *you* possess the greatest beauty, all that is required is for you to decide to shine where you are. The greatest aesthetic arises from within a consciousness, including yours. (Venus or Apollo).

02. **Babel:** *you* can speak all the languages and communicate in a thousand ways, including conscientese and your *causal memory*. No computer is your equal.

03. **Babylon:** *you* reveal yourself as immense and fabulous, and suffer intense entropy and confusion for as long as you allow. To evolve is to self-consciousize the attenuation of entropy.

04. **Janus:** *you* present yourself as bifrontal, duplex, multifaced and transformist. You live in mutability or in personal phases like the Moon. Like a coin you have a front and a back. You tergiversate and do about-turns when you want. You are an encyclopaedia with all the entries: both the best and the worst. Pay attention to what you consult within yourself.

05. **Noah's Arc:** *you* constitute an evolutionary synthesis of all the vital principles, animals and subhuman life forms within yourself. Human Embryology summarises life in general.

06. **Omega:** *you* represent the end or the *nec plus ultra* of everything that you know. You are a conscial microuniverse that keeps yourself at a specific level of lucidity.

07. **Phoenix:** *you*, consciousness, being *immortal and unkillable*, are always reborn. What actually changes most intensely within you is your CE, or conscial energy.

08. **Satan:** depending on your will, your actions can be equivalent to the folkloric author of evil, the seducing spirit or angel of darkness. All the seeds of creativity and Creation are dormant in you, latent, as living potentials.

09. **Sphinx:** *you* always maintain enigmas and secrets for us all, including yourself. Self-knowledge suggests *an eternity* in everything that we do.

10. **Tartuffe:** *you* can be false, dissimulate, maintain appearances and be self-corrupt, if you wish. Incorruptibility and self-corruption are your attributes.

11. **Venus:** *you* possess all the beauty from men and women. A consciousness does not have a sex. Only the soma or human body has a sex (sexosoma; Apollo or Venus).

12. **Zeus:** if *you* want to and trust yourself, your unbreakable will moves mountains. *You have the Universe's power of healthy fecundation.*

Dissimilarities. Your consciousness approximates and analogically appears like all of this. However, it is none of this. Strictly speaking, it is much more than all this.

Rarity. Here, we have to drop the metaphors, because your consciousness does not have adequate similes in the Physical Universe. You are without par, a rarity, superior to everything previously mentioned. Honour your *invulgaritas* as a consciousness. Prove this to yourself. You will be the first one to gain from this.

Test. What are the original results from your consciousness that you can exhibit today?

490. TEST OF YOUR CONSCIENTIAL EXPANSION

Serenism. *Serenism* is the liberation of a lucid consciousness from the condition of intra-physical restriction. Here are 30 comparisons that can provide a self-diagnosis regarding your level of consciential expansion, able to orient you towards serenism:

Amplified Conscin	Restricted Conscin
01. <i>A mind of parabolic antennas</i>	Shy interior provincialist
02. <i>Alternating human wholesaler</i>	Tropospheric human retailer
03. <i>At the open frontier of existence</i>	In a <i>small world's ivory tower</i>
04. <i>Boldly uninhibited</i>	Inhibited by unhealthy timidity
05. <i>Challenger of public opinion</i>	Slave to <i>collars of the ego</i>
06. <i>Considerer of polykarma</i>	Defender of mediocre groupkarma
07. <i>Cosmic citizen consciousness</i>	Intraterrestrial consciousness
08. <i>Courageous modern accomplisher</i>	Victim of <i>subhuman awkwardness</i>
09. <i>Desacraliser of what they can</i>	Untouchable inaccessible sacraliser
10. <i>Exorcist of stupefaction</i>	Sacramentalist of abstruse rituals
11. <i>Incessant deconditioner</i>	Musty anachronistic conditioning
12. <i>Interdisciplinary generalist</i>	<i>Common hemiplegic specialist</i>
13. <i>Intimate consciential reformer</i>	<i>Chronic intraphysical self-mimicry</i>
14. <i>Larger consciential gestations</i>	Multimillennial common human gestations
15. <i>Lucid combative universalist</i>	Unapproachable surpassed sectarian
16. <i>Lucid consciential projector</i>	Evolutionary comatose conscin (1/3)
17. <i>Multidimensional condition</i>	<i>Reservist from the Unhealthy Dimensions</i>
18. <i>Parabrain in frank activity</i>	Primary hermitic mentality
19. <i>Practitioner of clarification (claritask)</i>	Performer of primary consolation (<i>consoltask</i>)
20. <i>Practitioner of daily sex</i>	Practitioner of <i>biweekly sex</i>
21. <i>Questioner of myths and taboos</i>	Idoliser of multiple gurulatrics
22. <i>Recuperator of 2/3 of cons</i>	In the <i>intraphysical consciousness' basement</i>
23. <i>Researcher of what is newest</i>	Unconscious prematernal primarian
24. <i>Seeker of the present-future</i>	Passionate about the remote past
25. <i>Social self-conscious polyglot</i>	Fossilised social monoglot
26. <i>Soma like a lucid consciential pivot</i>	Soma like an unconscious <i>consciential funnel</i>
27. <i>Under a predominance of the strongtraits</i>	Under a predominance of the megaweaktraits
28. <i>Under the influence of the coronochakra</i>	Under the influence of the umbilicochakra
29. <i>Understood maxifraternist</i>	<i>Parochialism from the abdominal sub-brain</i>
30. <i>Up-to-date discerner</i>	Victim of <i>future self-shocks</i>

Test. What traits predominate in your most intimate consciential world?

491. TEST OF YOUR CONSCIENTIAL RENOVATION

Cause. According to Conscientiology, intelligent evolution is not only to primarily fight negative internal forces in a direct way, as if such forces-effects from our consciential intimacy were the real cause of our misunderstandings. We need to fight their causes: unhealthy will; inexperience; blind subhuman animal instincts, which still persist and atavistically operate in us. One conscin, *even if vulgar, generally has 1000 beliefs, 100 attitudes, but only 10 values.*

Test. Here are 25 elements, which you can compare, to be free of your ego from yesterday:

Renovating Conscin

01. Consciencial self-organisation
02. Constant conscious self-control
03. Constant cosmoethical self-lucidity
04. Deep everyday experience of Cosmoethics
05. Disciplined egoic microuniverse
06. Encephalic brain (coronochakra)
07. Generalised derepressions
08. Generation of holosomatic orgasms
09. Healthy parapsychism experienced
10. Integrated consciencial maturity
11. Interconsciencial communicability
12. Liberation through mentalsomatics
13. Mature sexochakra operating
14. Maxifraternal universalist
15. Multidimensional self-awareness
16. Offiex or extraphysical office
17. Omnilateral consciencial openness
18. Open polykarmic current account
19. Optimistic winner of yourself
20. Potentialisation of the will
21. Reform via an active and healthy will
22. Self-aware incorruptibility
23. Totally and permanently intrusion free
24. User of the pleasure of existing
25. Wholesaler within the freewill

Retrograde Conscin

- Blind personal disorganisation
- Parapathological compulsions
- Frequent violations of Cosmoethics
- A conscin generating *pathothosenes*
- Chaotic egoic microuniverse
- Abdominal sub-brain* (umbilicochakra)
- Sacralisation* of immaturity
- Personal submission to the sexochakra
- Vile tourniquet of the nuchal chakra*
- Unhealthy outbursts of immaturities
- A chained laringochakra*
- Unsuspected *coronochakra helmet*
- Chastity belt* of a sexochakra
- Solitary, infantile, egocentric
- Tyranny of parochial superstitions
- Life with bad evolutionary companions
- Unnecessarily exiled within themselves
- Primary egokarmic current account
- Pessimistic loser of yourself
- Self-fetters of a mystical will
- Submission to *collars of the ego*
- Lucid self-corruptibility
- Victim of unconscious mini-intrusions
- Masochist from the cult of atavistic pain
- Retailer of the most serious options

Test. Which elements predominate in you: those listed in the first or the second column?
The mentalsoma does not have paralegs, but as regards evolution it does teach us how to run.

492. TEST OF YOUR MEGAPOWER OR COSMOETHICAL LUCIDITY

Comparisons. For your analysis as an experimenter here are 25 comparisons between the 3 maximum sources of social intraphysical power, the power N° 1 (+ or positive), N° 2 (\$ or economic) and N° 3 (- or negative):

Power N° 1 (+)	Power N° 2 (\$)	Power N° 3 (-)
01. Artefacts of knowledge	Economic artefacts	Nuclear Artefacts
02. Athens (History)	New York (History)	Sparta (History)
03. Cognoscibility	Economicity	Aggressiveness (quality)
04. Computer (object)	Cash register	Petrol can (object)
05. Culture (experience)	Wealth (accumulation)	Violence (instinct)
06. Cyberneticist	Financier (professional)	Warrior (professional)
07. Educated conscin	Rich conscin	Armed conscin (condition)
08. Education (school)	Economy (school)	Militarism (school)
09. Encyclopaedia (book)	Chequebook (book)	Tactical manual (book)
10. Genius (pathology)	Greed (pathology)	Truculence (pathology)
11. Intelligence (attribute)	Budget (calculation)	Threat (attitude)
12. Knowledge (selection)	Money (dirty or clean)	Force (attack or defence)
13. Library (locale)	Fort Knox (locale)	Arsenal (intraphysical locale)
14. <i>Magister dixit</i> (abuse)	Economic power (abuse)	Physical coercion (abuse)
15. <i>Mentalsomatics</i>	Matter (worthless metal)	Soma and psychosoma
16. <i>Microchips</i> (CP)	<i>Blue chips</i> (stock market)	Cannonballs (war)
17. Neurons (cerebrum)	Money (gold, dollar sign)	Fibres (muscle, biceps)
18. Nobel Prize (laureate)	Profit (result)	Booty (pillage, looting)
19. Political discernment	Transitory fortune	Intraphysical action
20. Scholar (leader of wisdom)	Multibillionaire (leader)	General (bellicose leader)
21. Scientist (Science)	Banker (capitalist)	Soldier (cannon fodder)
22. Secret information	Banking secrecy	Military espionage
23. Solomon (wisdom)	Croesus (opulence)	Mars (symbol of war)
24. Strength of the will	Economic strength (empire)	Military strength (bellicosity)
25. <i>Tho</i> (thosenes)	Jewel (breast pocket)	Sword (handle)

Test. Which of these 3 sources of human powers do you use more?

Megapower. Despite everything, do not become too enthusiastic with your reply: the maximum amplifier of the power of your consciousness in evolution - your real megapower - is none of these 3 intraphysical, primary and temporal sources of power. It is the level of your *cosmoethical lucidity* or conscial hyperacuity. *The maximum triumph of a conscin is **complexis**; beyond that, only maximorexis.* Let us learn how to employ Nature's masterpiece, the *brain*.

493. TEST OF YOUR JUSTIFYING CONSCIOUSNESS

Problems. Here are 14 problem-complaints and the reasons or more common justifications, stated by individuals who attended courses offered by the *International Institute of Projectiology and Conscientiology* (IIPC) and who had recently encountered the leading edge relative truths of Conscientiology and Projectiology for the first time:

01. **Difference.** “I feel very different from the rest of my family”.

02. **Education.** “I was raised or educated in a way contrary to this new information”. The victorious in *life*, when wise, help those defeated by life.

03. **VS.** “I have difficulty in installing and perceiving the VS, or vibrational state”.

04. **Family.** “My family does not understand me and holds me back, especially my spouse.” *Self-organisation* must transcend the multiple dimensions.

05. **Groupkarma.** “I constantly have difficulty to overcome the demands of my groupkarma.” However, an epicon’s willpower is what commands an established offiex.

06. **Ignorance.** “My lack of knowledge regarding my proaxis, my intermissive course and the procedure to discover information regarding myself and my past is enormous.”

07. **Indiscipline.** “I have difficulty to see my own vices and self-corruptions: excessive weight due to personal indiscipline; existential disorganisation; procrastination; smoking (tobaccoism); accommodation; lack of questioning.”

08. **Fear.** “I suffer from fears, phobias and traumas: fear of changing to new things (neophobia), of darkness, of ridicule, of losing affection, of not being understood or accepted.”

09. **Mentalsomatology.** “I face difficulties regarding my mentalsomatic attributes, especially: attention, mental concentration and memory.”

10. **Prioritisation.** “I have difficulty to prioritise new resolutions among so many important and necessary things that need to be done.”

11. **Sexosoma.** “I have difficulties to work with the sexochakra because I do not have a partner, I live alone due to my conditionings.”

12. **Socin.** “I cannot go against the established social and cultural rules of my circle.” *The majority of people live well without cigarettes, cigars or pipes.*

13. **Time.** “I have no time for myself, or to work with my CEs more.”

14. **Work.** “I feel the need to work for my own and my family’s survival.” It is always good to observe: there are *multinational conscins*. However, there is no coin with an effigy of a *Serenissimus*. Way down deep within each, now ordinary, consciousness, hides a *Serenissimus*.

Test. So as to avoid knowing yourself better and to avoid improving your performances, do you still represent any of these reasons or excuses as being reasonable, sincere or honest? So as to not be more conscientially productive with this analysis before you, is there any conscious or unconscious, latent, personal corruption in the justifications or pretences that you present?

Corruption. A heterocorruptor (active) is, before anything else, self-corrupt (pre-passive).

494. PARADOXES OF CONSCIENTIAL EVOLUTION

Ponderations. Here are 9 ponderations concerning the technical fundamentals of consciential evolution that, according to Conscientiology, are of interest in a personal journey:

1. **Correctness.** In our evolutionary phase *it is impracticable* to always be correct. However, the effort to err less is the wisdom we have all searched for over consecutive millennia and countless successive lives. Our consciousness is perfectible.

2. **Evolution.** Only one seriexis does *not resolve* consciential evolution. However, a seriexis is an unrivalled evolutionary opportunity, especially this current existence which is at a critically high evolutionary level for all of us. (See page 520).

3. **Knowledge.** Today *it is impossible* to possess all human knowledge in only one existence, even with the aid of large personal computers. However, the possibility always exists for you to absorb some great and priority notion, capable of inspiring alterations and getting an improved perspective of your consciential destiny and the destinies of the constituents of your groupkarma. *An evolutionary principle: no solution is the final point.*

4. **Mentalsomatic.** Who lives in 1 holosoma with 4 vehicles of manifestation - soma, energosoma, psychosoma and mentalsoma - like us conscins, *cannot only* live through the mentalsoma. However, seeking to apply our thosenes with discernment, from the mentalsoma, will always be a *good evolutionary deal* for you and for all of us. Unfortunately, there are *conscins* living an *unrequited love* with the mentalsoma.

5. **Parapsychism.** The parapsychic phenomena (energetic, psychic and mediumistic) of interconsciential communication are relative and *demand personal experimentation* in order to be trustworthy. If you do not only face them with levity, nor take them as a simple diversion, you will enrich your information and update your consciential knowledge. *CP is the death of death. Thosenes transcend the consciential dimensions.*

6. **Perfection.** *Perfection is not encountered on Earth. None of us needs to be a perfectionist.* However, you never lose by seeking the harmony of a less imperfect, well planned and feasible act in all your endeavours. Evolution of the consciousness is not *uniplanetary*. For all of us it is *pluriplanetary*. (See Bib. 4695).

7. **Projectability.** You have already lived thousands of seriexises keeping your projectability *permanently unconscious*. Therefore, nothing impedes you continuing like this. It is your inalienable and exclusive right. Are you going to continue in this way?

8. **Serenism.** Strictly speaking, to live all the time according to Cosmoethics and serenism *is still a utopia* for us, pre-serenissimi. But, if we do not want to change our evolutionary course now, while in intraphysicality, when are we going to really enjoy the comfort and well-being of serenism? (See page 749).

9. **Truth.** Absolute truth *does not exist* at our evolutionary level, this is a calmly agreed consensus. But a higher priority leading edge relative truth does exist and always challenges you to know more, beyond the foolishness.

495. TECHNICAL FUNDAMENTALS OF EVOLUTIONARY DYNAMICS

Conscientiology. According to Conscientiology here are 11 considerations on the evolutionary dynamics of a conscin - a human or intraphysical consciousness:

01. **Uterus.** The uterus - *first physical base* - does not have a window for the fetal consciousness, who is reborn in darkness. However, a mature consciousness, within Socin's pollution, seeks to aerate with pure oxygen, infusing a breath of fresh air wherever they go. For example, a sterile uterus can maintain a prolific *brain*.

02. **Indoors.** It is wise to be against hanging around wherever you are, only indoors, due to neophobia or misoneism. Where we cannot open a door it is better to settle by a window; or where it is not possible to open a window settle by a vent.

03. **Outdoors.** It is important to manifest transparency in all acts and to prefer visibility in what we do with a life outdoors, fresh air and a light breeze.

04. **Blood.** It is intelligent to introduce the new blood of the current human generations (Genetics) into places where mustiness, fossilisation and the *spider's web* of sectarianism, parochialism and exacerbated nationalism (xenophobia) predominates.

05. **Sun.** People progress when they open the curtains and allow the Sun to bring its health and energy everywhere, use light and modern furniture, prefer happy paintings on the walls, install decorative curtains without loading them in austere manifestations.

06. **Strength.** One will have more successes with discernment, an open mentality and a broad vision, instead of a narrow-mind and short vision like those from *conservative pockets*. The best is the strength of an industrious youth with a brain in which the *mentalsoma* predominates.

07. **Questioning.** Yes, it is helpful to always cultivate questioning, without stopping to talk or withdrawing yourself; to administer aggressiveness in doses; to seek to differ without dissenting; to be a pacifier without being a minor pacifist; to be modest without being shy or humble (illness).

08. **Courage.** Who invigorates their tepidity and has courage in the face of problems, conveys rejuvenating encouragement to the ideas, people, things and institutions around them, opening new horizons with forward moving impetus.

09. **Distension.** The ideal is to democratically hear all sectors without encasing yourself in intransigent positions; to squeeze our self-love; to prefer the *adoption of hardlines* towards oneself (self-unforgiving) and a *policy of detente* with others (limitless pardon), regardless of who they are.

10. **Modernisation.** It is better to bring the *extraphysical lightness* of the multidimensionality of our being, dissipating the weight of the material duties in the soma (human body), taking a bold move in a future direction, giving a touch of transforming modernisation in the present to the timelessness of the past (retrocognitions).

11. **Polykarma.** If we need to love everyone, we cannot stop saying what we judge to be, at our evolutionary level, a consensual *leading edge relative truth*. *Above all getting closer to sincere love with everyone is the basic objective of polykarma.*

496. THEORICE OF CONFINEMENT TO EVOLUTIONARY GHETTOS

Awakening. In consciential evolution, according to the evidence of these 12 observations regarding confinement of the consciousness to *evolutionary ghettos*, the egokarma and groupkarma impel a gradual awakening of the consciousness:

01. **Groupkarma.** Any picture from the life of an ordinary conscin, or a common person, today, indicates the roots, bonds and *groupkarmic impositions* that act and amass over minorities, forming evolved or unevolved consciential evolutionary ghettos.

02. **Parasitism.** The formation and maintenance of *factions* with a vigorous *esprit des corps* (intruding mob), makes those involved cling on to human financings, living off State benefits, in the creation of their own works.

03. **Conkarma.** The Government's commensals, who resort to the comfortable *crutches* of official subsidies, increasing karmic accomplices; tightening *primary social conkarma* bonds. Thus, openly practicing nepotism.

04. **Dependences.** Other elements adherent to the Government, help bleed the public coffers. The 2 sides combined promote cultural nullities through governmental bodies. Mutual *anticosmo-ethical* dependence increases.

05. **Consumerism.** Conventional education, today, is anachronistic, indigestible, has a retrograde mentality and is short sighted. The consumerism of rich countries - immense commercial warehouses - suffocates the studious and educated and feeds delirious consumerism, savage technology and the industry of the merely capitalist *establishment*.

06. **Stigmas.** *Multitudes* bring consciousnesses down to the same low level. Everything becomes more foreseeable and the stupefaction spreads with the *brainwashings*. Self-evolution comes to a standstill, deepening the *groupkarmic stigmas* in the small *unevolved* group.

07. **Self-evolution.** However, an alert consciousness does not need money from people to invent, construct and agilise a lucid *self-evolutionary curriculum*.

08. **Creativity.** A talented and strong authentic creator creates independently of ambitions, material aids, human conflicts and parvenu exhibitions.

09. **Works.** At this current evolutionary level a sensible lucid consciousness, is not, strictly speaking, only human, parochial and four-dimensional. Nor do interdimensional evolutionary masterpieces exist that were created by the power of human subsidies.

10. **Serenism.** Most of the healthy or evolutionary elite culture that always reflects in and renews the culture of the multitudes on Earth, has come from the Serenissimi, the *anticonventional beings* that are situated beyond human encyclopaedias and publicity.

11. **Resistance.** Within evolution, only *small* evolved *groups* (intimate minorities) act as factors of resistance against the depersonalising power of the massification of beings (the unthinking masses, *a face in the crowd*, the lost ones).

12. **Offiex.** In a *small evolved group*, through an offiex, a consciousness frees themselves from the egokarma and evolves faster than all the egoism extending the groupkarma.

497. TRINOMIAL MOTIVATION - EFFORT - PERSERVERANCE

Genius. Conscins always seek intelligence, talent and genius. *To only have consciential genius does not always signify much.*

Types. It is not enough to be a *genius*. There are two basic genialities: the healthy or enriching, and the destructive or pathological. There are 3 destructive genialities: the warrior; the criminal leader; and the conscious intruder. Here are 7 facts relating to pathological *bellicose* genius:

1. **Dog tags.** Like a wolf, modern conventional war kills by *tearing to pieces*. North American soldiers who go into battle, carry two official metal nameplates, *dog tags*, one around the neck, on the chest, and another around the ankle, guaranteeing, in death, that the pieces of each corpse will return home in the same bag. A resource or indisputable manifestation of the *intelligence of Homunculus*.

2. **Bags.** In supplying the *war machine*, the “defense” department reinforces its supplies with the macabre anticipated order of *millions* of plastic mortuary bags, or *body bags*, to transport the predicted and expected, embalmed corpses, whose exact number was calculated by the *latest generation* of supercomputers.

3. **Medals.** The “defense” departments of the worlds superpowers foresee the thousands of deceased, dead and wounded in land-based attacks. Genocide is executed in a calculated form, as proven by the number of medals ordered by the authorities from factories, *beforehand*, that are later handed to dead soldiers or to those wounded in combat. In the Persian Gulf War, in 1991, the Pentagon ordered 65 thousand *Purple Heart* medals. Whoever wants can substitute the medal for the *eyeball* they lost.

4. **Gases.** Chemical weapons, such as these 6 gases - Tabun, Soman, Sarin, VX, Yperite and Phosgene - are absorbed through respiration and through the pores, attacking the victim’s nervous system, killing a man in minutes and remaining in the atmosphere for weeks. Is not such *deadly efficiency* genius? Are we humans more evolved than a shark?

5. **Winter.** The explosion of a nuclear warhead in a strategic area, will generate a *nuclear winter*; worldwide ecological tragedy or an unexpected climatic disequilibrium for the next human generations. This is what can be called the *masterpiece of ecoterrorism*.

6. **Station.** In the Persian Gulf armed conflict, a disagreement over a *country-petrol station*, Kuwait, 28 “more civilized” countries decided to resolve the question via the bullet: 150 thousand human beings died in only 100 days. There are cemeteries.

7. **War.** Highly technological, destructive and devastating modern war, apart from the *canon fodder* - the young soldiers - makes *millions* of people and entire countries its indirect victims; using weapons of mass destruction; it has unabashed support from terrorist attacks everywhere, all of which are extolled by the Megamedias.

Prioritisation. As can be seen: ingenious, talented and intelligent prioritisation is very necessary; but to theoretically prioritise is still not everything. It is indispensable to practically *experience* the motivation, effort and perseverance of a healthy genius (Cosmoethics).

498. TRINOMIAL INTERESTS - GOALS - EVOLUTION

Level. *Celebrity* is not synonymous with consciential evolution. *Fama volat*. Your consciential evolutionary level reveals itself in your fundamental personal interests in life. Your *human interests* can be different from your evolutionary goals.

Interests. You can have *intrapysical interests* merely objectifying also intraphysical goals, just like the majority of conscins. There are landowning *scientists*.

Conscientiology. Or, according to Conscientiology, you can have intraphysical interests that mainly objectify uncommon, evolved *extraphysical goals*.

Experiences. Furthermore, from an *extraphysical* perspective your evolutionary goals can be mediocre or more intelligent, depending on your experiences.

Goals. As examples, let us suppose 8 hypotheses of honest evolutionary goals:

1. **Nobelist.** *You are* a Nobel Prize laureate from *conventional*, *Pure Science*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

2. **Surgeon.** *You are* a global exponent of a *classic speciality* of *Medicine*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

3. **Psychologist.** *You are* a global eminence from a *classical school* of *Psychology*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

4. **Tycoon.** *You are* a global leader (*tycoon*) of a *critical industrial sector*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

5. **Superstar.** *You are* a global figure (*superstar*) from a *classical area* of *Art*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

6. **Champion.** *You are* a global star (champion) of an *Olympic Sport*. Your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

7. **Religious.** *You are* the global head of a *Traditional Religion*. Even there, your *fundamental interests* are *intrapysical* and aim at *goals* that are also *intrapysical*.

8. **Anonymous.** However, if *you are* an anonymous personality practicing an obscure yet constructive profession, your *fundamental interests* can be *intrapysical*, yet aim for crucial *extraphysical goals*. Everything depends on you, your will and decision.

Evolution. Your difference regarding evolution is precisely the discernment you display in your knowledge of *Holosomatology* and in the priority you give to *Multidimensionality*, all of which have inevitable *intrapysical interests*, yet aim for *extraphysical goals* much more indispensable to your ego.

Knowledge. Regarding the evolution of your consciousness, it is less important to have vast knowledge of life and the ephemeral *intrapysical Universe*; it is more important to have knowledge of life and the more permanent *extraphysical Universe*.

Fame-seeker. Your *fundamental interests* place you in the *Universe* as being, evolutionarily, a *Pre-serenissimus* or a *Serenissimus*. Your desire to be famous is not important. In their anonymity, a *Serenissimus* is excluded from the list of entries in *human encyclopaedias*.

499. DIFFERENT SELF-EVOLUTIONARY PROCESSES

1. **Elements.** In the terrestrial period a consciousness (conscin) confronts 2 vital elements: the human body (soma) and the environment (Mesology). These elements each present 3 basic material factors. The human body is ruled by genetics; alimentation; and health. The environment operates via the home; the people and consciexes that influence our surroundings; and via money. Furthermore, in an inevitable interflow, the environment continuously influences the human body, through the air that contains oxygen and through its cultural conditionings.

2. **First.** As a rule, only after fully taking care of these vital elements, physical instincts and interests, can consciousnesses (the majority) more intensely dedicate themselves to their essence in an unimpeded way. In that moment they prioritise self-evolution in a first progressive, rudimentary, intraphysical step. For that reason, today, it is most common that a person publically assumes their conscientiality only after they divest their animal illusions. They appear physically worn out after that. They feel and know that they will return to their real, extraphysical, origin. They live waiting for the final projection, or the first desoma. Happily, many of these people commence recexis, or existential recycling.

3. **Retirement.** In this period of existence, they are already retired. They have a grown family. They possess a respectable material estate that provides relative economic-financial independence. In that moment, the merit of their efforts is meaningless. They are no longer *giving* anything substantial of themselves. They are only *leaving behind*, compulsorily, that which they acquired during their physical life. When the human body dies a little later, they will have to give up precisely everything that was materially accumulated in this world, whether they want to or not.

4. **Second.** In another vanguard context, through the intermediary of lucid consciential projections, a conscin remembers their *Intermissive Course* and embraces the second, distinct evolutionary step in the seriexis. *Today a greater number of consciousnesses with lucidity of their intermissive retrocognitions are being reborn.* They will assume invexis, or the inversion of the assistantial existential task, an apparently sacrificial step, but without a doubt one extremely intelligent and agilising regarding conscious self-evolution.

5. **Puberty.** Such personalities will start to take care of multidimensional, assistantial and enlightening interests earlier, without alienation, since the *initial phase of puberty*. They will no longer wait until the final phase of retirement. The self-evolutionary returns, in this case, will be geometrically expanded in quantity and quality.

6. **Invexis.** The common, old, parochial being is the somatist-gastronomist-sex worshipping-reproducer-mercantilist. A renovated personality is the one already saturated with *instincts-beans-emotions-orgasms-dollar signs*. The young - unknowing candidates of invexis - who seek “Projectiology Courses (Retrocognitive)”, have intuition (innate ideas) regarding this. Without a doubt, they already had a recent, advanced *Intermissive Course*.

500. TEST OF YOUR PERSISTENCE

Invulgarity. *In the context of consciential evolution, persistence plays a unique role. An offiex demands an enduring intraphysical rootedness from a conscin.*

Persistence. None of brilliant talent, an omnimodal culture or a creative idea succeeds in substituting persistence (constancy, tenacity, perseverance, firmness or pertinacity) when it comes to improving the self-evolutionary performance in the execution of a proexis.

Will. There is no evolutionary success without personal persistence generated from the strength of an unbreakable will, which is capable of confronting all types of obstacles in practical life and of changing inherited, traditional and deep-rooted postures.

Omnipotence. The determination of a firm will, that persists continuously, becomes omnipotent in its libertarian field of activity, achieves greater discernment and expands consciential maturity (holomaturity).

Melex. There are many consciousnesses full or overflowing with talent, but *empty of persistence*, that end up unsuccessful in numerous existences, because they desist easily, like *discouraged geniuses*, repeating useless experiences (dispensable self-mimicry) and later suffering from *post-mortem* or extraphysical melancholy (melex).

Agilisation. Here are 8 critical points where persistence in personal efforts is necessary when a mature consciousness aims to achieve the dynamisation of self-evolution:

1. **Cosmoethicology.** *Personal persistence* in order to overcome the limitations of human morality with the experienced postulates of Cosmoethics.

2. **Bait.** *Personal persistence* in order to change the common condition of eventual unconscious intrusion into self-conscious assistantial bait.

3. **Monopoly.** *Personal persistence* in order to become free from the monopoly of the abdominal sub-brain - a trap set against reason - in the sense of a high performance from a fully functioning the natural (encephalic) brain.

4. **Polykarma.** *Personal persistence* in order to leave the prisons of the groupkarma, when mediocre and involving, for the free fulfilment of polykarmic responsibilities.

5. **Principles.** *Personal persistence* in order to leave the brainwashings that excessively monopolise the consciousness to base personal principles on the construction of a human existence (proexis). (See page 272).

6. **Claritask.** *Personal persistence* in order to surpass the limited consolation task (consol-task) with the continued exercise of the sophisticated clarification task (claritask).

7. **Penta.** *Personal persistence* in order to emerge from subordination to other people's consciential energies (CEs) and to execute penta, or the daily, personal energetic task.

8. **Universalism.** *Personal persistence* in order to leave the human parochialism of any kind of sectarianism, embracing multidimensional universalism.

Searches. There are consciexes who seek the promised land through the Cosmos beyond, and not through, the terrestrial continents. *Trashy literature* is sterility.

501. EXPERIENCES OF YOUR CONSCIENTIAL PRIORITIES

Discernment. Evolutionary priorities are discovered and applied through the experience of greater consciential discernment (Mentalsomatology).

Efficiency. There is always a more efficient way to achieve a constructive outcome within consciential evolution. However, there is no trustworthy substitute for *intelligence*.

Evolution. Without the application of intelligent priorities it becomes difficult to dynamise conscious self-evolution in our current condition as a pre-serenissimus.

Option. In any evolutionary context, from any experiential dimension, a consciousness can always encounter a more intelligent, priority, consensual and indisputably ideal option. If we want to make fewer mistakes we have to seek this condition.

Examples. *Our self-love can act against our evolution.* Here are 7 examples of more mature priorities for your analysis during deeper reflections:

1. **Adulthood.** The concrete or accumulated experience of a self-conscious adult, alert to all their senses, is always much better than an intraphysical consciousness' fetal or infantile tales, even when nourished by the strongest potentialities. Nothing is gained by appealing to primary ego defence mechanisms.

2. **Conscin.** A real, engaging, palpable conscin, in a touch to touch, pore to pore, chakra to chakra existence, will always be much more rewarding than the most inventive or augmented emotional (homothosenes) and sexual (sexothosenes) fantasies.

3. **Existence.** An intraphysical existence of real evolutionary gain, built-in to our human programming (proaxis), surpasses, in every sense, the extraphysical promises of consciential accomplishment from the final stage of our recent intermissive period (*Intermissive Course*), as sublime as it was.

4. **LP.** Production of the altered state of LP, by a consciousness, is much more important than the spontaneous or provoked production of an altered state of consciousness through the most wonderful and happy dreams, or from the oneiric images of a type and nature that are the most artistic imaginable and creative possible. LP creates an unincarcerable conscin. There is no cage for a soaring eagle.

5. **Sexuality.** Regarding favourable, objective, consciential realisations, the act of making love (sex) in a bed or on an available nearby table, at any time in an intimate couple's day-to-day, cannot be compared in excellence, to the most sublime yet merely platonic, distant, abstract and unrealised affection (self-thosenes) of an incomplete couple.

6. **Time.** In our current evolutionary phase the practical experience of your own enduring intraphysical and multidimensional life, *today*, is many *light-years ahead* of the best theories from the *past* (retrothosene), even the most advanced and evolved ones.

7. **Experience.** Direct or pragmatic experience, even if the most prosaic possible, surpasses, in every sense, the assumptions, idealisations or cognitions of the most fertile and pure imagination. In this case, any *literary success* is not important.

502. LESS INTELLIGENT CONSCIENTIAL PRIORISATIONS

Questions. *Conscientiology* is, above all, the anatomisation of a consciousness by that consciousness itself. In this case self-critique is very important regarding these 3 questions:

1. **Megavalue.** What is the essential or predominant value in my interests?
2. **Megapriority.** What is my highest consciential priority?
3. **Mentalsomatics.** Do I live centred in my consciousness through the use of the brain or do I vegetate through my organic, animal, or still subhuman, parts?

Witless. There are many erroneous, witless or less intelligent consciential prioritisations that belong to consciential immaturity. Let us examine these 5 priorities:

1. **Podalic.** The wheel and the automobile were invented as an extension of the legs, in order to expedite the march of humankind. There are those who play with their intraphysical life, wasting the soma, or the human body, only prioritising the feet or merely living through the legs. Thus, we find *podalic consciousnesses* or *cheetah-consciousnesses*, for example: the fanatical racecar driver; the marathon runner with a fixed idea (monoideaism); and the most common of all, the motorcyclist, the man or woman of the industrially manufactured *iron horse*, who is always in a *critical anti-human life condition*.

2. **Digital.** There are those who play with their existence merely prioritising the fingers of the hands and toes of the feet. Here we see the *digital consciousnesses*, for example: the modern spidermen, spiderwomen, or *spider-consciousnesses*. Such individuals climb barehanded, defying the abysses with their hands, without ropes or clamps, hanging 100 metres up on cliffs, high rocks or brick walls, without equipment, grasping holes, cracks, crevices and fissures in the rocks and structures. A spider is an arachnid (arthropod); the dolphin is a mammal. A human is no longer a spider nor a dolphin.

3. **Gastric.** *Gastric consciousnesses* exist, for example: obese gastronomes that prioritise the dilatation of the stomach and who, via their mouth, die prematurely.

4. **Muscular.** There are also *muscular consciousnesses (myolatries)*, for example: male and female athletes who prioritise the hypertrophy (muscular) of the biceps and other organic segments, in the gym or lifting weights, overloading their heart and dying a premature death (desoma).

5. **Sexual.** We cannot forget the *sexual consciousnesses* (sex-worshipers or sexaholics), for example: the women and even the men (masculine prostitution), that prioritise the sexual organs, in the exercise of the so-called “oldest profession”, prostitution. Please note that a consciousness, itself, does not have a sex, does not eat, does not have muscles, nor fingers or devices. *To evolve is to load the personal holothosene with the tho.*

Immaturities. In the current Socin, the interests of industry, commerce, economy, sport, leisure, transport and the omnipresent exploitation of youth, make it impracticable to nourish hope for substantial improvement, in the short-term, in the mathematical context of this list of consciential immaturities. It is registered here for those who are lucid and interested.

503. PRIORITIES IN YOUR INTRAPHYSICAL LIFE

Listing. Here is a list made of questions, *in a logical order*, about 18 essential priorities for the *energomatic existence* of your and my intraphysical consciousness (conscin), according to the principles of Conscientiology and Projectiology:

01. **Oxygen.** Do I uninterruptedly maintain my vital inhalations of oxygen in the tropospheric environment without excessive pollution?

02. **Liquids.** Do I have a daily intake of liquid nutrients, to maintain my *body of water*, the soma, in the troposphere of this Planet also of water, the Earth?

03. **Solids.** Do I have, at least, one meal of solid food each day?

04. **Physiology.** Do I naturally attend to all the daily physiological necessities?

05. **Hygiene.** Do I permanently observe my somatic and thosenic hygiene?

06. **Sex.** Do I attend to Human Biology, through the daily exercise of my active sexuality, to stay free of *sexual-affective craving*?

07. **Exercises.** Do I perform regularly physical exercise in order to take measures against sedentariness, inactivity and alienating demotivation?

08. **VS.** Do I install a *prophylactic vibrational state (VS)* when I want, at any time, aiming to keep myself energetically compensated?

09. **Profession.** Do I perform economic-financial subsistence work to avert all interpersonal, group or social parasitism?

10. **Discernment.** Do I place my discernment above all of my talents, my good intention and my goodwill?

11. **Culture.** Do I amplify and deepen my knowledge within a generalist, derepressive, planned and interdisciplinary personal culture?

12. **Parapsychism.** Do I re-educate myself in relation to my CEs, or consciential energies, and animic and parapsychic phenomena in general?

13. **CPs.** Do I produce lucid consciential projections in a possible utilisation of the inevitable hours of compulsory rest of my soma?

14. **Assistance.** Do I strengthen myself to deliberately obtain the condition of self-conscious, intra and extraphysical, energetic, assistantial bait, in favour of other consciousnesses?

15. **Claritask.** Do I cooperate, assistantially, with other consciousnesses through the sophisticated, multidimensional task of clarification (claritask)?

16. **Conduct.** Do I search for mature personal principles to live by, as a social being, within an open *cosmoethical conduct*? (See page 651).

17. **Proaxis.** Do I, little by little, accomplish my programme for this intraphysical existence (proaxis), which was established prior to my current human rebirth?

18. **Serenism.** Do I organise myself, today, aiming to attain the greater condition of consciential serenism in the possible future, first being a lucid epicon and, then later, a permanintfree being? *Multidimensional self-awareness (MS) creates perennial love.*

504. REFLECTIONS IMPOSED BY ELITISM

Types. There are, at least, 2 types of elitisms that can exist: closed or participative. The first is the *heteroelitism* of a personality brought to leadership by their peers. The second urges an understanding of the inevitable *self-elitism* in order to eliminate, as much as possible, the *evolutionary gaps* that, perchance, exist between other consciousnesses and ourselves. Such an initiative comes from a more experienced and *integrally mature* veteran consciousness.

Hierarchy. Elitism exists due to the inevitable hierarchy in the *democratisation of the ego's evolution*. The *evolutionary distance* between an ant and a dolphin is an unavoidable fact. The accumulation of experience matters and influences in an absolute way, bringing power and leadership. When a consciousness decides to proceed with the fundamental laws of Evolution in a lucid way, independent of the interests of an inert groupkarma - the mass refractory to the change, or the *conservative pocket* - inevitable self-elitism emerges along with an urgent need for historical analysis and criticism, which can provide the best possible *evolutionary Methodology*.

Effort. It does not make sense to force the evolution of others. Nor to sponsor *evolutionary rape* to turn an ant into a dolphin. Self-evolutionary effort occurs intimately and through behaviour; even when distressing, a *responsible* consideration of the inevitable self-elitism is imposed. Elitism is always a subject that can be tiresome and controversial.

Serenissimi. The Serenissimi only demonstrate their practical existence to whom is interested in their more refined evolutionary condition. They no longer exist for others. They do not purposely marginalise anybody in this consciential ascension. They help when this is the ideal, or until the necessary evolutionary point, without making themselves known.

Paradox. There is an *extreme paradox* in the practical-political action of irrecusable self-elitism. The consciousness leaves the egokarma, natural egotism; it advances beyond groupkarma, the anachronistic *extended egoism*, to the point where elitism is installed; in order to develop themselves based on polykarma and Cosmoethics. In these initiatives, they do not have disdain for other beings, nor any narcissism.

Holosomatology. If you, experimenter, encounter difficulties to *digest* this leading edge relative truth on *inevitable self-elitism*, one untransferable question for you is to start analysing the simple, unexclusive, interpersonal elitisms in the day-to-day. In accordance with the holosoma here are 4 kinds of inevitable elitisms:

1. **Decision.** In *economics* (soma): the decision of Maecenas to donate emergency aid to an international organisation for those in distressed without existential resources.
2. **Contact.** In *life* (energosome): the first contact of an experienced ethnologist with an uncultured (or, more appropriately, *unpolluted*) indigenous.
3. **Speech.** In *power* (psychosome): a talk (speech) from the commander of the fleet during a visit showing solidarity with sailors wounded in service.
4. **Wisdom.** In *culture* (mentalsoma): a *word of wisdom* from a postgraduate lecturer, directed to the new students in the first year of their regular formal course.

505. TEST OF YOUR PRIORITISING CONSCIOUSNESS

01. **Evolution.** *We came to intraphysical life to serve each other.* This is our first and highest priority regarding consciential evolution.

02. **Context.** We are consciousnesses. We are not from here. We are not our somas. We are reborn within a restricted sectarian or a universalistic human context. However, neither us, nor Serenissimi are *terrigenous*, or produced on Earth or on this Planet.

03. **Maturity.** Your intelligence is expressed in what you do. It is more useful, for everyone, if you reach lucid maturity as quickly, or as early, as possible and dynamise your efforts to gain self-knowledge.

04. **Logic.** In our current evolutionary level, there is no logic in prioritising anything that excludes the experience of bioenergetics, holosomatics and multidimensionality, as these characterise our evolution as consciousnesses.

05. **Serenism.** The quality of our leadership must be a priority. We have to overcome our foetal pre-serenism through mature experience of consciential attributes of the most lucid and deeply experienced serenism. The prototype of *altruism* is the authentic hero.

06. **Leadership.** It is not worthwhile for us to repeat - through undesirable self-mimicries - what we already were and did, or still are: a leading reproducer of human bodies; a mystical leader of a religious empire; a leader in the consoltask; a Nobel prize winning leader of conventional Science, astricted to exclusively human interests; a nationalistic, political leader, with a parochial or xenophobic vision; or a *butterfly-seeking* leader anxious for leading edge relative truths from a line of thought that liberates consciousnesses, but who is not defined by any of them.

07. **Paracomatose.** Also, it helps little to be equal to the average through the mere use of ego-defence mechanisms, selflessly working in favour of human bodies (somas) rather than motivated consciousnesses, literally losing a third of life sleeping, in the condition of *consciential evolutionary paracomatose*.

08. **Efforts.** It is not pretence, nor consciential alienation, nor elitism, when we prioritise efforts with the objective to serve the extraphysical collective (Sociex). For example, there are a *supposed* 60 billion consciexes in the psychosphere of this Planet (100%) and only 6.3 billion people existing today (10.5% of the 60 billion), or, even worse, just 178 million inhabitants (Base year: 2003) that compose the population of a country like Brasil.

09. **Target.** Logically, the wider the universe of consciousnesses that we aim to assist or, at least try to assist, the *better*.

10. **Turn.** Let us refuse small programmes, shortsightedness and a narrow-mind. *Let us create our own evolutionary table* with intelligent prioritisations.

11. **Quantum.** How many consciousnesses have you aimed to constructively serve with what you have done today, from this morning until now?

506. TEST OF YOUR MEGAPRIORITIES

Maturity. *The study of priorities in our day-to-day choices is unavoidable and irreplaceable.* When we approach the question of maturity of personal freewill 4 questions are generally necessary for Projectiology and Conscientiology students, practitioners of energetic self-control and lucid consciential projections: parapsychism, assistantiality, self-cure, and principles to live by.

Parapsychism. Mediumship manifests through the most sophisticated *prostheses* of the conscin, or intraphysical consciousness: the human brain, the neurological system, the speech mechanism and control over muscles. Not being a stagnant resource it constantly develops and evolves. This requires basic indispensable animism from the medium. When evolved this allows the person to work as a partner, hand in hand, shoulder to shoulder, with assistantial extra-physical consciexes; and not only as a submissive, passive, blind subordinate, or as a slave *with neck chains*. Strictly speaking, a medium, sensitive or *psi agent*, are already this. What is important is the lucid epicon condition. Thus the first question arises:

1. Am I a slave or a partner in the correct exercise of my parapsychism?

Assistantiality. To *serve others* is the best fundamental motto for human life, this is a universally agreed principle. However, service in this sense does not mean merely filling hungry stomachs, this task is already performed by Socin, despite being pathological. It will be much more intelligent to serve in the awakening of consciousnesses, which is more difficult, less appealing and demands greater dedication. A second question arises from this:

2. Do I primarily dedicate myself to trivial consoltask, the assistantial consolation task, or to claritask, the evolved assistantial clarification task?

Self-cure. So-called *curative work*, including illnesses related to the soma, or physical body, is unquestionably very positive. However, strictly speaking, nobody cures another. Only self-cure exists. In this case a providential, but always palliative, assistance occurs; the much more complex effort to help consciousness *cure themselves* is preferable. A third question arises here:

3. Do I evolutionarily prioritise the utilisation of the soma or the mentalsoma for myself and others, conscins and consciexes? A *library* is a mentalsoma's refectory.

Principles. Any *liberating doctrine*, whether philosophical, religious, ideological or otherwise, can greatly help a human personality. However, in order to survive, all human doctrines also present irremovable rigid principles, defend unverifiable "absolute truths" and maintain the fascination of the group or *brainwashings* pertaining to their self-defences. A fourth question appears from there:

4. Am I a slave of a transitory human doctrine, or do I live according to personal principles, with the last trifling detail and consequence chosen with discernment?

Prioritisation. A detailed study of the answers to these 4 self-critical question-proposals is a priority for you. *Discipline* is will.

507. CONSCIENTIOLOGICAL RECONCILIATION OF OPPOSITES

1. **Positionings.** Through life experience Projectiology, the practical part of Conscientiology, invigorates the reconciliation of 2 opposing positions that have always existed in intraphysical consciousnesses: spiritualism and materialism within the fundamental lines of philosophical thought. There are legions of *poisoners of consciousnesses*.

2. **Way.** Opening the way between these two radical philosophical schools Projectiology brings rationality to the *mystical spiritualists* of the sects and religions, and offers animistic experiences and pure self-parapsychism to the *materialistic scientists* from conventional Sciences. Every pharmacy and every *library* has powerful remedies and poisons.

3. **Dilemma.** Strictly speaking, Projectiology is based on the maximum possible mathematization of the consciousness and its multidimensional manifestations, through the intermediary of Holosomatology. This sponsors an intimate renovation of the physicalist researcher who for themselves resolves the old *mind-matter dilemma*. The biggest nonsenses that exist in the classical treaties of universal wisdom are in regards to the *desoma*.

4. **Paradigm.** The instrument employed by a researcher of Projectiology, and the paradigm or leading theory of this science, is their own consciousness. This option for vanguard research goes against the fundamental principles of conventional, non-participative scientific research, for example, the replicability demanded in all traditional, classical experimentation over the last 4 centuries.

5. **Self-persuasion.** Projectiology also sponsors the *honourable exit* of a fanatical, mystical person from the condition of enslavement to the *abdominal sub-brain*, supplying the necessary Methodology for them to have self-persuasive experiments that prove, definitively, with discernment, their own *post-mortem* survival, without appealing to worship, archetypes and idolatry, forever discarding all the irrational basis of beliefs, religions, sects and old *dogmatic theology*.

6. **Revolution.** Projectiology simultaneously liquidates unethical conduct through Cosmoethics; the superficial rationality - *Dermatology of the consciousness* - of the atheism of materialistic, conventional and periconsciential Science; and the outdated necessity of prematernal worship and sacralisation of the protoknowledge of traditional religions. Furthermore Projectiology promotes a positive yet subversive, by the conservative standards of Socin, *intraconsciential megarevolution*.

7. **Truth.** The objective is only attained through lucid experience of a compulsory and *unavoidable* altered state of consciousness, one which human beings have always viewed with indifference: the imperious truth of lucid consciential projection.

8. **Irreversibility.** A minority of people - *millions* - that maintain their consciential lucidity outside of the human body, make the experience of lucid projectability, today, an irreversible fact. *Immaturity* even permits the *wasting of time as a team*.

9. **PC.** *Research of the phenomenon of human conscious projection is here to stay.*

508. TEST OF YOUR CONCILIATORY CONSCIOUSNESS

Constraint. *Even your smile can be a delicate coercion that produces constraint.* Of course: our consciousnesses are not stupid all the time.

Technique. Discernment generated by integrated consciential maturity recommends that, whenever possible, we do not leave *negative traces* behind. Who lives promoting unlimited, conditional and *selective concessions* to intelligent behaviour, through the *non-corrupting ambiguities* of their Cosmoethicology, will be more correct.

Challenges. From there 25 basic reconciliations are born, larger challenges to the dynamisation of self-knowledge and our inevitable evolution in group:

- | | |
|---|---|
| 01. Active intellectual life (thosenes) | Indispensable muscular exercises |
| 02. <i>Larger</i> consciential family | <i>Smaller</i> nuclear family (genetics) |
| 03. CE or <i>yin</i> energy (feminine) | CE or <i>yang energy</i> (masculine) |
| 04. Active coronochakra (energosoma) | Also active sexochakra (sexosoma) |
| 05. Rational technical energisations | Inevitable energosomatic seductions |
| 06. Integrated consciential maturity | Active mature sexuality |
| 07. Intentional holorgasms | Frequent mutual sexual orgasms |
| 08. Lucid auric couplings | Healthy sympathetic assimilations |
| 09. Dominant encephalic brain | Dominated <i>abdominal sub-brain</i> |
| 10. Consciously lived Cosmoethics | <i>Mental peccadillos</i> or <i>pathothosenes</i> |
| 11. Discernment in the day-to-day | Pure consciential affectivity |
| 12. Larger personal <i>strong</i> traits | Minimal personal <i>weak</i> traits |
| 13. Experience of relative truths | Antidoctrinaire conviviality |
| 14. Cultivation of an unbreakable will | Dependence on <i>psychophysical crutches</i> |
| 15. More extensive clarification task | Indispensable consolation task |
| 16. Long intraphysical re-experiences | Very short extraphysical experiences |
| 17. Multidimensional conscientisation | Intraphysically fixed without alienation |
| 18. Active pre-existential mandate | Solicitations from the still present past |
| 19. Active polykarmic current account | Decreasing egokarmic current account |
| 20. State of cosmoconsciousness | Reasonable, lucid intraphysical health |
| 21. Permanent personal deintrusion | Eventual unconscious mini-intrusions |
| 22. Practice of penta (assistance) | Constant self-coherent conduct |
| 23. A working extraphysical office | Attending to human survival |
| 24. Interviews with Serenissimi | Outbursts of primary immaturities |
| 25. Equilibrium of your own consciousness | Acceptable holosomatic homeostasis |

Test. It is useful to anatomise ourselves. Which of these factors have you not yet reconciled? Write down your still unattained reconciliations, then sign and date it. Work with yourself and one year from now, with the new elements acquired in your life during these 12 months, revisit the 25 observations from this self-critical test.

509. TEST OF YOUR MEGARECONCILIATIONS

Conciliations. Your personality is finite, but your *consciousness* is infinite. In light of Conscientiology, within your self-evaluative, intimate, practical exercises, here are 11 feasible yet most difficult and challenging reconciliations in your multidimensional life:

01. **Holomaturity.** Harmonisation of the appropriate employment of your *permanent omniquestioning* with the *general incorruptibility* of your consciousness in the search for holomaturity, or maturity integrated through the causal memory and the maximum discernment possible. *Our consciential maturity is half of our destination.*

02. **Affectivity.** The completely integrated junction of your *affective incorruptibility* (psychosoma or emotional parabody) in your day-to-day within Socin.

03. **Experiences.** The union of the authenticity of your *intrapysical experiences*, transparent to others, with the authenticity of your *extrapysical experiences*, more transparent only to you in the condition of a lucid, veteran, *projected consciousness*.

04. **Self-coherence.** The simultaneous maintenance of self-coherence as a *social being*, with the powerful effects of plurisecular, affective, multiexistential retrocognitions, in your condition as a parapsychic, multidimensional, *consciential being*.

05. **Sexuality.** The harmonious adjustment, at a high level, of alive sexochakral CE - a maintainer of your healthy *sexual holothosene* - with your lively affectivity.

06. **Conviviality.** The pacific coexistence of your uninhibited *active sex* with somebody (intimate couple), without neediness in your sexuality, combined with the affective condition of specific *inactive sex* with one or many other people close to you (incomplete couples).

07. **Chastity.** The reconciliation of an incorrupt imagination (*sexothosenes* and *pathothosenes*) with the condition of *selective chastity*, imposed by human life, in relation to determined people who are closer to you in the day-to-day.

08. **Ambiguities.** The logical and cosmoethically coherent agreement between your *inevitable sophistry* - the eventual ambiguities in enduring existence - with your *vivid* multidimensional *reality*, all the time.

09. **Offiex.** The concordance of *theorice* (theory and practice) and *verbaction* (verb and action) in your intrapysical (conscins) and extrapysical (consciexes) interconsciential relationships, with the intensive permanent functioning of your personal offiex.

10. **Holokarma.** The consolidation of the *egokarmic current account*, the base of human survival, conforming to the discerning norms of *holokarma*, the base of your constant evolution as a multidimensional consciousness.

11. **Serenism.** The honest and practical combination of your *maximum abnegation*, within the search for self-knowledge, with your anxiety to get a *preliminary, extrapysical interview* with a Serenissimus.

Tests. These 11 decisive conscientiological tests are capable of producing real and dynamic mutations in our efforts for conscious self-evolution.

510. TEST OF YOUR NEOPHILIA OR ADAPTATION TO THE NEW

Pseudoprophecies. *Curiosity* is intelligence. Here are 6 prophecies from the pseudoprophets of the apocalypse or precipitous futurologists, that were never fulfilled:

1. **Book.** *When* Johannes Gutenberg (1394-1468) made the book more accessible, some claimed it declared the end of all kinds of *schools*.

2. **Photograph.** *When* photography emerged, many enthusiasts affirmed the immediate death of *painting*, including landscapes, nautical scenes, still lifes and *portraits*.

3. **Cinema.** *When* the cinema appeared, fanatic cinephiles, even of the silent cinema, proclaimed the extinction of *literature*, poetry, romances or novels and short stories.

4. **Television.** *When* a black and white television presented its first signals, the geniuses of the hour prophesied the end of *cinema*, even though it was already in *technicolor*.

5. **Computer.** *When* the computer started to function in the hands of the great consuming public, legions of IT people announced the disappearance of the *book*.

6. **Projectability.** When LP, or the consciousness' lucid projectability, was valued and systemized through Projectiology, there were those who, also hastily, foresaw the immediate deactivation of authentic *mediumship* between consciousnesses.

Redimensioning. However, the emergence of new practical manifestations of consciousness, when intermediated by the progress of Science, Technology or Conscientiology, does not offer the danger of immediate death to what already exists, but produces positive redimensioning, changing the course of the consciousness' evolutionary perspectives.

Effects. New consciential manifestations do not have counter-indications, they merely present the side effects of a consciousness' *growth crises* and *healthy stresses* in the dynamic of their evolution, which the facts indicate is endless.

Experience. Every new experience adds itself to the constant and inevitable accumulation of the consciousness' evolutionary possibilities. The union of resources causes the intensification of a conscin's talents, potentials, inventiveness, hyperacuity and CEs.

Union. The union of the parapsychological attribute of LP, or lucid projectability (animism) and parapsychism, despite the complexity of this - within the consciousness' lucid and altered states - besides being inevitable, will be advantageous for many, many millennia ahead on our evolutionary path. *There is a living paratroposphere on this Planet.*

Epicon. The lucid consciential epicentrism of an epicon is a more evolved condition than the *old and surpassed* mediumship, in all of its genres and modalities.

Adaptation. What becomes necessary for you and I, today and always, is our constant and healthy adaptation to new inventions, discoveries and rediscoveries, always in an irreversible way, without presenting conservatisms, repressions and orthodoxies, in the face of the effects of *future shocks*, misoneisms or neophobias on us.

Test. What is your degree of personal and natural adaptation (neophilia) to new things? Are you rationally satisfied with your reactions to what is new?

511. TEST OF YOUR CULTIVATOR CONSCIOUSNESS

Evolution. Evolution presents its demands. *A conscin has to be among the conventional, intraphysical average of everybody, but yet be different from everybody.*

Talents. One conscin, within modern Socin, can have obtained, or not, an ample culture of reasonable abilities, qualities or *strongtraits* in their current soma and energosoma, for example, by way of these 30 personal talents:

01. The act of walking: Presence, Social Posture, Education, Sociability.
02. The art of eating healthily: Gastronomy, Hygiene, Somaticity.
03. The art of cooking: Culinary, Gastronomy, Somaticity.
04. The art of dressing with dignity: Presence, Education, Sociability.
05. The science of personal cleanliness: Basic Education, Physical and Mental Hygiene.
06. The science of the use of mature sexuality: Sexology, Human Physiology.
07. The art of swimming: Swimming, Sportiness, Somaticity, Prophylaxis.
08. The art of dancing: Dance, Corporal Intelligence, Somaticity.
09. The art of driving vehicles: Mechanics, Experimental Intelligence.
10. The art of *travelling* usefully: Cultural trips or Scientific Excursions.
11. The art of *speaking* and debate: Communicability, Linguistic Intelligence.
12. The art of *reading*: Reading, Study, Bibliographical Research, Archivology.
13. The art of *writing*: Writing, Communicability, Graphical Intelligence.
14. The science of *typing*: Computing, Mnemotechnic, Holomemory.
15. The art of *drawing*: Drawing, Graphical Memory, Graphical Intelligence.
16. The art of *photography-film*: Filming, Visual Memory, Mnemotechnique.
17. Instrumental art: Music, Musical Intelligence, Musical Memory.
18. The science of *human subsistence*: Economy, Forecast, Prophylaxis.
19. The cultivation of *memory*: Mnemotechnique, Submemories, Conscientiality.
20. The art of *communitarian participation*: Groupkarma, Gregariousness, Universalism.
21. The science of *motivation-work-leisure*: Profession, Professional Career.
22. The science of *leadership*: Administration, Interpersonal Intelligence.
23. The science of *research*: Scientificity, Coherent Logical Intelligence.
24. The science of *thinking rationally*: Mentalsomaticity, Thosenity.
25. The science of *personal discipline*: Self-Organisation, Personal Methodology.
26. The *moral experience*: Cosmoethicality, Incorruptibility, Universalism.
27. The science of *consciential energies*, or CEs: Bioenergetics, Energosoma.
28. The art of *living intraphysically*: Intraphysicality, Contextual Intelligence.
29. The science of *CPs*: Projectiology, LP or Parapsychic Intelligence.
30. The art of *assisting others*: Claritask, Maxifraternity, Polykarmality.

Test. Experimenter, which of these abilities do you completely dominate, seek to develop through personal effort, or recognise your incompetence in?

512. TEST OF THE BALANCE OF YOUR PERFORMANCES

Evaluation. As a conscin, it is up to you to perform a periodic review of your undertakings, in order to discover the quality of your evolutionary efforts. Here are 60 factors, 30 relevant initiatives and 30 irrelevant preoccupations:

Relevant Initiatives

01. Act with rigid self-critique
02. Adapt myself to good new things
03. Assist who needs and wants help
04. Attainment of my holomaturity
05. Avoid a relapse in errors
06. Better develop my VSs
07. Compose my evolutionary duo
08. Create cosmoethical thosenes
09. Cure my primary affectivity
10. Diminish negative stresses
11. Dynamise the human economy
12. Execute the proaxis in the stated time
13. Firmly search for permanintfreeness
14. Get maximum benefit from studies
15. Identify my megaweaktraits
16. Improve incorruptibility
17. Install my consolidated offiex
18. Leave my consciential basement
19. Maintain satisfactory health
20. Minimise psychic crutches
21. Parapsychically re-educate myself
22. Perfect my priorities
23. Polish self-knowledge
24. Prepare the next existence
25. Prioritise my pure creativity
26. Recoup my essential cons
27. Refined parapsychic signals
28. Self-experience of new dimensions
29. Stimulate communicability
30. Take advantage of my understanding

Irrelevant Preoccupations

01. Accumulation of extraneous immaturities
02. All the kinds of superstitious acts
03. Anachronistic relative truths
04. Any changes from my past
05. Beliefs and frivolous eruditions
06. Evolution of subhuman beings
07. Fanatics' salvationist addiction
08. Generalised allures of Socin
09. Gurulatrias of the *unthinking mass*
10. Homages of intraphysical life
11. Lucid immaturities outside of myself
12. Lucid intrusion from fellow beings
13. Mediocrity of human environments
14. My current human autobiography
15. Mystical fashions of immature beings
16. Natural everyday phenomena
17. Others' consciential ectopias
18. Others' incompatibilities
19. Others' parapsychic signals
20. People's intimate experiences
21. Person who does not want to help anyone
22. Problems only for future days
23. Profit from the fortune of the rich
24. Public opinions in respect to me
25. Sacralisers' sacred things
26. Success of victorious conscins
27. The sparkles of a sociocultural life
28. Try *to help* any Serenissimus
29. Uselessness of any nature
30. Ventures of adult adventurers

Test. In this cold self-evaluation do you approve or disapprove of yourself?

513. AVOIDANCE OF 14 ANTISOCIAL ATTITUDES

Evolution. In your experiential phase today, you can be evolving to a higher level of freedom of freewill, or be entangled in stagnating groupkarmic company, capable of curtailing the personal possibilities of consciential progress.

Groupkarma. *Groupkarma can be nothing more than a reunion of amplified egokarmas.*

Cosmoethic. According to Cosmoethicology, to participate in *public power*, at any level, creates a deep bond and personal responsibility before the rights of the collective, or Socin. This provokes an amplification of freedom, but, nearly always constructs much more consciential, groupkarmic and evolutionary interprison, due to the marginal temptations that human power unleashes. (See Bib. 4720).

Matters. Here are, as examples, 14 *antisocial matters* capable of generating denunciations from newspapers, due to being attitudes that exhibit participation in public immoralities. These can grip a consciousness for many, many seriexises, from the immediate future, to the lowest evolutionary band of the groupkarma and to the *soil of the Country* where you live today:

01. **Banks.** Collude in the manipulation of state banks in favour of one's protected companies (damaging operations, *unfair dealings* or *provincial slyness*).

02. **Budgets.** To promote the embezzlement or misapplication of public funds.

03. **Collusions.** Enter into the collusion of *power broking* between parliamentarians and governors, generating governmental corruption and harm to the population (frauds).

04. **Competitions.** Participate in public tenders with *marked cards* (fixed games) or proposals detrimental to the state treasury (shady business scandals).

05. **Favours.** Unleash the official favouring of particular companies.

06. **Influence.** Practice the trafficking of influence in Government agencies.

07. **Nepotism.** Patronise the sponsorship, the favouring of friends and relatives, or nepotism in any area of the public service (the *crooked angel* in the *belly of the beast*).

08. **Purchases.** Effect public purchases without transparent competitions.

09. **Resources.** Make use of public resources to benefit some individuals (industrial pygmies; *white collar criminals*) or the leaders of clandestine organisations.

10. **Stewardships.** Usufruct the advantages and exaggerated expenses in the governmental, parliamentary or civil service (*illicit bargaining* and networks of corruption).

11. **Transactions.** Advance dubious transactions in any level of public administration (bad management, monkey business, corruptions, gratuities, commissions).

12. **Trips.** Enjoy unnecessary trips, with high costs, at the Government's expense (*gravey trains* and *tentacles of robbery*).

13. **Wages.** Peremptorily maintain public wages in disagreement with the Country's reality. There are hundreds of worthless *human laws*.

14. **Works.** Be dedicated to the accomplishment of expensive public works, whose cost does not correspond to the utility that favours all citizens (frauds).

514. OPTIONS FOR THE MEGAGOAL OR SELF-EVOLUTION

Megagoal. As regards the excellence of our consciential experiments in the present evolutionary phase on Earth, according to the theories of Conscientiology and the practices of Projectiology there are *better* personal activities that deserve reflection. Here are 30 *more ideal*, efficient and consensual options for the dynamisation of our self-evolution:

01. **Action.** Methodically act and do *instead of* speaking and promising without fulfilling.
02. **Animism.** Evolve with active animism *instead of* passive mediumship.
03. **Assistance.** Ask on behalf of other consciousnesses *instead of* asking only for yourself.
04. **Bait.** Become *conscious assistantial bait instead of* being a blind victim of frequent unconscious mini-intrusions.
05. **Claritask.** Centre yourself in the clarification task *instead of* common consolation.
06. **Cosmoethicology.** Direct yourself via Cosmoethics *instead of* stagnating in human morals.
07. **CPs.** Act with the psychosoma *instead of* sleeping 8 hours per day with the soma.
08. **Crutches.** Discard *psychophysical crutches instead of* enslaving yourself to them.
09. **Debates.** Debate all vital subjects *instead of* pontificating knowledge.
10. **Derepression.** Unrepress yourself *instead of* sacralizing people, beings and ideas.
11. **Dialogue.** Use frank and enlightening dialogue *instead of* maintaining resentments.
12. **Discernment.** Reflect with discernment (mentalsoma) *instead of* leaving yourself dominated by emotions (psychosoma) in the face of important decisions.
13. **Experiences.** Live direct personal experiences *instead of* adopting a belief.
14. **Holomaturity.** Seek integrated maturity *instead of* old immaturity.
15. **Incorruption.** Act with conscious incorruption in place of self-corruptions.
16. **LP.** Experience the LP, or lucid projectability, of a minority of consciousnesses *instead of* living the unconscious projectability of the majority of conscins.
17. **Minority.** Maintain yourself in the minority *instead of* ceding to handouts from the majority.
18. **No.** Say *no* more, *instead of* *yes* more, in important undertakings.
19. **Omniquestioning.** Apply yourself to omniquestioning *instead of* torpor.
20. **Openness.** Embrace frank openness *instead of* being hidden in esoterism.
21. **Polykarma.** Go for *polykarma instead of* satisfying yourself with groupkarma.
22. **Principles.** Follow personal principles (lucidity) *instead of* remaining indoctrinated.
23. **Science.** Practice Science *instead of* Art as the primary occupation in the existence.
24. **Self-consciousness.** Remain with self-awareness *instead of* irrationality.
25. **Self-control.** Go for self-control *instead of* *inter-ego dependence*.
26. **Self-mimicries.** Renew yourself *instead of* unnecessarily repeating experiences.
27. **Sexuality.** Choose heterosexuality *instead of* homosexuality.
28. **Studies.** Strengthen yourself by learning more and more *instead of* having *mental laziness*.
29. **Theorice.** Practice in the development of life *instead of* only theorizing.
30. **Universalism.** Deeply live the greatest universalism *instead of* remaining sectarian.

515. INSTRUCTIONS FOR A MULTIDIMENSIONAL LIFE

01. **Attention.** Who learns to pay attention succeeds more. At times more lucid projectability arrives stealthily, when least expected, at 3 o'clock in the morning.

02. **CPs.** Who applies their time to only read about others CPs, scarcely benefits. Who has CPs and publishes reports through their decided will, benefits more.

03. **Cravings.** Who goes to the supermarket while hungry spends more than they want. *It is foolish to insist in lucidly leaving the soma while being sexually needy.*

04. **Curiosity.** To have healthy curiosity is a talent: ask “why?” in any consciential dimension. The integral memory carries more knowledge than we know.

05. **Diary.** To keep a multidimensional and parapsychic diary is evidence of practical intelligence. It can be a key to greater self-knowledge.

06. **Evolution.** It is good to leave, with respect, the *old* traditions to who still needs them. It is better to accept the renovations imposed by evolution, without neophobia.

07. **Gossip.** Press yourself to avoid gossip. The rumour mills of malicious tongues reach a truly multidimensional scope and often generate undesirable repercussions.

08. **Helpers.** Success is experience and authenticity in the presence of helpers.

09. **Hyperacuity.** As difficult as the situation is, it is important that the consciousness maintain lucidity (cons or hyperacuity) in any of life's dimensions.

10. **Learning.** All helpers you are acquainted with know something you do not know. It is useful to make an effort to learn from these diligent consciexes.

11. **Maturity.** It is intelligent for you to become the most positive and well-intentioned conscious projector that you know. It all depends solely on your maturity.

12. **Money.** Money alone does not bring evolutionary happiness. There is no money in any of the extraphysical dimensions travelled in by conscious projectors.

13. **Multidimensionality.** It is intelligent to pay attention to multidimensional behaviour: a most valuable advantage in consciential evolution and evidence of your cosmoethical level.

14. **Personal.** Nothing *personal* exists that is not *public* in relation to the extraphysical.

15. **Proexis.** Strictly speaking, the period of intraphysical life is not yet completed while the personal proexis has not been compensated by complexis, euphorin or a morexis.

16. **Profanities.** It is ignorance to utter profanities: no one is completely alone.

17. **Rights.** It is intelligent to combat preconceptions and discriminations in any consciential dimension. Interconsciencial rights exist everywhere.

18. **Secret.** You do not place the burden of a *secret* on only one consciousness. There are *multi-dimensional paraeyes and paraears* following everything you do.

19. **Smile.** It is worth smiling at multidimensionality, without any fear. A smile costs nothing and is priceless. *Good humour* is consciencial health.

20. **TV.** Watching violent programmes on television creates a predisposition towards traumatic experiences of interconsciencial intrusions in *paratropospheric dimensions*.

516. TEST OF THE ESSENCE OF THE NATURE OF THINGS

Evolution. Here are 35 essences of the nature of things belonging to consciential evolution:

01. **Affectivity** in the universe of emotions, within the intimacy of each conscin or consciex.
02. **Amplitude of universalism** in all evolutionary undertakings.
03. **Attention** in the basic learning of any consciousness, wherever they be.
04. **Authenticity** in lucid interconsciential relationships, anywhere.
05. **Awareness** within the universe of healthy and mature sexuality (conscin).
06. **Cold analysis** in any universal phenomenon that gives us self-motivation.
07. **Consciential maturity** (holomaturity) in the use of personal freewill.
08. **Conscientisation** in the attainment of a reasonable level of self-incorruptibility.
09. **Constant self-critique** in the utilisation of affective retrocognitions in the groupkarma.
10. **Cosmoethics** in the self-liberation of the consciousness from the primitive egokarma.
11. **Discernment** in the acceptable maturity of your intelligence and attributes.
12. **Epicon**, or a **consciential epicentre**, in the maintenance of an active offiex.
13. **Imagination** in the universe of already feasible and accepted personal incorruptibility.
14. **Incorruption** in the efficient combat of intellectual laziness or mental fatigue.
15. **Inseparability** in the karmic harmonisations of consciousnesses (experiences).
16. **Intraphysical anonymity** in polykarmic, assistantial, consciential efforts.
17. **Lucid Projectability** (LP) in the understanding of the multidimensional universe.
18. **Lucidity** (cons) in the evolutionary evaluation of the consciousness itself (hyperacuity).
19. **Memory** in the continuous improvement of self-critique and heterocritique.
20. **Orgastic Aura** in the intimate pacification of the conscin's CEs and emotions.
21. **Parapsychism** in understanding the universe of most advanced Holosomatology.
22. **Permanent motivation** in your own performances coherent with Evolution.
23. **Personal denudation** in interconsciential relations with Serenissimi.
24. **Personal experience** in the acquisition of *vanguard wisdom* (permanintfreeness).
25. **Personal will** in the lucid application of CEs, or consciential energies.
26. **Practical application** in the development of research on any phenomenon.
27. **Relativity** concerning any leading edge truth or reality (facts).
28. **Self-confidence** in the employment of CEs in any consciential dimension.
29. **Self-cure** in the use of *any therapeutic modality* today, or tomorrow.
30. **Self-deintrusion** in the practice of penta, or the daily personal energetic task.
31. **Self-organisation** in the efforts of the dynamics of consciential evolution.
32. **Sincerity** in directing the consensual clarification task.
33. **Tenderness** in the manifestations of authentic pure love (maxifraternity).
34. **Thosene** in a deep analysis of manifestations of consciousnesses in general.
35. **Universal consensus** in the set of the ego's *maximum interests* (universalism).

Test. With which basic essences of the *nature of things* do you live today?

517. TEST OF YOUR INTRAPHYSICAL COMPETENCE

Performance. Concerning the level of competence, performance and quality of existential tasks, all professional individuals can be inserted into 1 of 3 basic types: *a person in the business*; *a university technician*; or *a newcomer*.

Characteristics. The 3 types can succeed or fail in their jobs. Each has specific potentialities and experiences extremely individual risks.

1. **Talented.** A **person in the business** is more intertwined in the performance of the activity. Shows *precocious talent*. Knows how to join Science with Art and amateurism with professionalism. Initiates a career, with no formal scholastic rejections while still in the *infantile phase*. Houses rationality with good common sense. Belongs to a pioneering generation. Exercised in a previous life, or lives, some task in the same line of work. Had a recent advanced *Intermissive Course*. Their motivation is in their work, where they apply the holosoma in its entirety. Being more inventive, they tend to become very experienced or even a *slave of the profession*. They let humanity predominate over professionalism and often feel *on a mission*. They are more predictable and trustworthy. They are predisposed to *completeness in intraphysical life* (complexis).

2. **Superspecialist.** The **university technician** who has been constructed through academic orchestrations. They vacillated when first choosing a path. They performed several entrance examinations and wasted school years. They initiated a career while still in the *preparatory phase* of intraphysical life (until 35 years of physical age). They belong to the classic generation of *that decade*. In a previous life, they may, or may not have performed a similar mediocre task. They did a recent, mediocre, *Intermissive Course*. Above all they apply their mentalsoma in their tasks. They tend to fall into superspecialism. They use more rationality in everything. They let Science predominate over Art, technicism over humanism. They are more conventional and have a smaller sense of improvisation. They have a greater technical competence for intraphysical success in Socin.

3. **Expert.** The **newcomer** is an *expert*, from another area, settling into a new arena of work. They belong to the *new generation*. They discovered their vocation *later*. They initiate their career in the *executive phase* (from 36 to 70 years of physical age) of intraphysical life. Using the knowledge and prestige gained in the other area, in which they were a veteran, they perform what they know in their new interest. Their adaptation is much more difficult and demands greater discipline. If opportunistic, a self-seeking upstart, or an intruder in the area, they can feel like *a stranger in the nest*. They display a sense of improvisation. Being inconsistent, they are less trustworthy and predictable. Having suffered a detour from their course, they are anxious to rectify it, *making up for lost time*. They are more polyvalent and generalist and can attain full success as a lucid recycler (recexis).

Test. Such characteristics are also applied to a conscin's multidimensional, parapsychic or conscientiological realities. Where do you place yourself in this classification? The ideal is the conscin who uses the best attributes from the 3 characteristic types, simultaneously. *The percentage of unpleasantness of the claritask is still enormous in the pathological Socin.*

Learning. The more a conscin learns, the more they become capable of learning.

518. TEST OF YOUR EVOLUTIONARY COMPETENCE

Talents. Motivation leads you to the consciousness' greatest evolutionary undertakings. *Self-organisation* makes you improve your performance. Everyone has talents. *Personal effort* allows us to be completists in our evolutionary tasks.

Results. A consciousness' maturity recommends motivation, organisation and abnegation in what we do well. A choice can be positive but the final results can end up being unsatisfactory, in any type of activity. Without considering the obese dietician, the demented psychiatrist or the pregnant nun, here are 12 examples of this fact:

01. **Barber.** A barber can become no more than a *face-scratcher* or clumsy barber.
02. **Critic.** A critic can turn into a criticaster or *ferule of the world*.
03. **Doctor.** A doctor can be a mere *quack* or professional charlatan.
04. **Driver.** A taxi driver can be a mere *unskilled Sunday driver*.
05. **Journalist.** A journalist can belong to the *tabloid press*, be without principles, like an Aretino or venal journalist.
06. **Lawyer.** A lawyer can become a *shyster* or chicaner.
07. **Merchant.** A merchant can become a *smuggler*, contrabandist, trafficker (drug trafficking), or the *capo di tutti i capi*.
08. **Painter.** A painter can be considered simply a *dauber*, or a whitewasher.
09. **Politician.** A politician, like legions of them everywhere, can be nothing more than an incorrigible *grafter*, involved in a series of *dirty tricks* and corruptions.
10. **Surgeon.** A surgeon may not go beyond being a *butcher* with a scalpel in his hand.
11. **Tailor.** A tailor can end up being a styleless *mender*.
12. **Writer.** A writer can settle his pen, computer / telephone, at the level of a scribbler or plagiarist, in the manufacture of *money chasing books*.

Purposes. You can also be an expert in producing the phenomena of CP, or consciousness projection, or just be a *bad projector*. Without Cosmoethics and personal effort, self-corruption distorts the ultimate purposes and objectives with regards to parapsychism and LP.

Test. Here is the indispensable test of competence: What is my choice in intraphysical life? Do I honour the essential and formal knowledge of the certificates I have received?

Blind. Everywhere in the intraphysical dimension, and in the tropospheric extraphysical dimensions, there are multitudes of evolutionary blind people leading other blind people. "The naivety of infancy is pretty, like a flower." Both have no sagacity and dominate Boeotia and Foolishland with paradisiacal innocence and the best of human intentions. In analyses and reflections, who forgets irrelevancies prospers: a blunt tool, a cataplasm on a dead person's head, forcing entry through an open door, spitting up towards the sky. Regarding myself, I attempted to build this volume based on concepts from my *holomemory*.

Evolution. *In summary, to evolve, today, is to decant the parabrains.*

Formula: Serenism = *encephalic* brain + parabrains.

519. TEST OF YOUR CREATIVE EVOLUTION

Affirmations. Are you a curious conscin? Here are 20 personal affirmations of a mature conscientiologist that dynamise your intraphysical existence:

01. **Chance.** I have always had many happy opportunities on my evolutionary path.
02. **Confidence.** Many evolved consciousnesses pay attention to what I do and, until a certain point, take care of me (Helper, Evolutionary Orientor, Serenissimi).
03. **Economy.** In the end I always have enough money for all my basic necessities. There are pauper conscins and multibillionaire cadavers.
04. **Emotion.** The consciousnesses I love are sufficient support for my emotions.
05. **Groupkarma.** I am as good as any other consciousness at my evolutionary level. A conscientiologist *is familiar with* all unarmed conscins.
06. **Incorruptibility.** Honesty helps me successfully go ahead in life (Cosmoethics). *Negative activities* do not enter here, for example, the manufacture of weapons.
07. **Life.** *A human life is always a great opportunity for self-evolution.*
08. **Man.** In principle, man is generous and amiable. In the consciential gestation of an evolutionary duo, the man is the *father of libertarian ideas*.
09. **Motivation.** Everything is getting better and better for me.
10. **Optimism.** I face my existence with relative ease.
11. **Positivity.** I have been getting better everyday. (See Bib. 3936).
12. **Reality.** It is I who creates my own positive reality.
13. **Recognition.** Many consciousnesses, from many different existential dimensions, love me. *Longing* is not a requiem. No consciousness gets extinguished.
14. **Self-confidence.** I am very happy with myself.
15. **Self-cure.** I am always perfectly healthy to execute everything that I intend. The laringo-chakra is not a *slot machine*. Money and Hosts shut mouths, they do not cure.
16. **Self-sufficiency.** I, much better than any other consciousness, can take care of myself according to what a *Homo idealis* has to be.
17. **Success.** I go forward with a reasonable expectation of success for myself.
18. **Team.** I am one among many consciousnesses that can do the work I am performing (a lucid minipiece within the operating maximechanism).
19. **Time.** I have all the time I need to execute my proexis.
20. **Woman.** A woman can be simultaneously intelligent, loving and successful. In the consciential gestation of an evolutionary duo, the woman is the *mother of libertarian ideas*.

Test. If you, with plenty of self-critique and sincerity, feel confident in at least 10 of these affirmations of positive thought, you are already conscious of your creative evolution. We cannot succeed in living *for* (or *in the place of*) anybody else.

Self-discernment. Good will and good intention alone are not enough. Many people with a *good heart* die, due to their own heart. Self-discernment is everything.

520. TEST OF YOUR EVOLUTIONARY RE-EDUCATION

Reflection. In the effort of personal and group evolutionary re-education, 10 consciential positions and 10 consciential re-examinations deserve critical reflection in multidimensional intraphysical life.

Positions. According to Conscientiology, within the current intraphysical life a permanentfree conscin defines these 10 obsolete positions as wasted efforts and truly not ideal attitudes:

01. **Aristocracy:** the prerogative of blood and the *pornocracy*.
02. **Dynasty:** human *pedigree* or “who is who” in Socin.
03. **Elitism:** any kind of artificial, fascist elitism.
04. **Etiquette:** conventionalism, protocol and sacramentalism.
05. **Laziness:** confirmation of the condition that “all power is suspect”.
06. **Oligopoly:** oligarchy, nabobism and maharajism.
07. **Patronage:** all types of badly-managed paternalism.
08. **Refinement:** luxury, class, sumptuousness and artificial *eutaxia*.
09. **Regalia:** privilege, immunity, impunity and inalienability.
10. **Snobbery:** monarchism, heraldry, Genealogy and *birthplace*.

Re-examinations. An alert conscin measuring their primary or advanced manifestations against evolutionary consciential maturity, through questionings, arrives at 10 varied re-examinations among ambivalences or in the presence of dichotomies:

01. **Devices.** Conscientiology’s books - *artefacts of knowledge* - and delimiting machines. The purpose of *reading* is to enrich one’s association of ideas with a body of information. Is there rationality, logic and *coherence* in the text of this book?

02. **Discernment.** Unhuman, robotic automatisations (that can lead to robexis), and the reflection of mature self-discernment. (See page 504).

03. **Generalism.** The *unconsciously hemiplegic*, sectarian superspecialist and the self-conscious, polyvalent, universal generalist.

04. **Heuristic.** Cybernetic robots and the brilliant, inventive capacity responsible for your creation. And the still artificial intelligence, virtual reality and multimedia.

05. **Hypotheses.** The engine (fuel) and the hypothesis (or even a mere poem).

06. **Learnings.** Stereotyped automated learning and creative self-motivated learning. *Speed reading* only helps while reading secondary newspapers.

07. **Mentalsomatics.** The *manual* condition with muscular foundations (soma, cerebellum and psychomotricity) and the *mental* or neuronal condition (soma, brain and mentalsomatics).

08. **Meritocracy.** Mechanical technocracy and the ethical meritocracy (Cosmoethics).

09. **Rationality.** Immature artistic creation and rational professionalisation.

10. **Theorice.** An exclusively theoretical Conscin and theorice or theory-practice.

Test. To which primary positions are you still prone? What advanced self-conscious manifestations do you imprint on your life?

Course. *The third age is often a predesomatic course for a geriatric.*

521. TEST REGARDING YOUR CONSCIENTIAL OBJECTIVE

Work. *An emphasis on consciential work avoids errors in the execution of a proaxis.*

Appliances. True science is liberating. In the privacy of your home and garage it is possible that you will encounter 20 functioning domestic appliances that are electronic, mechanical, electric, *laser*-based and count among the techniques employed by *Homo artifex*.

Consciousness. However, your consciousness produces more constructive results than all the devices of the known Physical Universe and with greater efficiency. None of these isolated devices, nor a combination of all of them operating together, is able to give you any of the 20 advanced evolutionary conditions that practically satisfy you:

Evolutionary Conditions	Domestic Appliances
01. Intrapysical self-mimicry (experience)	A high gain parabolic antenna
02. Complexis or existential completism	Ergometric bicycle (computer)
03. Cosmoconsciousness (extraphysical)	Solar powered calculators
04. Permanintfree (permanently intrusion free)	Cars of the year, latest types
05. Evolutionary duo in active service	Computer, modem and <i>CD-ROM</i>
06. Preliminary interview with a Serenissimus	Silent air conditioners
07. Epicon or consciential epicentre	Electric stove and microwave ovens
08. State of continuous consciousness	Refrigerator and <i>frostfree freezer</i>
09. Prophylactic vibrational states	Intercoms in 3 strategic places
10. Important consciential gestations	Dishwashing machine
11. Holorgasms (holosomatics)	Machine to wash and dry clothes
12. Invexis or existential inversion	Electronic typewriters
13. Lucid integrated maturity	Food processor
14. Cosmoethical maxifraternism	Multiband radio-alarm clock
15. Offiex or extraphysical office	Electronic assistant and calendars
16. Open functioning polykarma	Wireless telephone with fax (cellular)
17. Serenism as the evolutionary goal	Remote-control televisions
18. Parapsychic signals (employed)	<i>Compact disc</i> player (CD)
19. Claritask, or clarification task	<i>Hi-fi stereo</i> video cassette
20. Maximum self-conscious <i>strongtraits</i>	Colour photocopier with zoom

Instrument. The consciousness' efficiency depends on discernment, unbreakable will and self-motivation, aiming at evolutionary prioritisations. Instrument for instrument nothing is better than a deliberately employed consciousness.

Test. Observe what objective you wish for. Do you want to attend exclusively to the soma or to your holosoma? Is evolutionary dynamism your objective, or do you feel excellently accommodated in the current intraphysical life?

522. TEST OF YOUR SELF-EVOLUTIONARY PLAN

Reflection. If you manage to reflect with lucidity outside of the soma in a favourable extra-physical environment, you can already define the essential foundations of life on Earth, with discernment, without passions, elaborating a free and realistic self-analysis. Then you will see that the sequence of your personal conquests in the cycle *intermission 1 - intraphysicality - intermission 2*, is constituted by this crescendo of at least 21 self-evolutionary consciential conditions:

01. **Intermission 1.** Period of the recently past *presomatic* intermission.
02. **Course 1.** Personal *presomatic Intermissive Course* (the *paradidatic* level varies).
03. **Intraphysicality 1.** Current intraphysicality: human restriction.
04. **Maturities 1 and 2.** Human maturities: physical / biological and mental / psychological.
05. **Paralucidity.** Extraphysical self-awareness during the lucid projected state (LP).
06. **Mentalsomatics.** Sense of amplified personal human discernment.
07. **Cosmoethic 1.** Increasingly encountering the *binomial common ethics-Cosmoethics*.
08. **Priorities.** Personal priorities through the maturity of the self-freewill.
09. **Code.** Composition of a *code of personal principles* to live on Earth.
10. **Self-organisation.** General, perennial, indispensable and evolutionary self-organisation.
11. **Claritask.** Manifest personal preference for the assistantial clarification task.
12. **Cosmoethic 2.** Refined Cosmoethics: holosomatic and multidimensionality.
13. **Maturity 3.** Holomaturity relative to the more permanent-free integral consciousness.
14. **Retrocognitions.** Healthy retrocognitions regarding the personal *Intermissive Course 1*.
15. **Polykarma.** Preferential engagement of the conscin with the polykarmic current account.
16. **Serenism.** Increasing energetic and extraphysical coexistence with *Serenissimi*.
17. **Complexis.** Execution of a specific personal proexis (euphorin, morexis).
18. **Intraphysicality 2.** Conscious preparation of the outline of the future physical rebirth.
19. **Desoma.** The inevitable next deactivation of the soma in a climate of personal peace.
20. **Intermission 2.** Period of consequent, healthier *post-desomatic* intermission.
21. **Course 2.** *Post-desomatic Intermissive Course* at an advanced *paradidatic* level.

Factors. The foundations of the sustentation of this *self-evolutionary plan* are based on 3 factors, or a tri-endowment: *cultural background* of your personality; your parapsychic endowment; and the excellence of the communicability within the permanent fight against Socin's brain-washings. If you desire to obtain complexis (existential completism), all these conditions are not merely optional for you, they are practically obligatory.

Morexis. In important contexts, a morexis (existential moratorium) becomes irresistible. It is intelligent to look for the context of this plan, observing the steps already taken in the preparatory (until 35 years of age) and executive phases of the human life.

Test-challenge. Can you conceive another, more logical, self-evolutionary plan?

Conscientiotherapy. *Conscientiotherapy strives to remedy the sequelae of previous parapathological disturbances.* The current soma receives *retropsychic scars* into itself.

523. TEST OF THE ESCALATION OF YOUR FUTURE

Futurology. According to futurologists, Arthur Clarke for example, the future escalation that Man will create in the next generations, will permit the attainment of, amongst others, 30 intraphysical advances in the sectors of Biology (Chemical); Communications (Information); Physics; Materials (Manufacturing); and Transport:

01. Antigravity (Transport).
02. Artificial intelligence (Information).
03. Artificial life (Biology).
04. Astronomical engineering (Manufacturing).
05. Biological engineering (Biology).
06. Colonisation of planets (Transport).
07. Contact with extraterrestrials (Communications).
08. Control of climates (Physical).
09. Control of time (Physical).
10. Control over hereditariness (Biology).
11. Encounter with extraterrestrials (Transport).
12. Exploration of the Centre of the Earth (Transport).
13. Exploration of the sea (Materials).
14. Intelligent animals (Biology).
15. Interstellar exploration (Transport).
16. Interstellar flight (Transport).
17. Logical robots (Communications).
18. Mechanical teachers (Information).
19. Nuclear catalysis (Physical).
20. Planetary industry (Manufacturing).
21. Prolonged hibernation (Biology).
22. Regressive memory (Information).
23. Space exploitation (Manufacturing).
24. Space-time distortion (Physical).
25. Telesensory devices (Communications).
26. Transmission of matter (Transport).
27. Transmutation (Manufacturing).
28. Transport at the speed of the light (Physical).
29. Universal library (Information).
30. Worldwide brain (Communications).

Test. Even with these *intraphysical* evolutionary conquests, *intraconsciential* conquests will be attained through the effort of each conscin. *Material progress does not eliminate intraconsciential progress.* Is it worthwhile to start escalating your future now?

524. TEST OF YOUR EVOLUTIONARY - PRESENT-FUTURE

Conditions. Here are 30 consciential conditions that we leave in the past (retrocognitions) and another 30 conditions that we seek in our present-future:

We leave in the Past	We seek in the Present-Future
01. Bewildering perjuries	01. Advanced conviviality
02. Bitter deceptions	02. Assumed responsibilities
03. Consciential failures	03. Benevolence above all
04. Continuous contrariness	04. Correctness of behaviour
05. Countless adversities	05. Cosmic altruism
06. Disturbing omissions	06. Cosmoethical dignity
07. Diverse accidents	07. Effortless composure
08. Errors on top of errors	08. Evolutionary prosperity
09. Frustrations with ourselves	09. Fairness in apportioning
10. Group calamities	10. Groupkarmic affection
11. Habitual dishonesty	11. High-level discernment
12. Indefensible wrecks	12. Honouring your word
13. Indescribable treasons	13. Interdimensional civility
14. Irrational sacrifices	14. Magnanimity in thosenes
15. Karmic disasters	15. Moderate attitudes
16. Mental and bodily impotencies	16. Motivation for the best
17. Mental selfishness	17. Multidimensional gratitude
18. Misfortunes suffered	18. Natural honesty
19. Omnipresent corruptions	19. Personal incorruptibility
20. Peculations in group	20. Polykarmic generosity
21. Permanent indiscipline	21. Probity in conviviality
22. Programmed rebukes	22. Proficiency regarding the proexis
23. Provoked abortions	23. Prudence in undertakings
24. Remarkable ungratefulness	24. Pure affection
25. Sadistic perversities	25. Security in the options
26. Shameful defeats	26. Serenity in invexis
27. Successive bankruptcies	27. Sincere abnegation
28. Surreptitious iniquities	28. Spontaneous happiness
29. Swindles involving many people	29. Successes in relation to ourselves
30. Unconfessable mercenariness	30. Victories with complexis

Test. Highlight your intimate conditions in yellow. Summing your personal conditions, does the list in the second column predominate?

525. TEST OF YOUR INTRINSIC MEGAVALUE

1. **Microuniverse.** In general, you, an intraphysical consciousness, have an enormous accumulation of thousands of pieces of knowledge, hundreds of different beliefs, tens of very personal sets of attitudes or interests, but, at most, only 10 values intrinsic to your consciential microuniverse, products of your *genetic and mesological inheritances*.

2. **Changes.** The pieces of knowledge are infinitely varied. *Beliefs are destroyed or substituted by integrated consciential maturity*. The attitudes change according to the interests of the period of intraphysical life. The values are more permanent. However, even the system of intrinsic values can be modified by brainwashings.

3. **Values.** 6 personal realities can be included in these values: the soma; the person the consciousness loves most; material patrimony; a descendant, son or daughter; a deed or accomplishment, for example, a published book; a social condition or academic level (scholarship).

4. **Contagion.** A person who sees a certain colour as blue, may start to consider it green in the presence of other people who see it as green. This depends on the infectious atmosphere or the psychological contagion fashioned under strong interpersonal pressure, external to their consciential microuniverse. This is the phenomenon of natural suggestion or spontaneous hetero-hypnosis, widely used by the commercialism of advertising.

5. **Impressionability.** Social and sensorial isolation can also predispose changes of behaviour, this depends on the companions in the social group and on the personal capacity to be affected.

6. **Peccadillos.** A person who considers themselves honest, receives the wrong change, getting more money than they should have and does not return it. This does not necessarily mean they have a dishonest character. They could only be inconsistent with their personal, primary Cosmoethics. They only commit mental peccadillos or *pathothosenes* that they consider harmless or without major importance. There are *cute, neat and empty* conscins everywhere.

7. **Conformity.** Our conformity with the standards - external forces - of a social group, can shape our behaviour. For example, during the Korean War, 21 North American soldiers captured during the conflict decided to remain with the Koreans and to not return to their native country.

8. **Expectations.** For example, projective recycling happens as a result of the changing expectations of a conscin who proves to themselves: they are not going to be extinguished with their soma and that their consciential life will continue.

9. **Test.** What are your real intrinsic, consciential values? Discovering and re-evaluating them will be very important for you. It is preferable to crush rock with fingers than have access to a brain without specialised synapses.

Maximum. What is your greatest intrinsic value? Do you value consciential evolution? Or frankly, have you not thought about it until now?

526. SUBSTANTIATION OF THE ENERGOSOMATIC EXISTENCE

01. **Bases.** There are 2 basic *elements* in the Universe: consciousness and energy.
02. **Consciousness.** Consciousness is not energy. Consciousness *is beyond* energy.
03. **Matter.** Matter is energy. Matter and energy are one and the same thing.
04. **Energy.** Energy also manifests between (or joins) matter and the consciousness.
05. **IE.** IE, *immanent* energy, is everywhere, or in every consciential dimension. It is not known how IE appeared. All of the consciousness' energy is derived from IE.
06. **Brain.** The human brain is the most evolved *object* in the Physical Universe.
07. **Neurophysiology.** The consciousness controls, operates and directs the brain.
08. **Soma.** The soma, or human body, is the most ostensive instrument of manifestation of the consciousness while it lives acting in the physical dimension (conscin), or on Earth.
09. **Holosoma.** The holosoma is composed of the soma, energosoma, psychosoma and mentalsoma. Those are an intraphysical consciousness', or conscin's, vehicles of manifestation.
10. **Life.** The energosoma connects the psychosoma to the soma (Genetics of the human life).
11. **Vehicles.** A consciex (extraphysical dimension) only manifests through the psychosoma and the mentalsoma, or those 2 vehicles that *transport the consciousness* (cargo).
12. **Union.** A consciousness does not directly unite with the soma, or biological body.
13. **Energosoma.** A consciousness does not directly unite with the energosoma either.
14. **Psychosoma.** A consciousness does not even directly unite with the psychosoma.
15. **Mentalsoma.** A consciousness does directly unite, in some way still ignored by us all, to the mentalsoma (the cephalosoma, or body of discernment).
16. **Parabrain.** The parabrain, in the psychosoma, is the *supposed* base of the mentalsoma.
17. **Rebirth.** *Strictly speaking, at our evolutionary level a consciousness is not reborn.*
18. **CE.** In reality, *what is reborn* is the CE, the consciousness' energy, or, in other words: the entire *energosoma*. This energosoma disappears with the second desoma.
19. **Conscin.** Conclusion: the consciousness, when in the intraphysical condition (conscin), therefore, only manifests in matter - or differentiated energy - in an indirect way.
20. **LPs.** This explains the natural possibility of a conscin to lucidly project (LPs) themselves, and to manifest themselves in other consciential dimensions (multidimensionality).
21. **Teleportation.** The human body cannot be projected: it can only be teleported.
22. **Desoma.** The energosoma is never entirely projected. If that occurs the soma would be deactivated, or, in other words: desoma, first death or the final projection, would occur.
23. **Cargo 1.** The psychosoma is projected carrying the consciousness.
24. **Cargo 2.** The mentalsoma is also projected carrying the consciousness.
25. **Truth.** Everything that occurs reaffirms the multidimensional and permanent condition of the consciousness, *in our current evolutionary level*, which in truth, strictly speaking, is not, or does not live, fully imprisoned on the Planet's crust. Today this is one of the *most leading edge*, or vanguard, practical relative truths of Conscientiology and Projectiology.

527. TEST OF YOUR INTRAPHYSICAL INTEGRATION

Planetisation. *Who kills the land, commits an indirect suicide.* From the point of view of *planetisation*, or the ephemeral materialisation of a conscin (through the energosoma); of their intimate potentialities; and their relations with the environment (Mesology); 3 practical results of *intrapysical integrations* on this Planet Earth can occur:

1. **Animalisation.** *Animalisation* is where a new human personality can be raised by sub-human animals (for example: wolves and bears), far away from their fellow humans. Children, left in the wild as babies and “adopted” by animals, do not become human beings, they “animalise themselves”. In adolescence they are no more than small animals that hunt, growl and walk “on all fours”, apprehending nothing of a “civilised” adult human level. Here, the soma (instincts) is the predominant vehicle in the critical *accidental intrapysical integration*. They returned to the inventory of resources from the sole use of the inferior animal chakras - in an attitude of recollecting and repeating behaviours - developed during a major period of the life of a retrograde consciousness such as this. We have already lived *in* or *with* animal bodies, making a return to this way of living not so difficult, despite the impropriety of the dislocated use of the human body, which in this case is used in a way analogous to the bodies of the wolves. This is an exceptional, rare case of completely unhealthy or negative intrapysical integration (fixation).

2. **Hominisation.** *Hominisation* is where the new personality, together with its fellow beings, becomes “hominised” through primary socialisation, in a family life, or learning in the first infancy. Here, the emotional body (psychosoma, affectivity) is the predominant vehicle in a *natural* intrapysical integration. This is the case of *intrapysical integration* common to the absolute majority of mediocre, self-aware conscins, but well beyond the evolutionary level of subhuman beings. (See Bib. 4339).

3. **Serenisation.** *Serenisation* is where the new personality, under the canopy of the Sere-nissimi’s assistance, beyond living with their parents, moves towards a greater level of daily pre-serenism, skipping stages of physical adaptation and conquering integrated maturity, or holomaturity, of the consciousness earlier. Here, the mentalsoma - the body of discernment - is the predominant vehicle in an *evolved intrapysical integration*. This is an exceptional, rare case of completely positive or healthy intrapysical integration.

Conquest. If your case is the natural one, common to the majority of average conscins, it will be intelligent on your part to value the parents, family and environment that you received in this hominisation, which preserves your human life. However, you can go beyond, in the effort to experience the consciousness’ integrated maturity and in the search for greater serenity. This previously referred to last, completely positive, rare case, only depends on you and your motivation to make it a personal reality. This does not constitute utopia or simple idealisation. It is a conquest accessible to everyone; however, successes do not exist without personal effort. A *conscin* is very complex: there are torturers who have children, with whom they manage to coexist.

528. TEST OF YOUR CONSCIENTIAL SPACE-TIME

Space. *We only understand well after we learn by experiencing.* A conscin is complex: the soma, the most rustic vehicle, is a set of billions of coordinated simultaneous processes within you. Your intraphysical consciousness is always administering time and occupying some intraphysical space in this energosomatic existence.

Occupation. Your occupation of intraphysical space means much more than situating your soma in some place. It is an occupation by your consciential microuniverse.

Thosenity. Your consciousness, beyond the soma, occupies more spaces with the holosoma than you imagine, or in other words: your thosenity, CEs, emotions and thoughts, morphothosenes and the highly individualised holothosene.

Questions. From there 3 very relevant and pertinent questions are raised for you:

1. **Soma.** What physical spaces do you occupy only with the presence of your soma in intraphysical life? *Man* has behaviours identical to those of chimpanzees.

2. **Consciousness.** What consciential spaces do you occupy with the presence of your consciousness in life? *Evolutionary work* is interminable.

3. **Privacy.** What consciential spaces do you occupy within yourself and use with intelligence? (See Bib. 4419).

Variables. Your *intrapsychicity* reveals your degree of multidimensionality. In this table, observe, with all self-critique, how you apply the space and time of intraphysical life, beyond your *projectarium*, for example through these 3 elementary spatial variables: your physical base, your consciousness; Nature; and the overwhelming *consumerism*:

A. C o n s c i o u s n e s s
(Conscientiology)

1. Universities and libraries
2. Museums, theatres and cinemas
3. Gymnasias, stadia, temples
4. Self-research centres
5. *Fenced off* public leisure areas

B. N a t u r e
(Ecology)

1. Clean free beaches
2. Fields and *camp sites*
3. Usable forests
4. Mountains, rivers and lakes
5. Open oceans and seas

C. C o n s u m e r i s m
(Technology)

1. Shopping arcades
2. *Shopping centres*
3. Super and hypermarkets
4. Periodic free fairs
5. Streets of vendors

Test. Where do you spend more of your consciential time:

A. In intraphysical spaces dedicated to your consciousness (Column A)?

B. In intraphysical spaces in contact with Nature (Column B)?

C. Or in intraphysical spaces filled by consumerism (Column C)?

Conscientiometrology. In a realistic self-diagnosis the answers give you a rough, conscientio-metric evaluation of your intraphysical life, major interests, consciential maturity and the current level of fulfilment of your true, neglected, forgotten or ectopic proaxis. *Will* is invincibility.

529. TEST OF YOUR ACCEPTANCE REGARDING SERIEXIS

1. **Theory.** *Knowledge of the theory of seriexis is not indispensable for a conscin to live on Earth.* Especially considering that, in theory, subhuman animals, who do not yet have awareness of themselves, have already breathed here, for thousands of centuries.

2. **Retrocognitions.** However, one of the personal evidences of self-evolution is respect for the theory of seriexis. But, until now, the seriexis can only be proven in a definitive, trustworthy and unconventional way, through self-retrocognitions.

3. **Parapathology.** If somebody does not admit the logical hypothesis of successive lives, or tenaciously fights what pertains to that reality, you can be certain they are confronting a serious problem of *self-omission*, some probable case of an unresolved parapathology of the holosoma, that needs to be diagnosed and treated. This is not a question of dogmatism. It is a question of personal experience and the existence of fissures in the integral personality.

4. **Multiplication table.** In the core of consciousness, one of the first noticeable manifestations of consciential evolution is the idea of personal continuity. An efficient vaccination regarding seriexis is the theme of the first class of the first, more rudimentary, extraphysical *Intermissive Course*. A kind of times table of the *evolutionary primary school*. This is in reference to our current evolutionary level. (See pages 603 and 604).

5. **Sophistry.** Without the *internal re-experiencing* of seriexises, no condition of intimate illumination and greater self-knowledge can progress as an acquisition already implanted in the consciousness. A conscin advances very little when they appeal to ego defence mechanisms or defend “imposed dogmas”, “cultural roots”, “mystical deliriums”, or sophisms from philosophic or scientific fallacies.

6. **Level.** The *consciousness-seriexis relation* demarcates an ego’s evolutionary level. LP, or practical lucid projectability, confirms this fact for any interested party.

7. **Alphabetisms.** We are all born knowing something, this exists prior to the Genetics and Mesology. What varies is the extent and quality of what we already knew, or our *innate ideas*. If the seriexis is not included here 3 *consciential alphabetisms* are implied: the *multi-millennial* (time or Chronology), the *multiexistential* (successive lives or seriexises), and the *multidimensional* (lucid projectability, or LP).

8. **Goal.** To an aware conscin the seriexis stopped being only a theory long ago, but, more than this, they now seek to plan a way to be free of themselves as quickly as possible, as one of the priority goals, agilising their evolution. What a *consciousness* seeks, they find.

9. **Examination.** Therefore, if the idea of the seriexis makes you feel nauseous, it is recommended that you urgently promote a general examination of your past traumas and obsolete approaches. As a result of the immaturity of your freewill there must be enormous imperfections in your prioritisations. To run away from the theory of the seriexis is the same as refusing the aid of a remedy and to disappear into *ostrichism*. There are *people* who change their choice, even sexual.

530. TEST OF YOUR INTRAPHYSICAL EXISTENCE

Experience. The posture one gains from experience is decisive and irreplaceable within Conscientiology. To accept a concept is a very relative attitude. It is important to have practical experience regarding the real significance of a concept. Personal experience definitively eliminates faith, the act of believing and the repetition of dispensable arguments for a conscin.

Proofs. *The seriexis is the basic principle of the consciousness' evolution.* It serves as an orientation for decisions relating to an individual's destiny. However, the existing irrefutable proofs about your reality are exclusively *private*. Due to the physical restriction imposed by laws of Genetics we have no *public* proofs of intraphysical rebirths to convince the forgetful majority of conscins about their past.

Types. Conscins can be classified into 7 types in relation to the notion of the seriexis:

1. **Inconceivable.** *Who* never thought about the reality of the seriexis or successive lives.
2. **Ignorant.** *Who* knows nothing about this reality (*the extracerebral memory*).
3. **Inadmissibility.** *Who* does not admit, even as a simple hypothesis, the possibility of the seriexis. This is very common unawareness regarding the multiexistential cycle.
4. **Hostility.** *Who* combats, with sincerity, this reality of the consciousness as merely a self-suggestion cultivated over centuries. (See Bib. 4340).
5. **Insufficient.** *Who* desires to accept the reality of the seriexis, however does not make use of satisfactorily convincing personal evidences for themselves.
6. **Anxiety.** *Who* is anxious to have healthy retrocognitions of a previous life, yet has not obtained any. A retrocognitor is a veteran historian of their *holobiography*.
7. **Parapathology.** *Who* remembers a previous existence, yet suffers the effects of unhealthy and disturbing heterointrusion due to this.

Action. If somebody has not had a remarkable experience of self-recognition, they are generally reluctant to admit that others have had it. How should a person from the *minority* act when they never had any problem regarding the reality of the seriexis; recalls passed lives with gratifying effects; and does not see personal merits nor demerits in light of these facts?

Attitudes. 3 human attitudes are needed here as logical options:

1. **Compassion.** To understand and have the innermost compassion toward conscins (majority) that have not lived similar identifying experiences related to the reality of the seriexis.
2. **Silence.** To egoistically remain silent about your tranquil personal proofs, in order to not face problems with the cultural conditionings of others, nor to be taken, by the quixotic, as defending a supposed still *indefensible position*.
3. **Responsibility.** To publically assume the reality of what was experienced, in favour of the common good, and without sectarianism, translating into a general clarification of fellow beings.

Minority. Since infancy I have placed myself in the ranks of the minority. My option has been for attitude number 3. Do you make use of another mature, intelligent, more worthy or cosmoethical solution for my case and for those of many others?

531. TEST OF THE PREPARATION FOR YOUR NEXT LIFE

Desoma. According to the Terminology of Conscientiology, here, the desoma, final projection or first death, is the inevitable transformation of a conscin to a consciex, one of the only certainties, practically absolute in this case, in an intraphysical or human life.

Resources. Experimenter, in the practical preparation of the next intraphysical existence, a conscin, from now, can count on 20 useful and efficient resources that can be applied, with greater intelligence and discernment *in the initial 1/3* of human life, or as a last resource, *in the final 1/3*, at least, of your current life:

01. **Groupkarma.** To balance relationships with the conscin components of your evolutionary groupkarma, from now on, to the utmost possible (on your part).

02. **Sexosoma.** Dominate your sexosoma, without repressions, aiming at the holorgasm and libertarian consciential gestations, within the binomial CE-creativity.

03. **Wholesaling.** Promote the condition of *consciential wholesaling* in all your endeavours. A leading edge relative truth (verpon) is naturally or inherently aggressive.

04. **Cosmoethicology.** Use Cosmoethics in all your major decisions.

05. **Conscientiometry.** Use conscientiometry to polish your performances.

06. **VS.** Attain control of the prophylactic VS through its daily execution.

07. **CPs.** Strive to produce projections of continuous consciousness.

08. **Strongtraits.** Use your lucid *strongtraits* against your *megaweaktraits*.

09. **Claritask.** Make the clarification task predominate over the consolation task.

10. **Polykarma.** Ask yourself about the possibilities of dynamising your current polykarmic account. The more distant in time, the more embarrassing the *retrocognitions* are to us.

11. **Groupality.** Actively participate in a group of existential inverters (grinvex) or existential recyclers (grecex). (See pages 682 and 690).

12. **Duo.** Compose an evolutionary duo specialised in *consciential gestations*.

13. **Seriexis.** Understand what you can about consciential seriality in your case.

14. **Penta.** Be predisposed to the execution of penta, or the daily, personal energetic task.

15. **Epicon.** Make yourself a lucid and active epicon.

16. **Offiex.** Apply to settle and maintain a functioning offiex.

17. **Holomaturity.** Be on the lookout for anything that can bring you closer to the condition of holomaturity. Any type or module of *intelligence* can commit blunders.

18. **Serenism.** Get a preliminary interview with a *Homo sapiens serenissimus*.

19. **Permanintfreeness.** Tenaciously seek to establish your permanintfree condition.

20. **Complexis.** Attain existential completism in accordance with your current proexis.

Test. In your favour, answer only one question for yourself: Which of these steps have I already obtained until this moment? (See Bib. 4770).

Incomplexis. *A conscin without complexis is equal to a bee without honey.* One intraphysical life advances only a little. As such, every *suicide* is a lamentable failure.

532. TEST OF 11 QUESTIONS ABOUT SERIEXIS

Definition. Seriexises, or the series of existential rebirths, is the alternation of periods of intraphysical life with intervallic periods, or intermissions, by the same consciousness. This occurs through intraphysical rebirths and desomas.

Answers. Here are 11 classic technical questions made during an initial approach to any original scientific subject, each succinctly answered here regarding the evolutionary plan called the *theory of the seriexis*:

01. **Agent.** *Who* is submitted to a *seriexis*? From what the facts indicate, all consciousnesses until a determined level of consciencial evolution.

02. **Existence.** *What* generates a *seriexis*? According to the little we know in this regard, the impositions or demands of personal consciencial evolution.

03. **Space.** *Where* does the development of a *seriexis* occur? At our average evolutionary level, right here on this Planet, or in a terrestrial intraphysical dimension or similar.

04. **Time.** *When* does a *seriexis* occur? At the termination of each intermissive period. A *seriexis* always concludes a consciex's intermission.

05. **Comparison.** *With what* can a *seriexis* be compared? With the period of intermission, whose beginning always concludes a consciex's *seriexis*.

06. **Cause-effect.** *Why* does a *seriexis* exist? From what the facts indicate, because the mechanism dynamises the consciousnesses' evolution, due to the intraphysical consciencial restriction, hypomnesia, consciencial basement and the act of *helping without knowing who*.

07. **Resources.** *A seriexis* occurs *with what* components? With the energies of the consciousness from the psychosoma, human gestation, Embryology, Genetics and Mesology, through the means of the personal existential cycles. (See Bib. 3084).

08. **Form.** *How* does a *seriexis* occur? Through the energetic interaction between one consciex, in the *seriexis*' phase of restriction, and one consciex (pregnant).

09. **Objective.** *What* is the objective of a *seriexis*? Until this moment the most acceptable hypothesis is the dynamisation of positive interaction - interassistantiality - between consciousnesses.

10. **End.** *Why* does a *seriexis* occur? In order to facilitate acts of spontaneous assistantiality from certain consciousness towards others.

11. **Quantity.** *How much* should be invested in understanding and practically applying a *seriexis*? Up to the limit of the consciousness' possible potentials in order to dynamise their evolution, without dispensable self-mimicry, effectively helping the evolution of other beings that exist in the Universe. *Cooperation* is evolution.

Test. Answer for yourself: What is my current level of awareness regarding existential seriality? What value do I give to my current *seriexis*?

Course. *The Intermittive Course* is the renovating agent of the criteria of the consciousness' *multiexistential cycle*. A *post-mortem* parapsychotic is that consciex who obstinately acts like the shadow of the corpse they left behind in their recent intraphysicality.

533. ANALYSIS OF INTRAPHYSICAL REBIRTHS

Advantages. *Knowledge* is a reunion. A comparative technical analysis of the seriexis, made through the existences of two similar personalities, or who have dedicated themselves to the same marked evolutionary interests, offers 4 *basic advantages*:

1. **Analyst.** It allows more realistic evolutionary evaluations by the analyst.
2. **Consciousnesses.** It offers instructive evolutionary evaluations of other consciousnesses.
3. **Retrocognitions.** It confirms details of the interested's self-retrocognitions.
4. **Course.** It clarifies data from the analysts' last *Intermissive Course*.

Parameters. There are multiple essential *parameters* to compare between two seriexises, for example: the essential traits of the personalities; the cultural conditionings; the existential epochs of both; the human possibilities of each; and the consciousness' scores in the Conscientiogram, or within Conscientiometry.

Law. In order not to lose time, energy, opportunities and motivations with egocentric human illusions and crutches, prior to considering the merits of the *technique of analytical comparison* it is worth emphasising a *fundamental law* of existential comparative analysis, namely: "Regardless of the positive score obtained by the analyst consciousness today, they, for that reason alone, should not judge themselves to actually be the consciousness under comparison, from yesterday". *Regarding a seriexis only healthy self-retrocognitions are trustworthy evaluative factors.* After all, no one changes the past: if the analyst was somebody in the past, they will continue to be them forever.

Factors. Here are 5 *factors* from the existential comparative analysis formula:

1. **Identities.** Specification of all affinities, coherences, connections, identifications and similarities between the two personalities compared. Each data specified is always worth 1 point in the analysis.

2. **Incompatibilities.** List the contrasts, disconnections, dissimilarities and incoherencies, existing in the *prior* and the *present*, between the two consciousnesses under critical comparison. This analytical factor, when excessively negative, saves the analyst a loss of time and effort with further evaluation.

3. **Repetitions.** Report on the evolutionary stagnations of the personality that reprise the same errors or dispensable experiences (self-mimicry). The period of chronological time between the two seriexises greatly influences this analytical factor.

4. **Regressions.** Strictly speaking, in light of consciential evolution, all evolutionary stagnations (factor 3) indicate some kind of regression. Just look at the facts.

5. **Evolutions.** From the comparison established discriminate the expanded and reaffirmed positive identifications (factor 1), through recent acquisitions.

Formula. Formula of the *existential comparative analysis theory*:

$$\text{Total of Factor one - two + three - four + five} = +X \text{ or } -X$$

Comparisons. It is obvious that the effects of the most impressive and clarifying (positive) comparisons appear when factors 2 and 4 amount to 0.

534. INTRAPHYSICAL REBIRTH - SOMATIC DEACTIVATION

Conditions. *Pre-seriexis* is the activation and insertion of a consciex, through the psychosoma, into the initial energosomatic connections (*silver cord*) for a new existential period. In the process of intraphysical rebirth / somatic discarding (*desoma*), 11 diverse consciential conditions occur, in a tight chronological pre-physical / physical / post-physical order:

01. **Energosoma.** In a *pre-seriexis consciex* the functions of the energosoma and the connections established between that energetic vehicle and the emotional body predominate.

02. **Embryo.** For a consciex, the dominate part in the seriexis' protocol is the creation of the embryo consisting of 1 spermatozoon originating in a male human and 1 ovum (85,000 times larger than the spermatozoon) originating in a female human.

03. **Consciousness.** *The fetal consciousness links to the fetus after the formation of the embryo.*

04. **Conscin.** A *newborn* is constituted by the new soma and the essential incorporation of the holosoma. The baby, male or female, receives an initial legalisation to remain in Socin, that is, amongst humans. Strictly speaking, the consciex that was, in the intermission, an element of parahumanity or Sociex, merely temporarily passes to belong to terrestrial humanity, in the condition of a conscin.

05. **Involvements.** The *child*, boy or girl, generally consolidates their existence by 7 years of physical age. Through the CEs, or consciential energies of the energosoma, the involvement of the reborn consciousness with all the attractions of carnal or biological matter becomes intense. The first involvements or *human temptations* appear as a reflux in the present, based on the consciousness' series of past lives.

06. **Basement.** In certain proexises' the young male or female *adolescent*, live an existential phase of problematic indecisiveness - consciential basement - which can be determinative.

07. **Maturity.** At 21 years of physical age an *adult social being* is considered legally mature and by 26 years of physical age is biologically and psychologically mature.

08. **Elderly.** A *conscin* enjoys the longest and most productive phase of human life. A veteran of life, or an elderly person, is sculpted by the gradual irreversible enfeebling forces of the days and nights experienced when they were a strong and vigorous adult full of energy.

09. **Thanatology.** A conscin, when *terminally ill*, a patient of an Intensive Care Unit (ICU), is a person aided by Thanatology, or the study of the physical and psychosocial contexts of *desoma*. (See Bib. 3110).

10. **Intermission.** A consciex *recently-arrived* into the intermission, after a somatic deactivation, gathers the fruits of their concluded human experience, either immediately re-acquiring the integrity of their consciential attributes, as an evolutionary principle, or still suffering the consequences of the energetic remainder of the energosoma, along with paraemotional disturbances of the psychosoma (*post-desomatic parapsychoses*).

11. **Consciex.** A *pure consciex*, free from the influences of the previous existence, is ready for new evolutionary experiences (*Intermissive Course*).

535. TRINOMIAL REBIRTHS - RETROCOGNITIONS - PRECOGNITIONS

01. **Rebirths.** Regarding intraconsciential evolution the seriexis can be approached through 2 basic types of research: an *instinctive* seriexis, unconsciously imposed and suffered; and a seriexis *planned* with the direct lucid participation of the reborn consciousness. This question is important: am I given to wasteful consciential expenditures?

02. **Proexis.** Projectiology studies lead a practitioner of conscious projections to definitively discard the *evolutionary tourism* of an instinctive seriexis, obviously giving preference to a planned *evolutionary mandate* (proexis).

03. **Ignorance.** In evolutionary tourism, the spontaneous emotions of the intimate ignorance regarding the *intricacies of self-evolution* predominate in the consciousness.

04. **Maturity.** In an evolutionary mandate, a conscin seeks to implant discernment, which comes from consciential maturity (holomaturity), in the directives of the intraphysical life. The mentalsoma predominates in the acting of your freewill. Thus, draconian *karmic impositions* gradually diminish.

05. **Preparation.** If the consciousness does not feel, in themselves, spontaneous acceptance of the reality of the seriexis, the conscin has to insist on and endeavour to prepare for the next life in a thoughtful way, while still in this life. The best *provisions* extraphysically soar with you.

06. **Retrocognitions.** Once aware of the reality of successive lives, a conscin programmes the current life in accordance with the evolutionary mandate (proexis) that beckons from within, through their intuitions, or through obviously healthy *extraphysical retrocognitions*. *Conscins* are like islands: on the outside, *separate*; but deeper down, *united*.

07. **Goal.** However, after middle-age preparation of the next existence needs to be a priority goal for every kind of conscin. This is the only resource able to vaccinate against our millennial tendencies of *accommodated repetitions* of dispensable intraphysical existential experiences (outdated self-mimicries).

08. **Projectiology.** When practiced by a personality alert to multidimensionality and holosomatics, Projectiology enriches both types of consciousnesses in their efforts to develop self-knowledge. (See Bib. 3192).

09. **Precognitions.** Preparation for the next existence culminates with the maximum conscientisation of the conscin, anticipatedly becoming aware of 4 essential future conditions through *extraphysical precognitions*: *what* they will do tomorrow; *where*, or the place they will be reborn; approximately *when*, or at which time they will be reborn; and *which* probable groupkarmic elements will be closer.

10. **Recommendation.** To Conscientiology scholars, from this moment on all the self-critique possible in this joint work is recommended with consciousnesses closer to you in your groupkarma, who do not have an irreducible sectarian spirit, nor an excessively *negative holokarmic balance*, and have shown commitment in their conscious self-evolution. *All of the consciousness' evolutionary successes come in ant sized steps and not elephant sized steps.*

536. CRITERIA OF MULTIEXISTENTIAL CYCLES

Definition. The *multiexistential cycle* is the condition of continuous alternation of a period of intraphysical life with an extraphysical period, thus composing a consciousness' incessant evolutionary route until liberation from the cycle of compulsory intraphysical rebirths and somatic deactivations (desomas).

Intermission. There are 3 consciential states: the extraphysical state; the intraphysical state; and the projected state. *The extraphysical state reterminates with a human life and recommences with the first death* (desoma). The interval that exists between one life and another constitutes the intermissive period, or the *intermission*, which allows for intermissive courses.

Calendars. Regarding multiexistential cycles, each case or each consciousness needs to be minutely analysed by themselves. Human calendars have little influence on the criteria that govern multiexistential cycles. (See Bib. 4681).

Hypothesis. As a *working hypothesis*, here are 4 criteria that evidence some influence in the establishment of multiexistential cycles, or in the frequency of the consciousness' seriexis, according to their evolution:

1. **Groupkarmality.** The *criterion* applied according to the consciousness' current groupkarmic account, with groupkarmic debts greater than personal debts. The length of your human life and the length of your *intermission* depend on, for long evolutionary periods, your debts and the cycles of the components of your evolutionary group. This criterion includes the seriexis of many blood relatives; consciousnesses with a very restricted level of individualisation; and the participants of lynchings, wars and group suicides (groupkarmic inseparability).

2. **Complementarity.** The *criterion* applied to the consciousness that directly, or once and indirectly, or in a chronic way, committed suicide and who resomated immediately after the act, in order to complete the final, not lived, human period. The consciousness who commits suicide tends to diminish their intermissive experiences over a long stretch of their evolutionary path.

3. **Activity.** The *criterion* applied according to the demands of the consciousness' pluriexistential activities, above the *evolutionary middle class*. Both the periods of human life and the intermissive periods vary greatly in this case and are independent from each other. The inevitable tendency of the intermissive periods to become ever larger arises. One consciousness' life as a human leader, at times demands direct extraphysical assistance or excellence in their *post-mortem* work, in the *intermission*, over a long *polykarmic period*. The conscin who attains the condition of permanentfreeness tends toward this criterion.

4. **Equality.** The *criterion* applied to the average of mediocre consciousnesses, who still have very tropospheric tendencies and an egokarmic debt greater than their groupkarmic debt, it is based on the duration of a human life where the physical existence is equivalent to the *intermission*. If a consciousness lived 7 decades on Earth, they will have 7 decades of *intermission* ahead of them. And on it goes. This matching criteria is the least stable supposition regarding the rationality of this list related to multiexistential cycles.

537. TEST OF YOUR UNDERSTANDING OF SERIEXIS

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about the seriexis. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge* (books, notes and other resources).

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the similarities and differences between consencial evolution with a seriexis and without a seriexis.

02. **Critical.** *Demand* an effort from your more complex mental processes:- Critique the condition of conventional human experience that ignores the seriexis, in open comparison with the condition of a conscious technical experience of seriexis.

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories associated with the experience of the seriexis:- Define *existential seriality*.

04. **Description.** *Demand* a presentation of the characteristics of a procedure that interests you: Describe 3 characteristics from the theory of seriexis.

05. **Discussion.** *Demand* more than a simple description, in the developing of your ideas:- Discuss the reason why legions of conscins do not admit the reality of the seriexis, which is only personally proven through projective retrocognitions.

06. **Election.** *Demand* a simple critical evaluation from yourself, according to a criterion:- Indicate 3 diverse circumstances where an understanding of seriexis acts advantageously: in the period of puberty, in human middle-age, and in the phase of physical maturity.

07. **Enumeration.** *Demand* your ability to recall:- Enumerate 3 relevant facts generated by a deeper lucid understanding of seriexis.

08. **Exemplification.** *Demand* a demonstration of your ingenuity through a personal contribution:- If you admit the experience of seriexis - give 3 examples of your constructive manifestations generated by your understanding of the subject.

09. **Explanation.** *Demand* an emphasis on the subject in relation to cause and effect:- Why, today, are we more apt to understand seriexis without mysticisms or sectarisms?

10. **Interpretation.** *Demand* your capacity to perceive the meaning of the principle idea:- Which logical reasons exist for a *locked* seriexis, or one without conscious projections; and an *alternating* seriexis, or one with conscious projections (CPs)?

11. **Organisation.** *Demand* a recollection of facts according to the criterion of increasing importance:- Organise a register of measures in diverse intraphysical areas, capable of dynamising your utilisation of seriexis. *No consciex has citizenship.*

12. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principles that sustain the logical rational concept of seriexis.

Summary. *Demand* that you are capable of presenting the essential points of the context under analysis:- Summarise 3 aspects of the theoretical, cosmoethical and evolutionary consequences from your understanding regarding seriexis. (See Bib. 4349).

538. EXTRAPHYSICAL EXPERIENCES OF A EUPHORIZING PROJECTION

Euphoria. *Euphoria in the normal physical waking state predisposes the production of a euphorizing projection. A human consciousness “in absolute peace with life, humankind and the Universe”, in a moderate euphoria, enables untroubled, spontaneous, advanced projections and experiments in the studies of intractable veteran projectors.*

Experiences. *A veteran nocturnal projector can attempt, for example, 9 extraphysical experiences, by themselves, without dependencies on any helper:*

1. **Recollection.** *Sleep for 3 hours and then awaken liberating energies in a spontaneous way and integrally recollecting evolved projective experiences.*

2. **Investigation.** *Extraphysically fly where desired, with complete freedom; through walls, constructions and distances from here to there, with total immateriality; visiting environments and investigating city blocks, mountains, fields, ravines and highways.*

3. **Meditation.** *Meditate, without the bellows of the dense body, perched on top of buildings, on top of churches, or creating a mirador from the roofs of houses. Enter the attics of mansions, warehouses full of merchandise and rooms illuminated only by a cloak of soft extraphysical illumination.*

4. **Agility.** *Examine never seen architectural details high on the walls of grand constructions, operating with personal movements you are not accustomed to in the here-and-now immediatism of common life, a caricature in light of the reality.*

5. **Power.** *Feel powerful, self-sufficient and free from all chains, like a power-plant of energy, asserting yourself through uninhibited actions and innocent extraphysical whims, which belong to the condition of free euphoria. (See Bib. 3883).*

6. **Comparison.** *Compare, with immense well-being, your freedom through the extraphysical body (psychosoma), free from foolish psychological pressures and prisons that are created by yourself in the human day-to-day, and there, in that moment, laugh at yourself and your gross ignorance that is deeply rooted in Genetics and animal instincts.*

7. **Reality.** *Analyse the entire naked and raw reality of human animals - including yourself - prisoners of bodies of flesh, in the millions, furiously quarrelling over infantile nonsenses, in the face of their amazing evolutionary consensual reality that cannot be communicated through their own discourses. Maxifraternity is cosmic kinship.*

8. **FCs.** *Reflect, like an immortal superbeing, on the deep complexity of the FCs, or Free Consciexes, that control the entire, gigantic and silent spectacle of consensual multidimensionality, which the blind majority of human beings participate in without discovering their reality, which is - and should be - intrinsically happy.*

9. **Self-Awareness.** *Check out extraphysical target-ideas that are well understood; test yourself regarding your own weight, capacity to move, energies (IEs and CEs) and the more rapid understanding of everything, and enjoy an incomparable indescribable intimate satisfaction, with certainty of your own MS, or multidimensional self-awareness.*

539. THEMES OF ADVANCED INTERMISSIVE COURSES

Definition. The *Intermissive Course* of existential education is a set of disciplines taught in a series of classes that conform to the programmes destined for consciexes, or extraphysical consciousnesses, who are candidates for intraphysical rebirth at different evolutionary levels.

Curriculum. Here are 25 themes of classes and research that apparently are part of the didactic curriculum of pre-somatic or Intermissive Courses, relevant to the self-criticism of a lucid experimenter of Conscientiology and Projectiology:

01. **Abnegation.** *Self-sacrifices (self-unforgiving) but heteroforgiving (forgive in saeculum saeculorum)* aiming for the dynamisation of polykarma within maxifraternity.
02. **Assistantiality.** Practice of assistantial parapsychism during the intermission.
03. **Claritask.** Comforting (consoltask) versus clarifying (claritask) assistantial service.
04. **Consciex.** Practice of lucid paraperceptions during the intermissive period.
05. **Conscin.** Practice of constructive lucid self-projectability during the intraphysical period.
06. **Cosmoethicality.** Fundamentals of experiencing Cosmoethics within multidimensionality.
07. **Energosomaticity.** A consciousness' energetic self-control (enerspring).
08. **Evolutivity.** Extraphysical approaches versus intraphysical approaches and practices (theorice) regarding the consciousness' evolutionary problems. (See Bib. 4773).
09. **Freewill.** *Technique of maturity* in the employment of personal freewill.
10. **Genetics.** Consciential technique for a healthy *reacquaintance* with Genetics.
11. **Holomaturity.** Maintenance of holomaturity in dense matter (Somatology).
12. **Invexis.** *Advanced technique of existential inversion (invexis) and the evolutionary duo.*
13. **Learning.** Useful presomatic, or intermissive, consciential exercises.
14. **Maxifraternity.** Human prodigality versus self-conscious maxifraternism in intraphysical life and already dispensable self-mimicries.
15. **Mesology.** *Consciential technique of self-control over the Mesology on Earth.*
16. **MS.** Multidimensional self-awareness (MS, epicon and hyperacuity).
17. **Multidimensionality.** Attainment of the condition of universalistic intraphysicality.
18. **Neophilia.** *Technique of the dynamisation of personal derepressions in human life.*
19. **Offiex.** Practice of assistantial parapsychism during a conscins' projected period.
20. **Polykarmality.** Personal predispositions towards experiencing polykarma on Earth.
21. **Reflections.** Improving the fundamental reflections of an evolving consciousness.
22. **Retrocognitions.** Dynamisation of lucid and healthy intraphysical and extraphysical self-retrocognitive explorations. *To remember with lucidity is to avoid contumacious errors.*
23. **Self-consciousness.** Self-consciousness regarding the seriexis, intraphysical completism (complexis), existential inversion (invexis) and existential moratorium (morexis).
24. **Serenism.** Fundamentals of the experience of definitive consciential serenity.
25. **Transmigrations.** Interplanetary transmigrations and excursions to other inhabited planets with technical teams organised by an Evolutionary Orientor (Evolutiologist).

540. EXPERIENCES FROM YOUR INTERMISSIVE COURSE

Definitions. The *intermission* is the extraphysical interval that occurs between two consecutive intraphysical lives of the same consciousness. The *Intermissive Course* is the set of disciplines taught in a series of classes, according to planned programmes, and adapted to the different levels of the students of *Materiology* or Intraphysicality, during the intermissive periods of pre-serenissimi (you, I and all conscins).

Degree. There are diverse levels of intermissive courses. In advanced high-level courses 4 basic *objectives* are emphasised: self-evolution; the productive enjoyment of the intraphysical existence; personal evolutionary tasks; and the technical planning of the new life.

Strongtraits. There are *truths*, suggestions, rumours, gossips, half-truths and lies. If you wish to acquaint yourself with your possible personal *Intermissive Course*, with extreme self-criticism analyse if you can identify at least 5 of these 10 personality traits (*strongtraits*) and to what depth, extent, strength and quality they manifest in you:

01. **Self-confidence.** Internal absence of mortifying doubts during adulthood.
02. **Self-awareness.** Certainty of possessing a *sense of immortality*, an awareness of eternal life, inside of yourself, in your personal essence.
03. **Prioritisation.** A deep-rooted aspiration regarding taking useful advantage of the current existence, searching for discernment, general knowledge and greater self-awareness.
04. **Seriexis.** Natural, intimate acceptance of the *theory of seriexis* as a peaceful fact, incorporated into day-to-day existence. (See Bib. 4838).
05. **Hyperacuity.** Experience of enlightening inspirations (innate ideas) about your destiny, personal career (proexis) or human life (seriexis).
06. **Self-motivation.** Spontaneous self-motivation to research and execute assistential, or beneficial, parapsychic, energetic practices.
07. **Parapsychism.** Sporadic, yet convincing and pacifying, parapsychic and animistic self-perceptions.
08. **Proexis.** Indefinite, yet persistent, intuitions about some important existential task (proexis) to be realised or that is rapidly developing.
09. **Self-retrocognitions.** Logical, coherent, definitive and enriching self-retrocognitions. *Unhealthy* retrocognitions constitute the catalogue of our self-omissions.
10. **Omni-interaction.** Personal and self-aware identification of the cosmos, life and order in the universe, which exists under the permanent control of evolved consciexes.

Finishing Touches. If you cannot identify these *strongtraits* in your consciential microuniverse and despite that, insist on doing a course in your next intermission, do not be discouraged. *The intermissive courses constantly evolve.* And they are accessible to all motivated consciences. Take the first steps towards achieving this objective. Starting now revisit whatever you can in your existence, applying the maximum strength of your will in the correction of your personal mistakes. The right to know yourself and to act upon yourself is non-transferable and all yours.

541. RESEARCH OF DEMOGRAPHY AND PARADEMOGRAPHY

01. **Stars.** Our Galaxy contains *billions* of stars. According to Astronomy there are at least 4 thousand planets in the Universe with an environment similar to Earth, and many of them have a Moon (satellite) that guarantees the stability of the climate necessary for life.

02. **Population.** 10 millennia ago, the human population totalled 10 *million* people. By the year 1000 of this era, there were about 340 *million* human beings. According to Demography, in 1950, the Earth had 2.4 *billion* human inhabitants.

03. **Earth.** In 1992, this same Earth had about 5.5 *billion* human beings.

04. **Doubling.** In four decades, the population of this Planet more than doubled.

05. **Triplication.** The most optimistic statisticians propose that the Earth will have 15 *billion* human individuals, or will triple its population, by the end of the 21st century.

06. **Populating.** Another approach evidences that 3,000 centuries were required to populate the Earth with 3.5 *billion* inhabitants.

07. **Reunion.** Now (Base year: 1994), only 3 decades will be sufficient to be reunited here with another 3.5 *billion* conscins, or in other words by 2024.

08. **Explosion.** What is happening is a demographic explosion - a collective megaproblem - or an increase in the rate of human rebirths that surpasses the rate of deaths, desomas or final projections of conscins (first deaths). *The discovery of penicillin (antibiotic) in 1940 catalysed the demographic explosion.*

09. **Transmigrations.** Studies of the demographic explosion lead to research of the incessant interplanetary transmigrations of consciexes that come to and depart from Earth, and to assumptions about the number of components of Sociexes attached to this Planet.

10. **Assumptions.** There are very logical assumptions, aired by conscious projectors, that for each conscin present here there exists about 9 *consciexes* in the extraphysical dimensions encircling the parapsychosphere of this Planet (Base year: 1994).

11. **Parapopulation.** If these calculations of conscious projectors are correct and the increase of the terrestrial population of conscins reaches 15 *billion*, this will still be about only 1/3 of the *extraphysical parapopulation* of consciexes from the Sociexes.

12. **Conclusion.** The extraphysical experiments evidence that there are no extraphysical restrictions regarding the number of consciexes available to supply the intraphysical rebirths.

13. **Problems.** The existing human, intraterrestrial, intraphysical or tropospheric problems will be the same for the tripled population, namely: living space, food, housing, transport, leisure, maintenance of health and many others.

14. **Solution.** This is why there is an inevitable solution to the already made forecasts, the development of the life of conscins through exploration of celestial bodies closer to Earth, starting with its satellite, the Moon.

15. **Bases.** Young projectors must be prepared, in due course, to have non-terrestrial physical bases, in order to refine themselves with lucid exoprojections.

542. STANDARD-CONDUCT AND EXCEPTION-CONDUCT

Discernment. According to Conscientiology, the mentalsoma provides the ability for all of us to discern the norm, rule, model, principle or ideal pattern from that which is eccentric, entropic, unhealthy, precarious, harmful and an avoidable exception.

Patterns. There are 2 types of behaviours in intraphysical life: some are patterns to be employed forever, for example: to eat through the mouth; and others are exception-conducts to be rarely employed, for example: to be fed through a nostril (nasal tube). It is useful to know how these rare conducts function and to know the different types of conduct, in order to avoid frankly pathological, undesirable, emergency or teratological exceptions. Here are 7 standard-conducts and 7 exception-conducts:

1. **Experience.** *At our current consciential evolutionary level, **personal experience** (holosoma) is the standard-conduct.* The conjecture of faith, belief or the act of believing (psychosoma), is a still fetal exception-conduct, a protoknowledge in the presence of *cosmoethical theorice*.

2. **Maturity.** In the universe of your *lucid behaviour*, standard-conduct is the correctness of personal principles (cosmoethical maturity). The exception-conduct is the error of sectarian doctrines (immaturity) characteristic of a prematernal or infantile inexperience.

3. **Brain.** In the domain of your *personal decisions*, standard-conduct is using the natural or encephalic brain (reason, rationality, logic and discernment). To apply the visceral or *abdominal sub-brain* (instinct, emotionality and impulsivity) is a very organic and material exception-conduct. (See page 433).

4. **Neurons.** In the *manifestation of your thosenes*, standard-conduct is the use of neurons to prioritise the expression of your thoughts (coherent logic). The use of muscle fibres (animal brute force) is the still subhuman and irrational exception-conduct. Example: the lioness that kills the zebra so she and her cubs survive.

5. **LP.** In the area of multidimensional and *interconsciential communication*, standard-conduct is lucid projectability (direct action, consciousness to consciousness). The exception-conduct is the precarious and less trustworthy so-called *channelling* or mediumism (indirect action or consciential prosthesis) through intermediaries or *anticosmoethical profiteers*.

6. **Speech.** Within the parameters of your *interpersonal communication*, standard-conduct is speech (laryngochakral human language). Mimicking (the soma's interanimal language) is the non-verbal, superficial and insufficient exception-conduct belonging to the *consciential basement*.

7. **Sexuality.** Regarding your mature *human sexuality*, standard-conduct is penis-vagina penetration (natural physiological act of the sexosoma). Penis-anus rectal penetration (an anti-physiological or aberrant act regarding the sexosoma) is the exception-conduct.

Law. Here is a basic law of consciential maturity: in any evolutionary context, if you always want to perform an exception-conduct as your standard-conduct, you *can* err more, stagnate or frankly regress. Healthy exception-conducts: the *anonymity* of Serenissimi and the *consciential gestations* of an evolutionary duo of inverters.

543. 1 MORE YEAR OF INTRAPHYSICAL LIFE TECHNIQUE

Supposition. If you, experimenter, desire to dynamise the work of consciencial evolution, making your intraphysical life yield more, apply a decisive energetic resource: suppose that you are going to have only 1 more year of human life.

Deadline. Think on this: everything that you have and do here, will definitively conclude in exactly 1 year, on the same day as today, in the same month, in the next year. Ask yourself the essential question: How can I leave this human life better?

Proexis. This posture of only admitting the next 12 months of life undoubtedly forces, inspires and motivates us to realise in only 1 year, the equivalent of - at least - 1 decade of assignments that must be accomplished in your proexis.

Postures. In this context it is useful to take measures from now, in this moment, or assume 10 practical postures for your next 365 days or 52 weeks:

01. **Superfluous.** Eliminate everything that is superfluous or unnecessary for the achievement of your priority goals. Eliminate *melex (extraphysical melancholy)* forever.

02. **Discipline.** Cut excesses, be disciplined, sleep a little less, perform in practical daily life what you still need to learn, do, develop and put into practice.

03. **Megastrongtrait.** See which quality, talent or predominant *megastrongtrait* of your personality manifests in your existence, until now. With all the motivation possible, increase the existential yield from this *megastrongtrait*. (See page 443).

04. **Relations.** Reinforce the positive facets of your relationships with family, loved ones, adversaries, colleagues, children and even domestic animals.

05. **Affections.** Express your *maxifraternity* to all people, *cosmoethically* experiencing your affection to the maximum in this critical and decisive year for you.

06. **Motivations.** Make this maximum affection redouble your strength and motivation to achieve your goals, without losing health, time, energies and opportunities.

07. **Urgency.** Eliminate all of your problematic areas, difficulties, obstacles and embarrassments from the inevitable urgency to realise your tasks within the exiguous period of only 1 year of life. Let go of your personalisms, misunderstandings, anguishes and resentments. Improve what remains of actions you still regret.

08. **Review.** Identify the programmes, projects and libertarian goals that you have nurtured for a long time and have not yet managed to accomplish.

09. **Plan.** Now that you know you are leaving everything here within 1 year, put your new existential programme (proexis) into a feasible plan and change everything you can for the better, in an emergency recycling or life *turning point*.

10. **Reprogramming.** Register what you have not achieved until this moment. Put them in order of priority. Reprogramme everything in an objective way in order to execute your proexis to the maximum, objectifying your goal: *complexis*, or existential completism.

Life. If *complexis* is the diploma from the human life, a *morexis* is the conscin's trophy.

544. TEST OF YOUR EVENTUALITIES AND EXCLUSIVITIES

Consciousness. *The consciousness is supposedly the most complex object or **thing** that exists.* Try not to confuse the temporary pressures from the surrounding environment and culture - external influences - with the indescribable choices coldly made by a human consciousness, in their intimacy, and that ultimately define their *real* evolutionary level, marking the person with their *exclusive personal brand*.

Conditions. It becomes important to identify the fimbriae, nuances or *critical levels* where we balance ourselves in life. Here are 6 examples of theoretically similar, but different, conditions in a practical and enduring human life:

1. **Warmongering.** The man (conscin) required, by the laws of the society where he was born, to perform military service during a short period of adolescence (standard-conduct); and the man who, based on a deliberate, definitive and exclusively personal choice, embraced a military career as a profession for the rest of his intraphysical life (from among thousands of alternatives).

2. **Reproduction.** The economically independent father of 6 children, capable of sustaining them without neglecting his other achievements, in his condition as a *non-exclusive* procreator; and the salaried and economically dependent employee with 6 young offspring, neglecting, for decades or the rest of his human life, other priority achievements beyond his condition as an *exclusive* human procreator.

3. **Homosexuality.** A person with a healthy, human male sexosoma who under pressure from immature companions was, *eventually*, homosexual or bisexual in childhood; and the exclusively defined openly homosexual (exception-conduct) man, who during adulthood chose this for the rest of his intraphysical days.

4. **Lesbianism.** A person with a healthy, human female sexosoma who was, *eventually*, lesbian or bisexual during adolescence, for example, in a boarding school; and the openly lesbian (exception-conduct) woman who exclusively acts in this way for the rest of her intraphysical life. *Mnemonic hygiene* eliminates memories of the most deeply rooted hurts.

5. **Criminality.** The person, man or woman, who made occasional *youthful peccadilloes*, for example, the invasion of another's property and stealing fruit; and the person, man or woman, who consciously chose to be a professional criminal, the path of marginalisation, for the rest of their life.

6. **Anticosmoethical.** The person, a male or female conscin, who made occasional *mental peccadilloes*, generally due to their inexperience regarding Cosmoethics; and the person, a male or female conscin, who *happily welcomed* a state of permanent self-corruption, as a lucid choice cultivated as an attribute of their true nature.

Multidimensionality. Faced with the tangibility of consciential multidimensionality, a condition solely perceived by veterans in LP, or lucid projection, no one can camouflage their naked and raw inner reality for long.

Test. Do you lucidly use your eventualities and your exclusivities?

545. EXPERIENCE OF THE EXISTENTIAL PROGRAMME

Preparations. The *initial* preparation for the next intraphysical existence has to start, strictly speaking, in this lifetime. *Mature* preparation only occurs after desoma, in the extraphysical dimension, through intraconsciential tasks and research as part of *intermissive courses*.

Courses. In the *Intermissive Course* the *consciex* studies the *autobiography of their recent incomplexis (or complexis)*. From what we know of these courses, there are different levels of learning, according to the motivation and application of the candidate for a new life on this Planet.

Graduate. In general the pre-somatic intermissive courses are, without a doubt, efficient. However, there is a high percentage of failure among the graduates' regarding their accomplishments, in one hypothesis: 76% fail.

Conditions. A proexis can be executed *ad libitum*, at the discretion of a conscin. Or, it may not be executed at all. In the execution of a proexis, 3 *conditions* influence the conscin:

1. **Soma.** The *health* of the new soma, or the organic homeostasis.
2. **Psychosoma.** The consciousness' millennial *emotional* life, *flowing back* into the soma.
3. **Mesology.** The economic, social and cultural *resources* available to the social being.

Details. Physical health depends on the groupkarma, Genetics, the discipline of the person regarding physical and mental hygiene, and on the quality of the CE of their *new* energosoma in the seriexis. Emotional life is based on a conscin's self-control over the psychosoma, regarding the baggage brought from previous lifetimes and the second family constituted. The basic, economic-social-cultural resources are, until a certain point, very relative and can be overcome by individual talents, notably those ascribed to the mentalsoma.

Conjunction. The key to success in the new lifetime is the conjunction of these 3 existential conditions, combined with a percentage of 3 prototypical *talents* a conscin has:

1. **Parapsychism.** The polyvalence of energetic, psychic and parapsychic (thosenes) self-control, belonging to *Homo psychicus*. (See page 388).
2. **Mentalsomatics.** The omnimodal *culture* that a conscin manages to manifest in their new life. An *association of ideas*, for example, is a chain reaction of the mentalsoma.
3. **Communicability.** The excellence of the level of interpersonal *communicability*.

Talents. According to concepts from intermissive courses, in complex intraphysical life nobody should expect a complete and perfect encasing of the 3 *more external*, existential conditions with the 3 *more intimate*, personal talents. Such an ideal combination rarely happens and like a lottery prize brings immense responsibility.

Incomplexis. Who awaits this happy combination, is nearly always losing time, opportunities and their way, producing little in the overall balance of their life (incomplexis).

Construction. Therefore, let us immediately start constructing, here, with the pieces we already have, and let us engage the undertaking with permanent motivation. If one day those 6 factors are integrated, all the better. Otherwise, let us do something in order not to be *ashamed* (melex) when presenting ourselves for a new *Intermissive Course*.

546. COMPLEXIS OR EXISTENTIAL COMPLETISM

01. **Definition.** Complexis, or existential completism, is the rare condition in which a *pre-serene consciousness*, an exception, succeeds in reasonably realising the responsibilities agreed for their lifetime on Earth (proexis), making good use of the evolutionary potentialities the soma offers.

02. **Causes.** The *Intermissive Course*, healthy retrocognitions, innate ideas, personal talents and the increasing dedication of the conscin, using the soma, explain the causes and effects of complexis. *The most comfortable desoma is that of an existential completist.*

03. **Effort.** *Each consciousness*, before rebirth, is a candidate for the condition of complexis, and is capable of fully attaining their integral evolutionary goal on this Planet, independent of whether they are an existential inverter or recycler. The tasks are specific to each consciousness and the results depend on personal effort and performance.

04. **Beginning.** In the *beginning of the preparation* of the existential mandate and until 35 years of physical age, achievements of a strictly intraphysical or human character predominate.

05. **End.** At the *end of the executive period*, at 70 years of physical age, achievements of an extraphysical or multidimensional nature completely predominate.

06. **Circle.** In each human life the candidate for complexis works to increasingly amplify the circle of healthy or positive intra and extraphysical consciential relationships, assisting *where* they can, *who* they can and in *what* they can.

07. **Relationships.** At the beginning, intraphysical relationships are most important and extraphysical relationships are barely noticed. At the end of a healthy life, with both relationships greatly augmented, the completist, with a vast level of lucid multidimensionality, or consciential epicentrism, lives a lot more with the extraphysical relationships.

08. **Values.** In the preparation phase neither physical nor intra or extraconsciential values are accumulated. At the end of the executive phase the accumulation of both values is greater, but the more permanent *intraconsciential values* predominate in life and are maintained in the intimacy of the being.

09. **Paraperceptions.** At the beginning of a future completist's existential journey, parapsychic paraperceptions are obviously minimal and primary.

10. **Experiences.** At the conclusion of the existential tasks, experiences of CEs, animism and parapsychism (parapsychic signals) are already a natural effortless part of the structure of the mature, loyal and productive personality.

11. **Self-sufficiency.** At the end of the execution of the existential mandate, 3 consciential conditions are combined into a sole manifestation: the *trinomial motivation, work, leisure*. One condition sustaining the other. When self-sufficient a consciousness relies on themselves in the performance of assistantial tasks of liberating clarification (claritask).

12. **Prize.** The title, prize or glory of a completist is to choose a *better future soma*, in the next evolutionary *self-relay*.

547. MOREXIS OR EXISTENTIAL MORATORIUM

01. **Definition.** Morexis is the existential moratorium condition, a supplement of intraphysical life given to a consciousness - often fully aware of the fact - in meritorious circumstances, due to the reasonable accomplishment of services in their human life.

02. **NDE.** A morexis can occur soon after a *near-death experience* (NDE), in this case, a *resuscitative conscious projection*. (See page 167).

03. **Crisis.** A near-death experience generally represents the precipitation of a consciousness' *evolutionary growth crisis* through a deep physical trauma, serious disease, or nearly fatal accident.

04. **Recexis.** As a consequence a near-death experience often introduces the installation of *recexis*, or voluntary existential recycling.

05. **Intercession.** A morexis can be the product of an intercession by an *Evolutionary Orientor*:

06. **Complexis.** A morexis can be granted as a result - an award of merit - of *complexis*, or the existential completism of a competent conscin.

07. **Competence.** Complexis is obtained through the application, with a high performance and good sense, of the *maximum evolutionary competence* achievable by an intraphysical consciousness.

08. **Proexis.** Complexis ensues after a line of positive realisations of terrestrial work, built-in to the *proexis*, or the consciousness' existential programme.

09. **Duration.** The *complement of time* in a morexis varies from months to decades.

10. **Second.** A *second morexis*, a third and other morexises can follow.

11. **Record.** Consecutive occurrences of a morexis depend on the *individual record* of libertarian service of the lucid intraphysical consciousness involved (and on the groupkarma).

12. **Regeneration.** A second morexis can be developed with relative, yet observable cellular regeneration, or the *organic recycling* of the soma, a derivative of CE.

13. **Delay.** A morexis constitutes an adjournment - not revealed at first - of the *final projection*, or desoma (deactivation of the soma), or in other words: the *delay of the first death*.

14. **Self-analysis.** A morexis is the intraphysical postponement of the *extraphysical self-analysis* of the consciousness' entire human life - after it has fully concluded.

15. **Holokarma.** In a morexis deferment of the existential termination, or the postponement of desoma or *cerebral death*, depends on aggravating and extenuating holokarmic circumstances.

16. **Deficit.** It is irrational to interpret the morexis as a break, holiday or evolutionary stagnation. It is a personal commitment, responsibility and providential obligation for the elimination of a *holokarmic deficit*, when *small*, or *finishing* an incomplete task; or at *most*, an *addition*, equivalent to an increment or addendum.

17. **Cosmoethicology.** Cosmoethics advises the *existential moratorist* - somebody burdened with debts - not to neglect the advantage of the opportunity granted to them by the circumstances of their personal evolutionary plan.

18. **Imperative.** *Re-perspectivisation of life becomes imperative to a moratorist.*

548. TEST OF 11 QUESTIONS ABOUT THE PROEXIS

Definition. Established in the extraphysical dimension, prior to the conscin entering into the *funnel of restriction* of human life, or rebirth into intraphysicality, the proexis is this conscin's personal evolutionary existential programme.

Responses. Here are 11 classic, technical questions to make when initially approaching an original scientific subject, succinctly responded to here in relation to the proexis:

01. **Agent.** *Who* is submitted to a *proexis*? Every consciex, notably those of a more evolved level, before entering into the temporary condition of a conscin.

02. **Existence.** *What* unleashes a *proexis*? The pressure of our own natural, yet planned, evolution as a consciousness. A conscin can be *more* or *less* programmed regarding the quality of the proexis, depending on their evolutionary level or competence.

03. **Space.** *Where* is the *proexis* of a consciex developed? In the extraphysical dimension corresponding to their evolutionary level. There are 2 types of proexis: one *theoretical* proexis of a consciex and one *practical* (experienced in life) proexis of a conscin. Not always do these proexises correspond.

04. **Time.** *When* is the *proexis* decided upon? During the *Intermissive Course* immediately prior to the intraphysical rebirth of a more lucid consciex.

05. **Comparison.** *With what* can a *proexis* be compared? To the curriculum of a course of formal human schooling, with studies, research and periodic practical examinations.

06. **Cause-effect.** *Why* is a *proexis* established and elaborated? Through the natural order of consciential evolution after a certain level of lucidity or hyperacuity.

07. **Resources.** *With what* does one accomplish a *proexis*? Beyond invexis, recexis, ener-spring and consciential wholesaling, with the essential strongtraits - potentialities and talents - of the evolving consciousness, which are capable of surpassing and annulling their megaweak-traits.

08. **Form.** *How* is a *proexis* designed? Through orderly planning by the Evolutionary Orientor of the consciousness' groupkarma.

09. **Goal.** *What* is the objective of a *proexis*? Dynamisation of the lucid self-evolution of a consciousness who seeks the claritask, holomaturity and the state of continuous consciousness, in order to prevent melin and later, melex, or *post-desomatic* melancholy.

10. **End.** *Why* is an intraphysical existence planned (*proexis*)? In order for a conscin to minimise their mistakes, outbursts of immaturity and spurious dispensable self-mimicries, reducing the period of their next consciential basement to a minimum.

11. **Amount.** *How much* should be invested in the complete execution of our *proexis*? The maximum that our degree of evolutionary competence permits, objectifying complexis and, maybe even 1, or more than 1, large additional and enriching morexis.

Test. Answer for yourself: Do I have a clear notion of the guidelines of my proexis? What is the level of the full execution of my proexis until now?

Complexis. *Complexis* often depends on the disparity between the *real* and the *ideal*. A day of leisure can be a waste or a level of balance.

549. TEST OF ADVANCED AND BASIC PROEXISES

Comparisons. Here are 30 comparisons for you to identify the differences between proexises:

Advanced Proexis	Basic Proexis
01. A large investor in the personal proexis	A small investor in the personal proexis
02. Accomplisher of invexis and a <i>maxiproexis</i>	Only an accomplisher of recexis
03. Advanced <i>Intermissive Course</i>	Obvious basic <i>Intermissive Course</i>
04. An already lucidly universalistic conscin	A still common sectarian conscin
05. An <i>encephalic</i> brain conscin	An <i>abdominal pseudobrain</i> conscin
06. Bearer of healthy retrocognitions	Bearer of unhealthy retrocognitions
07. Conscin of an active evolutionary duo	Conscin without an evolutionary duo
08. Conscious polykarmic objectives	Mediocre groupkarmic objectives
09. Cosmic conscientiality	Tropospheric conscientiality
10. Cosmoethical conscientiality	Anticosmoethical conscientiality
11. Elevated level of lucid prioritisation	Lowest level of lucid prioritisation
12. Energosomatic flexibility (CEs)	Energosomatic inflexibility (CEs)
13. Follower of the consciential paradigm	Follower of the conventional paradigm
14. Greater holosomatic homeostasis	Lesser holosomatic homeostasis
15. Greater liberation from groupkarma	Noticeable groupkarmic interprison
16. High recuperation of personal cons	Low recuperation of personal cons
17. High valuation of human time	Low valuation of human time
18. Liberation from the consciential basement	Adult prisoner of the consciential basement
19. Lucid consciential wholesaler	Mediocre consciential retailer
20. More multidimensional interests	Much more intraphysical interests
21. Non-conformist spirit (neophile)	Conformist spirit (neophobe)
22. Obvious consciential triendowment	Common consciential monoendowment
23. Only necessary self-mimicry	Dispensable self-mimicry
24. Predominance of a <i>strongtrait</i> in conduct	Predominance of a <i>weaktrait</i> in conduct
25. Rarer outbursts of immaturity	More frequent outbursts of immaturity
26. Self-conscious projectability (LP)	Still unconscious projectability
27. Self-critical energosomatic seduction	Sexochakral seduction without self-criticism
28. Thosenity loaded in the <i>tho</i>	Thosenity loaded in the <i>sen</i>
29. Undertaker of lucid clarification	Undertaker of primary consolation
30. Vanguard position in the groupkarma	Mediocre position in the groupkarma

Test. We cannot demand advanced performances from those who have a basic proexis. Do you live aware of this reality? Which type is your proexis?

Proexis. Execution of a proexis is the theoretical result of a conscin's *prioritisations*.

550. TEST OF YOUR EUPHORIN OR INTRAPHYSICAL EUPHORIA

Conditions. As a consequence of the execution, or not, of a proexis, two of four intraconsciential conditions may occur, one of two conditions as a conscin and one of two conditions with the same consciex when they have returned to being a consciex, obviously in the extraphysical dimensions in the next *post-desomatic* intermissive period. (See Bib. 4995).

Interest. At least one intraconsciential condition among the 4 will inevitably occur with each conscin. This analysis is of great interest to us all.

Crescendo. A disguised *weaktrait* can never become a *strongtrait*. Here are 4 pleasant or unpleasant intraconsciential conditions, in a *chronological crescendo*:

1. **Melin.** Melin, *pre-mortem* or intraphysical melancholy - an anticipatory pathological intraphysical state - that due to the fact of not having lived their proexis to a reasonable level of effect or positive balance, affects the conscin who reaches the final phase of intraphysical existence. Through a providential or opportune *recexis* in the terminal phase of intraphysical life this condition of *incomplexis* often still allows a conscin to make up for the damage done. A persistent *sadness* is the first sign of melin for any conscin.

2. **Euphorin.** Euphorin, *pre-mortem* or intraphysical euphoria - an anticipatory healthy intraphysical state - involves a conscin who reaches the terminal phase of their intraphysical life and feels and enjoys the full realisation of their proexis in a satisfactory manner, or *complexis*. This is the rarest of the 4 intraconsciential conditions relating to the proexis. An evolved *morexis* occurs as a result of this healthy condition. *The depth of human emotions exceeds those registered in other living beings.*

3. **Melex.** Melex, paramelancholy, extraphysical melancholy - a parapatological state (extraphysical) - overwhelms the consciex after the desoma, or *post-mortem*, due to the self-recognition that they have not accomplished, to a reasonable level, what was expected from the proexis in their recently ended *seriexis*. For certain consciexes this extraphysical condition only reflects and ratifies the intraphysical condition, No. 1, that existed previously. Regarding the proexis this is the most common intraconsciential condition from among the 4.

4. **Euphorex.** Euphorex, paraeuphoria, *post-mortem* or extraphysical euphoria - a healthy, extraphysical and paraphysiological state - that overwhelms the consciex due to the identification and definitive conscientisation, in the extraphysical dimension, of the complete attainment of their proexis from the recently ended *seriexis*. This extraphysical state crowns the evolutionary efforts and performances of the consciousness' *seriexis*, in some cases reflecting and ratifying the intraphysical condition, No. 2, that existed previously. This state, obviously, will improve the nature of the new *Intermissive Course (post-desomatic)* and, sometimes, even the criteria of the *multiexistential cycle* of the consciousness in their evolution. (See page 600).

Test. What evidence have you detected in your private life, regarding any of these 4 intraconsciential conditions? Do you feel (*sen*) comfortable or tired when thinking (thosenes) about your proexis? Your word is a symbol; your *consciential life* is not.

551. TEST OF YOUR COMPREHENSION OF THE PROEXIS

Questions. Here, in an *examination of excellence*, are 13 didactic questions related to various details about the proexis, or existential programme. Answer each question by yourself, *unarmed*, without referring to Conscientiological *artefacts of knowledge*:

01. **Comparison.** *Demand* the structuring of similarities and differences, advantages and disadvantages, in an effort of organising your ideas:- Determine the advantages and disadvantages of your understanding and seeking the integral accomplishment your proexis.

02. **Critique.** *Demand* an effort from your consciential attributes, or more complex mental processes:- Critique the approach of living your natural and instinctive life in comparison with an existence coherently regulated by a proexis.

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories of the plan under analysis:- Define *intermissibility*.

04. **Description.** *Demand* a presentation of the characteristics of the condition that you face:- Describe 5 real tools to help you keep fulfilling your proexis.

05. **Discussion.** *Demand*, beyond a description, a development of ideas:- Discuss the cause of why the majority of conscins still do not have a reasonable notion about their own proexis. *The complacent become an accomplice of errors and derive satisfaction from this.*

06. **Enumeration.** *Demand* your ability to recall (mnemotechniques):- Enumerate 15 intraphysical techniques capable of helping you fulfil your proexis.

07. **Exemplification.** *Demand* a demonstration of your ingenuity through a personal contribution: Give 5 examples of personal resources, capable of helping you completely accomplish your proexis.

08. **Explanation.** *Demand* an emphasis of the subject in relation to cause and effect:- Why are we today better able to understand and implement our proexis?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principal idea:- Why does the human race still worry about instinctive, emotional experiences and beliefs, without greater rationality?

10. **Organisation.** *Demand* your recollection of facts according to the criteria of increasing importance:- Organise a list of steps, in 3 diverse intraphysical areas, capable of optimising the fulfilment of the proexis. (See Bib. 5005).

11. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principles that support the logical argument for the utilisation and rigorous execution of your proexis.

12. **Selection.** *Demand* a simple critical evaluation, according to pre-established criteria:- Indicate 3 different facts that evidence the advantages of knowing the structure of a proexis and its development for a youth, an adult and a veteran of life.

13. **Summary.** *Demand* that you are capable of presenting the essential points of the subject:- Summarise 3 aspects of the theoretical and cosmoethical consequences of looking to fulfil the proexis with the maximum lucidity possible. *Life is an obligation.*

552. TEST OF THE WALK OF YOUR LIFE

Equality. Equality between men does not mean sameness, just as diversity does not necessarily imply inequality. Each *vocable* has its meaning.

Map. Your intraphysical life, experimenter, has a proexis - or existential programme - like the route of a long walk. *Marching on is the best remedy for self-evolution.* The *final reward* is complexis. This is why you may ask yourself, in the analysis of your proexis - *the official map of your route* -, the following:

01. My walking tour (intraphysical life) has an easy, average or hard *degree of difficulty*?
02. Did I come prepared with *travel clothing* suitable for the journey (*Intermissive Course*)?
03. My passage (intraphysical life) demands greater, conscious, *physical preparation* (soma)?
04. Did I bring *chocolate bars* (VSSs) with me to recuperate my energies?
05. Do I choose *energy foods* (holomaturity), as opposed to perishable goods?
06. My *way* (existence) is rarely used and almost blocked (counterflow)?
07. I still use always treacherous and avoidable *shortcuts* (self-corruption) in the journey?
08. My *nights in hotels* (laziness) are intervals of short, or long duration?
09. Am I a walker (conscin) with the *sporting spirit* of a beginner, or a veteran?
10. Am I a conscientious hiker and know my itinerary and my *destination*?
11. Do I still turn the trail into a catwalk like *hikers on their first trek*?
12. Do I still demand *exclusive privileges* and prepared shelters, for my journey?
13. My march is always into the desert or do I have *encounters with civilisation*?
14. My planned expedition is decorated with waterfalls and *privileged scenery*?
15. Do I still leave *garbage* where I walk, *even if biodegradable*, attracting rats and snakes?
16. On my way do I remove garbage left on the track by *prior hikers*?
17. Do I explore the attractions and *curiosities of the trip* that appear before me?
18. Do I still step on the dry leaves of my past - *where snakes hide*?
19. Do I always use a *compass* (discernment) as a gauge of maximum security?
20. Who sets the *rhythm of the walk*: I, or my travel companions (groupkarma)?
21. Do I confront the *challenges of steep climbs* without provoking *en route accidents*?
22. Is my hike (life) not recommended for who has a *great fear of heights*?
23. In my programme do I watch the sunrise from among a *landscape of clouds* (CPs)?
24. In my adventure do I reach new (hyper) spaces through *endorphins* (will)?
25. Do I keep a *sleeping bag* (physical base) for my nocturnal strolls (CPs)?
26. Do I make my crossing with technical support from *qualified guides* (helpers)?
27. Do I carry my well-supplied *backpack* (self-knowledge), all the time?
28. Do I still put my feet in some *track* previously used for *slave trafficking*?
29. Have I already improved (recexis) the *apex* (proexis) of my passage?
30. I proceed as an evolutionary duo, or do I make *pack animals* my travel companions?

Test. Your answers to these 30 questions anatomise the universe of your proexis.

553. THEORICE OF INTRAPHYSICAL SELF-MIMICRY

01. **Definition.** Pluriexistential intraphysical self-mimicry is the unnecessary, frequent, *ad nauseam* repetition of the same human experiences in many intraphysical lives.

02. **Soma.** Manifestation through the soma, in this *energomatic existence*, is a kind of mechanisation of physical movement and human life. There are many different mimics.

03. **Automatism.** The autonomous nervous system (independent of the will), maintains the heart and lungs as self-regulating machines, apt to perform monotonous, repetitive functions with such perfection that they work automatically.

04. **Brains.** The automator of organic life is the *automatic brain*, which evolutionarily precedes the *abdominal sub-brain* and the natural *encephalic brain* itself.

05. **Social.** The mechanism of repetition of unnecessary experiences, in the records of Human History, forms *social mimicry*, or the imitation of our ancestors, which has occurred in an intense manner and with appalling frequency in pre-civilized societies.

06. **Exercise.** *Mimicry is the vehicle of mechanisation at the core of human nature.* Through the pernicious law of *least effort*, exercise of the capacity of mimicry crystallises in the form of a habit, or custom. (to “drag one’s heels”; a morbid “mimeopathy”).

07. **Progress.** The dead weight of a meticulously observed consuetudinary practice, based in habits, obstructs innovation (neophobia) and social progress, stagnating *consciential self-evolution*. For example: the *rubbish bin* needs to be the *only consumer* of nearly everything vehemently offered to us with the nicest of smiles.

08. **Genetics.** The virtually technical, rational, yet mechanical and robotised stagnation, according to sociocultural *mesological inheritances*, or those from the environment, subordinates the consciousness to the organismic sub-memory, or *human genetic mimicry* (atavism).

09. **Unconsciousness.** Every action proceeding from mimicry is essentially precarious, since it is neither self-determined nor self-lucid, but involuntary and unconscious.

10. **Self-retrocognitions.** The complete elimination of unnecessary intraphysical self-mimicry, in our string of intraphysical rebirths, is obtained faster through MS, or multidimensional self-awareness, which installs positive self-retrocognitions in the depths of the consciousness.

11. **Liberation.** Responding to the ideological challenge from the science of Projectiology; liberating energies that had been repressed for centuries, in *locked seriexises*; the consciousness manages to stop their disastrous series of errors of judgment and misprioritisations in successive existences, which had confined them within *fossilising self-mimicry*.

12. **Cosmoethology.** Humanity, like Parahumanity (Sociex), only becomes active in moving towards a greater evolutionary goal, beyond them, if they are attracted through mimicry. Because of this, the social impulse needs to function through *cosmoethical mimicry*.

13. **Volunteer.** You, as a *cosmoethical volunteer*, can adopt one of 4 postures: 1. “Not wear the shirt” (*false volunteer*); 2. “Wear the shirt”; 3. “Rollup your shirt sleeves”; 4. “Sweat in the shirt” (maintain team spirit).

554. TEST OF THE DIFFERENCES OF PROJECTIOLOGY

Variables. Here are 30 variables that demonstrate the basic differences of the primary evolutionary direction of religion or faith, compared with Projectiology and Conscientiology:

Projectiology, Science	Spiritism, Umbanda and Others
01. Research, debates and refutations	Doctrines, subjections and suggestions
02. Rational science without labels	Temporal theological empires
03. Epistemology (Science)	Theology, myths and mysticisms
04. Renovating laboratory (research)	Repetitive routines (rites)
05. Scientific democracy	Systematic proselytism
06. Maximum scientific universalism	Narrow religious sectarianism
07. Interdisciplinary heterodoxy	Closed segregationist orthodoxy
08. Constant healthy heterocritiques	Mercantilist indulgences
09. Leading edge relative truths (verpons)	Unverifiable absolute truths
10. Discernment through research	Emotionality through dogmas
11. Lucid self-experimentation	Christolatry and mediumolatry
12. Experimenters and refuters	Credulous and directed professes
13. Free and active lucid projectors	Passive or submissive mediums
14. Direct self-conscious animism	Indirect unconscious mediumism
15. Rational technical parapsychism	Emotional primary parapsychism
16. Predominance of mentalsoma (<i>tho</i>)	Predominance of psychosoma (<i>sen</i>)
17. Mature advanced knowledge	Fetal atavistic protoknowledge
18. Thinking by yourself	<i>Magister dixit</i> and inculcations
19. <i>Encephalic</i> brain predominates	<i>Abdominal sub-brain</i> predominates
20. Direct personal experiences	Faith, beliefs and superstitions
21. Permanent critical openness	Uncritical sentimental puritanism
22. Self-control and interdependence	Heterohypnoses and dependencies
23. Conscious self-renewal	Fossilised salvationism
24. Continuous libertarian actions	Restraining <i>collars of the ego</i>
25. Claritask or the clarification task	Consoltask or the consolation task
26. Advanced, lived Cosmoethics	Syncretic or human, Christian morality
27. Advanced consciential route	Prematernal consciential route
28. Personal principles to live by	Imposed dogmatic principles
29. Renovating consciential foresight	Narrow evangelist mentality
30. Consciential maxifraternism	Consciential parochialism

Test. Do you still feed any musty residue of religious-affective brainwashing from your infantile repressive phase? *Holomaturity dispenses with infantilisms.*

555. TEST OF YOUR INTRAPHYSICAL CONDITIONS

1. **Formula.** Your *infancy* passed by among 6 *nots*: cannot, do not do it, do not think, do not feel, do not grow and do not live. **Socin** is the creation of *myriads of generations prior to you and I*. The moment of rebirth on Earth signifies exactly 100% of human immediateness (immediateness of the here and now) and 0% of conscial multidimensionality. The moment of somatic deactivation (desoma), obviously, constitutes the opposite: 0% of human immediateness and 100% of conscial multidimensionality.

2. **Complexis.** To understand this formula of conscial conditions is to understand serenity, Cosmoethology, Projectiology and the complexis (existential completism) of intraphysical life on this Globe, or the mechanism of self-evolution through Conscientiology.

3. **Deception.** The absolute majority of human beings, when leaving the soma and manifesting with another subtler vehicle - the consciexes' emotional body - still desire to maintain the same reactive percentage from the moment in which they were reborn into dense matter: 100% of human immediateness. The consequence of this deception, or 100% error, is *post-desomatic parapsychosis*, the condition of those who leave intraphysical life on Earth and continue to think they are still human beings (conscins).

4. **Illusion.** Another effect of this lamentable illusion is the condition of a *locked existence* or *seriexis*: *billions* of consciousnesses enter and leave the flesh - or more appropriately - *into* and *from* the crustal extraphysical dimension, or troposphere, and do not even realise it. Nor do they pass through the second desoma - the complete discarding of the energosoma. Due to this fact, they live *physicalized*, more materialised, their conscial vehicles of manifestation are in a state of more rigid coincidence, thereby having greater difficulty to be projected in the extraphysical dimensions with greater self-consciousness or hyperacuity.

5. **Phases.** That is why, in physical middle-age, the first 35 years of human life compose the *preparatory phase* of the seriexis and the period from 36 to 70 years of age, on average, the *executive phase* of a mature human existence.

6. **Percentages.** When arriving at 36 years of age a conscin is the apex of equality: exactly 50% of immediateness and 50% of multidimensionality. In other words: upon reaching 36 years of age, a conscin, when more lucid, will be living with 50% of inevitable *self-attachment* to terrestrial things - or if we prefer - with exactly 50% of intelligent *self-detachment* from human involvements.

7. **Self-evaluation.** You, experimenter, can judge - in a conscious evaluation - your conditions through this *rational formula*.

8. **Ego.** Any disputing of this diagnostic reality is an unhealthy appeal made by a conscin to some ego defence mechanisms, egoism, egokarma or groupkarma, which in this case, is an extension of the egokarma.

9. **Polykarma.** In this condition, the consciousness still did not identify the reality of polykarma nor incorporate it, in a theoretical way, into the structure and realisations of self-evolution.

556. TEST OF YOUR SOCIAL POSITIONING

Socin. Socin, through a thousand immaturities, enticements and subterfuges, can point out your personal inexperience as an experimenter. It is reasonable to question yourself regarding the factors that make it pathological, and that reflect on you. Freedom of speech is an inestimable or invaluable good.

Questions. Here are 15 questions for you to answer with maximum self-criticism:

01. **CEs.** Do I ignore bioenergetic practices with CEs, or consciential energies?
02. **VS.** Do I not know how to apply the VS, or prophylactic vibrational state, in the day-to-day?
03. **Paracomatose.** Am I far from experiencing multidimensionality, still in an evolutionary paracomatosis, typical of *Homo animalis*? (See page 266).
04. **Holosomatology.** Am I unaware of the holosoma's reality and manifestations?
05. **Interdependence.** Do I merely serve under the orders of others without being able to work, by myself, in any area of activity related to survival?
06. **Dogmatics.** Is my life subordinated to *magister dixit* and dogmas?
07. **Repression.** Do I submit myself to the yokes, collars and crutches of a sectarian doctrine or some group system that controls vulnerable and susceptible consciences?
08. **Principles.** Are my personal principles to simply enjoy intraphysical life and exalt youth, physical beauty, monetary wealth, merely human talents and transitory fame? *There are human beings who are dealers of other human beings.*
09. **Groupkarmality.** Am I defenceless and impotent, suffering intrusion from the undesirable companions of my intraphysical groupkarma, without doing anything to change this *status quo*?
10. **Intrudability.** Do I periodically suffer unconscious extraphysical mini-intrusions, that I only come to recognise - when they happen - after the facts have occurred?
11. **Mentalsomatology.** Due to the *abdominal sub-brain* do I not always prioritise the use of my encephalic brain in the major decisions of quotidian existence?
12. **Misprioritisation.** In more than 50% of my efforts, do I always perform tasks and do things that I dislike and that do not satisfy me?
13. **Conscientiology.** Do I still live uninformed, or generally only badly-informed in relation to my consciential self-evolution?
14. **Serenism.** Did I not know, until recently, of the existence, advantages and techniques of the evolutionary model, the *Homo sapiens serenissimus*?
15. **Self-mimicry.** In the majority of my important actions do I repeat, until today, dispensable existential experiences from my recent past?

Test. If you responded yes to only 5 of these questions, you can conclude that your *robexis* or social robotisation in this existence, remains alive, powerful and operating. It is time for you to do something about your integrated consciential maturity (holomaturity), *to do some damage control*, or to take meaningful measures for the renewal of your intraconsciencial life within Socin.

557. TEST OF DIFFERENCES BETWEEN A PROJECTOR AND A MEDIUM

Traits. Here are 30 comparisons between traits of a conscious projector and those of a medium:

Alternating Conscious Projector	Healthy Tropospheric Medium
01. Free polyvalent parapsychic	Compromised monovalent parapsychic
02. Consciousness in their vital element	Foreign frontiersman consciousness
03. Conscin alone (animism)	Conscin and consciex (intermediation)
04. Lucid owner of <i>one</i> real <i>power</i>	Subordinate to <i>one</i> consciential <i>condition</i>
05. Encephalic brain in advanced action	Primitive <i>abdominal sub-brain</i>
06. A far more conscious state	A far more <i>unconscious</i> state
07. State of cosmoconsciousness	State of ecstasy (emotionality)
08. Well defined personal activity	Well defined receptive passivity
09. Animism: <i>intraconscienciality</i>	Mediumism: <i>heteroconscienciality</i>
10. Direct extraphysical experiences	<i>Indirect</i> extraphysical information
11. CP or assisted conscious projection	Assisted mediumistic trance
12. Personal parapsychic independence	Dependencies on other consciousnesses
13. Full personal initiatives	Constant inevitable subordination
14. Permanent healthy <i>dispossession</i>	Permanent healthy possession
15. Consciencial <i>self-sufficiency</i>	Habitual <i>interconsciencial</i> subjection
16. <i>Self-hypnosis</i> (when it exists)	Constant routine <i>heterohypnosis</i>
17. Direct action of the lucid consciousness	<i>Indirect</i> action of mere intermediation
18. Shoulder to shoulder assistantial work	Working with a <i>yoke around the neck</i>
19. Experienced practical maxiuniversalism	Primary practical sectarianism
20. Cold reality of the facts or phenomena	Problematic consciencial prosthesis
21. Personal VSs or vibrational states	Showers of <i>external</i> , or <i>hetero</i> , <i>CEs</i>
22. Active, mature, daily, sexual activity	Sexuality with <i>antibiological deviations</i>
23. Claritask (clarification task)	Consoltask (primary consolation task)
24. Field: <i>multidimensionality</i>	Field: predominant <i>intrapysicality</i>
25. Principal practice: daily penta	Principal practice: mediumistic discourses
26. Predominance of mentalsomatics	Predominance of the soma and energosoma
27. Condition of consciencial wholesaling	Condition of consciencial retailing
28. Polykarma karmic predominance	Groupkarma karmic predominance
29. State of continuous consciousness	State of <i>discontinuous</i> consciousness
30. Frank opening towards serenism	Discontinuous groupkarmic interprision

Test. Being aware of these realities, is it worth continuing to be subject to the hypnotic slavery of mere mediumship? Who are you: a rider or a *horse*? *If we accepted public opinion as correct, we would still be living on a flat Earth.*

558. TEST OF YOUR CONSCIENTIAL AWAKENING

1. **Cosmoethicology.** Cosmoethics requires the acceleration of our self-knowledge. This happens through maturity, discernment, logic, self-coherence, consciential priorities, individual freewill and planned self-evolution.

2. **Truths.** Obviously an unverifiable, definitive and absolute truth does not exist. A *rear-guard* relative truth and a *vanguard* relative truth, both provisory, do exist. When analysed in an independent way, these truths, though relative, rationally liquidate innumerable myths, in an irrepressible way.

3. **Myths.** Among the fashionable prematernal myths, perhaps the worst is that *all paths lead to personal truth*. In theory, this affirmation expresses an indisputable reality: consciential evolution seems inevitable. In this case, what is not reflected here is the efficiency of, or the time spent, in that evolution.

4. **Performances.** After all, the consciousness evolves by making mistakes and setting things right, in a perpetual alternation of self-defeating and constructive positions within the accumulation of their actions.

5. **Fossilisation.** However, in the practice of life, the expression merely acts as a consoling phrase, a sophist argument, a logical fallacy and a psychological castration of a beings' creativity. Accepting it as a motto, many intelligences become fossilised in antiquated doctrines in the primary quality of *Homo socialis*. (See page 289).

6. **Self-corruption.** In view of the facts displayed, it is seen that this myth efficiently functions as a kind of repeating agent for the consciousness' negative past existences. In certain cases, it amounts to an act of unconscious self-corruption.

7. **Consensus.** There is always a more efficient route to a consensus, which, in relation to all other routes available at that moment and in those circumstances, is better able to accelerate our personal evolution and the evolution of those consciousnesses around us.

8. **Panacea.** This is not a panacea or cure-all for the consciousness. Everything depends precisely on the consciousness' desire to work, with motivation and discernment, on their self-improvement. Who does not err even once can get it right twice.

9. **Discernment.** The *personal truth* referred to above is a necessity that must and needs to be conquered, if possible, with reasonable discernment. There are people who learn the entire corpus of theories of leading edge relative truth (verpons), but are unwilling to live them. They even unintentionally, publically confess their repressions, conditionings and brainwashings: I desire renovation, however not too much, not to that degree, and not at that cost.

Test. Such people are found to be very comfortable in their accommodations. This is an inalienable right that suits them. The patient laws of life do not dictate any illogical decree for the imposed acceleration of consciential evolution. However, who asks themselves this shows intelligence: Do I live fossilised, semi-accommodated or conscientially awakened? *Humanitarian aid is one of the great causes at the end of the 20th century* (NGOs). *Peacekeeping* in 1993 cost the UN 3.5 billion dollars.

559. TEST OF YOUR COMPREHENSION OF CONSCIENIOLOGY

Proposals. *Your experience-certainty can be superior to scientific truth-probability.* If you manage to correctly respond to 20 of these 33 questions you sufficiently understood this books' proposals for evolutionary self-knowledge:

01. **Aura.** What is *the penile aura technique* and what is it for?
 02. **Bait.** How can somebody be lucid assistential bait?
 03. **Basement.** Who lives in the consciential basement?
 04. **Brain.** When does one manifest the *abdominal sub-brain*?
 05. **Catatonnia.** Whom does extraphysical catatonnia happen to?
 06. **Clairvoyance.** Why perform facial clairvoyance?
 07. **Conscientese.** Who do you communicate with through conscientese?
 08. **Conscientiotherapy.** What are the principles of Conscientiotherapy?
 09. **Couples.** Who forms an incomplete couple in Socin?
 10. **Dimener.** Where is the energetic dimension located? (See page 211).
 11. **Enerspring.** What does enerspring represent?
 12. **Evolution.** Where is your Evolutionary Orientor?
 13. **Hologasms.** Why generate hologasms?
 14. **Holosomatology.** What does *holosomatics* mean?
 15. **Holothosene.** How does holothosenic pressure operate?
 16. **Homeostasis.** With what do we maintain holosomatic homeostasis?
 17. **Interprison.** How do we enter into and how do we leave, groupkarmic interprison?
 18. **Interview.** With whom should we schedule a preliminary extraphysical interview?
 19. **Intrudability.** How many conscins go through interconsciential intrusion?
 20. **Intrusion.** Why does thosenic intrusion occur?
 21. **Macro-PK.** Destructive macro-PK is installed through what means?
 22. **Offiex.** How many offiexes exist?
 23. **Pangraphy.** What are the characteristics of pangraphy and what is it for?
 24. **Parabrain.** What does the parabrain exist for and where is it found?
 25. **Paracomatose.** Why do some people go through evolutionary paracomatosis?
 26. **Precognitarium.** What is a *precognitarium* for?
 27. **Prekundalini.** Where does *prekundalini* operate in the sexosoma?
 28. **Retrocognition.** What is consciousnesses' innate retrocognitive agent?
 29. **Serenissimus.** When does someone become a Serenissimus, or *Homo sapiens serenissimus*?
 30. **Seriexis.** When does the seriexis of a consciousness terminate?
 31. **Signs.** How many animic and parapsychic energetic signals do you have?
 32. **Symdeas.** With which resources is *symdeas* performed?
 33. **Thosenity.** Who produces cosmoethical thosenes, or orthothosenes?
- Science.** Criticism, debate and refutation constitute vital forces of mature science.

560. TEST OF YOUR GROUPKARMIC TASK

01. **Definition.** Within the *law of cause and effect, action and reaction*, egokarma is the *inevitable* first current account that is always opened in the movements of consciential life, *holokarma* and in respect to the intimacy of the consciousness' manifestations in their incessant evolution. For example; you, reader, are my *groupkarmic colleague*.

02. **Child.** Egocentrism always exists in a child, where it operates in a physiological way to guarantee the survival of the evolutionarily most apt being within the intraphysical atmosphere. A child has better hearing, but listens a lot less than an adult.

03. **Adult.** However, if egocentrism stubbornly persists into the adult phase it becomes egoism, which is pathological, anti-evolutionary and anticosmoethical for the conscin.

04. **Egokarma.** Due to a human being's personal survival instinct, egokarma always operates in those who come to intraphysical life.

05. **Groupkarma.** Because the human being depends on other human beings to survive, notably up until 5 years of physical age, egokarma is intertwined with the person's groupkarma during the existential phase on Earth. *Intraphysically we live in a constant and unavoidable evolutionary interdependence* (groupkarmic inseparability).

06. **Principle.** Based on the *principle that we came to intraphysical life to serve one another in our interconsciential relationships*, we observe that maturity causes the egokarma to diminish in order for the conscin to expand their polykarma, after the neutralisation of larger, negative debts that exist in our current groupkarmic account.

07. **Polykarma.** Polykarma, through Cosmoethics, promotes the dynamisation of the self-evolution of the consciousness who already masters CEs, or consciential energies.

08. **Accounts.** Each intraphysical consciousness has their egokarmic and groupkarmic current accounts open when they breathe on the crust or in the troposphere of this planet. An *open ego-karma* can evolve more quickly than a *closed groupkarma*.

09. **Minority.** Only a small minority of more aware consciousnesses, or those with a more elevated sense of discernment, have already opened a polykarmic current account.

10. **Proaxis.** Hence the necessity to escape the infantile egocentrism of our consciential basement and to seek to execute our proaxis through the intermediary of the claritask, a more evolved and profitable task in relation to our evolutionary dynamics.

11. **Tests.** Strictly speaking, we do not need many tests to weigh up the egokarmic current account. Our own Cosmoethics, within ourselves, denounces the exact level of egoistic corruption and the extent of the lack of our sense of maxifraternity in intraphysical or multidimensional life. The *truth* of facts is the primary Cosmoethics of Nature.

12. **Cosmoethicology.** Karma (holokarma) is the *law of cosmoethical causation*, which does not castigate or reward, nor create or denote anything, but infallibly thosenically directs all other laws generated from certain consequences, along with a consciousness' multidimensional actions, in the planning of its incessant evolution.

561. TEST OF YOUR EGOKARMIC CONSCIOUSNESS

Egokarma. In theory, *evolution* of a consciousness is personal. But egokarma is nearly always pure “egocentrism”. Hence the necessity for consciencial evolution to occur in group, through experiences with the groupkarma, which cannot be a simple extension or masked amplification of the egokarma. *Friendship is heterocriticism.*

Complexis. Libertarian undertakings of consciousnesses, when in group, demand irreplaceable characteristics in order to eliminate misunderstandings, hurts, susceptibilities and resentments to arrive at *complexis* (existential completism).

Test. Here are 15 indispensable attitudes to test your constructive mingling with companions in the assistential clarification task (claritask) of consciousnesses:

01. **Association.** Seek to understand what maintains the energetic harmony of energosomas and the peace of egos. *Serenissimi* stopped giving combat orders millennia ago.

02. **Cohesion.** Progress as a single block, side-by-side, intra and extraphysically.

03. **Confraternisation.** Fraternise, in a union of cardiochakras and parabrains.

04. **Consensus.** Unanimously share ideas from the mentalsoma.

05. **Decontamination.** Adjust to the air we all breathe, without affective pollution.

06. **Democracy.** Live in complete harmony with others viewpoints, without any indoctrinations.

07. **Derepression.** Think of joint consent, solidarity, without brainwashings from the *abdominal sub-brain*. For example, a *radiot* is a receiver of transfusions of noise.

08. **Humour.** Each day, from the moment you wake in the morning, conserve your conciliatory good humour. It is not worth opening your mouth to “unsheathe” your *tongue*.

09. **Leadership.** Follow the orders of the one responsible for the talent, in the most democratic way possible. (See page 536).

10. **Meetings.** Encounter, in the middle of the evolutionary route, partners in destiny that have multiexistential roots. *Human power* does not inspire trust.

11. **Omni-interaction.** Keep the peace, aiming to maintain, above all, the positive results from joint multidimensional work.

12. **Organisation.** Be organised in society, but under a cosmoethical paradigm of consciousness. The worst of the groupkarma are among the *tropospheric consciousnesses*.

13. **Team.** Surround yourself with uninhibited, self-critical and heterocritical collaborators.

14. **Union.** Arrange yourself under the same flag in order to respond to intimate (conscin) and external (Mesology and multidimensionality) challenges.

15. **Work.** Act hand-in-hand, shoulder-to-shoulder, with energetic positivity.

Eliminations. Only then will you and I manage to eliminate disharmony, disorder, gloomy days, separating walls, nose-to-nose arguments, chest-to-chest conflicts and melex, or future *post-desomatic* extraphysical melancholy, or in other words: after the desoma.

Passion. *Passion dulls reasoning, annuls judgment and dissolves self-criticism.* The practice of *useful association of ideas* is a firm step towards universalism.

562. TEST OF YOUR GROUPKARMIC CONSCIOUSNESS
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Accomplices. Within *groupkarmality* the most important elements in our group and personal consciential evolution are the closest companions, our *accomplices in destiny*, those consciences with whom we simultaneously gain temporary advantages, or human privileges and tighten our bonds.

Hypothesis. Based on the *principle that victims can be liberated from their persecutors and that these persecutors remain enslaved to each other because of the law of groupkarmic inseparability*, we can propose the *synthesis-hypothesis of the groupkarmic sequence* in five stages or phases:

1. **Interprison.** A conscin, in the *groupkarmic interprison phase*, without the subhuman *caudal appendix*, lives 100% mutually imprisoned with the delinquents of lucid evolution. The person is comfortably seated in their vital element among antisocial friends. They have *absolute certainty* about what they are doing. They feel entitled to everything they demand. They do not accept heterocriticisms. This posture generates: lynch mobs, *death squads*, mafias, inquisitions, technicians in human torture, wars, terrorism and genocides.

2. **Victimisation.** The consciousness starts to doubt the correctness of their choices. Their efforts diminish. This is the *victimisation phase*. They move from leading, to being a victim of the same *anti-social machine* they helped create. This long *period of retribution* requires a number of entire seriexises, immolated in favour of their *own colleagues*, in order to *be free from them*.

3. **Recomposition.** With remorse and to attend to their old victims, the consciousness stops being a direct victim. Little by little recomposing the wreckage of their misdeeds. This is the *recomposition phase* where *everything goes backwards*. In this *Sisyphus period* the person seeks to *unteach* what wrongs they taught. It demands immense patience and persistence from the consciousness.

4. **Liberation.** The consciousness can already discern light at the *end of the tunnel*. They live periods of major relief from consciential, secular and intrusive pressures. This is the *phase of liberation* from egocentrism. A better *spirit of Humanity* is acquired. This is the homestretch.

5. **Polykarmality.** The consciousness no longer asks for themselves. The word *suffering* stops to have meaning for them. Above everything they want to cooperate in the *polykarmic phase*. The Earth is transformed into an evolutionary school: the consciousness not only wishes to learn, but also to teach what they can. They discover universalism, claritask, discernment, holomaturity, Cosmoethics, the permanintfree condition and, finally, the experience of polykarma in life.

Holothosene. Consequences from overcome stages sporadically *popup* in subsequent stages, as *delayed compensatory reactions*. Through lucid retroprojections and extraphysical retrocognitions it can be concluded that, in *more benign or moderate* cases, the period from the end of stage 1 to the start of stage 4, demands at the very least *7 and a half centuries* of intraphysical lives and effort, for a change in the *personal holothosene* to occur within the most familiar *groupkarmic holothosene*. (See page 397).

Test. Based on this, with maximum self-critique, you can determine your groupkarmic reality. In which *polykarmic stage* are you situated today?

563. TEST OF YOUR POLYKARMIC CONSCIOUSNESS

Attitudes. Here are 10 attitudes that evidence an increase in your level of experience of polykarmality in everyday intraphysical life, as a *Homo universalis*:

01. **Fear.** Eliminate, in a sincere and authentic way, all fear in any dimension in which your consciousness manifests. Who wants to *donate everything* is not afraid to *lose anything*. This is why all fear is an emotional question that is eliminated through profound insightful reflection using the *mentalsoma*. (See page 655).

02. **Seduction.** Deprioritise energosomatic seduction in relation to people from both sexes. There are *needy conscins* who, at the same time, are excessively affectionate.

03. **Evolution.** Be permanently worried about assistantial conviviality with your *evolutionary colleagues*, instead of being anxious to satisfy your personal interests. Compassion, forgiveness and practiced kindness are enduring realities of solidarity among consciousnesses. There are unfathomably complex *consciousnesses*.

04. **Egokarma.** Renounce all your eagerness to defend what is solely restricted to your egokarmic account. In order to open a polykarmic account no longer ask only for yourself. *Egoism* is the maximum introversion of *megaweaktraits*.

05. **Groupkarma.** Minimise, whenever possible, everything concerning the interests of your groupkarma in relation to what interests an increasingly large number of the members of humanity (*conscins* from Socin) and Parahumanity (*consciexes* from Sociexes). At our evolutionary level no consciousnesses are *made on Earth*.

06. **Discipline.** Be disciplined, to the healthy maximum level possible, converging and concentrating all your personal realisations towards the *invisible assistance* of clarification to other consciousnesses, without collecting any compensation or immediate gratitude from others.

07. **Intimacy.** Open, with all discernment, the largest exposition of your consciential intimacy to the extraphysical helpers, ahead of the relationships with intraphysical beings where you open your intimacy and devote your maximum attention.

08. **Maxifraternity.** Using your holosoma and all the lucid multidimensionality already accessible to you, acknowledge and more than this seek to sustain anti-egoistic and assistantial maxifraternity in daily life. Our *proexis* is not a simple yawn.

09. **Cosmoethic.** Stick to the set of universal ethical norms in resolving all your interconsciencial contacts and relationships, intra and extraphysically.

10. **Serenism.** Have your sights fixed on experiencing the practical objective: serenism, distributing the application of positive potentialities (*megastrongtraits*) of your ego at a level above human vicissitudes. *Maxifraternity* is the extroversion of *megastrongtraits*.

Test. Have you, experimenter, already accomplished half of these advanced experiences?

Egocide. Within libertarian consciencial tasks, polykarma and *egocide* (annulment of egoism), are synonyms for a consciousness who is alert regarding evolution.

Culture. *Universalism tends to unify cultural norms everywhere.*

564. TEST OF YOUR HOLOKARMIC CONSCIOUSNESS

01. **Nominative.** Do you realise that you contribute to your *nominative*, holokarmic or *integral* account, which specifies all the elements of patrimony of your evolutionary experiences, within the *law of cause and effect, or action and reaction*?

02. **Egokarma.** Are you aware you have an open, *individual*, or in other words, egokarmic account, within holokarma, that relates to your consciousness' acts or thosenes? *Dura lex, sed lex*. An increase of criminals in *Socin* evidences an absence of magistrates.

03. **Joint.** Are you aware that you have an open *collective*, or *joint*, account with the members of your groupkarma, which gives each of them every right to extract certain considerations and demands in relation to you? (See Bib. 4684).

04. **Agent.** Are you aware that your Evolutionary Orientor acts, in your evolution, as a *trustee* consciousness, responsible for the custody of your assets within the groupkarmic account? Without a doubt the *most firm friendship* is that of an Evolutionary Orientor.

05. **Balance.** Are you aware that, at our current evolutionary level, the majority of consciousnesses who have evolutionary accounts keep them *overdrawn*, or with debit balances, in relation to collective evolution and are not yet able to open a polykarmic current account?

06. **Guarantee.** Are you aware that your *proexis*, or existential programme, operates like a *guaranteed* account, in the form of a *loan agreement* of evolutionary possessions and conditions? *It is complete nonsense to expect to know the minute details of the proexis before enacting it.*

07. **Amortisation.** Are you aware that you have an open *amortisation* account with the consciousnesses of your nuclear family (father, mother, siblings and others), liable to disappear after 2 or more exercises of intraphysical rebirths?

08. **Block.** Are you aware that when you make excessive mistakes a just or cosmoethical evolutionary determinism compulsorily acts on you, with your holokarmic account remaining *blocked* and being impossible to *freely make withdrawals* using your freewill?

09. **Depreciation.** Are you aware that each time you become an innocent and involuntary victim in an intraphysical existence, your patrimony loses value due to attrition or obsolescence, which is booked in your *depreciation* account and amortises the sum of your mistakes? The more *fruit* a tree has, the more stones it encounters.

10. **Pendent.** Are you aware that the *pending operating statement* (profit, income, expenditure or loss), in relation to your evolutionary colleagues, awaits the opportune epoch to balance the *profits and losses*, or that this account indicates the balances pertaining to the exercise of a future intraphysical rebirth or the transfers to that life?

11. **Linked.** Are you aware that in the condition of *groupkarmic interprison*, your evolution is regulated through a *linked* account, one connected to another whose existence it depends upon, and whose credit balance cannot be used, since it acts as a guarantee for third-party interests?

Test. What do you think of all this? Do you live aware of your holokarmic reality? If fortune is success; complexis is glory.

565. TECHNICAL FOUNDATIONS OF COSMOETHICS

Anticosmoethics. The level of *extraphysical* assistance a person has is the *unit of measure* regarding the consciousness' success or failure in *intrapysical* life. The majority of anticosmoethical conscins do not want to share in sacrifices, but only *reap the benefits* of all that they do.

Characteristics. In an analysis of causes and effects regarding the existence and necessity of Cosmoethics, at least 9 practical characteristics must be included in your research:

1. **Intraconscientiality.** *The quality* of the intimate life within a conscin's mentalsoma. Structural supports: *visceral intimacy* in the consciential microuniverse; Socin of conscins; Sociex of consciexes. (See page 388).

2. **Megauniversality.** *Quality* of the personal sense of lived antisectarianism. Structural supports: cosmopolitanism; cosmoethical democracy; Ecological Economy; ecodeмокratic projects; the libertarian mentality of *Homo sideralis*.

3. **Holosomaticity.** *Quality* of self-awareness and practical life with the 4 vehicles: soma, energosoma, psychosoma and mentalsoma. Structural supports: permanent relationship between soma and psychosoma through the energosoma; predominance of the mentalsoma. *A conscin inherits much more from themselves than they do genetically from their mother or father.*

4. **Thosenity.** *Quality* of the self-lucid existence regarding the manifestation of thosenes, or the consciousness' simultaneous idea, emotion and CE. Structural supports: thosenators; refinement of thosenes; personal cosmoethical thosenes; combating mental peccadilloes: personal incorruptibility; complexis, or existential completism; others' holothosenes; personal holothosene.

5. **Multidimensionality.** *Quality* of the personal experience in multiple consciential dimensions. Structural supports: epicon or consciential epicentre; offiex, or extraphysical office; intraphysicality; Sociex, or Extraphysical Society.

6. **Multiexistentiality.** *Quality* of the condition of the consciousness' self-awareness regarding their many lives and ongoing existence, intertwined with others, over time. Structural supports: seriexis, or existential seriality; condition of consciential wholesaling; *personal existential cycle*; proexis.

7. **Holomaturity.** *Quality* of the consciousness' integral maturity, beyond biological and psychological maturity. Structural supports: hyperacuity with the maximum recuperation of cons; self-critique; megastrongtraits; Conscientiometry.

8. **Maxifraternity.** *Quality* of the conscin's level of deliberate altruism. Structural supports: interconscientiality; omnicooperation; interconsciential climate; claritask, or the assistantial clarification task; invexis, or existential inversion; euphorin, or intraphysical euphoria; consciexes, or extraphysical consciousnesses; derepressions.

9. **Polykarmality.** *Quality* of the most intelligent behaviour in the presence of the *law of cause and effect*, based on pure altruism. Structural supports: holokarma; groupkarmic interprison; evolutionary inseparability; effects of maxifraternity; lived serenity.

566. PRINCIPLES OF THE COSMOETHICAL MEGAPARADIGM

Person. Every person can be put in to 1 of 2 defined and irreconcilable types: one has individual principles for living a human experience, or not. There is no logical exception to this primary evolutionary rule that, one day, will dominate the nucleus of the leading edge relative truths (verpons) of a healthy and alert person. However, there is infinite variation in both the conscin's level of lucidity related to the laws and in the quality of the platform of these principles.

Principles. In an evolved code, the *cosmoethical megaparadigm*, a theory proposed in 1980, there must be at least 10 personal principles and their honest justifications:

01. **Cosmoethics.** I regulate my behaviour and my decisions, without exception, though my lived Cosmoethics. If I lived *only* by human morals I would repeat my obsolete and dispensable past (dispensable self-mimicry). (See page 749).

02. **Anti-egoism.** My intra and extraphysical exemplifications matter to myself (anti-egoism). Only then does it matter what others think, what they feel and what they do. This paradigm is *personal*. It is not for the inculcation or indoctrination of others. Nor do I use others as an ego defence mechanism.

03. **Self-criticism.** My permanent critique of myself (self-criticism) is prophylaxis for my mistakes. It anticipates just criticism from others (heterocriticism), which I analyse and heed when it is correct. I am a *self-unforgiver* but, at the same time, I am a universal *heteroforgiver* of everyone (conscins and consciexes).

04. **Discernment.** Among my attributes I exalt my discernment. My good intention, good will and personal abilities come in second place.

05. **Self-incorruptibility.** I admit that self-incorruptibility is feasible. Its execution only depends on me, my motivation, sincerity and self-discipline. What I am already capable of understanding, conceiving or teaching, I am capable of experiencing, realising and implanting.

06. **Serenity.** I concentrate my efforts on the construction of my personal serenity. In the level of my serenity I have a door to greater self-awareness.

07. **Self-awareness.** Whether I am alive in a human body, or not, is secondary. First and foremost what matters, here or beyond, today and tomorrow, is the average level of my MS, or multidimensional self-awareness, all the time, in every circumstance.

08. **Verbactions.** My coherent intermingling of words with actions (verbaction) is always deliberately altruistic. Personal coherence based *only* on egokarma has no use. I no longer ask for anything *only* for myself. My omniquestioning begins within me, is related to me and is primarily on my own account.

09. **Omnicooperation.** I am loyal to myself, above all. In second place, I am loyal to my extraphysical team (groupkarma, Sociex and offiex). *Omnicooperation is inevitable and irreplaceable*. *Polykarma* is my practical goal, everyday.

10. **Claritask.** I prioritise my efforts in universalistic assistance to others. I do not forget that the ideal assistential task is clarification (claritask).

567. CONDITIONS OF A PERSON AT 45 YEARS OF AGE

Ideal. At 45 years of physical age, a conscin, who is already living the *executive* second half of human life, with an average duration of 7 decades, lives at the ideal time to ponder what will reaffirm their conditions for personal evolutionary success on Earth. For example, here are 15 consciential conditions:

01. **Rationality.** Increasing rational certainty regarding their *objectives* and everything they do in the day-to-day. *Thosenity in the sen makes Art unpredictable. Thosenity in the tho makes Science more accurate.* We should observe where we *load* thosenes.

02. **Self-confidence.** Confidence in oneself in the face of every small and large *problem* and misadventure of a human existence in Socin, or Intrapysical Society.

03. **Thosenity.** A greater accentuated rate of consensual, *logical accuracy* regarding personal acts or the creation of cosmoethical thosenes (*orthothosenes*).

04. **Pacification.** Real intimate tranquillity lived without any appeal to romanticisms, mysticisms or *brainwashing* psychophysiological crutches.

05. **Phenomenology.** Excused from self-confirmations regarding their now repeatedly experienced, self-persuasive, *parapsychic phenomena*.

06. **Multidimensionality.** Experience of more frequent and profound LP, or *lucid projectability* with qualitative, evolutionary, consciential results.

07. **Conscientiality.** Understanding of *practical Cosmoethics* with respect to the simultaneous personal conditions of citizenship of humanity (Socin) and paracitizenship of Parahumanity (Sociex). (See page 70).

08. **Assistanciality.** Reduction of *eventual, unconscious mini-intrusions* through an elevated level of lucid personal service in interconsciential assistance.

09. **Psychosomaticity.** Existence developed without *unpleasant surprises* from the parabody (psychosoma), the creator of destabilising or stagnating stresses.

10. **Authenticity.** Life with an undisputed reduction of *disillusionments*, disappointments and frustrations of all natures, without complexes or psychological repressions.

11. **Dialogue.** Desisting regarding hurts, *resentments* and susceptibilities in relation to beings with whom you coexist, choosing direct dialogue for the dissipation of all misunderstandings and remaining subhuman instincts.

12. **Clairvoyance.** Enjoyment of a *predictive power* regarding personal evolutionary conquests, incomparably greater than that of average conscins.

13. **Polykarmality.** Unnecessariness of *requests* exclusively for yourself, aiming for self-sufficiency that gives you results in moving toward the experience of polykarma.

14. **Foundation.** Comprehension of the rationale for consciential *holomaturity*, deriving an intimate foundation for terrestrial learning from it.

15. **Future.** Improvement of your *personal principles* to live by, aiming at the possibilities of preparing, now, positive bases for the next seriexis.

568. EXPERIENCE OF THE *LAW OF THE ECONOMY OF EVILS*

Cosmoethicology. Holomaturity, with cosmoethical lucidity and through megaknowledge, prioritises life in Intrapysicality or in Multidimensionality.

Law. A cosmoethical life emphasises the rational *law of the economy of evils (minima de malis)*, which professes: *between 2 inevitable evils, always choose the lesser.*

Prioritisations. *Morals* are the set of the conscin's behaviours in Socin, in a certain epoch. *Ethics* is the theory or Science behind this set of behaviours. In the face of intrapysical life on this Planet here are 7 facts that evidence logical, primary and irrefutable options to a conscin in choosing the less evil in their day-to-day conduct:

1. **Life.** While remaining physically and mentally sound, your intrapysical consciousness has to give *priority* to transitory human life - the energosomatic existence dedicated to the execution of the proexis - over your extrapysical life, within your *existential cycle*, in the still unceasing line of the majority's seriexises.

2. **Soma.** For your consciential and holosomatic microuniverse, the *new* bodies - the energosoma and the human soma - from the current energetic and ephemeral seriexis, become much more *useful* than your more permanent, *old*, psychosoma and mentalsoma, in order to attain complexis and even a maximorexis (a major existential moratorium).

3. **Present.** The fugacity of 7 or 9 decades of your intrapysical period deserves to be *taken greater advantage of*, in the present, than the supposed *eternity* of your extrapysical future, whose next steps depend on your present days.

4. **Time.** In theory, 2/3 of intrapysical time of your human life - a daily average of 16 hours of the state of physical vigil - ought to always come *before* the 1/3 of time of your extrapysical life, a daily average of 8 hours of the natural sleep state.

5. **Discernment.** Your intrapysical consciousness - conscin - needs to *live* under the criteria of maximum discernment and hyperacuity (cons), keeping 2 feet (*prekundalini*) on the ground of the Intrapysical World (the troposphere or evolutionary *base*) and the mentalsoma in the Multidimensional Cosmos (the evolutionary *apex*).

6. **Maternity.** In a complicated human gestation, the *principal* life to be saved is the mother's, an already formed human being, and not the fetus, a life still being drafted.

7. **Intrudability.** In consciential intrusion, the intruded conscin-victim becomes more *important* than the consciex-intruder, the extrapysical perpetrator or *intrusive intermediary*. Maxi-intrudability is in the millennial forces of obscurantism.

Synthesis. *The thosene is the triad of the consciousness' manifestations.* A conscin is worth the percent of their thosenic control over the condition of intrapysical restriction in the seriexis. LP, or lucid projectability, is the master key to knowledge that matters most for the evolution of consciousness. (See page 180).

Socin. Let us be optimistic: Socin has evolved. In Antiquity, perverse kings made their enemies suffer by binding them to corpses that would rot with them. This has stopped.

569. EXPERIENCE OF THE LAW OF THE ECONOMY OF VIRTUES

Law. In the universe of Conscientiology research, the *law of the economy of virtues* appears and strengthens multiple sectors of consciential life.

Experience. Here are 12 aspects of the *law of the economy of virtues* that you, experimenter, can research, in your practical intraphysical life, in order to abandon the stagnating influences of the consciential basement and the *abdominal sub-brain*:

01. **Fact.** One concrete idea in the mentalsoma *is worth more than* 1,000 speculative assumptions only in the imagination, no matter how fertile that consciential attribute is.

02. **Theorice.** One practical lived experience *is worth more than* hundreds of theories, even if brilliant. Evolution develops through experienced theorice and verbaction in the performances of the conscin within their *circadian and diurnal cycle*.

03. **Functionality.** A common, but functioning, ballpoint pen *is worth more than* a gold pen without ink, a mere object of infatuation, collection or decoration.

04. **Serviceability.** A poor edition of a book, owned by you, in your hand, that you can directly make notes in, *is worth more than* a luxury edition of the same book that you borrowed, in this case, an almost untouchable artefact of knowledge. A functional object has priority over an ornamental object. Does your soma produce evolutionary utility?

05. **Usefulness.** “A bird in the hand *is worth* twenty in the bush”. This is the law of *greater value* as pertains to popular wisdom, or good intraphysical common sense.

06. **Cosmoethics.** A little *clean* money *is worth more than* an immense *dirty* fortune of an *anticosmoethical origin*. All money has its intrinsic holokarmic quality within multidimensional economics. *Anticosmoethical profit* is always a loss.

07. **Freedom.** Freedom of expression based on few resources, *is worth more than* immense wealth that keeps you mute, without the possibility of functioning through the laringochakra, nor constructing your enriching opinions.

08. **Permanence.** A long, useful intraphysical life *is worth more than* several mediocre or short intraphysical lives (seriexises) without satisfactory achievements (incomplexis).

09. **Reliability.** The incompleteness of your continuously ascending evolutionary performances *is worth more than* rare outbreaks of apparent completeness (fugacious and superficial), without any sense of continuity, cohesion and self-relay.

10. **Priorities.** The priorities of a conscin within holosomatics, without intraphysical alienation, *are worth more than* the priorities of a soma within four-dimensionality, in a condition of obsolete and therefore already dispensable, self-mimicry.

11. **Greatness.** The immediatism of multidimensionality, the *here and now*, *is worth more than* the immediatism of mere intraphysicality. There are *money laundering countries*.

12. **Precedence.** What you can achieve now *is worth more than* what you want to do, with the most coherent logic, but only tomorrow or later, in a still unknown situation, or merely in a conjectural and impalpable manner.

570. EXPERIENCES OF YOUR PREPARATORY WORK

Evaluation. Experimenter, do not worry if you have still not had experiences of lucid projections or retrocognitions of a quality high enough to satisfy you. Perhaps this is not so relevant in your current level of preparation for the task. Assess yourself. It is worth remembering that when you feel master of yourself, with better self-control, wishing to dynamise your paraperceptions today, this is due to life after intraphysical and intermissive, life of personal effort, yesterday.

Incompetencies. You do not need to leave your soma in a CP, or conscious projection, or remember your deepest past to know that you had times in which you experienced, as an apprentice, countless evolutionary incompetencies that have now been left behind. As examples, here are 10 of these most primitive incompetencies:

01. **Asphyxia.** You impulsively and gropingly walked around, wanting to embrace the world with arms and legs, only to later drown with a *glass of water*.

02. **Intrudability.** You did not know what you wanted in your personal evolution and easily fell into the *throat of intruding wolves*, or under the yoke of intoxicating conscins and consciexes.

03. **Banalities.** You did not have the shoulders for large libertarian undertakings of consciousnesses, and invariably ended up *choking on a mosquito*. (See Bib. 4597).

04. **Disorientation.** You were easily disoriented as you were without greater control over your emotions, a prisoner of the central nervous system and adrenalin, frequently *losing your temper*.

05. **Dispersion.** You acted disastrously, continuously failing by half doing things, or beginning everything at the end. There are *millions* of social beings like this.

06. **Undefined.** As a *butterfly-seeker*, you banged your head against brick walls without finding a safe and defined route to anywhere.

07. **Indiscipline.** As you did not know what to do with your hands in most of your delusions, during your incessant search for firewood to burn, you ended up burning yourself. A fact still common in Socin.

08. **Interprison.** You were unsuccessful in your attempts of interconsciential diplomacy and, without thinking, got bound to groupkarmic interprison everywhere.

09. **Mysticism.** In your primitive, mystical and multimillennial fanaticism you thought you were making the sign of the cross and blindly *broke your nose* in consecutive, self-mimetic melexes.

10. **Precipitation.** You put the *cart ahead of the horse* in your undertakings, with good will and good intention, but without discernment, jumping out of the frying pan into the fire.

Effort. When somebody recognises that none of this disturbs them anymore, the time to improve self-organisation has come. Who applies their current talents to favour the evolutionarily growth of the qualities of a permanentfree consciousness, errs less.

Preparation. Positive retrocognitions and even the most advanced lucid consciential projections will come in their own time. Meanwhile, prepare yourself, work with your CEs, or consciential energies. Each personal conquest comes with an adequate level of maturity and only consolidates through constant self-effort.

571. THEORICE OF A COSMOETHICAL IDENTITY

01. **Anticosmoethic.** A mental megapeccadillo is an inappropriate or anticosmoethical act we cover, or *bury*, because it embarrasses us. All anticosmoethical acts of consciousnesses are egotistic in their essence, in their causes and in their effects.

02. **Cosmoethicology.** According to the principles of Conscientiology all cosmoethical acts of consciousnesses are altruistic in their essence, in their causes and in their effects.

03. **Code.** The Cosmoethics you experience today is your *personal code of conduct* developed over thousands of human existences, over the trials of millennia.

04. **Cycle.** *The multiexistential cycle varies from consciousness to consciousness.*

05. **Harmony.** Your *spontaneous cosmoethical code*, inside you, qualifies you to live together in harmony with due respect for the rights and interests of other consciousnesses (conscins and consciexes) within Socins and Sociexes.

06. **Maxifraternity.** There is a deep and direct affinity between cosmoethical principles and understood and lived maxifraternity.

07. **Variation.** By naturally existing because of the accumulation of millennial evolutionary experiences within each consciential microuniverse, it is obvious that the *cosmoethical code* varies from consciousness to consciousness.

08. **Parallels.** The occurrence of differences in cosmoethical codes is easily evidenced in the assembly of a *thousand and one* parallel differentials, that, as a whole, are always irreconcilable in their manifestations, at least at our current evolutionary level.

09. **Identity.** In general we can attribute interconsciencial disaffections - antipathy, hatred, resentment, grief, an incomplete couple, groupkarmic interprison - to the extreme rarity of 2 conscins encountering each other who both have the same level of cosmoethical code, identical in all its premises, clauses and manifestations.

10. **Impracticability.** To live with the same cosmoethical code, identical in all the details of its structure, two conscins would need to be more than evolutionary twins and to have gone through the same millennial evolutionary experiences. This is obviously impracticable. True *romantic love* is *synaptic* love.

11. **Disparities.** Omnipresent differences in conscins' manifestations arise from there, that is: it is the true cause of definitive thosenic diversity, among all consciousnesses. Besides, this fact seems to be very useful in the evolution of us all. There is a lot of constructiveness in the differences of consciousnesses' manifestations.

12. **Disaffection.** Therefore, in its simplest expression, disaffection or the lack of interconsciencial illumination is an *absence* of cosmoethical identity.

13. **Affection.** Therefore, in its simplest expressions, affection - sympathy, *pure love*, affectivity, an intimate couple, holosomatic interfusion, enerspring for two, a successful evolutionary duo, *homothosene*, a *common holothosene* - are manifestations of the *presence* of a greater or lesser percentage of cosmoethical identity.

572. CHAIN REACTION OF COSMOETHICS

Cascade. *Mental peccadilloes are emotions and errors pushed to the obscure level of the unspeakable*, and also nameless things. A larger cause, within you, can generate a greater effect, that in turn becomes a smaller cause that generates a lesser effect. Such a chain reaction, or evolutionary cascade effect, within your consciential microuniverse goes on, alternately progressing, ad infinitum.

Table. Within a segment of self-evolutionary effort, from the discovery of Cosmoethics until an existential moratorium, let us better understand the logic of the consciential chain reaction through a table of 23 causes-effects / effects-causes:

Evolutionary Causes-Effects	Evolutionary Effects-Causes
01. <i>Discovery of the law of Cosmoethics</i>	Acceptable self-incorruptibility
02. Acceptable self-incorruptibility	Integrated consciential maturity
03. Integrated consciential maturity	Experienced holosomatics
04. Experienced holosomatics	Conscious self-projectability
05. Conscious self-projectability	Assimilated multidimensionality
06. Assimilated multidimensionality	Permanent consciential self-lucidity
07. Permanent consciential self-lucidity	Spontaneously divested authenticity
08. Spontaneously divested authenticity	Ultimately discovered maxifraternity
09. Ultimately discovered maxifraternity	Maximum consciential openness
10. Maximum consciential openness	Opening of the polykarmic account
11. Opening of the polykarmic account	<i>Basic law of the economy of evils</i>
12. <i>Basic law of the economy of evils</i>	Ample, anti-egoistical, pure love
13. Ample, anti-egoistical, pure love	The cosmoethical love of maxifraternity
14. The cosmoethical love of maxifraternity	Mixed condition of attachment-detachment
15. Mixed condition of attachment-detachment	Constructive, healthy and mutual possession
16. Constructive, healthy and mutual possession	Conscious helped / helper pair
17. Conscious helped / helper pair	Important task of clarification
18. Important task of clarification	<i>Law of multidimensional rights</i>
19. <i>Law of multidimensional rights</i>	Active intimate intraphysical couple
20. Active intimate intraphysical couple	Gestation of consciential works
21. Gestation of consciential works	Self-conscious search for serenism
22. Self-conscious search for serenism	Opt for existential inversion
23. Opt for existential inversion	<i>Existential completism and morexis</i>

Insertions. In this table, there are concepts that can be inserted between lines, after the last one, or whose position can change on the scale of values according to the evolution of the approaches. What matters here is the level of hyperacuity of your consciousness.

573. PRINCIPLES OF PRACTICAL UNIVERSALISM

01. **Universalism.** Universalism is the same as *anti-egoism*, cosmism, eclecticism, ecumenicism, multidisciplinary, generalism and maxifraternity.

02. **Cousins.** Strictly speaking, all of us (human beings) are cousins, even if only seventeenth cousins, or even more remote degrees. There is an intrinsic sense of connection or unity within us conscins. You and I are not just *natural brothers* in evolution. We are also brothers of the wolf, the hyena and the virus.

03. **Consciousness.** All human blood is red. A consciousness itself has no sex, race, skin colour, human citizenship, nor emerges in the Universe subordinated to any doctrine, faith or belief. All evolved approaches have to be multiracial and multicultural.

04. **Dogmatic.** A dogmatic doctrine torments because it impedes derepressive *maxifraternity*. Parochial, parishioner purism constitutes primitive or *primary egoism*.

05. **Self-intoxication.** Shrunken or narrow-minded blinkers compartmentalise the social being's vision into an intimate, profound and painful *self-intoxication*.

06. **Attention.** All selfish, segregating, orthodox, discriminating, classist, corporatist, nationalist, chauvinist, sexist, monarchist (aristocracy) or geocentric personalities have immense difficulty to experience the evolutionary attribute of *divided attention*.

07. **Multidimensionality.** A universalistic sense only deepens the *rapport*, empathy and interconscintial affinities in what is simultaneously an intraphysical and extraphysical life.

08. **Parahypocrisy.** All dogmatism requires hypocrisy to function. *Parahypocrisy* (beyond the soma) only brings problems and misunderstandings wherever it manifests.

09. **Cosmoethicology.** In the face of the unavoidable condition of multidimensionality, without universalism nobody manages to be coherent, or maintain *cosmoethical incorruptibility*.

10. **Borders.** The tendency of evolution is to eliminate all borders. We move into a world without walls, where distance does not mean separation. Physical proximity is no longer necessary for a *sense of community*. Now we can communicate across the Planet, from mind to mind, via telephone, fax or the *Internet*.

11. **Conscientiology.** Pure science is open, cosmopolitan, universalistic, consensual, cosmic, uncompromised, unbiased, dispassionate, non-sectarian, non-monopolistic and non-labelled. As is Projectiology and as is Conscientiology.

12. **Astronautics.** Astronautics, artificial satellites and parabolic antennas are the *forefront* of inevitable, practical universalism in intraphysical life.

13. **Claritask.** All interconscintial assistance (claritask) has to be universalistic, without any demands concerning the condition of the task, the environment, or the beings in need.

14. **Cosmism.** *We proceed to a pure, intergalactic, evolutionary condition.*

15. **Predictions.** Inevitable predictions generated through Universalism: gradual disarmament; World State (Globalisation); preservation of the Earth; universalised language; universalistic conviviology; conscientese; state of cosmoconsciousness for all.

574. REASONS TO AVOID HUMAN DOGMA

Reasons. Here are 10 reasons why a Conscientiology researcher dispenses with any and every body of human doctrine, preferring the *least worse* line of intraphysical knowledge, namely conventional science. Which, although still immature and periconscientious, is based on omniquestioning and incessant refutations through *personal experiments*:

01. **Hypotrophy.** Instead of being part of a Universal Society and a defender of maxifraternity, a sectarian consciousness is bound to a party or doctrine and, to their misfortune, evolutionarily hypotrophies themselves (hypotrophy of intelligence).

02. **Domestication.** Sectarrians, doctrinarians and the orthodox specialise in the *pathology of domesticating consciousnesses*, manipulating fellow beings, modern slaves, castrated people, *satisfied robots* or *consciential eunuchs*, based on their will and imposed, unverifiable, and above all, outdated, absolute truths. **Religion** supplies chaplains to the army in order to increase *soldiers' disposition to kill*. This is 1 among 1,000 facts.

03. **Dictators.** Doctrinarian leaders imitate and unavoidably end up resembling dictators, those sick beings from throughout all the ages of Human History.

04. **Vigilance.** *The organs of doctrinal vigilance* of each sectarian movement always defend a package of catechetical ideas, or a criminal set of *brainwashings*, often very well dissimulated and with irrecoverable effects on victims.

05. **Patrollers.** Ideological patrollers from any doctrine are not much different from the *classical torturers*, the inherent pathological instruments of dictatorships.

06. **Punishments.** Any doctrine tends to passionately preoccupy itself in defending its *manipulation of people*, through the meticulous punishments of obscurantism, instead of dedicating itself to the benevolent tasks of openness and liberation of consciousnesses.

07. **Demagogies.** As spurious subproducts, all human doctrines inevitably produce: dogmas, inculcations, repressions, sacralisations, hypocrisies and demagogies. Without such expedients they would not manage to survive through the fossilisation of consciousnesses in the depths of conservatism and all kinds of neophobias.

08. **Pruner.** Doctrinarian personalities have, in *pruning universalistic ideas*, their favourite instrument of work and violence, creating *restrained voters*, managed readers, dazzled vidiots and *unthinking masses* (robexis).

09. **Heterointrusion.** Unfortunately, the ideological apparatus for the maintenance of a human doctrinarian regime is always *heterointrusive logic* (logical megafallacy).

10. **Fascination.** All study of human doctrine always ends in the irreplaceable, final research of lamentable *group fascination*, aiming at the *monopolisation of knowledge* in order to exercise temporal control over the conscins on this Planet.

Universalism. Fortunately universalism is the collapse of borders and contact between peoples and cultures in this modern world, penetrating us in every way. On the 1st of January 1993 the European Common Market began to function.

575. THEORICE OF MULTIDIMENSIONAL COSMOETHICS

01. **Scope.** Cosmoethics is more detailed and extensive than human morals. The extreme and complex scope of Cosmoethicology can be evaluated through the facts of holomaturity within multidimensional experiences.

02. **Terminal.** For example, as a doctor I am called to attend a terminal patient, a dying person, in the neighbourhood. Once there I evaluate the condition of the patient and see that he is suffering from generalised neoplasia and metastases, and is in agony which may continue for a long time. The family does not want to keep him in the ICU because of the indisputable, obvious suffering he is experiencing.

03. **Euthanasia.** According to the current Brazilian *Code of Medical Ethics* (Base year: 2012), it is still not possible to give him the relief he deserves, which is practically a consensus in this case, that is, to practice euthanasia. According to the penal code, the act would be criminal even beyond the boundaries of medicine. I would be implicated by the law and would be sentenced to prison for homicide.

04. **CP.** However through the psychosoma I can leave the soma in a CP (conscious projection), return to the bedridden patient and explore the extraphysical possibilities of relieving him, in collaboration with a helper - an extraphysical consciousness who has my complete confidence.

05. **Assistant.** Within Cosmoethics the helper may even summon me to help - as an *assistant of death* - in the process of the direct desoma of the patient.

06. **Relative.** It may even happen that a *paraman*, a consciex who was a relative when a conscin (still in intraphysical life), comes to cooperate to build the *rapport* and donate my dense human CEs, with the intention of alleviating the patient's suffering.

07. **Well-being.** According to Cosmoethicology, acting in this way as a lucidly projected conscin, I will have a tranquil consciousness. As an aware conscin in the normal intraphysical state, I will be equally tranquil, as I will have fulfilled my duty corresponding to the responsibilities of my multidimensional knowledge.

08. **Intention.** However, within consciential openness it is necessary for me to keep my motivation prepared to experience the claritask based on Cosmoethicology, with pure, immaculate intention, without neophobias nor *mental peccadilloes*, or *pathothosenes*.

09. **Standard.** *The standard foundation of extraphysical assistance is Cosmoethics.* Without constructive intentions intrusive consciexes, sicker intruders - that *see more* from other consciential dimensions - will be the first witnesses to accuse us of wrong extraphysical actions, including all those still unsuspected by conscins around us. This will happen upon the first lucid departure from the soma, even when we have the best possible, extraphysical, assistential intention.

10. **Assistentiality.** Without morals in the presence of ill consciexes, how can we maintain assistance to less ill consciousnesses? Hence, Cosmoethics is self-regulating in the development of the claritask. The most stubborn *intruder* will one day become a helper, just as a wolf becomes a friendly dog. Facts are facts and that is it.

576. THEORICE OF A COSMOETHICAL CONSCIENTIAL CATHARSIS

01. **Cosmoethics.** Cosmoethics is the set of values that regulate the consciousness' conduct in every dimension in which they manifest.

02. **Consciousness.** We are all unequal regarding the level of intraconsciencial *evolution*. Within their lucidity, or self-awareness, the consciousness judges, punishes or rewards themselves on their evolutionary path, through cosmoethical values. An *Evolutionary Orientor* (Evolutiologist) merely suggests megadiscernment.

03. **Catharsis.** There comes a day when the consciousness enters into a decisive crises of self-examination or into a moment of cosmoethical catharsis. The first signs of the vocation for the exercise of Cosmoethics arise thus. Self-organisation is irreplaceable.

04. **Revision.** Thereafter the consciousness reviews their interests and goals, more accurately establishing the consciousness' universal rights and a clearer distinction between public and private rights. (See page 683).

05. **Rights.** Consciencial power with Cosmoethics makes a conscin healthier: an ethical depuration occurs. Their ethical behaviour changes for the better. They rely more on their rights than on their powers.

06. **Serenism.** After this catharsis Cosmoethics will always be fashionable for a consciousness who wishes to attain the condition of serenism. A conscin co-responsible for the future of Socin is born. No errors are innocuous for Cosmoethicology.

07. **Reconstruction.** Only after this individual cosmoethical catharsis has managed to reach a greater number of conscins will the installation of the slow exercise of moral and ethical reconstruction of the public function of the still predominantly pathological State and Socin begin. *Cosmoethics* never acts as a compressor of consciousnesses.

08. **Transparency.** At this evolutionary point, the scandalous elites of Socin, the dominant classes, principally responsible for the anticosmoethical excesses, manage to bring transparency to *politics* as a true value, hence diminishing: deceptions; lies; omissions; impunities; bureaucracy; levity; irresponsibility; legal red tape; multimodal corruptions; and *shows* of cynicism and falsity in every media.

09. **Groupkarma.** At this point Socins' elites no longer avoid ethics, they will dissimulate less and hide things less "behind doors, under carpets, under mattresses or locked in cupboards". The first steps towards the marriage of politics with ethics begin. Like yeast, individual or egokarmic Cosmoethics start to ferment collective, or groupkarmic, cosmoethics.

10. **Population.** Only then will a huge part of the now more politicised population come to be considered as living as an influential citizen, in some way, within Socin. *Cosmoethics is the sine qua non condition of Evolution.*

11. **Evaluation.** With these considerations you can evaluate the degree of your importance within the groupkarmas' Cosmoethics, today, where you breathe and exercise the influence of citizenship.

577. TEST OF 11 QUESTIONS ABOUT COSMOETHICS

Definition. Cosmoethic is the ethic that holds as a pattern of multidimensional, universal, evolutionary behaviour, beyond the principles of intraphysical, human or social morals. Here are 11 classical, technical questions that one can ask when making an initial approach to any original scientific subject under analysis, answered here in a succinct manner regarding Cosmoethics:

01. **Agent.** *Who needs Cosmoethics?* All consciousnesses upon attaining a certain evolutionary level in order to progress more intensely.

02. **Existence.** *What is Cosmoethics?* The *unit of measure* of self-incorruption, the most intelligent standard of discernment for the consciousness to apply in their conduct, dynamising their own evolution. *Equanimity* opens the consciousness to maxifraternity.

03. **Space.** *Where should Cosmoethics operate?* In every consciential dimension, because it is *cosmic* and must maintain *cosmoethical democracy*.

04. **Time.** *When should Cosmoethics operate?* In every instance, in any of the consciousness' evolutionary manifestations, creating *cosmoethical thosenes*, or *orthothesenes*.

05. **Comparison.** *What can Cosmoethics be compared with?* With human ethics, however for consciousnesses it is superior to this in all its standards.

06. **Cause-effect.** *Why is Cosmoethics necessary?* For the particular requirements of the consciousness' evolutionary sophistications beyond a certain level of lucidity, according the *law of multidimensional consciential rights*.

07. **Resources.** *What should one experience Cosmoethics with?* With the intelligent application of all the attributes - conscientiality - the consciousness possesses, from both the mental-soma and the *personal code of libertarian conduct*.

08. **Manner.** *How does Cosmoethics work?* Through the law of cause and effect of each consciousness' individual holokarma. This leads to lucid polykarma.

09. **Goal.** *What is the purpose of following and experiencing Cosmoethics?* To get more right and to err less on the way to the conquest of holomaturity, thus avoiding even unacknowledged *mental peccadilloes*. *Strictly speaking, the truth needs no defence*.

10. **End.** *What makes the effort of living cosmoethically worth it?* In order for the consciousness to feel happier and serene with themselves, with immunity in the presence of unhealthy and millennial interconsciencial conflicts and energies.

11. **Quantity.** *How much should one invest in the experience of Cosmoethics?* All that is possible within the patrimony of our personal talents and potentialities, until we reach a spontaneous condition of feasible and practical self-incorruptibility capable of leading us to lucidly sought complexis.

Test. Experimenter, answer for yourself: what is my degree of lucidity regarding Cosmoethics? What is my level of experience of *cosmoethicality*? Cosmoethics is important: there are those who sell themselves for one *award*.

578. TEST OF YOUR PAROCHIALITY

Theory. *A rich conscin stopped being a meaningful example in Socin some time ago.* In relation to Sociology, Conscientiology emphasises maxiuniversalism and maxifraternity in the evolutionary performances of a social and parasocial (multidimensional) being. The more you are at the forefront of the evolutionary fight, the better it will be for you to accept the challenge. Here are 16 questions or non-ideal signs of the primary, provincial, sectarian, egokarmic and parochial condition of a still conservative conscin, with a short-sighted and narrow-minded mentality:

01. **Acriticism.** Do I appreciate relatives and those closest to me, with the greatest calmness and respect, without broad self-critical and heterocritical questioning?
02. **Atrophy.** Do I feel the few components of life as integral parts of my narrow cosmos, or *my atrophied paradise*, that does not even need to be defended?
03. **Egocentrism.** Do I, within *egocentric parameters*, tranquilly and securely conserve what I have at hand at any given moment, without fear?
04. **Minimalism.** Do I, at all times, only benefit from a minimal awareness of myself and my proaxis, acting more through my *abdominal sub-brain*?
05. **Multidimensionality.** Do I live incapable of seeing many other dimensions of consciential reality that are always there, right before my eyes?
06. **Nucleation.** Do I have the nucleus or emotional centre of my world wrapped in *layers of happiness and peace*, in my neighbourhood, or in a specific area of my home?
07. **Openness.** Do I close space on my way to the interdisciplinarity, generalism and parapsychism characteristic of *consciential openness*?
08. **Parochialism.** Are my sense of identity, my sense of direction and the environment for the actions of my freewill, only found in my restricted *parochialism*?
09. **Rearguard.** Intimately judging myself highly accomplished have I never thought, or felt, that I am in the *evolutionary rearguard* in my consciential performances?
10. **Self-confinement.** Do I develop a fossilising life with minimum contacts, confined to a farm, rural community, small city or suburb?
11. **Self-vegetablism.** Do I vegetate feeling that everything is very familiar and friendly, such as the streets, trees, streams and objects, like some quiet people around me?
12. **Simplistic.** Do I simplify and accommodate my habits within a *simplistic universe*, without any incomprehensible or alarming complexities in life?
13. **Small world.** Do I value my self-awareness while feeling my ego and *little world* fused into one whole, without hostilities, anxieties or stresses?
14. **Traditionalism.** Do I maintain an *infantile liturgy* in my daily affairs, following traditionalisms, celebrating a routine world that makes sense to me?
15. **Trench.** Do I not offer myself opportunities to know and experience other advanced lines of knowledge, *beyond my own trench or frontiers*?
16. **Universalism.** Have I neglected the existence of the universalism *exploding out there*?

579. TEST OF YOUR MEGAUNIVERSALITY

Debates. *Universalism* takes great strides in intraphysical life. In this sense, just observe 30 themes of debates, conclaves and international arrangements in 1992:

01. A biosphere protected by more stringent worldwide laws.
02. A draft *Planetary Constitution* with supranational authority.
03. A general invitation for the *trinomial energy-sympathy-joy*.
04. A *global anticorruption crusade* sweeps the Earth.
05. A *Global Forum* with the universal admission of members to the UN.
06. A leap in scale for the *biospheric dimension* (macro-environmental issues).
07. A more defended Declaration of Human Rights.
08. A thousand electoral and administrative districts worldwide (cogitation).
09. A worldwide community with racial discrimination made intolerable.
10. An already foreseen unique, cosmopolitan or eclectic world (*planetary administration*).
11. Interactions of citizens on a global scale, who have increasing leisure time.
12. Cogitations and concerns beyond the borders of Nation-States.
13. Creation of new worldwide institutions in megalopolises.
14. *Ecodemocratic projects* being created every year (NGO's).
15. Global perspectives on various fronts and concourses (*futurition*).
16. Government on a planetary scale, without dependencies on national solutions.
17. Increasingly sought principles of the *Ecological Economy*.
18. Manifold tendency toward increasing Universality.
19. More power on a global level with the decay of borders.
20. Promotion of political unity on a planetary scale and frank debates.
21. Supranational administration through cosmism with worldwide industrialisation.
22. The United Nations (UN) being strengthened.
23. Transnational problems discussed in different areas.
24. *UNESCO, UNICEF, WHO, FAO* and other elevated supranational bodies.
25. Unification of the Planet through the ecumenism of a demilitarised federation.
26. Union of Humanity in defence of life on Earth.
27. Union of all living species under the flag of Ecology.
28. Universal antiwar reconciliation. (*Relief* is not consolation).
29. *Universal Statutes* leading to cosmoethical democracy.
30. Worldwide federalist movements without dependencies on military solutions.

Test. What have you done in order to leave your *consciential microuniverse*, the *little world* of your ego, and enter into the *consciential macrouniverse*, the Cosmos, through your efforts? It is anticosmoethical and infantile to act only on the basis of *monetary enrichment*.

Maps. All the lines on maps are fictitious and false regarding *universalism*. Here is a statistic from July 1993: every *second* 3 people are born on this Planet.

580. TECHNIQUE TO ACQUIRE A UNIVERSALISTIC SENSE

Procedures. Here are 10 technical procedures from Conscientiology for the acquisition of a universalistic sense within intraphysical, or human, life:

01. **Training.** Disciplined training regarding the mastery of consciential energy and the production of consciential projections allow a practitioner to develop parapsychic perceptions, beginning with clairvoyance.

02. **Interworlds.** The re-education of clairvoyance opens the perceptive doors of the human consciousness to other consciential dimensions. This allows you to live thinking, feeling and reacting in several dimensions at the same time.

03. **Revelation.** The revelation of other dimensions communicates the perception of other evolved parameters of critical judgment to a human being, such as: a truer vision of universal life; integration with the Cosmos; an uncommon level of consciential maturity; and rational emotions in relation to all beings.

04. **CE.** Awakened to multidimensional life a consciousness characterises the operation of CE, or consciential energy, in all their manifestations, in the manner of a discriminating instrument of *evolutionary priorities*.

05. **Distinctions.** Freeing themselves from slavery to rigid forms of matter, a clairvoyant consciousness even identifies consciexes, locating each one in their plane of manifestation, for example, distinguishing 3 consciexes at the same time, each one in its own dimension, where the less evolved intraphysical and extraphysical consciousnesses do not perceive the presence and energies of those more evolved.

06. **Time.** With the accumulation of experiences within themselves, the consciousness fixes the enjoyment of lucid internal peace that no longer permits anxieties in relation to time.

07. **Consequences.** Eliminating the excessive influence of time on themselves, the conscin does not await deactivation of the soma, nor wait for changes in the human calendar to live fully and accomplish more. They know that *evolutionary labour* is the same, whether in the intraphysical, extraphysical or lucid projected consciential state.

08. **Cooptation.** *Self-corruptions are subtle only for whom wishes them to be so.* The attitude of consciential growth acquires the sympathy of evolved consciexes (Serenissimi) and intertwines a consciousness to the evolutionary mechanism that supervises all beings. The degree of their cooptation rises. They integrate themselves into the *Multidimensional Universe* in an intimate way.

09. **Self-awareness.** At this level, the consciousness reaches the condition of cosmic self-awareness, receiving *signals from the infinite* within themselves and little by little enters into a true state of a universalistic sense.

10. **Cosmocracy.** The simultaneous visions of different consciential dimensions and the interdisciplinary analyses of problems and phenomena of an *interworlds life*, leads the consciousness' aspirations in the direction of the consciential era, that is: the introduction of cosmocracy. Here, it is good to remember the prescription of *Vae soli!*

581. TECHNIQUE OF SELF-INCORRUPTIVE EXPERIENCES

Brain. In this Socin human beings generally live in a *condition of semihumanisation*. Lamentably, the unnecessary reprise of past experiences (self-mimicry) is presently still the normal routine on Earth. The act of losing the caudal appendage does not necessarily imply, or bring about, the *lucid* use of the 2 cerebral hemispheres by a conscin. The majority of human beings live with their consciencial command viscerally attached to the umbilical biovortex, or *abdominal sub-brain*.

Hereditaries. The action of imposed physical restriction, through the shock of rebirth, constitutes a draconian constraining power. Upon intraphysical rebirth it is difficult for a consciex to liberate their full and free attributes because of two inheritances, the chromosomal, or genetic and the sociocultural, or mesological.

Creations. According to the development of the central nervous system, until the *decisive* 5 years of age, we are still subject to being as much subhuman animals as humans. Infants that were raised by 5 types of animals: female wolves, bears, pigs, gazelles and leopards, never become adult humans accepted as more or less “normal”. Such wild-children walk on *all fours, like a cat*, or with a tetrapodal gait. Many eat grass or raw meat and learn few words. Most die while young and carry an atrophied brain, which are studied during autopsies.

Experiences. In our current existential cycle the series of repeated intraphysical rebirths are only slowed down through at least 12 self-incorruptive experiences:

01. **Claritask.** *Turn the tables* of self-evolution, *from* consolation *to* clarification.
02. **Complicities.** Repudiating avoidable accomplices within the groupkarma.
03. **Conventions.** Making a *180° turn* in human conventionalisms in general.
04. **Cosmoethics.** Derepressing yourself living Cosmoethics (multidimensionality).
05. **Depolluting.** Row against the *pathological or socially polluted tide*, without vacillations.
06. **Demythifications.** Determining your own path with your and others’ demythification.
07. **Mentalsomatics.** Performing real *emotional surgeries* on the psychosoma and *even* the mentalsoma. *An unthinking abdominal pseudobrain is a cattle-grid for the mentalsoma.*
08. **Minority.** Peacefully respect the condition of being a member of a minority among minorities.
09. **Polykarmality.** Promote *egoic mutations* from egokarma to polykarma, the intelligent *ultima ratio* of holokarmality. (See page 627).

10. **Prioritisations.** Holosomatically analyse yourself regarding megaprioritisations.
11. **Retrocognitions.** Practice lucid self-catharses through healthy retrocognitions.
12. **Self-ultimatums.** Forging ahead with planned *self-ultimatums* in the face of *existential counterflow*. Consoltask moves dust; *claritask* cleans and clears the consciences’ entire context.

Instincts. Besides this, the conscin will continue to repeat their experiences *ad aeternum, ad infinitum, ad absurdum* and *ad nauseam*, very accommodated and protected in a series of ego defence mechanisms easily conceived by their animal instincts.

582. TECHNIQUE OF INCORRUPTIBILITY OF THE IMAGINATION

Condition. Here are 11 technical attitudes, related to CEs and projective phenomena, suited to the attainment of incorruptibility of your imagination:

01. **Target-Test.** An already committed being who inspires deep love and devotion from you, but who is cosmoethically prohibited from a greater expansion of your affection, as to you they are unapproachable in the current groupkarmic conditions, is an acid test of *selective chastity* specifically with this person, for you to learn to dominate the corruption of the imagination in relation to the sexochakra, cardiochakra, energosoma or psychosoma areas.

02. **Facts.** The ideal is to never forget 3 facts: you are not the human body; your consciousness has no sex; and your microuniverse is multidimensional.

03. **Cosmoethicology.** As an element of personal security, you have in Cosmoethics the principles to conduct yourself in an ideal manner, in all the actions that involve this loved object-person. *Only through the mentalsoma do we better understand the Cosmoethic.*

04. **Impetus.** You can always have a predominant impetus of affectivity; whether staying with, contemplating, touching, hugging or covering the person with kisses; which you need to identify in order to know how to live together, to dominate your sentimental reactions and to healthily contain emotions without pathological or *implosive repressions*.

05. **Sublimation.** You should avoid appealing to the platonic sublimations of love through sophistry, mysticism or the arts - primary ego defence mechanisms - directing your own CEs and those of the one loved, to something more productive: evolutionary consciencial growth with maximum discernment.

06. **Trance.** Remain conscious regarding the serious energetic-affective trance that occurs - being certain that you are not sick -, removing consciencial interferences, intraphysical and extraphysical intruders, from around you and the loved object-being.

07. **Avoidance.** Avoid provoking an inconvenient awakening of sexochakral CE (turn-on), in you and in the loved one, in every opportunity in which you are together.

08. **Sex.** Simultaneously live your active sex without sexual craving (intimate couple) and your *inactive sex* regarding the affectionately unapproachable being, your unattainable object of desire (incomplete couple). (See page 239).

09. **Energosoma.** Only promote energetic unblockings and compensations in the loved one and those dear to them, never taking conscious, unconscious or indirect attitudes of intrusion and energetic vampirism, whether in their presence or at a distance if conscientially projected with lucidity.

10. **Exchanges.** To obtain lucid exchanges of CE in order to clear the mentalsoma of both, consciously working the emotional body, the cardiochakra and the sexochakra, simultaneously if possible. Being silent does not mean you have been convinced.

11. **Love.** Pure love is always the most efficient evolutionary agent that exists for all consciousnesses, in any intraphysical and extraphysical karmic circumstances.

583. AVOIDANCE OF SELF-CORRUPTION WITH EXAMPLES

Comforts. Conscious accommodation to *sociocultural comforts* is what fossilises most consciences in their self-corruptions and leads them to incomplexis. Here are 9 examples of self-corruptions to be avoided, using already deceased human personalities with whom *I had the honour* to socialise and learn much from in this current series:

1. **Priest.** The catholic priest who accepted the facts of seriexis and parapsychism directly communicated to him by diverse universalistic consciences, who very logically warned him. He *lived trying to fool* himself, his colleagues, congregations and consciences, repressing his libertarian ideas until he died, still wearing a cassock.

2. **Philosopher.** The sensitive parapsychic philosopher, a model of incoherence, who admitted his conscious departures from the soma and who *adjusted* his intraphysical social life and writings to musty catholic dogmas until the time of his biological death.

3. **Leader.** The *two-faced* seriexis leader, retrocognitor, an image of contradiction who lived accommodated to the *conscious repetition* of his past religious demagogies that he remembered and admitted; and who until dying opposed the renovating ideas of Projectiology that he conceded to me, in private, were far more logical and evolved.

4. **Executive.** The industry executive who experienced and acknowledged parapsychic phenomena within himself and who, until his death, did not admit these extraphysical realities in public (*turning point*). Similar to this prototype I met 4 other exemplary people, including women, who died *wrongly defending* their autobiographies.

5. **Educator.** The parapsychic-educator who throughout his existence failed to find the strength to rid himself of the holothosene of his religion's dogmas, in order to spread the much more open libertarian ideas of Projectiology, which he acknowledged only to me, *from his mouth to my ear* and in the absence of his next of kin.

6. **Writer.** The writer and parapsychic scholar who lived very elegantly defending the purism of his psychic religion, *without openly collaborating* with the research efforts of Projectiology that he recognised to be a step ahead in Evolution.

7. **Scientist.** The theoretical scientist of parapsychism who lived incongruously without publicly admitting the parapsychic talents he knew he possessed and who died, *again*, passionately *defending* mere sectarian, vulgar religious doctrine. This is a very common, negative and typical human paradigm (*Swedenborg syndrome*).

8. **Scholar.** The parapsychic scholar, an eminent polyglot who, *off-the-record*, conceded the rational evolutionary advance in Projectiology, but who lived accommodated to a consoling sectarian doctrine in order to live better, in practice, with his homosexuality. I have met dozens of personalities, now deceased, identical to this.

9. **Projector.** The talented conscious projector who lived defending his personal works in the consolation task, without assuming the clarifying services of Projectiology, which was his proexis. I have met 6 dozen people such as this.

584. AVOIDANCE OF INTERCONSCIENTIAL CRUELTIES

Weaktrait. A weaktrait is a consciential wound. The personal identification of a weaktrait begins the curing of the consciousness. Lucid utilisation of a megastrongtrait is indispensable. The *cosmoethical index* of 51% gratification or pleasure and 49% obligation or waste is valid to apply in industry, commerce, institutions and by an *evolutionary duo*.

Thosenes. Through your thosenes - thoughts or ideas, sentiments or emotions, and CEs or consciential energies - you can be helpful or malevolent towards other conscins and consciexes. This depends upon the level of your self-aware Cosmoethics.

Postures. Among the sicker mental *peccadilloes* (*pathothosenes*), *thosenic postures* that do not ostensibly manifest in palpable physical acts stand out.

Power. Thosenic postures, although neither concrete or physically objective nor only abstract or imaginary, are multidimensional consciential attitudes that exercise immense constructive or destructive power over others.

Devastation. It is not necessary to utilise an object or make a physical gesture to mistreat someone. A look, facial expression or omission can do this.

Intimate. Here are 7 sick or anticosmoethical intimate consciential postures:

1. **Blackmail.** To, in detail and step by step, plot calculated emotional blackmail.
2. **Gossip.** To create malignant *gossip*, or biased commentary, about an absent third party.
3. **Ice.** To put someone *on ice* through silence, indifference or vagueness.
4. **Jealousy.** To deliberately provoke jealousy in an insecure person regarding their affectivity.

An *intruder* is the unhappy inventor of the greatest errors. (See page 123).

5. **Pressure.** To execute calculated psychological pressure, without words, upon a determined conscin. *There are many shameless exploitive parents of children.*

6. **Pokes.** To constantly *poke* the sensitive megaweaktraits of someone.

7. **Torture.** To maintain a sick interconsciential climate of mental torture over someone.

Public. On the other hand, here are 7 manifest, public, sick and even more serious consciential postures than those cited above: when we become technical intruders of our evolutionary colleagues within the pressure of a collective atmosphere:

1. **Graffiti.** To scribble nonsense (*graffiti*) hidden within public bathrooms.
2. **Riots.** To provoke riots in public establishments, alone or as part of a group.
3. **Sabotage.** To misrepresent food products or drugs for use by *people*. The *brain* is not a solidified consciousness. A *consciousness* is not matter.
4. **Smear.** To write on walls, monuments or buildings, alone or as part of a group.
5. **Steering wheel.** To drive a vehicle drunk, not respecting your own life and those of others.
6. **Vandalism.** To cut an auditorium's seats, break telephones or other public property.
7. **Viruses.** To sabotage computers by erasing files (*virus*).

Test. Do you *by any chance* profess to some of these sick consciential postures? *Interconsciential intrusion* is the ideal method *to err more* with consciousnesses.

585. PRINCIPLES OF PERSONAL INCORRUPTIBILITY

Theory. Here are 15 practical observations regarding the *theory of personal incorruptibility*:

01. **Feasibility.** Although difficult, practical incorruptibility is feasible in common human life since it is based on discernment, motivation, self-organisation and an intimate discipline based on Cosmoethics.

02. **Personality.** Intimate incorruptibility is based on personal principles.

03. **Intraconscientiality.** Intimate ethical impeccability has nothing to do with doctrinaire group moralisms or sectarian puritanisms. It is intraconsciential. Current human morals do not yet reach it. (See page 522).

04. **Mathematics.** Pure incorruptibility is the exact antipode of the *abdominal sub-brain* and can be so unambiguous and mathematical, just like two + two is four (in arithmetic).

05. **Level.** Self-incorruption is the healthiest evolutionary habit that precisely demarcates the maximum level already achieved throughout the consciousness' self-evolution.

06. **Power.** Personal incorruptibility signifies divestment, frankness, anti-egoism, assurance, polykarma, universalistic consensus and the *power of correctness*.

07. **Instinctiveness.** Subtle self-corruption does not yet exist for an uncritical, instinctive consciousness from the *evolutionary middle class*.

08. **Coherence.** Coherent personal incorruptibility acts *before* prioritisations, *during* decisions and even *after* them, in the consequences of the most concealed or confidential personal acts. For example: maintenance of the sumptuous life of one *billionaire* demands the slow death of how many poor people? Do you still trust *money*?

09. **Experience.** *Self-corruption* enslaves, making the consciousness believe in what they pretend. The experience of non-masochistic self-incorruptibility without sacrifice is the beginning of the end of human illusions and the first step into the universe of multidimensional serenism.

10. **Discernment.** Pure consciential incorruptibility is not realised without the evolved discernment of integrated maturity, or holomaturity.

11. **Complacency.** Ego defence mechanisms that defend the concept that incorruptibility is a utopia, create and maintain the condition of *complacent self-corruptibility*. It does not help the consciousness to substitute 10 *miniweaktraits* for 1 *megaweaktrait*.

12. **Cosmoethics.** *Individual Cosmoethics is the unit of measure of incorruptibility.*

13. **Pathothosene.** The mental peccadillo is the *unit of measure* of self-corruption.

14. **Sexochakra.** The awakening of inopportune, inconvenient, misplaced sexual desire (turn-on), deliberately provoked in another person - subtle energosomatic seduction - is the *unit of measure* of corruption of the sexochakra or personal sexochakral CE.

15. **Last.** Unmanifested, surreptitious intraconsciential corruption is the first to appear as regards subtlety and the last to be dominated in the imagination, daydreams *and* *sexothosenes*. *Sacrificing oneself* can be logical. *Maxifraternity* is also based on the genes of the collective patrimony that allows the proliferation of the species.

586. PRINCIPLES OF EMOTIONAL INCORRUPTIBILITY
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Conscientiogram. Here are 9 observations, based on the Conscientiogram, about the consciousness' incorruptibility as regards the manifestations it generates, starting from the psychosoma:

1. **Awakening.** The ideal affective relationship simultaneously awakens all positive or healthy *holosomatic energies* (soma, energosoma, psychosoma and mentalsoma), in both consciousnesses (evolutionary duo).

2. **Possession.** When still animalised a consciousness seeks possession of only the soma and the rustic energies of the loved one, the social being. An awakened person seeks, without heterointrusions or egotistic subjections or subjugations, *possession of the being* and the refined CEs of the loved one, the multidimensional being. There is no authentic and lasting *love* against one's will.

3. **Posture.** Pure interconsciential devotion has the capacity of inspiring the most intelligent pacifying and *antidestructive posture* in favour of all beings.

4. **Depository.** One who loves with purity, does not make their partner a depository for the *accumulated trash* of dissatisfaction, needs, frailties, exhausting reactions, frustrations, stigmas and debris of mistakes regarding one's previous affective relationships from their extensive, pluriexistential, affective resume, which includes this and other intraphysical lives. The union of an *evolutionary duo* is made through a *consciential* bond and not through an *employment* bond. (See page 725).

5. **Exclusivity.** Pure, unselfish interconsciential devotion lives in the essence of shared love, when a consciousness is informed about these 3 realities: all living beings have an *indestructible individuality* and autonomy pertaining to their unique nature. Not being your property, the loved one will not be able to dedicate *exclusive devotion* to you, this is impossible regardless of who you are (*nobody belongs to anybody else*). They do not demand to be loved: they simply love. At this point, the basic insecurity of jealousy does not exist and *reciprocal megaconfidence* arises. Even in love it is more fruitful to be an *informer* than a persuader.

6. **Evolution.** The only reason for the existence of all discerning affective relationships is to create a situation of harmony and growth, aiming at mutual *consciential evolution*. *The tacit attitude of blind devotional surrender* paralyzes self-evolution.

7. **Maintenance.** Pure love between two consciousnesses only replenishes itself with the permanent, joint, achievement of a *noble objective* of altruistic liberation, or a consciential gestation.

8. **Mechanism.** In this pure love the acumen of honesty is in the non-masochist, cosmoethical remembrance, by the loved one, of the *mechanism of heterodestruction*: indifference and contempt. This is the formula of *consciential cryotherapy* to be used by a consciousness against itself, as a renouncing person, if the extra burden of *conflict and friction* is greater (51%) than the *gratification and satisfaction* (49%) in the affective relationship.

9. **Sign.** Pure interconsciential devotion does not allow the consciousness to contaminate itself with 5 disturbances: spurious fantasies, imagined monsters, defensive distortions, negative internal dialogues and anxious expectations. This is the *first sign* of true domination of the will (the parable of discernment) upon the emotional body.

587. TEST OF THE FUNDAMENTALS OF COSMOETHICS

Human. *Words are signs with which we assemble fertilising sets of ideas.* Physics and Biology demonstrate various resources. Even in the form of a partial line an hour hand does not deform a watch's time. A uterus already promotes the spontaneous generation of other self-sufficient, vital uteruses. Elementary *human morals*, sometimes defended with so much zeal by all kinds of fanatics, as if they were the *nec plus ultra*, do not surpass the crude *four-dimensional intraphysical life*, no matter how scrupulous they are. We can anatomise the primary structure of human morals through 10 characteristics, or specifications, which have been employed in the evolutionary annals of history:

01. **Androethics:** macho, carnal, somatic and sectarian.
02. **Egoethics:** egokarmic, egocentric (infantile), egoistic (adult) and fossilised.
03. **Ethnoethics:** racist, carnal, segregationist and xenophobic.
04. **Geoethics:** planetary, telluric, geoenergetic and parochial.
05. **Gynoethics:** feminist, carnal, somatic and sectarian.
06. **Microethics:** minimum, myopic, narrow or from the abdominal sub-brain.
07. **Multiethics:** variable according to the interests of the evolutionary moment.
08. **Nosoethics:** unhealthy, with false moralism characteristic of Socin.
09. **Protoethics:** fetal, sketching, caricature or from the consciencial basement.
10. **Zooethics:** animalised, subhuman, caudal or involuted.

Cosmic. The many facets or underlying specialties in the structure of the complex manifestations of Cosmoethics and the *cosmic moral* that deserve greater reflection. For example, let us look at the proposition of 10 concepts of cosmoethical self-lucidity:

01. **Chronoethics:** functions more definitively in consciencial time.
02. **Dynamoethics:** consensual spirit that varies within universality.
03. **Holoethics:** immanent in all consciencial multidimensionality.
04. **Ideaethics:** conceivable conforming to the level of consciencial evolution.
05. **Macroethics:** maximum, awake, provident or wholesale.
06. **Normoethics:** consciencial, general, indiscriminate or holokarmic.
07. **Omniethics:** polykarmic, altruistic, maxifraternal and evolutionary.
08. **Philosophoethics:** unlimited in its libertarian propositions.
09. **Self-ethics:** acts in accordance with the evolutionary level of the consciousness.
10. **Spatioethics:** the most universal in consciencial spatiality.

Cryptoethics. To self-corrupted tropospheric beings, Cosmoethics is still mere *cryptoethics*. Only in this way can the immense utility, for you and I, of lucid projectability, multidimensionality and multidimensional self-awareness be detected. Questionings of Conscientiology always bring forth provocative ideas that can enrich the lucid use of the mentalsoma, or rather, the *ethico-soma*.

Test. *Nosce te ipsum.* What is Cosmoethics for you?

588. TEST OF YOUR CODE OF COSMOETHICS

Right. The greater the *personal evolution*, the greater the respect a consciousness has for another's level of evolution. The national constitution of each country, state or more advanced nation, guarantees its citizens' right to privacy. This is a positive conquest of modern civilisation regarding consciential rights.

Determinations. This constitutional right is determined to be inviolable: the intimacy; the private life; the honour and individual image of people or consciences.

Questionnaires. The admission of a civil servant by the state, for example, a teacher who successfully passes the examinations, cannot be legally effected using questionnaires that violate or invade the candidate's privacy.

Code. However, here in the presence of the test of your *Personal Code of Cosmoethics* the opposite happens. The state has no influence over you, if you really wish to anatomise yourself or *eviscerate* your fundamental holothosene, you are invited to provide the maximum number of details in response to the most indiscreet questions possible, to truly expose yourself with all sincerity and authenticity.

Inhibitions. Only ignorance, obtuseness, paranoia, a *big ego*, bad faith, hypomnesia or frank self-corruption can inhibit you from revealing yourself to yourself. *Memoria exercendo acuitur. Amnesia* may be mere *intraconsciential escape*.

Evisceration. All the intrusive questions, in their smallest intimate details, can and should be self-formulated in order to *eviscerate* the intimacy of the consciential microuniverse, including those apparently more insignificant or prohibited by the law or the state.

Self-criticism. For example, let us look at 10 of these critical questions (rejected by law) that can be formulated by you, obviously whether male or female, *according to the question*:

01. **Abortion.** Have I ever had an abortion?
02. **Dietetics.** Do I need a diet to gain weight?
03. **Hypochondria.** Do I live preoccupied with illnesses even if I know that I am healthy?
04. **Incontinence.** Do I suffer from urinary incontinence?
05. **Menstruation.** Do I pass through my *menstrual cycle* late?
06. **Prosthesis.** Do I use some type of prosthesis? (See page 219).
07. **Self-corruption.** What is my biggest *mental peccadillo*, or *pathothosene*?
08. **Self-image.** What is the exact image I have of myself?
09. **Sexuality.** Do I feel a lack of sexual desire?
10. **Tics.** Do I have cacoethes, or nervous tics?

Weaktraits. Have you already evaluated the extent of your ego? Only by immersing yourself in your own intimacy in a probationary period with the most indiscreet, realistic and frank tests, can you identify your physical and mental health problems, or *anticosmoethical weaktraits*, the magnum causes that still derail your consciousness from the condition of serenism. *There even exists those people that do not have intimacy with themselves.* Do you truly have intimacy with yourself?

589. TEST OF THE BIRTH OF YOUR COSMOETHICS

Definition. In light of Cosmoethicology conscinial maturity requires a crude definition of a conscin in an everyday, practical, diurnal manner. Cosmoethics has not yet been born in any of these 30 people (male or female):

01. An adherent to the current situation who always *dances according to the rhythm*.
02. An opportunist with mellifluous and sinuous conduct who never lucidly leaves the soma.
03. *One who flip-flops* and always yearns to have more than 1 evolutionary group.
04. A cuncator, an accomplice of negative actions, an expert in *manipulation*.
05. One who lives with a *skeleton in the closet*, with a guilty conscience and in a *glasshouse*.
06. A person who *pours oil on troubled waters* and has *logical megafallacies* (sophistry).
07. One who always *lets things be, going through the motions* in everything.
08. A person who happily stays invariably neutral, *seated on the fence*.
09. A euphemist of chronified stardom, in love with circumlocutions.
10. One who gratifies everyone, a specimen of socially acceptable consolation (a defroster).
11. An unexaggeratedly self-corrupt, lucid and assumed hypocritical social being.
12. An indiscrete amorphous man, who always calls themselves universalistic, without being it.
13. A *chameleon man*, or chameleon woman, from the chameleonic humans.
14. An *elastic woman, an expert* of the subtlest ego defence mechanisms in Socin.
15. A female or *male fan* or a sunflower-conscin.
16. A selfish amoeboid and a contortionist who never leave their foxhole.
17. An eternal social juggler who makes life a big circus for their *shows*.
18. The make-up artist of attitudes and postures, a lover of Christmas cards for all.
19. Whom *goes-with-the-flow*, always submissive to the fashion gods and *dernier cri*.
20. An unassuming social being who acts very little, always only when under pressure.
21. An individual not even engaged in themselves, or their own evolution.
22. One who has not kept themselves healthy for several intraphysical lives, for over 2 millennia.
23. One who does not wear the shirt, nor use money for something useful.
24. The always impalpable opportunist, who only lives in the shade of mental peccadilloes.
25. The self and heterocorrupt ally who has committed slow suicide without knowing it.
26. One who acts carefully wherever they go and always reappears exactly at mealtime.
27. The vicious, addicted petty politician in a condition of groupkarmic interprison.
28. An inveterate tergiversator of all kinds and sources of scholarly ignorance.
29. One who always acts like the docile cow from the nativity scene, wearing a yoke and a cowbell around their neck.
30. An impudent turncoat without any code of principles to live by.

Test. What is your level of *holothosenic definition*? Researcher has theoretical Cosmoethics already been born in you through *orthothosenes*?

Holothosene. Each conscin has their specific holothosene. *Even identical twins have different surroundings: they do not occupy the same position in space.*

590. TEST OF YOUR COSMOETHICAL GENIALITY

Attributes. Self-conscious evolution demands to be potentialised by elevated consciential attributes, based on Cosmoethicology. *Frequently there are good or bad traits that we do not know we have.* Here are 30 traits of cosmoethical and anticosmoethical geniality:

Cosmoethical Geniality

01. Affability, charm, affection
02. Altruism, universal love, warmth
03. Benevolence, kindness, sweetness
04. Civility, prudence, good taste
05. Compassion, respect, satisfaction
06. Competence, true merit
07. Confraternity, compliance
08. Cordiality, courtesy, good manners
09. Democratic spirit, discretion
10. Dignity, honesty, character
11. Empathy, commitment, pure affection
12. Equanimity, common sense, consolation
13. Gentleness, kindness, gladness
14. Hospitality, natural nobleness
15. Humanitarian spirit, hope
16. Incorruptibility and inculcation
17. Joviality, happiness, optimism
18. Magnanimity, generosity
19. Moderation, abnegation, relief
20. Modesty, moderation, bonhomie
21. Moral authority, confidence
22. Motivation, sense of prioritisation
23. *Non-vanity*, wisdom, beauty
24. Probity, integrity, sincerity
25. Recognition, sincere gratitude
26. Renunciation, philanthropy
27. Responsibility, self-awareness
28. Serviceability, conciliation
29. Simplicity, forthrightness, fearlessness
30. Temperance, rectitude, lucid ethics

Anticosmoethical Geniality

- Arrogance, smugness, haughtiness
 Prepotence, misanthropy, lamentation
 Malevolence, *bad character*, foolishness
Offensiveness, jealousy, inexperience
 Hypocrisy, Puritanism, preconceptions
 Incompetence, imposture, falseness
Hermitic, vanity, *roguishness*
Glitziness, fatuity, carelessness
 Snobbishness, pomposity, *deliberate pranks*
 Picardy, dishonesty, infantile nuisance
 Lovelessness, resentment, fury, humiliation
 Iniquity, perversity, abuses
 Exhibitionism, defamation, calumnies
 Pettiness, megalomania, sordidness
 Charlatanism, repulse, gratuitous aversions
 Ostentation, corruption, culpability
 Audacious, *sluty*, cunning
 Desperation, implacability, retaliation
 Conceit, intemperance, disobedience
 Immodesty, haughtiness, hollow conceitedness
 Bragging, vain eloquence, boasting
 Indifference, negligence, recklessness
 Insolence, vainglory, egoistic ugliness
 Guile, improbity, fraudulence
 Ungratefulness, inclemency, *lashing out*
 Autopathy, egoism, usury
 Indolence, abandon personal responsibility
 Petulance, pedantry, asperity
 Triumphalism, despotism, blind fears
 Demerit, *transgression*, new relapses

Test. Which traits predominate in you: those from the first or second column?

591. TEST OF YOUR COSMOETHICAL FEARLESSNESS

Definition. Fear is a feeling of great unease when faced with the notion of a real external danger; or a reaction when faced with a danger without a real object, a mere imaginary threat.

Imagination. Fearful thoughts emerge from fearsome things imagined or anticipated by the consciousness. In order to eliminate the fear it is imperative that this chain of mental elaboration, imagination and baseless prediction is broken.

Origins. Fears that haunt a conscin in relation to conscious projection and the phenomena of Projectiology in general, may exhibit 4 origins:

1. **Unknown.** Fear in the presence of the unknown world of extraphysical dimensions.
2. **Internalisation.** The anguish of a projected conscin unable to return to the soma.
3. **Pioneering.** The lack of courage (thanatophobia) required by a pioneer when facing environments still uncharted by man.
4. **Teratology.** The fear of encountering, face to face, some species of strange monsters, odd or never previously seen beings.

Curiosity. However, healthy curiosity for the unknown ends up overcoming the fear one has regarding it.

Antagonist. Fear in human life is intended for the positive role of helping us avoid danger and seek safety. However, it is the most detrimental emotion and the main antagonist to the development of CPs. Being an emotional issue its genesis is not related to intelligence. It is not entirely derived from the individual's upbringing: it bursts forth over the conscin from the emotional body's CEs. Hence, it can and *must*, be eliminated with rationality (understanding). One always fears what one does not understand.

Prescription. *Overcoming fear is half of the prescription to project oneself with lucidity.*

Cosmoethicology. The cosmic moral is the set of multidimensional universal norms beyond the principles of human morals. The combination of fearlessness with Cosmoethics is indispensable. There is also that very courageous conscious projector, still without ethics.

Parapsychism. An individual endowed with developed parapsychic abilities is not necessarily a person with a high standard of ethics. Parapsychic capacity can be perfected by anyone who dedicates themselves to this objective. Projectiological phenomena can occur with men and women, independently of their ethical levels. However, self-evolutionary development of the consciousness only happens in a peaceful coexistence with Cosmoethics.

Ideal. Removing the most negative factor: fear and maintaining Cosmoethics through 3 attitudes - good intention, good will and discernment - we have the ideal intimate instrumentation for self-knowledge.

Rule. Hence, *before*, during and after any practical procedure in the field of Projectiology, an invariable *technical rule* is recommended for the practitioner, summarised in a simple question: *Do I maintain cosmoethical fearlessness?*

592. TEST OF YOUR COSMOETHICAL CONSCIOUSNESS

Polarisation. *Through Cosmoethics every consciousness can be defined as predominantly positive or negative.* Here are 30 comparison-items of this polarisation. There are no subterfuges: the predominance of only 16 *comparison-items* in a column already anatomises you.

Positive or Healthy Predominance	Negative or Unhealthy Predominance
01. A presence that radiates empathy	Proximity to <i>antipathic ricochets</i>
02. Always enjoys <i>the smell of roses</i>	Always complains of <i>thorns in the rosebush</i>
03. Always thinks more about logical victory	<i>Is the Cassandra of dejected pessimism</i>
04. Captivates healthy helpers	Fascinates sick intruders
05. Celebrates <i>the conquest of the moon</i>	Already suffocated breathing the <i>day after</i>
06. Collaborates with open arms	Always attacks with <i>weapons in the hands</i>
07. Constructs more with each word	<i>Plunders</i> in every intervention
08. Criticises, but indicates solutions	Always accuses, <i>setting the circus on fire</i>
09. Cultivates ideals in their present	Worships perennial sorrows from their past
10. Defends <i>the dove of peace</i>	Always personifies <i>an ominous hawk</i>
11. Emphasises the better side of everything	<i>Is the ant that makes an elephant crazy</i>
12. Has mental hygiene as a habit	Lives enslaved to the addiction of masochism
13. Impresses pure joy on the face	Always exhibits <i>deep wrinkles of sadness</i>
14. Is a liberator of CEs and much charm	Is a battery of <i>unhealthy, killjoy CEs</i>
15. Is a maintainer of health in everything	It is an attractor of <i>en route accidents</i>
16. Is a more open personality	Has a more <i>defensive temperament</i>
17. Is a spokesperson for healthy good-humour	Always favours <i>imminent surrender</i>
18. Is an initiator of the exaltation of courage	Reacts like a <i>loser in the final judgment</i>
19. Matures edifying the ego	Ages with chronic hypochondria
20. Prefers joyful and lighter colours	Always emphasises <i>darker colours</i>
21. <i>Raises the dead</i> wherever they appear	<i>Dries pepper</i> when fixing their stare
22. Reflects the <i>sun without shadows</i> , upright	Only sees <i>lightning on the horizon</i>
23. Speaks in a climate of peace and work	Only knows how to give <i>verbal jabs and slaps</i>
24. Strengthens itself through what it knows	Becomes worn out in a <i>stony stubbornness</i>
25. Tries to correct their <i>weaktraits</i>	Only lives <i>poking others' defects</i>
26. Turns on the light of discernment	Always comes down with the <i>cudgel of truth</i>
27. Uplifts everyone with smiles	Causes bitter tears in others
28. Uses a stimulating vocabulary	Uses <i>the dictionary of defeatism</i>
29. Weaves lucid evolution for all	Brings <i>tenebrae to the consciousness</i>
30. Works in a <i>perennial spring day</i>	<i>Struggles in a stormy night</i>

Self-analysis. Do you identify yourself more with the first or the second column?

593. TEST OF YOUR UNDERSTANDING OF COSMOETHICS

Questions. Here are 13 questions, in an *examination of excellence*, related to various different items about Cosmoethics. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge* (books, notes and other sources):

01. **Comparison.** *Demand* the structuring of similarities and differences, advantages and disadvantages, in a work of planning and organising your ideas:- Establish the advantages and disadvantages of experiencing Cosmoethics.

02. **Criticism.** *Demand* an effort from your complex mental processes:- Criticise the experience of human morals in comparison with the experience of (self-aware) Cosmoethics. *Who carries a loaded gun puts their mentalsoma in their hand.*

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories of the phenomenon under analysis:- Define *lucid cosmoethicality*.

04. **Description.** *Demand* a presentation of the characteristics of the experience of which you are the protagonist:- Describe 4 positive evolutionary effects of cosmoethical conduct, 2 within the soma and two while lucid in the extraphysical dimensions.

05. **Discussion.** *Demand* more than a simple description presupposing the development of your ideas:- Discuss the reason why prior to Conscientiology humanity has not had the motivation or inspiration to experience Cosmoethics.

06. **Enumeration.** *Demand* your ability to recall:- Enumerate 3 consciential conquests generated by the self-aware experience of Cosmoethics.

07. **Exemplification.** *Demand* the demonstration of your ingenuity through a personal contribution:- Give 3 examples of your actions that have truly evidenced cosmoethical conduct towards complexis, which has been sought with motivation.

08. **Explanation.** *Demand* an emphasis on the subject in relation to cause and effect:- Why, today, are we mature enough to assimilate and experience Cosmoethics?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principle idea:- Why is it more difficult to experience Cosmoethics when a conscin remains immersed in the primitive conditions of the consciential basement?

10. **Organisation.** *Demand* a recollection of facts according to the criteria of increasing importance:- Organise a list of steps, in 3 intraphysical areas, capable of helping us in the incorrupt experience of Cosmoethics.

11. **Outline.** *Demand* your organisation of the subject into topics and sub-topics:- Outline 5 principles that may comprise a code of cosmoethical conduct.

12. **Selection.** *Demand* a critical evaluation according to pre-established criterion:- Indicate 3 facts that evidence the polykarmic gestation of *cosmoethical thosenes*.

13. **Summary.** *Demand* that you are capable of presenting the essential points of the subject under analysis:- Summarise 3 aspects of positive theoretical consequences of an existence under a code of real cosmoethical conduct.

594. TEST OF YOUR COSMOETHICAL OPTIONS

Groupkarma. *Anticosmoethical acts in groupkarma can have two origins: consanguinity and corporatism.* These are the two main streams of group insubordination.

Options. Experimenter, confirm the cosmoethical level of your options in the face of 32 serious anticosmoethical behaviours, some of which are extremely subtle:

01. To accept or promote bribes and social concealment of any kind.
02. To associate yourself with a group action of a rationally unjust strike (corporatism).
03. To be against abortion, when therapeutic and rationally justified (fanaticism).
04. To be the people's representative and to systematically exert parliamentary abstention.
05. To cast curses, maledictions and imprecations against someone, a group or an institution.
06. To condemn an alleged criminal, without hard evidence at trial (doubt and abstention).
07. To conscientiously stimulate the creation of a gambling habit in people.
08. To consciously support an unjust cause, under any pretext or reason.
09. To consider someone else's properties as your own after a certain time (usurpation).
10. To cooperate with excessive biological experimentations using human beings.
11. To co-participate in any personal or group act that intends to traffic drugs.
12. To defend any type of war or bloody revolution as being *just*.
13. To deliberately encourage explicit pornography under any social guise.
14. To directly or indirectly collaborate with the act of an explicitly unjust government.
15. To exalt biological, intellectual and moral questions related to races (Pathology).
16. To excessively use tranquilisers (psychotropics; psychotomimetics; *amphetamines*).
17. To hide the condition of carrying a contagious disease to have intercourse with someone.
18. To instil systematic tax evasion against the common social duties.
19. To intentionally induce prostitution in its multiple forms.
20. To live enslaved to any kind of superstition (Pathology).
21. To manipulate public opinion in any sector of communication in Socin.
22. To obey the unjust laws of Socin or the codes of immature human morals.
23. To participate in acts of espionage in times of peace or during a war.
24. To participate in sports that introduce a serious threat to the soma's biological life.
25. To perform price speculation in a savage capitalist regime.
26. To practice sexual violence in any of its possible manifestations.
27. To promote a pathological change regarding the sex of the soma in healthy conditions.
28. To spread any kind of calumnious lie, starting with common rumours.
29. To subsist with vicious habitual disobedience in relation to the laws of the state you live in.
30. To survive as a mercenary or participant in the Foreign Legion.
31. To systematically corrupt through active or passive heterocorruption.
32. To take politicking attitudes in their multiple forms into a political scene.

Test. Which of these attitudes are still in force in your behaviour in Socin?

595. DIAGNOSIS OF AN INCORRUPTIBLE CONSCIOUSNESS

Incorruptibility. The exact level of your cosmoethical incorruptibility is transparent to everyone through your simplest acts in everyday life. Being incorruptible is difficult. *Who eats a raw egg may be performing an abortion within their own mouth.*

Self-criticism. Not much effort or research is necessary to diagnose our primary corruptions that vitalise the roots of our megaweaktraits.

Examples. For example observe, with a minimum of self-criticism, these 5 common facts:

1. **Food.** *Do you already peacefully admit* the idea - and avoid it in practical daily life - that excess corporal weight is, in fact, prejudicial to your physical and mental health and that the real cause of this (bulimia) is the weak will of gluttonous men and women?

2. **TV.** *Do you already peacefully admit* the idea - and avoid it in practical daily life - that the act of being in front of the TV 4 to 5 hours every day is, in fact, prejudicial to your *intellectual health* (frank vidiotism) and that this only exists because of the accommodated behaviour of *brainwashed* vidiot individuals? A *TV set* can be a mental rubbish bin.

3. **Sun.** *Do you already peacefully admit* the idea - and avoid it in practical daily life - that going to the beach between 10am in the morning and 4pm in the afternoon is, in fact, prejudicial to your physical health (skin cancer), due to the ultraviolet rays from the sun on the epidermis of the careless and negligent? *Life* always carries on. There are public telephones in cemeteries.

4. **Tobacco.** *Do you already peacefully admit* the idea - and avoid it in practical daily life - that the use of tobacco is, in fact, prejudicial to your physical health (lung cancer) and that the creation of the habit of smoking is developed due to a vice of the smoker's personal imagination? *Desoma* is a postoperative period for legions of conscins.

5. **Drugs.** *Do you already peacefully admit* the idea - and avoid it in practical daily life - that the use of drugs - marijuana, cocaine and others - is, in fact, prejudicial to your physical and mental health (deterioration of the personality) and that the true cause of this is in the indifference and personal indiscipline of the addicted? *Desoma* is reticence. (See Bib. 4037).

Responsibility. Precisely because of these disturbances - generated from the *abdominal sub-brain* - conscins cannot affirm that they suffer from consciential amentia, chronic intrusion, *locked seriexis*, groupkarmic interprison, melin, consciential paracoma, energosomatic seduction of others, or from attacks from *Socin's viruses*. It also does not help to accuse or blame other people, using spurious justifications or appealing to primary ego-defence mechanisms. In fact, with all realism and refinement, they owe the existence of their problems to only themselves and nobody else, they are cases of *robexis* with exclusive personal responsibility.

Test. If you intimately live with any of these 5 bad habits, your self-corruption begins to be evident not only to you, but has already been evident for quite some time to any observant conscin or consciex. A *self-corrupter* is more appreciated by their helper than by themselves. This is one of the paradoxes of our evolutionary level.

596. TEST OF THE COSMOETHICAL ULTIMATE CONSEQUENCES

Self-defences. If sincerity and authentic self-motivation exist a conscin will always identify the mechanisms by which they defend themselves. Therefore, they actually correct themselves in practical life.

Masks. *The theories - leading edge relative truths (verpons) - of Conscientiology are not difficult to understand.* If someone thinks the contrary this is because they have not yet dropped all the masks, complications and primary ego self-defence mechanisms in ordinary intraphysical life.

Truth. A conscientiological leading edge relative truth is always indubitably defined. It dispenses with complicated expressions in its formalisation. It does not permit middle ground in the presence of multidimensionality, and not even in the face of polykarma.

Facts. Conscientiological leading edge relative truths are always based on *consciential facts*, perfectly experienceable by an interested conscin.

Approach. Being priority and sovereign for the advancement of all and for general evolution, it does not matter if multidimensional leading edge relative truths are a *punch in the face*, an *exposed fracture*, or a *consciential strip-tease* that leaves your intimacy wide open, exposing your viscera. If this happens the mistake is still yours and not the leading edge relative truth's approach. What are your thoughts about this?

Self-knowledge. This attitude also does not signify self-sacrifice or masochism on your behalf. It is just an act of heartily assuming self-knowledge as an awake consciousness. There are completist, incompletist and moratorist *heroes*.

Cosmoethicology. This is why the consciousness, who does not take their approach to relative truth until the multidimensional, cosmoethical *ultimate consequences*, will still err too much, all the time, remaining a slave to undesirable repetitions, or already dispensable self-mimicry from previous lives. To have authentic *retrocognitions* is to blush.

Attitudes. You will be castrating the libertarian manifestations of your consciousness, a prisoner to the reactions of the emotional body, drowned in the vices of past intraphysical existences and subject to primary repressions in the present existence every time you continue to take any of these 3 avoidable attitudes of *rearguard relative truths*:

1. **Money.** *If you primarily aim at the defence of your pennies:* a primary error of evaluation, or overvaluation of frugality, peculiar to intraphysical four-dimensionality. *Human fortune* is not always an expression of wisdom. Almost always, it is just the opposite. *Gold teeth* also bite.

2. **Image.** *If you place your precious image as a physical and transitory person,* into a more important position than the idea of multidimensional and consciential liberation: a spurious product or effect of the egokarma.

3. **Pleasing.** *If you defend yourself by trying to please others for personal gain,* through hiding unpleasant information within the context of Socin: a parochial or groupkarmic product.

Result. All of this discussion summarises itself in unconscious self-corruption: that still acts in the intimacy of the consciousness, a crass ignorance of practical multidimensional life.

597. TEST OF THE SUBTLETIES OF CONTRARIES

Incarnability. As a leading edge science, Conscientiology cannot but consider the matter of self-corruption in its research of Cosmoethics.

Principles. The consciousness' ethical coherence needs to start with themselves. Beginning with the fact that terrestrial life is an inevitable *deficiencyland*, you as a conscin, with your politics, religion, ideology, philosophy and science, must be in an *unselfish condition*. This offers you a code of personal principles to live in accordance with personal ethics within multidimensionality. This provision of self-incorruptibility guarantees a faster acquisition of Cosmoethics as a healthy *evolutionary habit*.

Self-corruptions. There are 2 types of self-corruptions: explicit, lesser in number; and hidden, generally greater in number. *Commonly, the line of separation between self-corruption and self-incorruption is very subtle.* Not everything is manifest in a consciousness' life. This demands analysis. Within one's own ego there are opposite positions, antithetic pairs and the presence of contrarities. There are borderline occurrences involving the consciousness such as gradients, nuances or fringes that require self-analysis. Here are 15 examples of subtle contrarities:

01. **Communicability.** Communication of useful information versus subliminal seduction.
02. **Cosmoethology.** *Cosmoethical concession* versus *lucid anticosmoethical connivance*.
03. **Dietetics.** *Nourishing* mushroom versus *lethal poisonous* mushroom.
04. **Discoincidentalogy.** Consciential state of holosomatic *coincidence* versus state of holosomatic *discoincidence* of LP, or lucid projectability.
05. **Hematology.** *Normal* menstruation versus *frank pathological* haemorrhage.
06. **Interdimensionality.** *Intraphysical* consciential dimension or the conscin's waking state versus *extraphysical* consciential energetic dimension, or the dimener.
07. **Intraconscientiality.** Consciential *reality* versus human *appearance*.
08. **Intraphysicality.** *Physical presence* of an object versus *physical reflection* of an object.
09. **Parapsychism.** Altered state of consciousness of *benign* psychophony versus altered state of consciousness of *malignant* interconsciential possession.
10. **Pharmacology.** *Remedy-medicine* versus *poison-substance*, at a higher dose.
11. **Physiology.** Gross physiological sensation versus subtle mental senses.
12. **Physiopathology.** *Gestation* versus *pseudocyesis*, or false pregnancy (Pathology).
13. **Sexology.** Sexual organ *without AIDS* versus sexual organ *with AIDS*.
14. **Smoking.** *Legalised* ordinary cigarette versus *illegal* marijuana cigarette.
15. **Thosenity.** Rational principle idea versus *general idea without discernment*.

Test. The extension and quality of *mental peccadilloes* depends on the consciousness' level of evolutionary awakening. Here are two questions for any adult to honestly ponder regarding their own sexual maturity: To what extent am I a slave to *my vagina*? Until when will I live subject to *my penis*? Look at the subtlety: it does not matter that one type of sexual organ, or another, are in your or your partners' sexosoma.

598. TEST OF CRASS SELF-CORRUPTIONS

Analysis. In the context of an analysis of a conscin's self-corruptions, everything that this conscin - you or I - admits as being wrong or incorrect (after sufficient reflection) is included, no matter what other people admit.

Factors. On the other hand, there are always many intrinsically bad things and many other things that are bad only under certain conditions. In this case, all of these factors, in one way or another, fall within the framework of analysis of self-corruptions.

Incorruptibility. Personal incorruption, created by the opening of a conscin to multidimensionality, tends towards Cosmoethics and presents *its own concepts* about the occurrences of human life. Strictly speaking evil, harm, malice, perversity and prevarication depend specifically on each personality, as occurs with all personal Freudian slips.

Opinions. In relation to serious concepts in life, 4 opinions which impress careless, immature, vulnerable or insecure conscins do not matter to you:

1. **Conventionalisms.** Recommendations from the periconsciential or *dermatological*, conventional, intraphysical Sciences that still have no sight of multidimensionality.

2. **Heterosuggestions.** Opinions from other personalities whether conscin or consciex, because freewill is yours and egokarma comes before groupkarma.

3. **Mentality.** *What* is said regarding the consensus of public opinion from Socin in general, an organisation still immature and frankly pathological in many respects.

4. **Mythologies.** Defence of the conditionings and cultural myths of your human environment, which always vary from place to place and from one Socin to another.

Sincerity. *What* matters is *what you* honestly and sincerely *think* about these concepts. Your incorruption functions in an intimate way, through multidimensional cosmoethical self-awareness. This can keep you fossilised in rearguard relative truth, or propel you to the vanguard of multidimensional discernment.

Definitions. Therefore, test the evils in general in order to extirpate them from the consciousness, deeply implanting cosmoethical self-incorruption. This measure will help everyone.

Test. For example, what clear idea or definite position do you have regarding what is commonly called *good* and *bad* about these 21 occurrences?

- | | | |
|-------------------------------|--------------------------------|------------------------|
| 01. Abortion (feticide) | 08. Incest (consanguinity) | 15. Propaganda (media) |
| 02. Adultery (prevarication) | 09. Indoctrination in general | 16. Prostitution |
| 03. Assassination (homicide) | 10. Light and hard drugs | 17. Rancor |
| 04. Contraband (products) | 11. Nuclear weapons (genocide) | 18. Tobaccoism |
| 05. Death penalty | 12. Personal ambition | 19. Torture |
| 06. Euthanasia (serene death) | 13. Polygamy (promiscuity) | 20. Vandalism |
| 07. Group sex | 14. Profit from work | 21. Vivisection |

Holokarma. *Beyond an open mind, a clear mind is much more necessary.* In a holokarmic balance, the egokarmic account contributes foremost.

599. TEST OF SUBTLE SELF-CORRUPTIONS

Life. Life is an invaluable gift. Enjoying life on this Earth is not always easy. We often corrupt ourselves - self-corruption - to save *our skin*, the life of the soma, or in order to forget and be at peace with ourselves. At times this is done with the sacrifice of other lives that we have destroyed. One of the most revolting actions of awakened conscins, which probably includes you, is the act of the destruction of life. Many types and natures of these acts exist and it is rare to encounter one who has not committed some destruction of life.

Test. Here, below, are 25 types of destruction of life. In your present existence test if you have committed *acts* through which *you can pamper yourself* with some of these epithets:

01. **Anguicide:** a rational being *who killed* a snake or serpent (small or enormous).
02. **Apicide:** an intelligent being *who killed* a bee (*the producer of honey*).
03. **Arboricide:** a conscin *who killed* a tree (thick or miniature).
04. **Avicide:** a living human *who killed* a bird (chicken) or a fledgling.
05. **Avunculicide:** a nephew or niece *who killed an* uncle or aunt.
06. **Conjugicide:** a spouse *who killed the* other (partner in an evolutionary duo).
07. **Feticide:** a person *who killed a* fetus (abortion, feticide).
08. **Filicide:** a father or mother *who killed their* own son or daughter (partial suicide).
09. **Felicide:** a man or woman *who killed a* cat (a domestic cat).
10. **Femicide:** a man or woman *who killed a* woman (*do not hit, not even with flowers*).
11. **Formicide:** a conscin *who killed an* ant (or thousands: an anthill).
12. **Fratricide:** a brother or sister *who killed a* brother or sister (maximum antifraternity).
13. **Homicide:** a person *who has caused the death* of someone (including cannibalism).
14. **Infanticide:** a personality *who has killed a* child (the most heinous of crimes).
15. **Insecticide:** a human being *who has killed an* insect (mosquito, flea, beetle).
16. **Magnaticide:** a person *who has killed an* eminent personality or leader of Socin.
17. **Mariticide:** a wife *who has killed her* husband (strong groupkarmic interprison).
18. **Matricide:** a son or daughter *who has killed their* own mother (suicide of their roots).
19. **Parricide:** a son or daughter *who killed their* own parent (profound psychopathology).
20. **Phyticide:** a thinking being *who killed a* vegetal being (thousands of species).
21. **Regicide:** a citizen *who killed a* king or queen (political death).
22. **Swincide:** a butcher *who killed a* suckling pig, piglet or sow (*docked tail*).
23. **Tauricide:** a conscious being *who killed a* bull (in a bullfight, for example).
24. **Uxoricide:** a husband *who killed his* wife (strong groupkarmic interprison).
25. **Zoicide:** a human specimen *who killed a* subhuman specimen (the most common).

Self-criticism. It is not easy to live cosmoethically, without self-corruptions, even if the most subtle. *Only self-criticism opens self-knowledge to vaster horizons.*

Self-analysis. *Even a superficial analysis of yourself is always much more difficult than the most profound analysis of another.*

600. TEST OF THE IDENTIFICATION OF A LIE

01. **Thosenes.** Consciential maturity demands trust in a consciousness' lucid thosenes. There is no: *cold fire, dark light or luminous shadow.*

02. **Lucidity.** To function correctly, the multidimensionality of a lucid consciousness demands authenticity in their perceptions and paraperceptions in order to remove hoax and fraud, including self-mystification, a type of obstinate self-corruption that affects any ordinary person or the *unthinking human masses* (robexis).

03. **Self-corruption.** Without incorruptibility there is no Cosmoethics. Our serious self-corruptions begin with solemn lies. Therefore, a lie is the most common anticosmoethical self-corruption, everywhere. (See page 647).

04. **Lie.** Here the word *lie* also implies 12 immediate variants or derivatives: exaggeration, inaccuracy, improbability, forgery, misrepresentation, falsification, invention, imagination, fabrication, subterfuge, a mistranslation of the truth, and a lie that looks like the truth.

05. **Indications.** Through today's Psychology and Physiology, anyone can identify the main evidences of lying and expose the most serious falsehoods that involve, for example, the loss of work, marriage and friendship.

06. **Technique.** There are defined technical patterns to detect the falseness of a self-corruptor who lies convincingly or even persuades crowds. In other words: to expose the biggest liar in a rational and indisputable way.

07. **Clues.** To identify lies there are 2 types of clues that are *involuntarily* provided by anyone who is lying: verbal clues and physical clues.

08. **Verbal.** Here are the 10 most common verbal clues or signals that lead to the identification of lying: slowness of responses; hesitation; long silences; delay at the start of talking; distracted look of who is lying; lack of facial expression when speaking; evasive tone of responses; repetition of responses; very prolix responses; and contradictory responses.

09. **Physical.** Here are 10 non-verbal or physical clues that reinforce a hypothesis of a lie: changes in the voice; higher tone of voice; avoidance of direct gazes; fake smiles that do not move the muscles around the eyes; some types of body language, such as a light constriction of the lips; microexpressions that transform the face in fractions of a second; sad eyes that are not accompanied by a facial expression, like a mask; facial expressions that remain like a mask for more than 10 seconds; unilateral facial expressions, fixed for some time on only one side of the face; and, a lot of blinking. *A leading edge relative truth (verpon) is always uncomfortable for some people.*

10. **Identification.** Unfortunately, a self-controlled person can lie better and more. If you and I can today already identify lies in a rational way, even in the verbal and non-verbal language of others, there are no more pretexts or excuses to escape from the identification of our self-lies or self-corruptions.

601. TEST OF YOUR INCORRUPTIBLE AFFECTIVITY

Viability. Control over the emotional body via the mentalsoma, through the abundant discernment of an active consciousness, makes incorruptible behaviour viable and creates a prophylaxis from human social tragedies and intrusive stigma.

Contention. In the establishment of norms of incorruptible behaviour, we make use of a common fact, for example: 2 beings who love each other, prisoners to a cosmoethically contained, critical, affective conviviality - called *selective chastity* - due to the *groupkarmic conditions* of intraphysical life. Here are 19 test questions destined to analyse the reactions of these two people under an *imposed affective contention*:

01. Do you have criticisms of me without telling me? (Sincerity or loyalty).
02. What do you know about me and have not yet revealed to me? (Retrocognition).
03. What do I need in order to correct myself in contained, self-imposed, cosmoethical conviviality with you? (Consciential self-organisation).
04. Do the CE's of my presence renew or disturb you?
05. Should I avoid physically touching you, even in everyday greetings? (Primary prophylaxis, characteristic of an incomplete couple).
06. Does my way of dressing manage to create tension or anxiety in you? (Intraphysical appearance).
07. What should I sincerely change in my way of being? (*Affective reformation*).
08. In relation to me what is your impetus for tenderness or devotion, which requires a greater *effort of affective contention*? (Anatomisation of the interpersonal relationship).
09. Does my presence or my look generate sexual excitability or *displaced sexual desire* in you? (Sexochakra and maturity of practical sexuality).
10. Do I commit mistakes provoked by my good intention to defend my inner equilibrium? (Abnegation in a sophisticated and subtle analysis).
11. What are my extreme attitudes or inconvenient observations in relation to you? (Self-criticism and absence of self-corruption).
12. Do my anxieties remain attached to correct discretion? (Self-control).
13. How should I best behave in order to avoid constraining you and minimising your anger or frustration? (Idealised behaviour).
14. Do you create restrictions in my *extraphysical conduct*? (Lucid projectability).
15. Do you feed unconfessed jealousies regarding me? (Emotional maturity).
16. Are you capable of living as a monogamous person? (Level of sexual maturity).
17. How do you spend your Saturdays and Sundays? (Intervening intraphysical injunctions).
18. Is it better to stay as we are, or for your benefit should I definitively cut my conviviality with you? (Affective renunciation).
19. In order to mutually help one another, by mutual consent, what should we perfect regarding the *limits of resistance* in our chaste conduct? (Consciential evolution in multiexistential consciential time, intraphysical lives and intermissions).

602. TEST OF YOUR INCORRUPTIBILITY

Benevolence. We have a certainty: at a specific level of maturity, nobody and no cause, succeeds in changing our benevolent nature in the presence of any being (Serenissimus).

Possibility. *The incorruptibility of a conscin is fully feasible.* Here are 30 expressions attributed to people that are found in books, biographies and technical works:

01. **Behaviour.** Irreproachable behaviour.
02. **Candour.** A professional who acts with impeccable candour.
03. **Chivalry.** A gentleman incapable of any lapses.
04. **Commitments.** Someone observant of their commitments with fidelity.
05. **Deportment.** A man of noble and chivalrous deportment.
06. **Dignity.** The master of uncontestably worthy sentiments.
07. **Disinterest.** A person with a complete absence of calculated interests.
08. **Duty.** Intense feelings of duty and honour.
09. **Essence.** The individual essence of integrity (characteristic of *Homo spiritualis*).
10. **Ethics.** The ethical elevation of someone extraordinary.
11. **Friendship.** True friendship is reliable, like a needle pointing north.
12. **Health.** Man with *a healthy soul*.
13. **Honesty.** She behaves with unparalleled honesty.
14. **Honour.** The perfect living embodiment of honour.
15. **Incorruptibility.** A person of impeccable correctness.
16. **Inspirations.** Someone at the service of the strongest and most beautiful inspirations.
17. **Integrity.** A clean and integral consciousness.
18. **Life.** An austere life devoted to the welfare of others.
19. **Morals.** A personality with moral integrity.
20. **Name.** He who upholds his name with exemplary dignity.
21. **Perseverance.** A voyager who treads the path of perseverance.
22. **Personality.** A personality incapable of being seduced.
23. **Probity.** A man of unassailable probity.
24. **Righteousness.** The sentiment of rectitude in all matters.
25. **Self-aware.** A personality aware of the fulfilment of a duty.
26. **Self-preservation.** The zeal of one's own honour.
27. **Sentiments.** A good-natured soul in all noble sentiments.
28. **Tranquillity.** A consciousness tranquil in their actions.
29. **Trustworthiness.** A lady in whom you can confide.
30. **Uncontaminated.** A character uncontaminated by the vicissitudes of life.

Performance. Was all of this made-up? Of course not. There are facts behind this information. If one person can be like this, others can too. It is a matter of personal performance. Serenissimi exist. Think about it experimenter. The challenge is there.

603. TYPES OF PROBLEM-CONSCIOUSNESSES

Imagination. A holothosene loaded in *sen* can lead to a *Guyanese genocide*. Because of the research Conscientiology and Projectiology emphasise the care we need to take with the fertility, repetition or sterility of the imagination.

Triangle. It is extremely difficult for any of us to maintain in balance the 3 bases of the *triangular relationship*: intraphysical consciousness, physical body, and human life.

Conflicts. *Consciential evolution* is not a straight road. Among the many conflictive conditions for a conscin, these 6 fundamental variables can be highlighted:

1. **Affectivity.** Transparent affection towards Socin, or Intrapysical Society.
2. **Culture.** The level of culture depends on the mentalsoma's quality.
3. **Perks.** Temptation exerted by rewarded laziness in various sectors of human life. As is well known, power corrupts.
4. **Prestige.** Seeking superficial and fleeting intraphysical sociocultural prestige. *A social being submits themselves to the group in order to obtain compensation and exchange favours.*
5. **Survival.** Personal and economic-financial security, or individual survival. The Church and Zionism are among the largest *multinationals* on the Planet.
6. **Temporality.** Greed for temporal power within social subgroups.

Priorities. There are 2 divisions in human priorities: the intelligent and the immature. Creativity can lead a conscin to live serving the well-being of everyone, or to only work very hard to accumulate fugacious money for themselves.

Genius. There are 2 categories of genius: the healthy and the morbid. There are diverse talents in both the person with evolved serenity and in the pathology of the serial arch-criminal.

Self-critique. From the common inscient to the invulgar personality, we all need, above all, to know ourselves with maximum self-critique. (See page 145).

Cloning. In this era when *Homo cyberneticus* tries to create a *machina sapiens* capable of simulating the *mind of God* and when the ruling mentality programmes our desires by inserting commercial announcements, it becomes imperative to fortify our self-resistance to *the cloning of the workforce*. The most critical question for a social being will always be: Where, how, and for how long, have I been a lucid original being or a mere unconscious *photocopy*?

Science. On account of the fragmentation of scientific projects into functional parts, even today a well remunerated or *domesticated* megascientist may work and be completely ignorant about the *what for* of the project. It can often be that its secret purpose is completely spurious or destructive and contrary to their own, most intimate ethical principles.

Problems. Considering all this, a conclusion imposes itself regarding human beings who can be classified into 2 *basic types*: the *anachronic* problem-consciousness and the *renovating* problem-consciousness. Consciential evolution expects, from us, seeds of innovation that sprout in our minds, employing the entire repertoire of heuristic instruments and the positive balance of useful intimate concepts.

604. INSEPERABILITY OF INTERDEPENDENT BEINGS

01. **Interaction.** In *intrapysical* life, as well as in *extrapysical* life, interdependence of a conscin in their interconsciential relationships is inevitable.

02. **Beings.** Consciential interdependence, when evolutionary, occurs in the interaction between 4 existing beings: *consciousnesses (consciexes), humans (conscins), animals, and plants.*

03. **Service.** Within the spirit of cosmic and group evolution, consciousnesses logically come to the terrestrial dimension - or intrapysicality - to serve one another.

04. **Objective.** Based on the fundamental objective to serve one another in intrapysical existence, consciential interdependence becomes rationally indispensable.

05. **Assistance.** Our Human Biology, and, more specifically, our Genetics, Child Welfare and Education factually demonstrate that from among all the offspring of the more evolved animals on this Planet, the human baby is the most defenceless, fragile, vulnerable and needs the most continuous dependent assistance at every moment during the first stages of their life in biological matter, or the soma.

06. **Inseparability.** However evolutionary - or groupkarma - inseparability between beings or consciousnesses is one of the basic and unchangeable laws of evolution.

07. **Regression.** Who desires to walk only for themselves, in an isolated way, or *in an ivory tower*, later suffers the regressive impact of various egotistical disturbances.

08. **Recycling.** Self-knowledge is only dynamised when someone *comes out of themselves*, assists others and returns to themselves, in spirals of *uninterrupted recyclings*.

09. **Interdependence.** However, consciential interdependence is very different from consciential submission, addictive parasitism or physical and psychological inferiority complexes. There are healthy and unhealthy interconsciential relationships.

10. **Freewill.** The act of a person living lucid regarding the natural interdependence of human life, does not mean they must abandon their freewill or basic independence in personal decisions. Nobody lives intimately without privacy, or as an exploited-innocent in an unchangeable conviviality with other beings.

11. **Satellite.** The natural interdependence of human life also does not transform a conscin into a satellite of other conscins, for example: your *spiritual guide*, family doctor, analyst, lawyer, boss at work, corporate leader, lover, priest, guru or many others.

12. **Errors.** Interdependence neither expresses a lack of evolutionary definition nor maintains a being amorphous, whether in intrapysical life or in other consciential dimensions.

13. **Complicity.** *It is not intelligent to live passive to errors.* If we proceed in such a way we become accomplices of the *delinquents* of conscious evolution.

14. **Cosmoethicology.** *Multiple debrainwashings* are indispensable to understand and cosmoethically exercise consciential interdependence, vaccinating us against always pathological servitudes and unworthy psychological contagions.

605. CONSCIEX OR EXTRAPHYSICAL CONSCIOUSNESS

Helper. An important and transcendent understanding for every lucidly projected projector, is of the *healthy* consciex, or extraphysical consciousness, or as popularly referred to in NDEs, or near-death experiences, the *being of light* (helper), who has passed through the first and second desomas and is hence free of the soma and the energosoma. The following are 15 of the most frequent identifiable traits characteristic of a healthy assistantial consciex:

01. **Affectivity.** Experiences deeper, more intense and mutable *emotions* - emotionalisms or affectivity - because they manifest with an entirely free psychosoma, or emotional body. Their feelings tend to be universalistic.

02. **Assistanciality.** Wherever they manifest their intentions and *extraphysical occupations* are productive and have an assistantial nature in relation to other consciousnesses.

03. **CE.** Their *extraphysical presence* is pleasant and exteriorises enriching CE, or consciential energy. *Personal energy is the consciousness' calling card.*

04. **Flying.** They do not walk in their translocations: they float, *soar* or simply *appear* in the extraphysical environment where we are temporarily projected.

05. **Hyperacuity.** They make use of more ample levels of *lucidity*, superior to the levels common in our own ordinary, day-to-day, physical waking state.

06. **Imponderability.** They no longer suffer the powerful influence of *planetary gravitation* on their vehicle of manifestation and feel imponderable the entire time.

07. **Impossibilities.** They do not produce in themselves or by themselves: *ejaculation, physical orgasm, fertilisation, gestation, breastfeeding* and physiological necessities peculiar to the soma.

08. **Mentalsomatics.** Their CPs are experienced in the mentalsoma.

09. **Para-appearance.** Their *extraphysical appearance* is generally rejuvenated, equal to what they used to have in their adolescence or middle age, this helps with later identification.

10. **Paraperceptions.** They can present themselves as an *extraphysical sensitive* to more evolved consciexes, who are operating in other consciential dimensions, which are more advanced or healthy in terms of Cosmoethics.

11. **Powers.** They present resourcefulness in their use of *paraperceptions* and the powers extracted from the *streamlined* psychosoma, which does not have the ballast of the *silver cord*.

12. **Psychosoma.** Their psychosoma is usually rarefied and very luminous with a profound capacity of *instantaneous self-transfiguration*.

13. **Self-permeability.** They do not avoid physical objects, walls or obstacles in their *movements*, passing *through* them (self-permeability) when they want.

14. **Telepathy.** They do not move the paralips nor use audible words to communicate, they simply *telepathise*. Their communication can even be symbolic.

15. **Unbreathability.** They do not *breathe* as we intraphysical beings do. We are slaves to oxygen (*the human bellows*) throughout our entire intraphysical life on this Planet Earth.

606. AVOIDANCE OF WEAKTRAIT LAXITY

Fissures. The majority of conscins present characteristic *minimal* fissures that predispose *maximum* disturbances in each person. Neophobia is born from there.

Megaweaktrait. In a high number of cases the *unbecoming behaviour* constitutes the principal *weaktrait*, or *megaweaktrait* of the pre-serenissimus personality.

Causes. The chromosomic inheritance and sociocultural and mesological inheritances are the most relevant causes of *ruptures* in a consciential *microuniverse*. However, the essential unleashing factor in the emergence of psychological dissonances is the consciousness' multiexistential and millennial past. It is important that you identify possible disarticulations in your inner world and the gaps arising in your external behaviour.

Types. Characterising personal fissures: irresistible power over yourself; generation of negative humour against irrationally avoided facts; creation of hurtful jokes and pejorative expressions; creation of derogatory nicknames; distribution of sardonic laughs. The following are 10 well delineated types of fissures and *weaktrait laxities*:

01. **Anti-evolutivity.** Purposeless aversion, sullenness or *infantile stubbornness* towards everything more evolved, beyond the accommodated and unthinking mediocrity: refined cultural formation, *finesse*, intellectuality, erudition, complexity, and consciential sophistication.

02. **Antifeasibility.** Renitent *allergy* to the immediate realisation, *in the very moment*, of consensual theoretical resolutions and agreements, already unanimously signed by those responsible and their superiors. ("I hate all this!").

03. **Antigroupality.** Unsubmissive ill will, indecision, resentment, idiosyncrasies and refusal to participate in *teamwork*, or joint work, where no *big ego* can lead, not even your own. ("What unbearable tedium!"). (See page 719).

04. **Anti-intellectuality.** Antipathetic repulsion to intellectual *neuronal tasks*, namely those that are not muscular, like reading, writing, library, data processing on a computer and laboratory work.

05. **Antimechanicalness.** Manifest repugnance in a headlong collision with *technotronics*: machines, vehicles, computers, offices, scientific publications and collections.

06. **Antitechnicality.** Embarrassing loathing of *technical tasks* that demand careful devotion, attention, mental concentration, associations of ideas and notations.

07. **Discrimination.** Discrimination in direct interpersonal contact according to the race, skin, clothes and origin of *specific conscins*. ("How kitsch").

08. **Phobias.** Unconcealable fear of *specific subjects*: physical death, serious illnesses, calculating intruders, hideous assaults and extermination groups.

09. **Envy.** Opposing with excessive talk, spitefulness, bad-character, regressive defensiveness, *inability to eat humble pie*, not listening to anyone, going against the undertaking whose *original idea* was not generated by the person. ("It makes me sick!").

10. **Neophobias.** Illogical teasing typical of repressions, sacralisations, inhibitions and *neophobias* regarding the unknown, the original solution and the future. ("It is disgusting!").

607. KEY PERSONALITIES OF CONSCIENTIAL EVOLUTION

List. Here is a catalogue (*dramatis personae*; list of the staff or human resources) of 10 key personalities on the increasing scale of the consciousness' evolutionary hierarchical levels, acting today in a relevant and active manner within the universe of multidimensional research of Conscientiology and Projectiology:

01. **Evolutionary Paracomatose.** A social being with a *locked* intraphysical life, a producer of only spontaneous unconscious projections, the same way as certain *subhuman animals*. They predominantly live through impulses from the *abdominal sub-brain*.

02. **Common Pre-serenissimus, a Pre-permanintfree.** Evolutionarily mediocre *butterfly-seeking* men or women, a fanatic of some sectarian school of thought or an undefined “universalist” who has no criteria and is always fortified *atop a wall*.

03. **Existential Recycler.** Sponsor of radical changes (recexis) for the better, in the evolutionary perspectives and course of intraphysical life, based on the view facilitated by Conscientiology. (See page 686).

04. **Existential Inverter.** According to the scientific principles of Conscientiology (invexis), a maximum technical planner of their own intraphysical life since adolescence, or the initial phase of the soma's biological maturity.

05. **Conscious Human Projector.** A social being capable of voluntarily producing lucid projections of continuous consciousness, even within a series of experiments. *Veteran lucid projectors constitute a minority among conscins.*

06. **Lucid Energiser, or a Veteran Practitioner of Penta (Pentist).** Intraphysical transmitter of CEs (penta), in conjunction with extraphysical assistants (helpers) in daily parapsychic assistential works, over their entire intraphysical life. They constitute a minority of lucid projectors.

07. **Totally Permanently Intrusion Free, a Permanintfree.** Is the intraphysical evolutionary model *closest* to the Pre-serenissimi. They have already detected and voluntarily usufruct, the holothosene of the Serenissimi. They constitute a minority of *Penta Practitioners*. They are an *Evolutionary Labourer*, a self-aware Consciencial Epicentre (*Epicon*).

08. **Veteran Extraphysical Helper.** An assistant to conscins. Practices the claritask, or the advanced, assistential, *task of clarification*, between multiple consciencial dimensions. Is an *Evolutionary Intellectual*.

09. **Evolutionary Orientor (Evolutiologist).** Is an extraphysical being who is the technical superintendent - within the evolutionary group, or groupkarma - of our proexis and our personal multiseccular, multicorporal, intermissive and *multiexistential cycles*. An assistant to the Serenissimi.

10. **Homo sapiens serenissimus, a Serenissimus.** Is the evolutionary model *more distant from* the Pre-serenissimi. The consciencial apex for the majority of the current components of Humanity. They have only a few seriexis to complete. They are Evolutionary Multigeniuses.

Test. In which of these evolutionary levels would you classify yourself today?

608. RESEARCH OF 18 PERSONALITIES IN ONE

Socins. Permissive Socins can lead the immature to the most sordid servitudes.

Study. For Conscientiology the accurate study of serenism becomes relevant.

Source. A Serenissimus (*Homo sapiens serenissimus*) is a source of advanced evolutionary standards that are lucidly sustained by them.

Model. As the Conscientiogram's model, a Serenissimus represents all the qualities or evolutionary conquests (*strongtraits*) that, at our current level of personal performance, we seek to acquire as alert consciousnesses.

Evolution. Whoever studies a Serenissimus simultaneously approaches at least 18 of the most evolved, opportune and providential personalities for us pre-serenissimi. Thus, we can analyse the apex of our current pyramid of evolution, which we will reach, sooner or later, depending on our lucidity, motivation and dedication to theoretical self-knowledge applied in our intra and extraphysical life.

Multimodal. In this way, an encounter with a Serenissimus constitutes, at the very least, the unparalleled act of simultaneously encountering and researching a multimodal, plurifaceted personality, or in other words, 18 instigating and exemplary personalities assembled into only one:

01. Catalyser of consciential evolution. *Example* of self-aware evolutivity.
02. Competent epicon. *Example* of the most healthy and powerful consciential epicentrism.
03. Cosmoethical being. *Example* of Cosmoethics lived minute to minute, always.
04. Evolutionary Orientor. Singular *example* for an entire conscious groupkarma.
05. Exemplary strongtrait being. *Example* of perfected *evolutiogenic megastrongtraits* within the condition of self-aware intraphysical anonymity.
06. Existential completist of a megaproaxis. *Example* of complexis at its apogee.
07. Experienced conscientiologist. *Exemplary* model for mature Conscientiology.
08. Ideal projector in service. Leading edge *example* of advanced Projectiology.
09. Incorruptible theoretical being. *Example* of the theoreticalness feasible at the pinnacle of evolution. The biggest and best human reference regarding assistantiality.
10. Major thosenator of the most enduring holothosene. *Example* of thosenity.
11. Mature consciential wholesaler. *Example* of the holomaturity possible in this intraphysical world and in any of the other consciential dimensions.
12. Multidimensional being. *Example* of the maximum lucid experience possible.
13. *Penta* veteran. *Example* of the useful employment of fraternal bioenergetics.
14. *Permanintfree* being. *Example* of the complete mastery of permanintfreeness.
15. Practical universalistic being. *Example* of maxiuniversality at an elevated level.
16. Self-aware inverter. *Example* of triumphant invexibility in every area.
17. Undertaker of the *clarification task*. *Example* of assistantiality at its best.
18. Veteran conscientiotherapist. *Example* for Conscientiotherapy, in that they have the greatest ability to maintain health and the greatest possibilities of remission.

609. TEST OF YOUR CONSCIENTIAL TRI-ENDOWMENT

Hypothesis. In a *working hypothesis* based on the Conscientiogram, the evolution of *evolutionary performance* can be classified through 4 types of consciousnesses: Pre-Serenissimus = 25%; Permanintfree being = 50%; Evolutionary Orientor (Evolutiologist) = 75%; Serenissimus = 100%.

Ideals. In practical life an ideal projector and conscientiologist is identified by 3 endowments, or more useful talents: parapsychism, general culture and evolved communicability. Well-endowed, self-critical consciousnesses emerge from there.

Parapsychism. In this case parapsychism constitutes the personal control of psychic and parapsychic energetic performances, such as:

01. **Clairvoyance.** Experiences of clairvoyance of a lucid parapsychic practitioner.

02. **Conscientiality.** Reasonable level of general intelligence and balanced conscientiality; explicit creative capacity. *A female mathematician is a very rare conscin.*

03. **CP.** Experience of CP, or still primary lucid consciential projection.

04. **Health.** Good health with discrimination and natural use of the basic chakras.

05. **VS.** Installation of the vibrational state through the will, at any time.

Culture. Omnimodal personal culture that includes this knowledge:

06. **Information.** Person with ample general knowledge; well-read and/or well-travelled.

07. **Library.** Autodidactic updating of information through an operating personal library, with active personal archives, without the *pages of books stuck together*.

08. **Microcomputing.** Mastery of computers at a practical functional level.

09. **Polyglotism.** Polyglot with mastery of 2 languages beyond your native one and an accentuated taste for reading in general; a tendency for positive technical abstraction.

10. **Schooling.** Experience of formal schooling, even if only basic.

Communicability. Leading edge communicability is based on the profile of a personality who tends more towards extroversion, such as:

11. **Expression.** Coherent expression of thought through speech, writing and debates, well supported in a positive and healthy manner, as a matter of routine.

12. **Extroversion.** Disciplined extroversion as a healthy conscin.

13. **Presence.** Positive energetic presence; healthy empathy with the general public.

14. **Sociability.** Advanced social abilities and interests with reasonable social-cultural-emotional adjustment; a non-smoker (interactive avoidance of CEs).

15. **Verbaction.** Perseverance in healthy objectives manifested through your verbaction.

Potentialities. To find someone comprehensively tri-endowed with these 15 *prototypical qualifications* before they are 35 years of physical age, is a utopian pretension. Nobody, with greater lucidity, nurtures that hope. A person with talents that meet half of these attributes is wanted - one of two entire lists plus half the items of another - with the potential to later perfect what is lacking.

Test. Which of the listed characteristics do you - a conscin - present?

610. TEST OF 30 TYPES OF CONSCIN

List. According to Conscientiology, when analysing the evolution - level - of a consciential microuniverse, a component of the human personality, excluding the Serenissimi, at least 30 *healthier* and *less healthy* types of conscin should be included, such as those listed here:

01. Consciential **paracomatose** and a victim of their own lack of lucidity.
02. **Conscientiologist**, lucid regarding leading edge conscientiological principles.
03. **Cosmoethical** and exemplary of the cosmic moral in the intra and extraphysical day-to-day.
04. **Energiser**, a practitioner of the daily, assistantial, personal energetic task (penta).
05. **Epicon** or the being that makes an offiex a useful appendage of their *integral personality*.
06. *Existential completist*, a fulfiller of their proexis in a satisfactory way (complexis).
07. *Existential incompletist*, a person incompetent regarding the proexis and a sufferer of *melin*.
08. *Existential retailer* or one imprisoned by superficial contexts in their manifestations.
09. *Existential wholesaler*, dedicated to the most mature goals and evolutionary methods.
10. Existentially **locked** or incapable of exercising lucid projectability (LP).
11. Frequently **mini-intruded** and an unconscious sexochakral seducer in their acts.
12. **Groupist** or a member of a libertarian, non-sectarian group, or an evolutionary duo.
13. **Interprisoned** in groupkarmic interprision and a *reservist of extraphysical purgatories*.
14. **Interviewer** or a projector that has extraphysically interviewed a Serenissimus.
15. Intrapysical **robot** or the social being imprisoned by the lamentable condition of robexis.
16. Lucid **assistantial consciential bait** in day and night interconsciential service.
17. Lucid **inverter** dedicated to the evolved fulfilment of their proexis (invexis) from an early age and far removed from *aurea mediocritas*.
18. Lucid **moratorist** with a positive balance of their proexis already satisfied (morexis).
19. **Lucid recycler** dedicated to the deep reformulation of recexis, in a *festina lente*. (See page 687). A *maximorexis* is a case of the workmanship being better than the project.
20. **Permanintfree** or the ideal example of an Evolutiologist's advanced, lucid flexibility.
21. **Pre-permanintfree** still crawling towards one day living lucid permanintfreeness.
22. **Pre-serene** and a leader of a common libertarian task within their intraphysical existence.
23. **Strongtraitist** dominated by the best personality traits (megastrongtraits).
24. **Theorice**, simultaneous conscious practitioner of theory, practice and verbaaction.
25. **Tri-endowed** with 3 talents: parapsychism, culture and communicability.
26. **Tropospheric** or those intraphysically crawling on the planetary crust for centuries.
27. **Undertaker of the claritask** and a fulfiller of inter-ego assistance using clarification.
28. **Undertaker of the consoltask** and a fulfiller of inter-ego assistance using consolation.
29. Veteran **projector** in search of a continuous lucid state.
30. **Weaktraitist** dominated by the worst personality traits (megaweaktraits).

Test. Which of those conscins do you already *compose* within yourself, have you already *eliminated* from your nature, or *incorporated* into your structure? *Not all cultural interdictiones are cosmoethical.*

611. TEST OF A PRE-SERENISSIMUS LEADER CONSCIOUSNESS

Dog. *Shyness demonstrates, as a metaphor, the typical act of a dog cringing.*

Traits. According to an essential analysis from the Conscientiogram, here are 20 ideal characteristic traits of a pre-serenissimus-leader consciousness in relation to the average of those led:

01. **Cosmoethicality.** Intrapysical being who presents vast power of cosmoethical conduct.
02. **Planning.** Manifest talent in planning the evolutionary commitment of a segment of their groupkarma, with a deep humanitarian sense.
03. **Authority.** High qualification of the dynamics in the frank exercise of authority.
04. **Conscientiality.** Broad public spirit when raising evidence.
05. **Decision.** Elevated decisions in the evolutionary masses' moments of destiny.
06. **Reflection.** Contention without toxicity in their postures, capable of aborting precipitancy.
07. **Humanism.** Indomitable will, healthy monitor of the *people's* minds.
08. **Democracy.** Consciential microuniverse with a democratic spirit, open to renovations in the direction, organisation, imposition of themselves and staying at the front of the group's efforts.
09. **Polarisation.** Secure, polarising social being and an acknowledger of just claims.
10. **Conduction.** Conductor of sensitivity and knowledge, without domination or arrogance.
11. **CEs.** Greater control of CEs, or empathetic consciential energies (charisma).
12. **Energisation.** A more extensive capacity regarding the release of positive CEs.
13. **Affectivity.** Affectively stronger and a holder of elevated sentiments, having already dominated superficial, vulgar emotions.
14. **Communicability.** Deeper knowledge regarding interconsciential relationships. The *telephone*, invented in 1876, catalysed interpersonal communicability.
15. **Intrapysicality.** Personality with knowledge of the extension and depth of their command over space and time (temporary intrapysical life).
16. **Maturity.** Intelligent avoidance of *consented idolatry*, or the divinisation allowed by brainwashing political demagogy.
17. **Deintrusion.** More permanently deintruded social being.
18. **Pacifism.** Pacifist consciousness, defender of universal disarmament.
19. **Mesology.** Agent with the power of evolutionary agglutination, above the consciential human average, over their Genetics (*nature*) and the environment or Mesology (*nurture*).
20. **Omnicooperation.** Ego vindicating maxifraternity (high calibre omnicooperation) through deliberate and solidary altruism. (See page 403).

Test. Which of those traits have you already incorporated into your evolutionary experience?

Dangers. A *consciousness* is extremely complex. Even a primary notion without hyperacuity regarding prolonged experience, for example of advanced concepts such as: physical base, Cosmoethics, evolutionary duo, consciential epicentrism, holorgasm, invexis, polykarma, claritask and penta; still does not guarantee an epicon exemption from accidents and subjacent dangers to themselves, to those nearby and to those with whom they have intimate relationships.

612. TEST OF YOUR RELATIONSHIPS WITH THE HELPERS

Acts. A *helper* assists without impeding the evolutionary freedom of the beneficiary. Within lucid multidimensionality all conscious actions are impossible to hide. A helper is the only being that can be with, or near, you the entire time, in any place, dimension or circumstance. Answer for yourself:

- In the presence of helpers, my acts, thosenes and intentions are:

- | | |
|---------------------------------------|----------------------------------|
| 01. Absolutely trustworthy? | 26. Noted verbatim? |
| 02. Actually secure? | 27. Of relative truth? |
| 03. Always stripped down? | 28. Palpably generous? |
| 04. Attestable by other beings? | 29. Perfectly loyal? |
| 05. Certain for myself? | 30. Planned to the letter? |
| 06. Challengers of contestations? | 31. Point by point correct? |
| 07. Confidence inspiring? | 32. Resistant to every trial? |
| 08. Definitively raw truths? | 33. Rigorously analysed? |
| 09. Demonstrations of discernment? | 34. Satisfactorily intelligent? |
| 10. Effectively straightforward? | 35. Scrupulously unequivocal? |
| 11. Explained with the utmost rigour? | 36. Sincerely precise? |
| 12. Explicitly unequivocal? | 37. Solidly accurate? |
| 13. Exposed <i>in full detail</i> ? | 38. Strictly speaking good? |
| 14. Genuine in every respect? | 39. Substantially legitimate? |
| 15. Guaranteed by me? | 40. Truly irrefragable? |
| 16. Incontestable facts? | 41. Truly real? |
| 17. Integrally authentic? | 42. Unadulterated? |
| 18. Intentionally positive? | 43. Unafraid of contradiction? |
| 19. Intrinsically well-intentioned? | 44. Undisputedly of good will? |
| 20. Irrecusably sincere? | 45. Unimpeachably honest? |
| 21. Literally constant? | 46. Visibly counted on? |
| 22. Literally realistic? | 47. Vividly coloured? |
| 23. Mathematically veridical? | 48. Well founded? |
| 24. Meticulously evident? | 49. Without exaggeration? |
| 25. Naturally clean? | 50. Without infantile illusions? |

Reflection. Reflect upon your answer to each of the 50 questions from that exhaustive list and evaluate, with maximum accuracy, the level of the quality of your consensual relationships with the helpers, pre-serenissimi and colleagues from your evolutionary level.

Serenissimi. After this self-diagnosis it would be intelligent to think of your more direct relationships with the Serenissimi, evolutionary students from a level superior to that of the helpers.

613. TEST OF HELPER-HELPED INTERACTION

Helper. At times entering Multidimensionality is like entering a dark movie theatre. The spectator with vision obscured sees nothing and cannot find a place to comfortably sit. A flashlight is providential. The helper is a *flashlight-consciex*, or a beneficial auxiliary of a conscin in their departures and periods of extraphysical experiences.

Antipodal. The helper is the healthy consciex antipodal to the ill extraphysical intruder.

Merit. *Each conscin has the helper-consciex they deserve.*

Conscins. Projectiology shows there are legions of conscins without helpers, *extraphysical catatonics* with *locked seriexises*. No conscin is equal to another.

Proexis. A helper acts according to the universe of the conscin's proexis.

Team. Conscins, whose proexises have collective interests, may not have one helper, but a team of helpers. This depends on their personal evolutionary register.

Epicons. There are epicons or sensitives who affirm having several extraphysical mentors, each a technician in a specific parapsychic task. Because of this there are conscins accompanied by many helpers and there are conscins with none.

Universe. The more cosmoethically the conscin works, losing themselves in favour of assistantiality towards other consciousnesses, the more enlarged is the universe of their proexis.

Dictionaries. However there are people who have 5 dictionaries on the shelves of their personal library which are never consulted due to mental laziness.

Computer. There also are those who do not even use 10% of the resources of their PC, or personal laptop; often due to ignorance or incompetence.

Flashlight. Thus, you can have a flashlight stored in a drawer at home which you have never used and whose batteries are *dead* due to the disuse. This depends on you.

Duo. A consciousness consciously, or unconsciously, maintains or dispenses with the illuminating assistance of a helper, just as they maintain an evolutionary duo, or not.

Uselessness. There are those helpers who stay briefly in their functions because they become useless, like a *flashlight for a blind person*. It is not because the helper loses their ability as an illuminator. They simply *leave unnoticed, as they are not making a positive impact*.

Pair. The *helper-helped pair* should function with permanent interaction and total reciprocal resonance. There are many proexises dependent on that *pair*. There are more *extraphysical proexises achieved* by helpers (intermissive), than intraphysical proexises achieved by those *helped* (incompletism).

Test. 4 pertinent questions arise from here regarding the *flashlight helper for the blind*:

1. **Conscientisation.** Do I know of the existence of my helper?
2. **Claritask.** What useful things have I done with my helper? (See page 411).
3. **Holothosene.** Does my helper encounter an appropriate environment to work with me?
4. **Parapsychism.** *With a flashlight* am I a sighted intraphysical person or *blind*?

Responses. Your answers show your self-diagnosis regarding your helper.

614. TEST OF ASSISTANCE FROM AN EVOLUTIONARY ORIENTOR

Definition. An extraphysical Evolutionary Orientor (Evolutiologist) has the role of coordinating with intelligence, discernment and discretion, as a coadjutor, the *proexis* or evolution of one or more consciousnesses from their groupkarma.

Functions. Based on logic attained through intermissive courses the following 11 functions are assumed to be performed by an Evolutionary Orientor, an evolutionary *alter ego*:

01. **Rescue.** Direct the extraphysical rescue of a consciousness in a critical condition of evolutionary need or under *interconsciential subjugation*.

02. **Bithanatosi.** Catalyse the *deactivation of the energosoma*, or the second desoma (bithanatosi), for an already predisposed mature extraphysical consciousness.

03. **Intraphysicality.** Advises a consciex, a candidate for a new human existence, throughout the entire development of their *Intermissive Course*, and jointly plans the directives of that consciousness' next terrestrial life.

04. **Cycles.** Indicates the most convenient epoch and circumstances for the consciex's new human existence. In this capacity they supervise the plurisecular, multiexistential cycles of the consciousness being assisted.

05. **Interviews.** Grants direct extraphysical interviews regarding readjustments to the proexis of a competent consciousness, who is having difficulties in the human sphere.

06. **Vision.** At the correct moment they trigger the phenomenon of recapitulation of memories from a panoramic vision, or an existential revision, in the mentalsoma of a conscin while projected and assisted in a suitable extraphysical dimension.

07. **CPs.** Promotes an entire series of CPs, or assisted lucid consciential projections, in order to remind an apt conscin, at the most propitious injunctions, of the lessons, schedule and curriculum of their most recent Intermissive Course.

08. **Retrocognitions.** In a sensible consciousness they predispose a series of retrocognitive phenomena of episodes from a past life, or lives, as clarification in critical periods of tasks with responsibilities (consoltask and claritask), during the human existence.

09. **Cosmoconsciousness.** Sustains the state of cosmoconsciousness in a projected conscin who is predisposed to the phenomena of an expansion of the mentalsoma into evolved consciential dimensions. *The Evolutionary Orientor is the host of intraphysical life.*

10. **Serenissimi.** They intercede and aid in the realisation of a preliminary interview with a Serenissimus for a meritorious conscin. In this capacity they advise the *Homo sapiens serenissimus*. The Evolutionary Orientor knows all of our *past* by heart.

11. **Morexis.** Opines on the prolonging of a consciousness' intraphysical period, granting a morexis - or a postponement of desoma - including in many cases an NDE, or near death experience.

Test. Experimenter, do you remember ever having received direct assistance from your Evolutionary Orientor in the extraphysical dimension, at any time?

615. TEST OF THE STRENGTH OF YOUR PERSONALITY

Traits. In the ebullient mass of cosmic energies only consciousnesses are fulcrums of enduring consistency. *Only the more vigorous conscins dynamise self-evolution.* Observe the traits of your consciential microuniverse through these 30 direct comparisons:

A Strong Personality	A Weak Personality
01. Confronts self-corruptions	Does not confront themselves
02. Cultivates <i>cosmoethical fearlessness</i>	Demonstrates general submission to all
03. Dares to innovate the surrounding world	Hardly does anything useful in front of others
04. Does not fear human competitiveness	Does not have positive or healthy aggressiveness
05. Exhibits self-control and assurance	Becomes a vidiot, radiot or bibliot
06. Faces any audience	Speaks quietly and monosyllabically (shy)
07. Faces danger when required	Is afraid of even <i>their shadow</i>
08. Frankly examines themselves	Always desires to appear less (fragile)
09. Freely exposes their intimacy	Shows they are vacillating and insecure (weak)
10. Gives evidence of high personal value	Presents little initiative (resignation)
11. Has initiative in any situation	Frequently has cold hands (neurosis)
12. Has more strongtraits than megaweaktraits	Has more megaweaktraits than strongtraits
13. Is not easily impressed, by anything	Faints <i>at the sight of blood</i> , like a child
14. Is not preoccupied with trifles	Easily impressed by all (neophobia)
15. Launches themselves into risky enterprises	Eternal resignation in human life
16. Lives in the Universe with open arms	Creeps along crouching or genuflect
17. Makes their own lifestyle	Follows all the mediocre styles <i>of the day</i>
18. Manifests greater imperturbability	Is perturbed by small things
19. Modest without being humble	Raised humble, vulnerable and faltering
20. More hypnotising than hypnotised	An easily hypnotised sensitive
21. Never subjects themselves to slavery	Lets themselves be humiliated by anyone
22. Organises themselves better each day	Is predisposed to chronic dispersion
23. Participates in public debates	Avoids clarifying debates (coward)
24. Practises healthy physical exercises	Escapes fitness related exercises
25. Presents spontaneous good humour	Exhibits frequent <i>half-hearted smiles</i>
26. Self-vaccinated against vampirisms	Is a victim of energetic vampirisms
27. Shows firm wrists and hands	Blushes exhibiting pubescent reactions
28. Tends to active natural leadership	Tends to passively subordinate themselves
29. Uses their bioenergy to the maximum	Uses a minimum of their bioenergy
30. Very well knows what interests them	Never knows for sure exactly what they want

Self-diagnosis. Your traits (16 items) predominate in the 1st or 2nd column?

616. TEST OF YOUR INTRAPHYSICAL COMPANIONS

Followers. *As the leader one's closest followers are the former classroom colleagues from the same Intermissive Course.* There are individual proexises (egokarma) and group proexises (groupkarma).

Model. Charm - consciential energy - is transpiration without the smell. Among the conscins, or intraphysical consciousnesses, with whom you coexist, do you know, without any connotation of worship, sacralisation or guruship, who has more moral, intellectual or affective influence over you (consciential human model)?

Traits. Coldly analyse if that person presents these 20 traits:

01. **Openness.** Does this conscin have a global vision of life?
02. **Authenticity.** Can they tell the truth in a direct way when necessary? A lack of specialised synapses generates stubbornness and neophobia in a conscin.
03. **Coherence.** Do they tend to verbaction, constant coherence between words and actions and to theorice, the experiential conjugation of practice and theory?
04. **Understanding.** Do they allow errors? To the *discerning*, a hero's *strong*trait is still a *weak*trait.
05. **Communication.** Do they demonstrate fraternal conviviality for all living beings?
06. **Conviviality.** Are they an example of self-respect?
07. **Ecology.** Do they demonstrate ecological respect for the intraphysical environment where you all live? Not every kitchen needs to be a slaughterhouse.
08. **CE.** Is their presence - consciential energy - marked and powerful?
09. **Balance.** Do they know, very well, that they are not perfect?
10. **Generosity.** Do they clearly evidence gentility or compassion?
11. **Humour.** Are they capable of joking with you at appropriate moments?
12. **Maturity.** Do they help you to laugh at your own foolishness?
13. **Maxifraternity.** Do they know how to coexist with all evolutionary destined companions, without excluding anyone? Our *opinion* can even be expressed through 1 yawn.
14. **Organisation.** Do they not smoke nor excessively use alcoholic beverages?
15. **Paradigm.** Are they capable of teaching through natural examples, in their everyday experiences? For example: all *betting games* are Fraudology. (See page 292).
16. **Paraperceptibility.** Are they healthily sensitive to parapsychism?
17. **Renovation.** Are they flexible, with a broad vision and an open mentality?
18. **Sociability.** Do they maintain a good social and cultural appearance?
19. **Experience.** Are they unafraid regarding emotions?
20. **Universalism.** Do they truly have universalistic points of view?

Test. If this person lacks 10 or more of these personal traits, you can conclude that you live in harmful evolutionary company. Why is this? It is very simple: if that intraphysical consciousness, who presents the greatest influence over you, does not have reasonable *strong*traits, what should I and you, expect from yourself or from the other elements of your circle of acquaintances? Are those conclusions logical to you?

617. TEST OF THE 100 MOST INFLUENTIAL PRE-SERENISSIMI

Accident. *An parapsychic en route accident is a slip.* It is not a fall. It is a warning. It is not the loss of a proexis. 1 lesson should be taken from each human experience.

Pre-serenissimi. The following are the 100 most influential pre-serenissimi from Human History. The names from encyclopaedias are listed here in alphabetical order and are from a chauvinistic American perspective (Michael H. Hart):

01. Adam Smith	26. Descartes	51. Kepler	76. Newton
02. Alexander	27. Einstein	52. L. Daguerre	77. Nicholas Otto
03. Al-Khattab	28. Elizabeth I	53. Lao Tse	78. Pasteur
04. Aristotle	29. Euclid	54. Lavoisier	79. Paul (of Tarsus)
05. Asoka (India)	30. Euler	55. Lenin	80. Peter the Great
06. Augustine (rel.)	31. Faraday	56. Lister	81. Picasso
07. Augustus Cesar	32. Fermi	57. Locke	82. Pincus (pill)
08. Bach	33. Fleming	58. Luther	83. Pizarro
09. Bacon	34. Freud	59. Machiavelli	84. Plato
10. Becquerel	35. Galileo	60. Mahavira (rel.)	85. Röntgen
11. Beethoven	36. Genghis Khan	61. Malthus	86. Rousseau
12. Bohr	37. Graham Bell	62. Mani	87. Shakespeare
13. Bolivar	38. Guttenberg	63. Mao T. Tung	88. Shih Huang-ti
14. Buddha	39. Harvey	64. Marconi	89. Stalin
15. Calvin	40. Heisenberg	65. Marx	90. Sui Wen-ti
16. Charlemagne	41. Hernán Cortés	66. Max Planck	91. Thomas Edison
17. Christ	42. Hitler	67. Maxwell (elec.)	92. Ts'ai Lun
18. Columbus	43. Homer	68. Mencius (China)	93. Urban II
19. Confucius	44. Isabel I	69. Mendel	94. Van Leeuwenhoek
20. Constantine	45. James Watt	70. Menes (Egypt)	95. Vasco da Gama
21. Copernicus	46. Jefferson	71. Michelangelo	96. Voltaire
22. Cromwell	47. Jenner	72. Morton	97. Washington
23. Cyrus	48. John Kennedy	73. Moses	98. William I
24. Dalton	49. Julius Cesar	74. Muhammad	99. Wright (brothers)
25. Darwin	50. Justinian I	75. Napoleon	100. Zoroaster

Researcher. A list like this depends greatly on the personal preferences, criteria, cultural formation, universalism and other traits of the researcher's personality.

Question. However 3 questions fit here very well: Which of those personalities could we nowadays, from a distance, consider *permanintfree beings*? Were all of those conscins *complete*? Did they have *macrosomas*? From there you can establish diverse parameters to analyse yourself in regards to your level of self-knowledge, or more appropriately of the principles of Conscientiology.

618. THEORICE OF EXISTENTIAL RECYCLING

1. **Definition.** *Recexis*, or existential recycling, is a change for the better of the entire direction and perspective of a conscin's human life, based on Conscientiology. From then on they adopt a new set of values with a new perspective regarding life and the Universe. *Holomaturity* makes consciential wealth out of human miseries.

2. **Reflection.** Projectiology communicates an elevated percentage of lucidity to the consciousness, challenges reason, generates an inevitable increase of mental reflection and makes the personality *stop and think*, improving their view of the world. Such effects generate positive individual changes in opinion and behaviour, or *intraconsciential recycling* (*recin*).

3. **Proexis.** The recycler - man or woman - through all their available potentialities, tries to recuperate the highest possible percentage of *units of lucidity* (*cons*) from their integral consciousness while executing the remainder of their not yet accomplished pre-existential programme (*proexis*). Evolution of the consciousness only occurs under pressure or through *recin*.

4. **Phase.** Recexis generally begins after biological maturity is attained at 26 years of physical age, by a person still in the preparatory phase of life from 26 to 35 years of age, or later in the executive phase, after 35. There is no *science* greater than the experience of evolution. A recycler's *mea-culpa* does not undo errors, but does help to right things.

5. **Conduct.** A recycler observes 3 important behaviours in the new existential phase: personal dedication to libertarian self-knowledge; unimpeded experiences with multidimensionality; and the maintenance of the maximum freedom of expression in their manifestations (*thosenity*). *Theorice* is not a promise, it is the experience of life.

6. **Effects.** Effects generated through recexis with a conscientiological or projectiological origin: psychological renewal; intimate illumination; greater extraphysical assistance; generalised redefinitions applied to human life; abrupt intellectual transformation: *complexis*. There are silent heroisms behind each *maximorexis*. (See page 611).

7. **Supports.** A conscin recycling their existence has, as self-defence and motivation, 2 forms of support to develop their undertaking, namely: a more direct, permanent, assistantial contact with the helpers; and the fruition of their life of intellectual acquisition, paved by the *mentalsoma*. Without *recin* there is no *recexis*.

8. **Study.** To achieve their objectives it becomes indispensable for a recycler to dominate parapsychism and CEs, or consciential energies, with permanent theoretical autodidactic studies of cosmoethical leading edge relative truths of Conscientiology and Projectiology. *A lucid recycler does not permit a lack of motivation or neophobia*.

9. **Morexis.** A conscientiological recexis can be preceded by a *morexis*, which generally arises after some deep psychic or physical trauma, grave infirmity, near fatal accident, or resuscitating projection. This is when the conscin receives a supplement of human chronological time to their existence, in order to complete a task, fulfil obligations, or respond to a groupkarmic rescue, among other facts.

619. CAUSES AND EFFECTS OF RECEXIS

Causes. Here are 10 objective causes, or unleashing factors, that show the need for the awakening of a consciousness (conscin, or human personality) through recexis, or existential recycling, via Conscientiology and Projectiology:

01. **Accidents.** Undergo consecutive traumatic physical accidents.
02. **Dangers.** Experience a series of dangerous events - assaults and robberies.
03. **Illnesses.** Suffer apparently serious disturbances with obscure diagnoses.
04. **Incompatibilities.** Intensification of incompatibilities within the family and the work-place that cause melin (intrapysical melancholy) and depressions (intrapysical consciential ectopias).
05. **Intrusion.** Suffer mini-intrusions and vampirisations of an extraphysical origin.
06. **Losers.** Self-characterisation of their personality as being *jinxed*.
07. **Paraperceptions.** Feel uncontrolled energetic animic and parapsychic perceptions (inter-consciential intruders, energetic blockages and unbalances).
08. **Poltergeister.** Suffer frequent, parapsychic en route accidents.
09. **Surgery.** Experience more than one critical surgery before middle age.
10. **Uncontrolled.** An elevated degree of emotional and psychomotor uncontrollability.

Effects. Existential recycling (recexis), of a projective origin, clearly establishes a *before and after* demarcation line, generating these 12 positive effects, for example:

01. **Bioenergetic.** An intensification of the corporal energisation (energosomaticity), physical disposition and psychological motivation in well-planned personal undertakings.
02. **Freedom.** An increase in the conscin's freedom of action in all their manifestations, in the condition of a lucid multidimensional microuniverse (derepression).
03. **Holokarmality.** Improvement in the balance of the holokarmic current account.
04. **Holomaturity.** The personality much more quickly obtains the condition of integrated consciential maturity, or holomaturity.
05. **Hyperacuity.** Elimination, in the consciousness who is becoming more lucid, of the incidence of frequent *outbursts of immaturity* (consciential basement, *abdominal sub-brain*).
06. **Improvement.** A change for the better to intraphysical and extraphysical lives.
07. **Intermission.** Predisposition to a better *Intermissive Course* in the future, along with greater possibilities to plan the next intraphysical existence (proexis).
08. **LPs.** Dynamisation of LPs, or high level lucid consciential projections.
09. **Parapsychism.** An opening and expansion of animic and parapsychic energetic paraperceptions (holosomatics, multidimensionality, MS).
10. **Performance.** Attainment of a better affective and intellectual performance.
11. **Self-mastery.** A conscin with a much greater liberation from the banal problems of everyday life, which arouses rational reasons to live with joy and a plenitude of realisation.
12. **Trinomial.** Adaptation of the ego to the ideal formula of human survival which combines motivation, professional work and leisure in the same integrated context.

620. GOALS OF A RECYCLER IN THEIR PERFORMANCES

01. **Ego.** The percentage of ego defence mechanisms used by a person, up until they obtain self-awareness through an *imposed* recexis, diagnoses, or not, their condition as regards existential recycling, which is different from another *option* invexis, or existential inversion. *Conscientiology* intends to create an evolutionarily postgraduate Socin.

02. **Renunciation.** Renunciation when young - and without deeper commitments - is less painful than when a life is already very well consolidated.

03. **Renovations.** Therefore an existential inverter has the possibility of more quickly adapting to renovation in life. Greater efforts are required from an existential recycler.

04. **Vesting.** An existential recycler, over a vesting period of at least 5 years, from the *beginning of their recycling* after 26 years of age, and throughout their phase of practical maturation, can for example achieve a high level in libertarian consciential performances. *There are no invincible weaktraits: only still undefeated weaktraits.*

05. **Self-discipline.** In intraphysical life (Socin) a recycler, or existential recycler, like an inverter, has to direct their evolutionary efforts towards the greatest consequences possible using what self-discipline they have.

06. **Adaptation.** Adjusting their steps to the renovations needed, intra and extraphysically a recycler chooses the best and the maximum regarding the challenges to improve their existential performances.

07. **Clauses.** A recycler's effort aims to as quickly as possible recuperate the basic clauses of their existential mandate, or proexis, which have been neglected until that moment, *making up their losses.*

08. **Goals.** Those clauses are encompassed in 11 goals: to dominate the VS, or vibrational state; the condition of self-aware bait; reasonable projectability; penta, or the daily personal energetic task; installation of an offiex; holorgasms; parapsychic erudition; performance of the claritask; enriching self-retrocognitions; and an additional firm step towards permanintfreeness and serenism.

09. **Possibilities.** An existential inverter can be a recycler. An existential recycler no longer has the possibility of being an inverter in their current intraphysical existence. Only in the next intraphysical rebirth, after a *post-desomatic* intermission.

10. **Performances.** A recycler, or existential recycler, can however, depending on their effort, match or even surpass the level of quality of the existential consciential *performances* of a lucid existential inverter.

11. **Experience.** A group of existential inverters constitutes a novel experience of an evolutionary team in Socin. According to Conscientiology, the group of pioneering existential recyclers is the interdisciplinary team of researchers, projectiologists and conscientiologists from the IIPC, in Foz do Iguaçú, Brazil. A conscin's efficiency increases in a *maximorexis* and can provoke evolutionary rapes in others.

621. TEST OF 11 QUESTIONS ABOUT RECEXIS

Definition. Recexis, or existential recycling, we repeat, is a change for the better of the entire course and perspective of a conscin's human life. Based on Conscientiology they thereafter adopt a new set of values towards life and the Universe's consciential dimensions. *Recexis can be a direct and healthy effect of melin.*

Answers. *Recin*, intraconsciential recycling, is the first step toward recexis. Here are 11 technical questions asked during an initial approach to any new scientific subject. They are succinctly answered here in regards to recexis:

01. **Agent.** *Who* is predisposed to accomplish *recexis*? A conscin with existing commitments to defined human interests and who yearns to change themselves for the better.

02. **Existence.** *What* constitutes *recexis*? An essential change to the human life through the consciousness' integrated maturity and Holosomatology.

03. **Space.** *Where* is *recexis* developed? In an intraphysical dimension open to the maximum, possible, ideal, extraphysical, evolutionary objectives.

04. **Time.** *When* should the process of *recexis* be embraced? When possible. The sooner the better. Generally after 26 years of physical age.

05. **Comparison.** *With what* libertarian process can *recexis* be compared? With *invexis*, or existential inversion, also based on the principles of Conscientiology.

06. **Cause-effect.** *Why* is *recexis* developed today? Because conscins that are more lucid and saturated with merely human routines long to attain the condition of permanentfreeness and later, the state of the lived serenism.

07. **Resources.** *Recexis* is performed *with what* elements? With all the competence acquired by a conscin in the human experience - until the epoch of the cosmoethical renovation of their existential directives - supported by Conscientiology.

08. **Method.** *How* is *recexis* executed? Through discipline and existential reprogramming based on the principles of Conscientiology (*proexis*).

09. **Goal.** *What* is the advantage of executing *recexis*? To attain a satisfactory expansion of the *proexis*, *complexis* and if possible, to obtain a *morexis*, or existential moratorium. Through this *rescue-operation* a recycler seeks to unblock their *hypotrophied strongtraits*.

10. **End.** *Why* choose a conscientiological *recexis*? In order to *make up for their losses*, leaving, through the use of technical postures, the predominance of the consciential basement and abdominal sub-brain in the execution of the personal *proexis*.

11. **Quantity.** *How much* should be invested in *recexis*? Up to the maximum time possible without compromising intraphysical life or generating personal alienation regarding natural human obligations and duties. The condition of somatic or *physical aging* does not necessarily constitute a condition of consciential maturity.

Test. Answer for yourself: What is the quality of my relationship with *recexis*? If you are a recycler, the question is different: What is my level of *recexibility*?

622. TEST TO RECOMMEND RECEXIS

Integration. From a global, multidimensional perspective approaching consciousness in an integrated, holosomatic, pluriexistential and multiseular way, a way characteristic of *Homo projectius*, Conscientiology and Projectiology contributes to expanding knowledge of human nature's dynamism.

Holomaturity. Recexis facilitates an experimenter to attain integrated consciential maturity and to enhance their lucidity on their self-evolutionary route.

Revitalisation. An existential change, or the recycling of a human life, is based upon a re-perpectivation of the intraphysical personality (conscin), starting with the revitalisation of their soma and from there the entire holosoma and due to this they adopt a new set of values in the face of the Universe's consciential dimensions.

Washings. All the people who live enslaved to Socin's brainwashings, for example only seeking work, production and profit, are in need of Conscientiology and Projectiology.

Indication. Using your maximum self-critique here is a test for you to ascertain if you need *intraconsciential* recycling (recin) and *existential* recycling (recexis). If the reply is *yes* to even *one* of these 13 questions, then rationally Conscientiology and Projectiology is very well indicated in your specific case:

01. **Intrudability.** Do I break objects around me when irritated?
02. **Suicide.** My behaviour evidences a self-destructive context?
03. **Butterfly-seeker.** Am I searching for meaning in my existence?
04. **Brain or abdominal sub-brain.** Do I feel useless in my retirement?
05. **Egocentrism.** Do I live revolting against everything and everyone?
06. **Immaturity.** Do I understand the loss of a relative or a friend?
07. **Incomplexis.** In my old age do I consider myself finished, unjustly treated and rejected?
08. **Melin.** As an adult am I disillusioned by the life I have?
09. **Neophobia.** Do I stubbornly avoid unknown and new things?
10. **Paracomatose.** Do I live sad, worried, stressed and dejected?
11. **Consciential basement.** As a youth am I tired of living? (See page 704).
12. **Robexis.** With all my self-critique, do I demonstrate disinterest in life?
13. **Weaktraits.** Do I live with the sensation of *being in a dead spot* in my undertakings?

Self-image. *It is not always easy for a conscin to look into a mirror that does not deform their appearance.* We have a narcissistic tendency to improve our self-image to the maximum.

Self-diagnosis. Here the self-critique has to be surgical, visceral and implacable in order to work and give you a self-diagnosis of the present *anatomy of your consciousness* within your basic holothosene. The worst *self-critique* is the act of suicide.

Recyclers. Today in Socin there is an absolute predominance of *existential recyclers*. In a favourable future there will be a predominance of *veteran existential inverters*.

623. TEST OF YOUR RECYCLER CONSCIOUSNESS

Inactivity. Recexis, or a conscin's existential recycling, permanently eliminates 15 negligent attitudes regarding inactivity, laziness and useless rest:

01. **Arms.** Passively crossing one's arms, astonished before a Cosmos aglow with the *vital challenges* of entirely aware, self-initiated evolution.

02. **Blockages.** *To standby*, continuously yawning, with energetic blockages, without seeing the world move towards the better without your participation.

03. **Hands.** Walking with your hands paralysed in your pockets, without exiting an *egocentric holokarma*. *The speed of the hand that swings a hammer onto a finger is 650 cm/s or 23 Km/h.*

04. **Tide.** Blindly following the *do-nothingers*, surrounded by a tide of mediocrity, under the dictatorship of eventual, unconscious, interconsciential mini-intrusions.

05. **Trinkets.** To be occupied 24 hours a day with intraphysical trinkets that have no fruitful results for your own intimate, and external, life.

06. **Foot.** Leave things to take their route without positively moving a straw, or even a foot, in your evolutionary organisation.

07. **Route.** To disappear in *endless vacations*, choosing a leisurely route trod without any greater consciential prioritisation.

08. **Turn.** To give time to lost time, inert, waiting for your turn that never comes because you do not want nor personally strive for this.

09. **Time.** Languish losing strength, opportunity and precious time for a self-evolution that was planned with greater discernment.

10. **Idleness.** To become torpid like a scarecrow, in the *idleness of life, catching flies with an open mouth*, immersed in *consciential pollution*.

11. **Sleep.** To sleep lounging in social and cultural lethargic laziness, through the harsh predominance of the *abdominal sub-brain* (consciential basement).

12. **Laziness.** Surrendering to a *dolce far niente*, a parasitic life in the shadow of somebody, a dispensable premature retirement, or even *otium cum dignitate*, alienated from the notion of holomaturity and the existence of consciential multidimensionality.

13. **Siesta.** Living in a *continuous siesta*, snoring soundly, without lucidly projecting to life's other dimensions (consciential paracomatose).

14. **Parrots.** Expending *tedious hours* resting on collected laurels, without considering that other mandates of personal service exist ahead (proexis).

15. **Reservist.** Deliberately transfer yourself to a *sick extraphysical reserve* awaiting the final projection, in order to be one more *post-desomatic parapsychotic* tomorrow, in perturbed extra-physical dimensions.

Test. If you still identify yourself with even one of these attitudes, it is because in your specific case existential recycling is still far away. A *lazy scholar* is the poorest of misers. The *abdominal sub-brain* is the sewer of Heuristics.

624. TEST OF YOUR UNDERSTANDING OF RECEXIS

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about recexis. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge*:

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the possibilities, or impossibilities, for you to promote recexis - existential recycling - here and now, today. *There are **conscins** who do not want to change anything, not even themselves.*

02. **Critical.** *Demand* an effort from your more complex mental processes:- Critique the condition of conventional human experience, in an open comparison with the condition of the technical experience of conscientiological recexis.

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories associated with the experience of recexis:- Define *recexibility*.

04. **Description.** *Demand* a presentation of the characteristics of the undertaking that you can produce:- Describe 3 fundamental characteristics of recexis.

05. **Discussion.** Presupposing the development of your ideas, *demand* more than a simple description:- Discuss the reason why recexis, within the structure of holomaturity, was not realised prior to the emergence of Conscientiology.

06. **Enumeration.** *Demand* your ability to recall:- Enumerate 3 relevant facts consciously generated through conscientiological recexis.

07. **Exemplification.** *Demand* a demonstration of your ingenuity through a personal contribution:- Give 3 examples of your constructive manifestations - as a recycler - generated by recexis and that aim toward complexis, or existential completism.

08. **Explanation.** *Demand* an emphasis on the subject in relation to cause and effect:- Why are we able to lucidly and successfully promote recexis today?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principle idea:- For what logical reason does the *level of existential recycler* exist?

10. **Organisation.** *Demand* a recollection of facts according to the criterion of increasing importance:- Organise a register of *measures* in 3 diverse intraphysical areas capable of dynamising conscientiological recexis.

11. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principles that sustain the technical, libertarian, consciential experience of recexis.

12. **Selection.** *Demand* a simple critical evaluation from yourself according to a pre-established criterion:- Indicate 3 diverse circumstances where recexis improves intraphysical life: for a man in particular, for a woman in particular, and for a conscious evolutionary duo.

Summary. *Demand* your capacity to present the essential points of the technique under analysis:- Summarise 3 aspects of the theoretical, cosmoethical and evolutionary consequences of the deliberate execution of conscientiological recexis.

625. THEORY OF CONSCIENTIAL INVERSIONS

01. **Inversions.** Our intraphysical, or human, life is composed of 4 consciential inversions: existential inversion; assistantial inversion; the inversion of maturity; and the inversion of CEs, or consciential energies.

02. **Existential.** The 1st inversion, existential, does not necessarily represent a consciential recycling. It depends on the freewill of an *uninfluenceable consciousness* who starts a useful life in adolescence, already in a condition of deliberate inversion of existential patterns and interests.

03. **Counterflow.** Existential inversion goes in the counterflow, progresses in the direction opposite to the normal, in the countercurrent, *rows against the tide*. Inversion is not reversion, regression or a return to the starting point. In this case, life begins once *you depart*, at the time, place and under liberating existential conditions.

04. **Assistanciality.** The 2nd inversion, assistantial, is inherent to the body of tasks of existential inversion. The person begins to assist conscins from their youth, without waiting until retirement, as commonly happens.

05. **Maturity.** The 3rd inversion, of consciential maturity in intraphysical life, is the fastest recuperation of the integrated being's units of lucidity (cons). After the 2nd desoma an extraphysical consciousness enjoys 100% of their lucidity at their evolutionary level. In the funnel of the *energomatic existence* - the intraphysical restriction and the paracomatose - the consciousness loses their *units of consciential lucidity*. (See page 510).

06. **Recuperation.** Of the 1000 cons, or units of lucidity, for example, a conscin, when born, starts to recuperate from 1 up to 200 units and from there on strives to repossess all they can in order to attain 3 *maturities*: physical, psychological or mental; until reaching the most difficult one, *integrated holomaturity*.

07. **Energetic.** The 4th inversion, regarding the energetic flow, has its turning point in the middle of physical life. On average it occurs with conscins between 35 and 36 years of age, based on an average life span of 70 years.

08. **Flow.** Until 35 years of age the vital energy circulating in the energetic connections of the *silver cord* predominantly flow from the psychosoma to the connections implanted in the soma. On average the inversion of this flow of energy, the retreat from the soma, starts at 36 years of age with a slow, yet irreversible physical deterioration until the end of the soma, or biological death.

09. **Self-sacrifice.** Until a certain point consciential inversions represent self-sacrifice, without masochism. I prescribe neither sacrifices nor emotional repressions for anyone, nor do I try to convince an experimenter. I seek to inform. Who decides is the well-informed self-critical consciousness of whom is interested.

10. **Self-criticism.** Therefore, keep your self-critical consciousness, doing yourself, the reader and I, the author, a favour. This sheet of paper accepts anything. Criticise everything you read, especially this section and this entire technical volume.

626. TECHNICAL FUNDAMENTALS OF INVEXIS

01. **Definition.** Invexis is the most technical plan that a conscin can propose for an intraphysical life. Based on Conscientiology and Projectiology it is without mystical, inculcating, sectarian or indoctrinating influences, or even those from conventional, academic, mechanistic Sciences. Useless science is not *Science*.

02. **Dedication.** Invexis depends on prioritised, full-time, conscious dedication to the execution of the personal *programme of intraphysical life*, since puberty or, at the latest, prior to reaching biological maturity at 26 years of age, by a person still uncommitted to irreversible human interests and predisposed to *intraconsciential recycling* (recin).

03. **Uncompromised.** Hence, the inversion plan begins in the *preparatory phase* of human life, when a conscin does not yet have definitive commitments for the rest of their existence.

04. **Intermission.** Invexis allows the full materialisation, on Earth, of the *personal Intermisive Course* (proexis) of a conscin who is a candidate for the *existential completist* condition (complexis). Invexis is a precocious sign of a conscin's interdimensional responsibility.

05. **Liberty.** In general terms the programme is characterised by personal dedication to study and a professional career, without marriage or excessive temporal, institutional and family commitments. The person remains free to act with multidimensionality, maintaining the maximum freedom of expression in their manifestations, without fanaticism and with the greatest possible discernment.

06. **Supports.** As a form of self-defence and motivation, a conscin inverting their existence has 2 supports in the development of their undertaking: a more permanent, direct, assistential contact with helpers and the personal realisation of their life of self-taught, intellectual acquisition based on the *mentalsoma*.

07. **Study.** To achieve these objectives, control over their energies and parapsychism (animism / mediumship), along with continuous self-taught, theoretical (theory / practice) studies of cosmoethical leading edge relative truths become indispensable. *Conscientiology's principles provoke vertigo in who did not take an Intermisive Course*.

08. **Psychosoma.** Obviously, the greatest difficulty for a conscin inverting their existence is to reasonably control their affective life since adolescence, a phase where immature emotional reactions are formed, along with the great difficulty of being subject to impulses from the psychosoma and sexochakra.

09. **Avoidances.** This technique avoids: pregnancy; children; abortions; marriage, or if necessary, only after 40 years of age; temporal commitments that castrate cosmoethical multidimensional life and the consciousness in their proexis.

10. **Recycling.** In general those over 26 years of age no longer have the means to plan existential inversion, but, to utilise all their available potentials they have the alternative of recexis, or existential recycling.

627. LIBERATION OF YOUTHS FROM SOCIN'S EXPLOITATION

Exploration. In order to maintain *sub-brainwashings* in this Socin you, young experimenter - girl or boy -, are always impudently exploited through technically developed and masked methods.

Facts. 10 million *abortions* are performed each year in Brazil (Base year: 1992). This is the population of Cuba. Without mentioning these exploitations regarding your sexuality, analyse 14 facts common to your unnecessary, permanent condition as a victim of your inexperience:

01. **Mechanism.** The majority of conscins, or intraphysical consciousnesses, comply with the *implicit order* to mechanically follow the leadership of a minority of the population.

02. **Draft.** The old leaders - or “Big Brother” - draft us, at age 19, for War. At this age, you obviously know nothing about *bellicose rhetoric*.

03. **Technology.** Then, they teach us how to kill our peers with high technology: these are other young people your age, inexperienced, just like you.

04. **Testosterone.** They claim they teach you to be *a Man*. For example, in survival exercises, parachute regiments devour live rabbits and chickens. Facts of this nature challenge your courage (*testosterone* or estrogen).

05. **Cannon.** Deluded by energies during their biological immaturity, prior to 26 years of age; “the girls go crazy for a man in uniform” and they become *cannon fodder*, often dying before killing anyone. Is this a consolation?

06. **Atomicity.** Furthermore, in modern warfare you cannot exclude the possibility of a nuclear attack, due to a simple accident, a computer glitch, or an act of sabotage.

07. **Heroism.** However, not everything is lost. You will die with *honour*. You will be a *hero of the carnage*. If the volatilised, or lost, segments of your body can't be found, you will be worshipped, en masse, at the *tomb of the unknown soldier*.

08. **Soma.** No one reminds you of the need to organise another soma and a new intraphysical life, because these too will be thrown away into *the rubbish bin of Human History*.

09. **Discernment.** It is of no use to justify this as *holokarmic debts*. When we want to, we change our fate everyday. What we need is greater discernment.

10. **Danger.** *The greatest danger to the consciousness on the evolutionary route, is itself.*

11. **Conscientiality.** Let us be positive and optimistic. Despite everything, the sensitivity of a social consciousness improves, little by little, throughout their evolution.

12. **Maturity.** Through Conscientiology you are summoned to maturity earlier. This resource can save you from the senselessness of the older wolves.

13. **Evolution.** Today the triumph of the will and egotistical thosenes over the intraphysical environment and over the extraphysical environment of the parasociety (Sociex), another consciential dimension, is what matters evolutionarily.

14. **Change.** Let us give our share of support to the improvement of the human environment. We have responsibility. We are a part of this pathological Socin.

628. ADVANTAGES OF EXISTENTIAL INVERSION

01. **Conquests.** Invexis, or existential inversion, permits a consciousness to more swiftly attain, by burning stages, various self-liberating conquests, which among others include: mastery of the VS, or vibrational state; the condition of *lucid assistantial bait*; permanent interconscial deintrusion; penta, or the personal energetic task, earlier in life; and the installation of an offiex, or extraphysical office, having the *conscial inverter* as the epicon, or lucid conscial epicon. *Adolescence* is the easiest *weaktrait* to rectify.

02. **Execution.** The technique facilitates the planned execution, with highly discerning personal postures, of all one's proexis, or *pre-existential programme*.

03. **Anticipation.** *Invexis highly dynamises the conscial returns.* During the preparatory existential phase an inverter anticipates their executive existential phase, practically combining the two phases before 36 years of physical age.

04. **Donations.** The basic philosophy of the technique of invexis is to dispense with the necessity of waiting until retirement age for the physical person to perform assistance for others, as occurs with the majority of conscins. They begin to do this from adolescence, *by fully giving themselves* and not simply *giving up what's not useful for them anymore*, as occurs with an economically self-sufficient retiree (an assistantial landowner).

05. **Self-criticism.** The essential characteristic of invexis is self-criticism which leads to an unequalled conscial self-control regarding lucidity of priority consensual directions, goals and interests according to recognised and accepted multidimensionality.

06. **Eliminations.** Invexis installs uninterrupted, permanent, extraphysical assistance from adolescence on, which eliminates: doubts; hesitations and sidetracks; evolutionary sub-level performances; spurious influences of sectarian human doctrines, repressive institutions and temporal empires; chronic intrusions.

07. **Claritask.** Invexis anticipates the claritask, which surpasses the consolation task (consoltask). Before 30 years of age it places personal *wholesale service* ahead of *retail service*. It annuls religious professionalisms, initiations to doctrinal fraternities, convents, puritanisms and affective deprivations as a person needs to have a normal sex life without dependencies upon gurus or obsolete principles.

08. **Self-awareness.** The technique of existential inversion impels the conscin towards the condition of MS, or multidimensional self-awareness, at a faster rate.

09. **Serenism.** Invexis allows a veteran inverter to obtain high-level *preliminary interviews* with Serenissimi; have experiences in the holothosene of these personalities; and more deeply understand the condition of serenism.

10. **Help.** I am available to help in what ways I can, without paternalism or *gurulatrology*, the young men and women aspiring to undertake invexis, one of the most difficult task-challenges. I personally did invexis. In my case, I only married at 42 years of age. I did not encounter any human to guide me in the development of invexis.

629. SUPPORTS FOR AN INVERTER

Self-overcoming. Here are 20 logical supports brought by modern life, that favour an existential inverter's efforts related to consciential self-overcoming:

01. **Maturity.** Psychological maturity now comes earlier to adolescents due to the vast quantity of *humanistic experimental nourishment*.

02. **Influences.** The very clear characterisation regarding adolescents' *resistance* towards *vertical* influences - parents, one or two generations older -, compared to their *vulnerability* to *horizontal* influences - from their colleagues and acquaintances (same intraphysical age group).

03. **Basement.** Reduction in the *fermentation* of the still pubescent consciential basement.

04. **Superendowment.** The most advanced level of personality research, studies of *youthful prudence* and the intellectual superendowment of human consciousnesses.

05. **Organisation.** The emergence of the intraphysical *seed of megamaturity*, an evolved condition in the initial phase of life, through methods rooted in rational self-organisation.

06. **Conviviality.** The most broad research about Conviviality and its consequences; group-karma; nuclear family; social group; the *hierarchy of interests* and *leaving home* (frequently even strategically) at a certain existential epoch.

07. **Repressions.** The now less difficult avoidance of so many doctrinal, familiar, religious, ideological and sociocultural repressions, acting since infancy.

08. **Invexis.** The use of an already defined technique for the execution of inversion.

09. **Conscientiology.** The systemized facts of Conscientiology and Projectiology.

10. **Socin.** The enrichment of Human Society wherever the existential inverter lives.

11. **Liberality.** The permissiveness and liberality of current habits, practices and customs.

12. **Rationality.** Rational identification regarding the *collars of the ego* that already exist, such as these 6: the classroom; church; race; school; party; and club.

13. **Conscientisation.** The largest awareness possible regarding the need to eliminate all the *apparently* irrecoverable, conditionings and *brainwashings* possible.

14. **Cosmoethicality.** The deepest knowledge regarding Cosmoethics experienced today, and the consequent, *much less* difficult and rare, feasible self-incorruptibility.

15. **Universalism.** The greatest understanding of lived universalism, through anatomisation of the stateless character of a conscin at our current evolutionary level.

16. **Sociex.** A practical recognition of the existence of *Parahumanity*, a personal sense of *cosmic relatives*, Sociex and the renovating role of Grinvexes.

17. **Understanding.** An objective understanding of the unfortunately still generalised use of the *abdominal sub-brain* and its unhealthy effects on Socin, everywhere.

18. **Penta.** The fact that many people are already dedicated to the practice of penta.

19. **Retrocognitions.** The easier ways of accessing healthy self-retrocognitions.

20. **Hologasm.** The technical application of consciential energetic resources to attain a hologasm, capable of contaminating the partner.

630. AVOIDANCE OF THE DEFICIENCIES OF AN INVERTER

Generations. Four decades have passed between the first human generation's effort with invexis, or initial existential inversion, in the decade from 1931-40, and the corresponding current effort (Base year: 1994) of the third human generation, in the period from 1971-80.

Deficiencies. However, during this period, 4 deprivations or deficiencies in life have been eliminated from Modern Socin, a still pathological social and cultural environment:

1. The *population deficiency*, in the 30's, across all of Brazil, meant there was only 1/4 of the current population (192 million inhabitants).

Companionship. Nowadays there is an ample communitarian spirit or *lucid evolutionary companionship* between conscins, already aware of multidimensional realities, bearers of innate ideas, or recent, advanced, or evolved, intermissive courses.

Solidarity. As a positive consequence of this population increase, libertarian solidarity and mutual assistance now allows these new conscins to live as *conscious helpers* of each other.

2. The *economic-financial deficiency*, or crass poverty, has lost its reason to be, due to the vaster resources for human survival that enriches life in this Planet's Occidental Hemisphere and a lower - although still present - incidence of hunger.

Brain. The policy of more nutritious foods fortifies the somas' of new generations, while facilitating an ampler use of neurons, elaboration of ideas, association of concepts, improvement of memory and healthy retrocognitions.

3. The *intellectual deficiency*, today, has practically disappeared with the incomparable possibilities of easier access to formal schooling and the increase of Conscientiology research, this includes the mainstream use of computers, better communications, parabolic antennas and digital communication (*fax, personal computer, Electronic mail, Internet and multimedia*).

Autodidacticism. Intellectual wealth has brought opportunities of deepening autodidacticism to previously unimaginable levels and even the hope of attaining practical erudition or relative polymathy.

4. The *affective deficiency*, the worse of all, with the most disastrous effects, was substituted by an ample sexual liberation, the permissiveness of the habits of current women and men, as well as the reduction of intimate, depressing and castrating tortures of antiquated conditionings and sacralisations, a spurious inheritance from the Victorian habits of the 19th century.

Self-control. The strengthening of affectivity unimaginably extends the possibilities of consciential self-control over the psychosoma and diminishes the tragic effects of emotional parathologies of the psychosoma, or the emotional nature of consciousnesses.

Polykarma. Candidates of invexis, or existential inversion, no longer have to waste consciential energies, space and time with these initial insufficiencies. Intraphysical life has improved in an indisputable way. The polykarmic responsibilities are now much greater. *There is greater intraphysical consciential evolution in this 21st century.*

631. TEST OF THE CHARACTERISTICS OF INVEXIS

Parallels. Here are 30 characteristics of what invexis *is* and as many others of what it *is not*:

Invexis IS:

01. Anticipation of the *executive phase of life*
02. Consciential self-organisation
03. Constant omniquestioning
04. Control of the holosomatic orgasm
05. Dynamic evolutionary performance
06. Evolutionary *wholesale service*
07. Experience of multidimensionality
08. Increasingly lucid self-deintrusion
09. Logical search for *polykarmality*
10. Lucid *pre-serenism* with *recin*
11. Maximum antidoctrinaire self-critique
12. Megachallenge from Conscientiology
13. Minority initiative for lucid *recin*
14. Multidimensional exercised Cosmoethics
15. Option for a modern intraphysical life
16. Permanent self-experimentations
17. Personal *omnipresent* desacralisation
18. Planned *consciential gestations*
19. Potentialisation of parapsychism
20. Preparation for a *preliminary interview*
21. Prioritisation of *greater maturity*
22. Responsibility of knowledge
23. Self-accomplishments without masochisms
24. Self-evolutionary *burning through stages*
25. Self-lucid consciential epicentrism
26. Self-taught evolutionary course
27. Task of deeply experienced clarification
28. Technical intraphysical planning
29. Technique from the evolutionary vanguard
30. Temporal disimpairment

Invexis IS NOT:

- A group of fanatic perfectionists
- Dissimulated refined promiscuity
- Fishing for *love (flirt fishing)*
- Maximum polygamous permissiveness
- Any type of faith, belief or dogma
- A new initiation or esoteric order
- An ecologically maniacal community
- A sect or permissive pleasure cult
- International utopian fraternity
- Another transitory existentialist fashion
- A new catechistic salvationism
- Eccentric and bizarre theories or practices
- A sophisticated republic of students
- Practice of free or amoral love
- A sample of the liberality of customs
- Fallacious fascination of egos
- A puritan or antiquated moral cult
- Re-experienced feminist revolution
- Race* of superendowed parapsychics
- Sophisticated path of mystical enlightenment
- An alienating, utopian and impractical dream
- Libertine action in modern life
- Philosophical catechism or eremitism
- Modern, universal, *scientific* panacea
- Hypocritical and demagogic elitism
- A paranational or modern novice
- Alternative group sex therapy
- Utopian community of the chosen
- A union of preachers of immoral acts
- Another religion or celibate sect

Prudence. Consciential evolution is discernment. All the rest is decoration. *Beardless prudence in a youth announces maturity integrated with discernment.*

Test. Your case of invexis predominates in which column, the first or the second?

632. TEST OF THE EXPERIENTIAL CONCEPTS OF INVEXIS

Objectives. *Even very small children's games have objectives and intentional directives.*
 Experimenter, what are your true objectives?

Concepts. Here are 32 *experiential concepts* for the complete execution of invexis:

01. *A fidelity pact*, compared to the promiscuity of sexual excesses.
02. An inverter as an *innate retrocognitive agent* formed in the *Intermissive Course*.
03. *Anticosmoethical emulations* as personal parapatologies in the Pathological Socin.
04. *Consciential energetic interfusion*, or the fusion of a healthy evolutionary duo.
05. *Cosmoethical claritask* performed within the philosophy of consciential wholesaling.
06. Evolved mentalsomatic adaptation, as opposed to *emotional divorce*.
07. Evolved moulding of the gynosoma, as opposed to the *catwalk syndrome*.
08. Formation of *multidimensional self-conscientiality* in the evolution of inverters.
09. Formation of the *Invisible College of Inverters* through Grinvexes.
10. *Group consciential gestations* of the young, ahead of social fascinations.
11. *Groupkarmic interprision* and inseparability and a harmonic evolutionary duo.
12. Humanistic experiential acquisitions in life, countering the *consciential basement*.
13. Intrusions such as the familial and social *collars of the young-conscin-inverter's ego*.
14. *Juvenile antigroupality* and unsubmitiveness to Cosmoethics as megapatologies.
15. Permanent self-criticism in gauging one's *personal level of existential inversion*.
16. *Permanintfreeness* as one of the inverter's long-term megagoals.
17. Planned evolution as the *exclusive interest* of the young conscin.
18. *Precocious parapsychic erudition* recalled from the recent *Intermissive Course*.
19. Pre-serenissimus-inverter as a self-aware *pre-permanintfree-inverter*.
20. *Priority consciential tri-endowment*: parapsychism, intellect and communication.
21. *Seeds of precocious megamaturity* collected during the recent *Intermissive Course*.
22. *Self-aware synergism of the evolutionary duo* as a consciential self-defence.
23. Temptation of the young by a *gilded mediocrity* in the abundance of modernity.
24. The *dualistic universe* of a young evolutionary duo within the *holothosene of invexis*.
25. The enormous advantage of eliminating *useless self-mimicry* in this critical seriexis.
26. The *triumphant invexibility of a Serenissimus* as a feasible example to be followed.
27. *Uterine homicides* as a crucial problem for the young girls and boys of today.
28. Wide-open consciential intimacy within an evolutionary duo's harmonic cohabitation.
29. *Youthful cosmoethical assistantiality* in favour of *intrusive mobs*.
30. *Youthful group homoeostasis* as a priority megagoal for every Grinvex.
31. Youthful intellectual toil and the also young *inverter epicon* (girl or boy).
32. *Youthful prudence* as precocious wisdom acquired during the *Intermissive Course*.

Test. Which of these concepts have you already perfectly understood, discarded or applied as *useful tools* in the execution of your invexis?

633. AVOIDANCE OF CONSCIENTIAL ABORTIONS

01. **Woman.** A woman is the greatest alchemist: transmuting matter into people. There is always much controversy surrounding provoked *human abortions*.

02. **Megastigma.** Millions of women blame themselves for having an abortion. This is a megastigma in the mental and affective microuniverse of women in general.

03. **Demagogies.** Cases related to abortions - *uterine homicides* - are darkly tainted with exaggeratedly mystical and demagogical shackles that attempt to manipulate vulnerable female human consciousnesses in their remorse and self-hypnoses.

04. **Descent.** The proud defence of animal, human lines of descent, the grafting of a transitory human being and the gestation of new bodies of perishable meat on this Planet, are exalted everywhere in Socin.

05. **Childbirth.** “A woman is complete only after she gives light” (or the *act of giving birth*). Logical fallacies just like this are widespread everywhere.

06. **Soma.** The majority tend to forget that it can only take the coming together of 2 retarded people - a male and female human - left alone to act on their natural instincts, and another body of flesh is always born as a result, generally without the female, a manipulated semivirgin, having a satisfactory orgasm.

07. **Physiology.** At our current evolutionary level the gestation of human bodies is a less important task in this Intrapysical School. It does not demand any enormous work, being practically a mechanical action conforming to the natural Physiology of a social being.

08. **Abortions.** Over the centuries people have not focused on the unknowingly manipulated and used females, who have been practicing *consciential abortions*, or the fruits of their consciousness that added their clarification tasks.

09. **Self-mimicry.** How much of the unnecessary repetition of human lives is due to the dedication of giving birth to bodies of flesh? How much consciential energy, space, time and how many evolutionary opportunities have been dedicated to merely supplying gastric mucosa? Thus, they forget the delivery of more enduring, fruitful, consciential gestations. They fail to discover the nutrients of discernment for conscins who unnecessarily repeat human experiences (self-mimicry), which includes them.

10. **Inverters.** *Existential inverters* aim, through an intelligent proaxis, to precisely avoid, prevent and combat consciential abortions, which provoke *post-desomatic melancholy (melex)* in the extraphysical dimension.

11. **Recyclers.** *Existential recyclers*, instead of crying over human abortions that you could not avoid, it would be intelligent to compensate, repair and overcome your excessive self-guilt through the *consciential reproduction* of fruits nutritious for your own evolution as well as for many of the evolutionary companions in your groupkarma.

12. **Completeness.** You can be a complete person without becoming a mother (or father). To have a child is not the supreme expression of your love for another person and vice versa. *The highest goal of an evolutionary duo, at our current level of evolution, is to not have children.*

634. FUNDAMENTALS OF CONSENTED INFIDELITY

01. **Fidelity.** True interconscinental fidelity involves the entire microuniverse of the conscin, regardless of the context of their intraphysical life.

02. **Image.** The conscin enthrones a permanent image of their partner, within their conscinental attributes, which includes the ample universe of their imagination.

03. **Imagination.** True fidelity appears and is present through this image of the other conscin, in all sexual fantasies that focus the imagination on the object of their affection. It is a state of permanent healthy auric coupling.

04. **Masturbation.** The same happens in solitary masturbation without anticosmoethical evocations, but with the person concentrating on the other's image from a distance.

05. **CEs.** The CEs of one conscin can help another affectively needy conscin, even from a distance, because a consciousness' energies manifest beyond space and time.

06. **JLPs.** Even JLPs, or joint lucid projections, evolve and function better if the couple have this high level of reciprocal fidelity.

07. **Duo.** This is why one of the most difficult conditions for an evolutionary duo to approach or experience is consented infidelity.

08. **Scene.** Infidelity, in whatever form, arises as something intrusive within the picture of energetic harmony and affective cohesion, necessary in the intimacy of an evolutionary duo. *Homo debilis has their most pernicious weaknesses in their self-corruptions.*

09. **Mentalsomatology.** If we were only to follow the instincts of our soma, every conscin - man or woman - is essentially, all the time, uninterruptedly, always, without exception, an unfaithful animal. Hence the value of the mentalsoma's discernment in transforming our primitive emotions into elevated sentiments.

10. **Integrations.** The younger the conscin - boy or girl -, the greater the difficulty of being loyal to a partner. This is due to their exacerbated instincts, urgent and instantaneous ephemeral sexual manifestations and yearnings for the new things encountered in their current, new intraphysical existence, including the *very interesting* and seductive people they come to know. However, we are seeking to evolve from collective *intraphysical* integration to collective *multidimensional* integration.

11. **Affinity.** This is why the relative and consented infidelity of conscins, within an evolutionary duo, has even more reason to occur and, the more in tune the couple is it should be seriously considered in order to keep the balance of pure affection between them.

12. **Certainty.** Therefore, consented mutual infidelity has to be sincere, authentic, frank, with personal certainty and truly forgetting the facts that will come and *forgiving, in advance*, the future acts, or else it will not function.

13. **Alternatives.** Logically, consented infidelity should only be considered by who has certainty of what they are doing, without any personal doubt regarding it and only in the face of circumstances in intraphysical life that do not offer another alternative or solution.

635. STRONGTRAITS OF AN IDEAL INVERTER

List. Here are 35 *strongtraits*, as well as intra and extraphysical conditions, that constitute the personality (prototype-candidate) of an ideal existential inverter:

01. By 26 years of physical age they have a growing level of self-knowledge.
02. They have not had any personal participation in abortions or marriages.
03. They live without any strong ties to enslaving *groupkarmic commitments*.
04. They are free from any type of doctrines, or repressive, sectarian human groups.
05. Due to self-organisation towards evolution they experience a small *consciential basement*.
06. They enjoy a reassuring level of relative physical health for the future.
07. They do not live addicted to tobacco or any drug that castrates human consciousness.
08. They show evidence of a recent and higher level *Intermissive Course*.
09. They are already saturated with trivial experiences related to their current physical age.
10. They exhibit, with patience and without impulsiveness, a non-conformist human profile.
11. They manifest a strong ego applied with sincerity towards *maxifraternity*.
12. They do not present major psychological problems regarding the coming day.
13. They physically exercise, until sweating, at least 3 times per week.
14. They make enough money to cover their current basic living costs.
15. They firmly press ahead within their promising chosen professional career.
16. They know how to integrate self-motivation, work and leisure, in an inseparable way.
17. They present reasonably lucid energetic and parapsychic qualities.
18. They know how to release energetic sympathetic assimilations using their will.
19. They can install VSs, or *vibrational states*, to a level acceptable for their physical age.
20. They sleep and project in an extraphysically and energetically *shielded chamber*.
21. If a man, they dominate the advanced parasexual technique of the *penile aura*.
22. If a woman, they cosmoethically control their *energomatic seductions*.
23. They start to identify their psychic and parapsychic energetic signals.
24. They know how to take evolutionary advantage of their eruptions of *enerspring*.
25. They evolve, with extensive lucidity, towards the of a consciential condition *permanint-free being*.
26. They concentrate *invertive exclusivism* on their efforts in space and time.
27. They aim for the claritask, or *clarification task*, with leading edge relative truths.
28. They understand and attempt to live *Cosmoethics*, in the intra and extraphysical day-to-day.
29. They are more inclined towards rationality, and less inclined towards mysticism or the arts.
30. They rationally cultivate their memory, autodidacticism and personal refinement.
31. They seek self-critiques, heterocritiques, omniquestioning and research.
32. They plan the end of their *weaktraits* by utilising their greatest *strongtraits*.
33. They are always mindful to use the self-discernment of *integrated maturity*.
34. They maintain a network of friendships and knowledge with a *group of inverters*.
35. They confidently seek a partner to compose their *evolutionary duo*.

636. GOALS OF AN INVERTER AT 40 YEARS OF AGE

Robexis. Just as *cadavers* neither live nor die, there are legions of *consciousnesses* that do not die or live, both as conscins and consciexes.

Practical. *The polykarma of one consciousness can evolve faster than that of one community.* When reaching 40 years of physical age, during the full execution phase of their proexis, an existential inverter should be efficiently applying these 11 practical consciential goals, during their daily intraphysical and extraphysical life:

01. **VS.** Full installation of the VS, or vibrational state, at a high or even prophylactic level, at any given moment, in the most diverse circumstances and conjunctures of intraphysical life, obviously including intentional auric couplings or sympathetic assimilations (*symases*) without any negative, or unhealthy, connotations.

02. **Bait.** Experience the condition of being *permanently intrusion free* by performing the condition of lucid assistantial bait without any traumas, eliminating unconscious mini-intrusions.

03. **Self-projectability.** Experience LP, or lucid projectability, without recesses, being able to induce an *energomatic self-projection* at any time and in any place, commanded by their own will, with greater MS, or multidimensional self-awareness.

04. **Penta.** The lucid, daily, assistantial practice of penta in constant paraperceptive, animic and parapsychic growth. The *deintrusion* of penta is multidimensional. One hour of *mentalsomatic* experience is worth 10 hours of psychosomatic experience.

05. **Offiex.** Conscientious, permanent functioning as an epicon, or *consciential epicentre*, of their offiex, or extraphysical office, within recin.

06. **Signals.** Self-identification and permanent use of extremely personal psychic and parapsychic energetic signals.

07. **Affectivity.** Natural daily performance of mature sex, without either *affective lacks* or any anticosmoethical traces, in their affective-sexual behaviour, including full control of the hologasm, or holosomatic orgasm.

08. **Erudition.** Intellectual maturity, with a personal library / archive and reasonable self-taught parapsychic erudition, that allows one to write one page every day on a leading edge relative truth of Conscientiology, just like this page.

09. **Claritask.** Full-time self-dedication to the clarification of conscins and consciexes, without any kind of spurious connections with *ephemeral intraphysical empires*.

10. **Self-Retrocognitions.** Diverse experiences of self-retrocognitions regarding their many past *energomatic* existences, without traumas or emotional disturbances, including recollections related to their prenatal extraphysical origin, in the presomatic intermissive period.

11. **Serenism.** Direct personal experience of an extraphysical interview with a Serenissimus.

Feasibility. All of these conquests of a conscin are factual and feasible, requiring nothing more than a determined will qualified by greater motivation.

637. TEST OF YOUR INVERTING CONSCIOUSNESS

01. **Exclusivity.** One of the practical objectives when opting for invexis, or existential inversion, is for the conscin to gain *exclusivity of their personal interests*, efforts, CEs, integral space and time. For example, in invexis, a woman once guided by the uterus, - in this case, the *abdominal sub-brain* - transforms herself into a new woman, guided by the brain.

02. **Resources.** All of an inverter's resources act in a centralised manner with a maximum devotion to their *evolution*, which was *planned* with the greatest discernment.

03. **Concentration.** By having exclusivism in their efforts, a conscin, as quickly as possible, concentrates all of their potentialities and talents in the execution of clarification task in favour of other conscins and consciexes.

04. **Dynamisation.** The concentration of a consciousness' talents towards a single objective, without a doubt produces a dynamisation in their evolutionary performances.

05. **Maturity.** An improvement in their results is inevitable during the "burning" of stages in their experience on the way to holomaturity, or *integral maturity*.

06. **Freedoms.** A conscin already free to act without the *egocentrism* of their egokarma finds themselves even freer without the *heavier components* of their groupkarma, who are often impediments in their currently more lucid evolutionary acts.

07. **Polykarma.** Broader freedom allows an inverter to attain the development of polykarmic libertarian acts in less time.

08. **Specialisation.** It can be concluded, on the consciousness' behalf, that experience of human life will become much more efficient and technical within the execution of recin.

09. **Chronogram.** However the inverter's specialisation will not be practiced in an extreme or unhealthy way, but in a planned manner, following the schedule and chronogram of the proexis, with greater discernment and with personal resolutions stemming from the mentalsoma.

10. **Wholesale.** As rationally deduced, the inverter's programme is based on the condition of a wholesale approach in their behaviour and accomplishments.

11. **Routine.** In their assistantial acts an inverter, with freewill, overcomes the mediocre conditions of primary or *retail consciousnesses*, a multimillennial, fossilising routine stemming from numerous previous lives.

12. **Recapitulation.** Recapitulating what has been exposed, we observe the increasing scale of 12 libertarian options and procedures of an existential inverter: exclusivism, evolution, planning, concentration, clarification, dynamisation, maturity, freedom, polykarma, specialisation, mentalsoma and wholesaling. This is the logical *route* to achieve the great objective: the condition of consciential serenity.

Test. Inverter, ask yourself: What predominates today in my efforts for existential inversion, my *Intermissive Course* or my consciential basement? Your reply indicates the *level of your existential inversion*.

Organisation. *The more evolutionarily organised the consciousness, the freer they are.*

638. TEST OF 11 QUESTIONS ABOUT INVEXIS

Definition. Invexis, or existential inversion, is the technical planning of intraphysical life, objectifying the conscin's evolutionary dynamisation, based on the rational premises of Conscientiology. *Invexis can be the direct and healthy effect of an **Intermissive Course**.*

Answers. Every *scientific finding* deepens the understanding of reality. Here are 11 technical questions made during an initial approach to any original scientific subject, succinctly answered here in regards to invexis:

01. **Agent.** *Who* is predisposed to realise *invexis*? A conscin still uncommitted to defined, definitive or irreversible human interests.

02. **Existence.** *What* constitutes *invexis*? It is the personal dedication, of a more lucid and free consciousness, to self-knowledge and multidimensionality and to precise studies and a professional career - without marriage or excessive temporal commitments.

03. **Space.** *Where* is *invexis* undertaken and developed? In the intraphysical dimension open to the greatest extraphysical evolutionary objectives possible.

04. **Time.** *When* should you opt for *invexis*? Generally, from puberty or the beginning of the period of biological maturity of the conscin, at around 26 years of physical age, or later in life only when an uncompromised condition has been sustained.

05. **Comparison.** *With which* libertarian process can *invexis* be compared? With *recexis*, or existential recycling, also based on Conscientiology.

06. **Cause-effect.** *Why* is *invexis* developed today? Because conscins, being saturated with, and more lucid about, the merely transitory human life, yearn to attain the condition of permanentfreeness and later experience serenism.

07. **Resources.** *With what* elements is *invexis* performed? With self-critique, motivation and personal dedication to an intellectual life enriched by parapsychism and direct, lucid contact with helpers, overcoming the consciential basement and liberating oneself from the monopolising use of the *abdominal sub-brain*.

08. **Method.** *How* is *invexis* selected? Through the control of your bioenergies, parapsychism and the self-taught, cosmoethical study of Conscientiology.

09. **Goal.** *Which advantage* is attained from performing *invexis*? To attain the satisfactory execution of the *proexis*, *complexis* and, if possible, to also obtain a *morexis*.

10. **End.** *What* is *invexis* chosen for? In order to accomplish the evolutionary orientations determined in the conscin's most recent *Intermissive Course*, when they were still a *consciex*.

11. **Amount.** *How much* should be invested in *invexis*? If possible, all of the person's time up to the limit where no undesirable problems or personal alienations are generated regarding the duties and obligations of intraphysical life.

Test. Answer for yourself: What is the quality of my relationship with invexis? If you are an inverter, the question is different: What is the level of my *invexibility*?

Inconstancy. Inconstancy can merely be imprudence and inexperience.

639. INVESTMENT IN CANDIDATES FOR COMPLEXIS

01. **Complexis.** Complexis is existential completism. A conscin is a completist if they have satisfactorily accomplished their proexis in the field and at the level, assigned to them. The field and even its nature is not important. What we are is based on what we were.

02. **Proexis.** The proexis, the nature of the task and the experience of the possible outcomes from efforts varies from conscin to conscin regarding.

03. **Unconsciousness.** Therefore, a proexis that is ordinary and unconscious exists, as does a proexis that is extraordinary and conscious, all are to be accomplished in every constructive line of human knowledge, even by *tropospheric conscins*.

04. **Examples.** Thus, *unconscious completist* conscins still exist in intraphysical life, such as: the internationally renowned eminent surgeon; the conventional writer who has already received all laureates; the religious person who has achieved all goals in their consolation task. Among many more examples.

05. **Common.** Many of these *illustrious completist* pre-serenissimi - entries in encyclopaedias -, although unconscious regarding complexis, had the right to one or two morexis(es) within the ordinary lines of their activities. These people know nothing about the VS, proexis, morexis or Conscientiology. Sometimes they are *evolutionarily paracomatosed*, indifferent to *consciential megaunderstandings*. They have had primary intermissive courses and have performed constructive *existential self-mimicry*. They are the *common completists* that exist in the most diverse sectors of intraphysical activities.

06. **Cosmoethicology.** Nobody emerges in human life to be a notorious completist like a delinquent, offender, mobster or serial criminal, or in other words: conscins ostensibly ectopic regarding the proexis. *A completist always strives to experience Cosmoethics, to the maximum possible.*

07. **Consciousness.** Today we seek young candidates, conscious about complexis, holders of an advanced proexis in consciential evolution within the multidimensional lines of *cosmoethical claritask*. The intention of conscientiologists is to discover, identify and invest in those extremely gifted personalities.

08. **Invexis.** These candidates are the young men and women of new generations that bring evidence of advanced intermissive courses and who are disposed, for example, to execute invexis, today, constituting evolutionary duos with a high level of lucidity.

09. **Claritask.** In general, such conscins bring innate and evolved ideas about Conscientiology and because they are *innate retrocognitive agents* they can help us with the implantation of the consciential paradigm in the libertarian and universalistic clarification task.

10. **Identification.** Within the more evolved lines of multidimensionality promising candidates for complexis have always recently had advanced intermissive courses. This is the fundamental characteristic for their identification, which is not difficult to do. Yesterday for a consciex the *proexis* was debatable; today, for a conscin it is not.

640. THEORY OF THE CONSCIENTIAL BASEMENT

01. **Definition.** The consciential basement is the phase of infantile manifestation that lasts until the human being's end of puberty (*Homo physisus*). It is where basic animal instincts predominate, or where the highest number of *primitive weaktraits* (personal flaws) remain in the developing integral personality or consciential microuniverse.

02. **Weaktraits.** The infantile period, until the end of puberty, constitutes the stage where your consciousness exhibits the most of its basement, the predominance of your ego's *sewage department*, still a slave to uncontrolled CEs. It is the phase of the gravest emunctories of the multimillennial and multiexistential consciousness (anticosmoethical actions).

03. **Instincts.** In the consciential basement the following come to the surface in the ordinary physical waking state of the conscin in their new soma: basic animal instincts; the ancestry; the more potent chromosomal inheritances; and atavism or the most diverse defects.

04. **Boys.** It is commonly accepted that boys are more aggressive than girls. *The consciential basement manifests more in boys than in girls.*

05. **Sub-brain.** At our evolutionary level, the *abdominal sub-brain* reaches its maximal manifestation and domination in the phase of the consciential basement.

06. **Weight.** All the residue of the vileness from the multimillennial and pluriexistential journey of the consciousness soon comes to the surface at the beginning of the new existence. Exactly in the infantile phase the consciousness cowers, crawls and whimpers under the weight of their primitive and oldest megaweaktraits. Unfortunately the lucid *intruder* is a master of vices.

07. **Anatomy.** Through the consciential basement phase you can anatomise the reality of your more primitive nature, the dispensable residue, the obscure or deep sequelae that until today still persist in your personal evolution.

08. **Conflicts.** The unconscious, the submemories and the holomemory digladiate among themselves within the conscin's microuniverse, generating indefinable conflicts during the phase of the consciential basement. *A large proexis* often has a large consciential basement *in tow*.

09. **One-Third.** Until arriving at the phase of physical, or biological, maturity, the person has only lived 1/3 of the intraphysical experience, or in other words: the worst or least evolved phase in terms of the quality of the consciential acquisitions in their new soma.

10. **Cons.** In the phase of the consciential basement there has not yet been a full recovery of cons, or units of lucidity, of your integrated consciential maturity, for practical application in everyday intraphysical life.

11. **Man.** Man, like subhuman animals, are innately "programmed" to violently respond to certain kinds of stimuli. However, abusive, destructive, oppositionist, infantile behaviour, and hostile, antisocial aggressiveness emerge during the consciential basement phase in all children, even the supposedly normal.

12. **Exhaustion.** On the way to holomaturity exhaustion of the atmosphere of the conscin's basement is done through the amplification of lucidity, or integrated consciential maturity.

641. IMMATURITY OR AN INVERTER'S MEGAPROBLEM

01. **Megaproblem.** An existential inverter's greatest problem is their *human immaturity* or inexperience with their new soma and their new intraphysical life.

02. **Third.** According to the age groups' average, soon *after puberty* a person arrives at the phase of full physical, biological maturity and obviously has already lived only 1/3 of their human, or intraphysical, experience on this Planet.

03. **Basement.** In general, the initial third of the intraphysical existence is the *worst regarding the quality* of consciential acquisitions, this is because the personality has still not attained their maximum maturity. They live entirely in the atmosphere of their *consciential basement*.

04. **Cons.** The initial third of human life is also *their worst* regarding the recuperation of *cons*, the units of consciential lucidity practically employed by the conscin.

05. **Soma.** In this initial third the conscin only manages to shape the *bases of their soma*, or the foundations of the new energosomatic existence.

06. **Inheritances.** Unaccustomed to human life after their recent intermissive period, the consciousness who has recently arrived in the intraphysical dimension firstly repossesses all of the *instincts' routine atavism*, suffering the powerful influence from chromosomal, or genetic, inheritances as well as from mesological, or social and cultural environmental, inheritances.

07. **Middle age.** According to the average of Socin's population, they will only repossess the final 2/3's of the *evolutionary highest quality cons* later, in their physical middle age, or even later - if at all.

08. **Consciousness.** Up to the 26th year of biological maturity, any person tends to primarily manifest the *less evolved third* of their personality, when considered a multidimensional, multiexistential and multimillennial mature consciousness. *From 15 years of age the catwalk syndrome can arise for a sexy youth in their consciential basement.*

09. **Resource.** The *Intermissive Course* developed during the period of re-entry into intraphysical life, is attended by a consciex or candidate for invexis and is the providential resource that fills this structural gap of their being in the human condition.

10. **Genius.** Retrocognitive memories occur and permit the anticipation of *integrated consciential maturity* (holomaturity) in the form of paraperceptive geniality (energetic, psychic and parapsychic). Who forgets the *past* repeats anachronistic and unnecessary experiences of pathological self-mimicry.

11. **Retrocognitions.** In this way, for the existential inverter's consciousness, it becomes important to dominate the CEs, or consciential energies, and parapsychism as soon as possible, in order to favour the precocious emergence of healthy retrocognitions selectively adjusted to the proexis, or their *programme for intraphysical life*.

12. **Prediction.** Because of this it is possible to rationally predict an inevitable fact in the very near future, namely the *emergence of precocities* of diverse natures within groups of existential inverters (grinvexes).

642. TEST OF YOUR CONSCIOUSNESS' BASEMENT

Aggressiveness. You can identify and classify the characteristics of your consciential basement through an analysis of *negative precocity*, or the thoughtless acts generated by your aggressiveness during the infantile phase. This is the existence of the remaining traces of your old malevolent nature that belongs to your primitive, instinctive and subhuman inexperience.

Appendix. We cannot forget that each of us human beings (conscins) still have a caudal appendix, popularly called a *tail*, until 10 weeks of fetal, or intrauterine, life. It is also known that 96.7% of our genetic composition is identical to that of chimpanzees. This explains many things.

Relationships. Maladjustment, or infantile aggressiveness, sometimes masked by the child's natural egocentrism, can be detected through the *mutual domestication* of the groupkarma (competition in infancy), or through the quality of their 4 types of initial relationships with living terrestrial beings:

1. **Plants** (flora). Did you have a beneficial (phytophilia) or a destructive *relationship* with plants (phytoconviviality). Have you intentionally, without necessity and in a harmful way, destroyed or uprooted a tree or shrub (phytocide) during the infantile phase?

2. **Animals** (fauna). Did you have a benign (zoophylia) or a harmful, maltreating *relationship* with subhuman animals (zooconviviality). Have you killed a little chick or bird (zoocide)? Attached a can to a cat's tail? Drowned a hedgehog in front of an audience of children? During infancy did you hunt or fish for mere amusement, without your survival being at stake?

3. **Relatives.** Did you have a beneficial (fraternal and understanding) or a maleficent (rivalry and jealousy) *relationship* with your consanguineous brothers, sisters, relatives, cousins and others from the first (nuclear) family. At the start of your existence did you frequently abusively beat a brother, sister or cousin (gregarious spirit) in the exhibition of a cruel instinct?

4. **Companions.** Did you have a dignified or a hostile *relationship* with your childhood companions (second family). Were you among the 10% of children who suffer *infantile hyperactivity*? Did you perform sadistic tricks on the boys, girls and friends of your infancy?

Classification. From these 4 types of infantile relationships and employing self-critique, you can classify yourself into 1 of 2 inevitable types of conscins in the infantile period: constructive and benevolent, more evolved; or destructive and malevolent, less evolved.

Course. The quality of your consciousness' basement acts as a trustworthy unit of measure of the level of excellence of your pre-somatic *Intermissive Course*. Hyperaggressiveness, rebellion and traces of sadism indicate the limitations of your most primitive *weaktraits* and the limit you achieved during the experiences of your *recent Intermissive Course*.

Predisposition. The benign quality of your consciousness' basement indicates if you are more predisposed to be a *permanintfree* human person; to develop invexis; and to effectively practice penta, or the daily personal energetic task.

Self-cure. *Do you feel cured of the juvenile illness of the consciential basement?*

643. TEST OF THE LEVEL OF YOUR CONSCIENTIAL BASEMENT

Basement. Every *conscin* passes through the intraphysical stage of the consciential basement. The prophylactic VS is an extremely efficient anti-consciential basement resource.

Conscin. However, each conscin suffers a larger or smaller percentage of specific individual influences from the consciential basement in their human life.

Types. Based on the stages of intraphysical existence, this individual percentage of the consciential basement's influence upon a conscin can be classified into 5 types:

1. **Infancy.** *Consciential basement* from 0 to six years of physical age (instinctive period). Infantile neurotic behaviour dominated entirely by the consciential basement. This affects the overwhelming majority of conscins and presumably, in this specific case, the exceptions pertain to beings who are *Serenissimi (Homo sapiens serenissimus)*.

2. **Adolescence.** *Consciential basement* from after 6 until 13 years of physical age (intellectual-affective period). Adolescent neurotic behaviour is a stage of the consciential basement that dominates only one significant segment of humanity. It is calculated that between 5% and 10% of school age children are hyperactive and suffer from *attention deficit disorder*.

3. **Minority.** *Consciential basement* from after 13 until 18 years of physical age. The neurotic behaviour of a minor is a stage of the consciential basement that persists in a smaller segment of humanity. This is the phase of a true internal fight - the consciousness' past battling with their present - within the conditions of intraphysical rebirth.

4. **Maturity.** *Consciential basement* from after 18 until 26 years of physical age. Coinciding with the occasion of the complete physiological, or biological, maturity of the soma, the consciential basement should finish here due to the conscin's recovery of a reasonable number of cons. From here on the consciential basement should healthily cease to exist as the conscin is expected to be, at the very least, on the ground floor at the construction site of the intraphysical structure of their consciential human building.

5. **Pathology.** *Consciential basement* operating after 26 years of physical age. The stubborn persistence of the consciential basement from this age on is definitively pathological, always indicating the conscin's unquestionable immaturity. If this happens the consciential basement continues through adulthood and in many unhappy cases until somatic deactivation, passing into the *post-desomatic* intermissive period and characterising one kind of *post-desomatic* parapsychosis. This pathological stage affects infantilised or less evolved conscins, not necessarily weak or feeble-minded, but self-mimetically ill and stuck in a condition of consciential regression.

Test. Do you still live dealing with your consciential basement? Do you consider yourself a maladjusted adult? If this is the case what level are you at? If you suppose you are already once and for all liberated from the consciential basement, what facts of your personal behaviour can you present to yourself to prove this supposition? *Sacralisation is blindness.*

644. TEST OF 30 OBJECTS FROM THE CONSCIOUSNESS' BASEMENT

Sub-brain. *The abdominal sub-brain conveys the conscin's consciential basement.*

Weaktraits. The following are 30 useless things (*weaktraits*) that should not constitute the dirty contents of the basement of a young consciousness who attended an *Intermissive Course* and whom brings advanced innate ideas or healthy predispositions towards leading edge relative truths:

01. An accentuated hedonistic spirit that makes them seek only what pleases them.
02. Capacity to distract oneself (introspection) with what is not of evolutionary interest.
03. Difficulty to fix mental attention and concentration for prolonged periods of time.
04. Dissimulative preference for a rustic, primitive and lazy life.
05. Excessive defence of survival instincts and of their leisure, in regards to foods, clothes, entertainment and other areas of manifestation in an intraphysical existence.
06. Excessive unsympathetic selectivity regarding people, ideas and environments.
07. Exigent criticisms about everything that is considered wrong in other people.
08. Frank vulnerability when alongside very entropic human companions.
09. Habit of only thinking about themselves, indifferent to the environment around them.
10. Impatience in aggressive reactions to topics they find antipathetic.
11. Inconstancy and dispersion of bioenergy, effort and time, without useful results.
12. Infantile precipitation and impulsiveness in the most common emotional reactions.
13. Insecurity in debates or *not knowing how to lose* in a game (insubordination).
14. Insincerity, generated by self-corruption, when defending points of view.
15. Insouciant arrogance about other conscins' need for assistance.
16. Instinctive intolerance to the most just criticisms (heterocriticisms) of themselves.
17. Maintenance of a life programme without any type of commitments.
18. Maladjustment to, and escape from, discipline in their human upbringing and education.
19. Overvaluation of the enjoyment of pleasant aspects of intraphysical life.
20. Permanent use of *ego* defence mechanisms, occasionally in an absolute way.
21. Personal disorganisation and unpunctuality in everyday life.
22. Placing muscular force ahead of neuronal intelligence.
23. Reactions of unwillingness to assume and fulfil personal obligations.
24. Repeated outbursts of immaturity when attempting to establish better routines.
25. Repulsion towards and lack of naturalness regarding what thwarts you.
26. *Sexochakral seductions*, frequently very conscious and frankly sick.
27. Still untamed rebelliousness in their bad habits and personal inexperience.
28. Tendency to possessiveness and egocentrism (infancy), with evident indifference to the unliked details of intraphysical life.
29. Traces of sadism in the ostensive fustigation of conscins during debates.
30. Unconscious and unhealthy utilisation of bioenergies and parapsychism.

Test. Do you still use some of these useless things from your consciential basement?

645. TEST OF THE FREEWILL OF THE INVERTER OR RECYCLER

Definition. Freewill is the faculty, exclusive to rational beings, of exercising a power without any motive other than the existence of that power itself.

Power. The quality of power regarding freewill depends upon and is identified by the percentage of freedom in the actions and the willpower of a conscin or consciex.

Indifference. Your indifference to an ant is the same a Free Consciex experiences towards you.

Test. Whenever facing the renovations required to live as a male or female existential inverter or recycler these 15 conditions form personal questions for you to test the level of freedom that qualifies your freewill:

01. **Autonomy.** Do I enjoy cosmoethical autonomy in my undertakings?
02. **Conditionings.** Am I, or am I not, subject to *brainwashings* (or *sub-brainwashings*), sacralisations, repressions or unreasonably restrictive conditionings in my daily life?
03. **Democracy.** Do I live as a *Homo civicus*, in a country with a relatively democratic political regime, without suffering from external coercion?
04. **Expression.** Do I reasonably usufruct the freedom of thought and expression I have?
05. **Groupkarma.** Within my groupkarma was I born self-determined and from a *free womb*?
06. **Interdependence.** Do I possess self-lucid personal interdependence regarding the condition of consciential multidimensionality?
07. **Interprison.** Am I, or am I not, acquainted with *excessive shackles*?
08. **Intraphysicality.** Do I have full awareness of the condition of a free man (or woman), in social and political spheres? *In intraphysicality an evolutionary duo is the ideal key to conscious evolution in group.*
09. **Liberty.** How far can I go in predisposing myself?
10. **Multidimensionality.** Do I feel that the doors of multidimensional freedom are always open for me, within my circumstances, *whenever* and *wherever* I want?
11. **Neophilia.** Do I defend advanced libertarian ideas in a condition that lacks coercion stemming from my evolutionary group?
12. **Openness.** Do I feel that my route to consciential realisation is open?
13. **Rights.** Do I enjoy the intraconsciential rights afforded to free men (or women), doing everything *that is not forbidden by law*, when properly understood?
14. **Self-awareness.** Am I truly the author of my actions?
15. **Unconstrained.** Do I pursue *unconstrained* action everywhere I go, as a male (or female), a citizen of the Cosmos and an element of parahumanity?

Level. If you determine that you have the possibility to exercise at least 10 of the above postures, this clearly indicates that you have an evolved freewill. Less than that demonstrates a barely mediocre, or a not yet reasonable, level of consciential interdependence (*unthinking human masses*).

Maturity. At the current level of experiences we face in intraphysicality, the maturity of our freewill is one of our fundamental evolutionary necessities.

646. TEST OF THE DEMARCATION BETWEEN INVEXIS AND RECEXIS

Demarcation. There are extreme conditions in intraphysical life that practically establish a natural demarcation of logical boundaries. Such as those between the *virgin* existential inverter who hasn't yet explored substantial human experiences and an existential recycler, who is already bound to some limiting intraphysical or interconsciential ties that paralyse their free consciential growth and exclude them from the consciential inverter condition.

Diagnosis. As an interested researcher, if you want, you can diagnose your own personal situation through these limiting conditions, defining yourself as an existential inverter or recycler.

Exclusions. Here as examples are 6 limiting conditions or characteristics of recycling that demarcate a conscin and definitively exclude them from the invexis condition, which until now, in this current experience, is still a programme for a minority in human life:

1. **Descendant.** Descendant or offspring, meaning a defined and intransferable responsibility for a period of one human generation ahead.

2. **Abortion.** Abortion in relation to a woman, but also to a man. Here each case must be considered on its own, with its extenuating and aggravating circumstances.

3. **Marriage.** A highly committed childless marriage without conjugal correspondence: a non-cooperative spouse regarding the inversive condition.

4. **Accident.** A physical accident or another type of highly traumatising accident, which marks the person's life path with a *before* and *after* and all of its consequences.

5. **Intrusion.** For example a premature case of chronic intrusion - self-obsession or hetero-intrusion - beginning in puberty.

6. **Compromise.** Extreme social and cultural commitments, or commitments with destiny, whether they be with the nuclear family (father, mother, consanguineous siblings), other components of the groupkarma, or with human organisations and temporal institutions.

Self-criticism. From these 6 examples of extreme conditions the one that demands the most self-criticism is that related to abortion. The condition of maternity or paternity can be masked by a person. The last 4 conditions expose themselves and are difficult to hide from the public.

Sufficient. In the majority of cases *only one* of these conditions is enough to exclude the human personality from the inverter condition. In this case arguments are useless against facts.

Opportunity. In this case exclusion from the process of existential inversion is factual and unappealable. A new opportunity for existential inversion will only come in the next intraphysical existence, or seriexis. The opportunity in this one has gone.

Record. However, it should be remembered that the consciousness' existential record logically comes first and has greater evolutionary value and weight than the condition of existential inversion or existential recycling.

Goals. *The true ultimate objectives of intraphysical life are consciential.*

647. TEST OF DIFFERENCES BETWEEN INVEXIS AND RECEXIS

Similarities. Both recexis, or existential recycling, and invexis, or existential inversion, present innumerable similar variables as positive structural changes to both the path and the objectives of an intraphysical life.

Renewal. However, the facts clearly evidence the superiority of the consciential renovation sought through invexis, which more quickly and obviously earlier, offers greater evolutionary alternatives and broader potentialities to those interested, when they maintain an elevated level of motivation. *Inactivity* is the cyst of ignorance.

Comparisons. Every personal proexis is realisable. For your analysis here is a list of 20 comparisons or differentiating parallels between the occurrences that compose or structure the genesis and maintenance of the conditions of invexis and recexis:

Conditions of Invexis	Conditions of Recexis
01. The consciousness' own choice	An imposition of life itself
02. Deliberate and planned change	Imposed <i>a posteriori</i> change
03. Act of intentionally giving yourself	Act of compulsorily leaving
04. Spontaneous impermanence	Inevitable impermanence
05. Abrupt and radical transformation	Different levels of transformation
06. Unnatural discontinuation	Natural spontaneous continuation
07. Transition under intense distress	Transition without larger traumas
08. Pure consciential revolution	Simpler consciential alteration
09. Renovation at a critical high level	More common chronic renovation
10. Precocious prophylactic turnarounds	Posterior palliative turnarounds
11. Great structural self-mutation	Mere lucid reperspectivism
12. Effect of intimate convulsion	Effect of potential fusions
13. Complete metamorphosis: 100%	Metamorphosis to a lesser percentage
14. Ego in an <i>earthquake and tsunami</i>	Ego in a <i>storm and gale</i>
15. Marching along a <i>road without dust</i>	Marching while <i>raising the dust</i>
16. Self-organisation of a new life	Reorganisation of a pre-existing life
17. Always <i>virgin</i> candidates	Veteran candidates
18. Still minority group action	Typical majority group action
19. Lucid intimate maxi-implosion	Lucid intimate mini-implosion
20. Deep surgical self-cure	<i>Superficial</i> outpatient self-cure

Test. Facing this table of 40 differentiated conditions, with maximum self-critique and without mental peccadilloes, do you still have doubts of your classification regarding invexis and recexis? *Adversity* is education.

Youth. *Youth is the period that Nature reserves for learning.*

648. TEST OF DIFFERENCES BETWEEN AN INVERTER AND A RECYCLER

Energies. The harmonious union of consciousnesses, even when of mixed couples, such as recycler-inverter or vice-versa, increases the positive CEs in favour of all beings. A *conscientiologist* is guided by cosmoethical multidimensional practices and customs.

Coexistence. The fundamental differences between the conditions characteristic of an existential inverter and the conditions of an existential recycler, offer an ampler vision of the potentialities of viable coexistence with permanent mutual help.

Variables. Each case of a comparison between a recycler and an inverter must be studied by itself, due to innumerable intervening variables in the occurrence, even including arteriosclerosis or senile dementia (Alzheimer's disease).

Comparison. The following are 21 fundamental differences in a frank comparison between the traits and tendencies of an inverter and a recycler:

Existential Inverter	Existential Recycler
01. Self-awareness: inverting	Self-awareness: recycling
02. General conditions: less variable	General conditions: more variable
03. Lucid inverting option: precocious	Recycling imposition: in time?
04. Human generation: new or young	Human generation: mature or old
05. Inverting stage: longer	Recycling stage: shorter?
06. Beginning: up to 26 years of age	Beginning: after 26 years of age
07. If there is marriage: after 40 years of age	If there is marriage: before 26 years?
08. Consciential gestation: only?	Consciential gestation: more offspring?
09. Self-organisation: healthily precocious	Self-organisation: still in time?
10. Working intellect: much earlier	Working intellect: in time?
11. Identification of <i>weak</i> traits: precocious	Identification of <i>weak</i> traits: in time?
12. Phase of <i>abdominal sub-brain</i> : shorter	Phase of <i>abdominal sub-brain</i> : longer
13. Repressions: not very deeply rooted	Repressions: very deeply rooted?
14. Relative interdependence: lesser	Relative interdependence: greater?
15. Detachments and renunciations: greater	Detachments and renunciations: fewer?
16. <i>Crutches</i> and self-concessions: fewer	<i>Crutches</i> and self-concessions: greater?
17. Dedication to self-evolution: greater	Dedication to self-evolution: lesser?
18. Clarification task: precocious	Clarification task: in time?
19. Evolutionary vanguard: ampler	Evolutionary vanguard: lesser
20. Evolutionary rank: first	Evolutionary rank: second
21. Evolutionary responsibility: larger	Evolutionary responsibility: smaller

Test. Do you still have some doubt regarding the conditions of an inverter or recycler?
A conscin's self-performance makes the invexis-recexis alternative secondary.

649. TEST OF DIFFERENCES BETWEEN AN INVERTER AND AN INITIATE

Freedom. The unheard of, minority related and deliberate initiative of the experience of invexis is exclusively based on the experimenter's freewill. This is always personal, spontaneous and exempt from all ideological coercion, indoctrination or any nature of *brainwashing*.

Discernment. The *inversion technique* must be based on discernment for it to be a resource that allows self-sufficient motivation in the conscin's life.

Interpretation. *Mathematisation of the consciousness through Conscientiometrology corners the conscin into a self-analysis.* It becomes indolent to want to interpret the original condition of invexis as a copy or an *improved update* of any of the libertarian practices and customs from other lines of human thought. The differences are flagrant.

Parallels. As an example, here are 20 fundamental differences between an inverter or existential inverter and a theologian, novice or initiate in the various areas of existing religions; sects; and esoteric, occultist, or mystical organisations and fraternities:

Existential Inverter	Novice or Initiate
01. Experimenter: independent	Practiced in formal sectarian initiations
02. Lucid multidimensional life	Formally administered common life
03. Human existence: regular and natural	Total institutionalised closed ordination
04. Education: regular and autodidact	Education: specifically doctrinaire
05. Research: parapsychic personal	Cloistered dogmatic contemplations
06. Premises: advanced, rational, logical	Premises: antiquated, irrational, mystical
07. Personality: desacralised neophilic	Adept at adorations and gurulatrias
08. Temperament: healthy omniquestioner	Temperament: indoctrinated salvationist
09. Researcher: universal, non-parochial	Magician from an initiated sectarian order
10. Libertarian anti-proselytising universalist	Cold sectarian orthodox catechist
11. Defender of presently lived openness	Professes parochial occultism
12. Adult: active mature sexuality	Consecrated virgin or celibate
13. Democratic self-critical anti-indoctrinator	Professional sermonising preacher
14. <i>On-campus</i> parapsychic investigator	Mystical vestal or ecclesiastical prince
15. Disbeliever: without greater repressions	Believer: loyal to <i>brainwashings</i>
16. Practitioner of self-discernment	Blind tormentor of a repressed ego
17. Undertaker of maximum clarification	Undertaker of primary consolation
18. Self-aware pre-serenissimus in service	Doctor in Theology or Dogmatics
19. Cosmoethical consciousness: awakened	Army chaplain or consoler
20. Citizen consciousness of the cosmos	Hermit or cloistered consciousness

Test. Faced with this page that contains 40 differentiated conditions, do you still have doubts regarding the evolved nature of an inverter's proposed changes?

650. TEST OF THE TYPES OF INVERTERS

Research. Here are 30 basic types of existential inverters and their respective variations. These were selected from suggestions - obtained through a research *brainstorming* - with the public participation of dozens of boys and girls, on the 25th of January 1992, at the main headquarters of the International Institute of Projectology, in Rio de Janeiro:

01. Adult graduated professional	Adolescent formal student
02. Carrier of ideal attributes	Carrier of primary attributes
03. Catalyser of invexis and recin	A person neutral regarding invexis
04. Competent regarding invexis	Incompetent regarding invexis
05. Conscious regarding the fruits of invexis	Unconscious regarding invexis
06. Deep <i>strongtraits</i> in invexis	<i>Naive</i> weaktraits in invexis
07. <i>Epicon</i> , or a consciential epicentre	<i>A non-epicon</i> consciousness
08. Invexis / proexis pioneer	Invexis / proexis laggard
09. Lucid consciential projector	Unconscious consciential projector
10. Lucid existential <i>completist</i>	Still an existential <i>incompletist</i>
11. Lucid inverting man or woman	Conscious inverting adolescent
12. Lucid member of an evolutionary group	Socially isolated member
13. Mature or experienced (<i>cons</i>)	Immature or inexperienced (<i>cons</i>)
14. Modern, or from today (neophilia)	Historical, or still in the past
15. More independent from the groupkarma	More dependent on the groupkarma
16. Non-dazzled researcher	Dazzled by invexis
17. Oriented, technically educated	Autodidact, technically uneducated
18. Participant of an <i>evolutionary duo</i>	Single and uninvolved
19. Permanently self-motivated	Temporarily self-motivated
20. <i>Permanintfree</i> being (intrusion free)	<i>Non-permanintfree</i> human being
21. Self-aware <i>moratorist</i>	<i>Non-moratorist</i> conscin
22. Self-aware, sexually mature	Sexually a virgin, or immature
23. Small <i>consciencial basement</i>	Still extensive <i>consciencial basement</i>
24. Super-endowed conscientiologist	Inexperienced conscientiologist
25. Technician regarding inversion	Amateur regarding inversion
26. Veteran parapsychic	Beginner, incipient parapsychic
27. Veteran regarding invexis	Beginner regarding invexis
28. Volunteer regarding invexis	Obligated regarding invexis
29. Well advanced formal schooling	Delayed formal schooling
30. <i>Wholesaler</i> in their behaviour	<i>Retailer</i> in their behaviour

Test. From this list, what types of inverter make part of you?

Affection. *Affectivity differs from emotionality because it is essentially linked to tenderness.*
An evolutionary duo remains healthy only with mature sexuality and mutual affectivity.

651. TEST OF YOUR UNDERSTANDING OF INVEXIS

Questions. Here are 13 didactic questions, in an *examination of excellence*, related to various details about invexis. Answer each question by yourself, *unarmed*, without referring to Conscientiology's *artefacts of knowledge*:

01. **Comparison.** *Demand* the arrangement of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the possibility, or impossibility, of you applying invexis, or existential inversion, in this current life.

02. **Critique.** *Demand* an effort from your more complex mental processes:- Critique the condition of conventional human experience in an open comparison with the condition of the technical experience of conscientiological invexis.

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories associated with the technique under analysis, invexis:- Define *invexibility*.

04. **Description.** *Demand* from yourself a presentation of the actual characteristics that you can produce:- Describe 3 basic characteristics of invexis.

05. **Discussion.** Presupposing the development of your ideas *demand* more than a simple description:- Discuss with lucid discernment and determination the reason why invexis was not employed prior to the emergence of the science of Conscientiology.

06. **Enumeration.** *Demand* your ability to recall:- Enumerate 3 relevant facts consciously generated by choosing invexis in intraphysical life.

07. **Exemplification.** *Demand* a demonstration of your ingenuity through a personal contribution:- As an inverter give 3 examples of your constructive manifestations generated exclusively by invexis.

08. **Explanation.** *Demand* your emphasis on the subject in relation to cause and effect:- Why are we more apt to lucidly and successfully, promote the experience of invexis today?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principle idea:- What is the logical reason why an *existential inverter level* exists?

10. **Organisation.** *Demand* a recollection of facts according to the criterion of increasing importance:- Organise a list of measures in 3 different intraphysical areas, capable of dynamising the technical experience of invexis.

11. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principles that sustain the logical rational concept of invexis.

12. **Selection.** *Demand* a simple critical evaluation from yourself, according to a pre-established criterion: Indicate 3 diverse circumstances where invexis operates advantageously:- 1st, in the condition of conscial basement; 2nd, in the experience of an evolutionary duo; and 3rd, in complexis, or the completion of the existential programme (proexis).

13. **Summary.** *Demand* that you present the essential points of the fact under analysis:- Summarise 3 aspects of the theoretical, cosmoethical and evolutionary consequences generated by invexis. *Cosmoethics: the law that human beings (the majority of) do not know and do not know that they do not know.*

652. PRINCIPLES OF YOUR GROUP EVOLUTION

Experiment. As a consciential experiment, in a question and answer format, here are 7 self-evolutionary principles of interest:

1. What is an evolutionary group?

It is the assembly of consciousnesses that evolve intertwined, in related pluriexistential cycles, within the bonds of the law of cause and effect (groupkarma). The nuclear family, clan, social circle, professional colleagues and beings from the consciential family actuate here. Each human being (conscin) from the group reflects others, their extraphysical counterparts. Observe a fact: each consciousness inevitably has their own evolutionary group.

2. Which is my evolutionary group?

The so-called *community of destiny* is the set of conscins, consciexes, groups or multitudes that you become attached to in the development of interpersonal and interconsciencial activities, according to your sense of community. Here enters the home, school, profession, city of birth, native country, and parochialism or *each person's little world*.

3. Which evolutionary line predominates in my group?

In your evolutionary line 3 types of structural *sub-groups* predominate: the *most evolved*, the best quality; the *mediocre*, the average quality; and the *negative* or the adverse, the anti-evolutionary *intruding mob*, the worst quality. Obviously the mediocre does not necessarily predominate in every karmic group.

4. What is the evolutionary average of my group?

The evolutionary average of your group is the average level of global egoism of its components: the predominance of egokarma over groupkarma. The majority of conscins have not yet discovered the existence of polykarma and, therefore, have not yet begun to live it.

5. Am I aware of the existence of my evolutionary group?

Your level of awareness depends on the level of *camaraderie*, or the *feeling of the herd*, that you present in your *primary social conkarma*, as a co-responsible social being. Many people, even when suffering deep *groupkarmic stigmas* in the current rebirth, have not yet discovered that their evolutionary group even exists: the *chains* of a groups' fascinations.

6. In which evolutionary subgroup am I situated?

Inevitably, you place yourself in 1 of 3 basic structural subgroups: the most evolved, the mediocre, or the negative. Use your maximum self-critique to identify which.

7. What is my participation in the evolutionary group?

It is the performance of just assistance or altruistic intercessions that you perform for others. Depending on whether or not your evolutionary group is due to mere amplified egoism, meaning your *megaego* (big ego), your *conduct* in the groupkarma can be: *ascending-free* or *descending-captive*; leading or led; with polykarmic or despotic attitudes (including nepotism). *Your (personal) holokarma can evolve faster than your groupkarma*. Everything depends on you, on your will and motivation.

653. ADVANCED CONDITIONS OF GROUPS

Definition. An evolutionary duo is the intercooperative existential joining of 2 similar, lucid and mature intraphysical beings (conscins), of different sexes, objectifying the planned potentialisation of their evolutionary *performances*, through constant, integral, multimodal and productive conviviality.

Eliminations. Composition of an evolutionary duo allows for the quicker and more efficient elimination of affective, intellectual and economic needs of both partners, in an effort to experience growth within Conscientiology.

Conditions. There are 8 evolutionarily advanced, existential conditions that can be identified, within the premises proposed by conscientiological research, to live intraphysical life in a more fruitful way:

1. **Invexis.** An existential inverter.
2. **Recexis.** An existential recycler.
3. **Invexis by two.** An evolutionary duo of existential inverters (two participating conscins: a man and a woman). Company is above all a choice.
4. **Recexis by two.** An evolutionary duo of existential recyclers (two participating conscins: a man and a woman). *Imagination* can worsen or improve everything we do.
5. **Mixed Pair.** A mixed evolutionary duo of an existential inverter and a recycler (two participating conscins). Recyclers and inverters are *bivitelline evolutionary twins*.
6. **Grinvex.** A group of existential inverters (“n” participant conscins).
7. **Grecox.** A group of existential recyclers (“n” participant conscins).
8. **Mixed Group.** A group of inverters and recyclers (“n” participant conscins).

Possibilities. From the 8 existential conditions, evolutionary duo number 3 presents less *vices* in its formation in the joint evolutionary journey toward consciential growth and also boasts the greatest possibilities for productive survival.

Economy. According the *law of the economy of evils*, within Cosmoethics, the pure love of maxifraternity must be and act above everything, with a minor and superficial yet cosmoethical captivating attachment, being preferable to a much greater, deeper, yet incontestably anticosmoethical, captivating attachment.

Advantages. The *law of the economy of evils*, in this context, aims to prioritise the process of evolutionary service; the need for constant proximity with intraphysical survival kept in mind; in certain cases the absence of marriage, abortions and offspring; the employment of the existential inverter condition (invexis) instead of the existential recycler condition (recexis), as it is, obviously, more convenient for all.

Profession. It is not worth reducing your persona to simply *making money*. A profession should not constitute the sale of yourself. A craftsman sells the *palmosoma*; a football player, the *podosoma*; a prostitute, the *sexosoma*. It is best to live through the *mentalsoma*.

Podosoma. *The head (in this case) is the podosomatic conscin's third foot.*

654. TEST OF PERSONAL AVAILABILITY

01. **Definition.** *Personal availability* is what you present as the resources at hand in terms of intelligence, talents, health, economic-financial or material resources (a car for example) and chronological time that you have to offer or donate in the execution of *cosmoethical assistantiality* or your clarification tasks (*claritask*).

02. **Conscins.** Regarding *personal availability*, there are conscins who are available and unavailable; easy or hard to access socially; easy or hard to find when you need them; with good dialogue or terrible relations in the day-to-day.

03. **Self-corruption.** Self-corruption hinders and diminishes *personal availability*.

04. **Self-disorganisation.** Mental laziness and self-disorganisation are among the main causes of the personal *unavailability* of a conscin who does *not wear the shirt*.

05. **Intelligence.** Because we came to this Planet to serve each other, *personal availability* evidences a greater and more mature intelligence applied in intraphysical life.

06. **Maxifraternity.** Maxifraternity is first and foremost fraternal helpfulness.

07. **Excuses.** How can you serve others without being available, arranging time and opportunity, without justifications nor social or euphemistic excuses? How can you realise the clarification task or perform *consciential gestations* without creating *personal availability*?

08. **Will.** The extension and depth of *personal availability* depends on discernment, good intention and good will; particularly this last variable, the *helpful predisposition* to support or serve good causes.

09. **Self-motivation.** *Self-motivation* potentialises *personal availability*.

10. **Opportunity.** Our consciousness creates and maintains health, the occasion, physical and intellectual disposition, and takes advantage of the opportunity and human time.

11. **PE.** Whoever makes a thousand and one demands in order to collaborate in positive works is not contributing well. Without good service PE, or personal experience, cannot be expanded.

12. **Link.** The consciential link is based on *personal availability*, which in turn improves the interconsciential climate. The execution of *invexis*, *recexis*, *complexis* and the improvement of *groupkarma* demand constant *personal availability*.

13. **Geniuses.** *Networks of health spas* and psychiatric hospitals are overflowing with true geniuses, men and women, who do not produce anything useful.

14. **Predisposition.** What good does it do if a person is very talented or able, but does not voluntarily offer to, good humouredly, collaborate in libertarian team tasks? A mediocre conscin committed to the libertarian work of consciousnesses, is worth more than a tri-endowed yet *theoretical*, unproductive, lazy and negligent genius.

Test. What is the level of your availability? Is it reasonable, sincere and cosmoethical? Or do you remain at a sublevel? Do you know how to make use of your time and *helpful opportunities* in favour of the liberation of consciousnesses? Or, do you block them and let the opportunity to contribute to good causes pass you by, remaining *seated on the fence (fence sitter)*?

655. PRINCIPLES OF GRECEX OR A GROUP OF RECYCLERS

01. **Projectiology.** One of the fundamental uses of Projectiology, the practical area or sub-field of Conscientiology, is to promote *recexis* in a person who wants it and is still mediocre in regards to their inevitably multidimensional reality. Joining forces of several alike people, even though more difficult to execute, increases the possibility of success in the renovating efforts of *intraconsciential recycling*, or *recin*.

02. **Access.** Any person is able to recycle existentially. But a group of personalities makes daily co-existence much more complex and challenging, as it demands reflection, dialogue, debates, mutual concessions and the seeds of maxifraternity. This is mutual service in *the formation of consciousnesses*, without *brainwashing* anyone.

03. **Multidimensionality.** The existential *option of inversion* is based on a conscin's multidimensionality, in the intraphysical state and at its root, strictly speaking, it has nothing directly to do with human contexts.

04. **Hierarchy.** The option for inversion is a technique of evolutionary self-relay from the evolutionary hierarchy, that is practical, multidimensional and pluriexistential.

05. **Responsibility.** Due to cosmoethical or groupkarmic knowledge, rejection of the *inversion option* logically brings, from an evolutionary point of view, much greater responsibility than rejection of *imposed recycling*.

06. **Contact.** There are intimate connections between the 2 forms of existential renewal. A Grinvex, a group of inverters, as much as Grecex, a group of recyclers, has to guide their actions through maximum, integrated, consciential maturity.

07. **Avoidance.** Both have to avoid the group becoming institutionalized in the normal way, abandoning its purpose or losing itself in a routine of mysticisms, doctrinal or dogmatic sacralisations. This would denature the group, forming just another core of brainwashed, spurious group fascination, characteristic of Socin, repeating outdated experiences and dispensable *seriexises* for us all.

08. **Emotions.** Therefore, as the groups of inverters and recyclers have no connection with these things it would be erroneous to interpret them as a new form of fraternity, conventual life or brotherhood of initiates, whether mystical, esoteric, exoteric, religious, sectarian, alternative or ideological.

09. **Discernment.** Within the components of a group of existential recyclers, discernment, originating from the *mentalsoma*, must prevail over the primary emotions belonging to mystical, romantic or poetic exaltations of alternative communities, whenever they dominate vulnerable consciousnesses through manifestations of the *abdominal sub-brain*, *cardiochakra* and *psychosoma*.

10. **Will. Dynamisation of recexis occurs through the conscin's will, intention and determination.** Obviously components of a group of recyclers must have a maximum affinity in their self-determinations within the greatest possible unison of parameters. For this, pure love should be above everything and everyone.

656. PRINCIPLES OF GRINVEX OR A GROUP OF INVERTERS

01. **Definition.** Grinvex, or a group of existential inverters, is the reunion and subsequent joint intraphysical experience of the better students from intermissive courses, aiming towards the experience of invexis planned in the minutest detail.

02. **Affinity.** From *the principle that unity enhances strength*, the inverters in a Grinvex can mutually help each other because of the deep affinity, shared by all, with its evolved objectives.

03. **Differences.** A practical, viable way for a group of existential inverters to survive is the permanent maintenance of realistic and open internal debates capable of overcoming differences in opinion.

04. **Debates.** In internal debates each explicitly states their view, without inhibitions, *overtalking*, offences, resentments, hurting feelings or personalistic positions, with the goal of attaining a consensual, cosmoethical opinion.

05. **Affectivity.** Affectivity is the crucial ambivalent, yet decisive, element for the cohesion and progressive survival of a group of existential inverters. *The human heart is 1 muscle. The mass of the **human brain** does not have muscles.*

06. **Self-retrocognitions.** Seriexis, or existential seriality, group research, based on the self-retrocognitions of the members of a group of inverters, can be a decisive factor in the establishment of affective harmony, mutual assistance and the cohesion of the entire team, or in other words: the experience of *group homeostasis*.

07. **Coadjutant.** After helpers and a dynamic intellectual life, the group of existential inverters, in this case, functions as the third coadjutant for the self-defence and motivation of its members.

08. **Objectives.** Due to the high level of affinities, bioenergies, emotions, thoughts and goals planned by members of a Grinvex, diverse objectives of consciencial self-overcoming and practical applications of Projectiology can be attained more quickly, such as: *symases*, or energetic sympathetic assimilations; experience of Cosmoethics; a deeper understanding of serenism; and the assistantial claritask. A creative computer user will be right more often than a mere *robotic digitiser*.

09. **Teams.** None of the following conventional, historical or mystical teams express the goals that a group of existential inverters aim to live and realise: specific doctrinal or fanatic communities; colleges of “initiates”; convents; religious communities and sects. Grinvex is based on a rational adocrinal condition and involves the maximum of the consciousnesses’ discernment and maturity.

10. **Originality.** Until now we do not know, through our historical and sociological research, if at any time or place there existed a group of people with the original characteristics of a group of existential inverters, as explained here in a fully viable or experienceable way. The challenge is there for whomever is motivated.

657. LIBERATION FROM STAGNATED DUOS

Law. The science Conscientiology, notably in its practical part, Projectiology, evidences that interconsciential thosenic intrusion is one of the deeply-rooted, ineluctable, inextirpable, fundamental laws in the foundations of the evolution of consciousnesses. Generally, this intrusion is immature, or unhealthy and practiced by semi-conscious mentalsomas.

Intrusion. Intrusion between consciousnesses starts with the interconsciential intrusion of a consciex on a conscin - which also constitutes an interdimensional intrusion - from the extraphysical dimension, and this produces an omnipresent fact: Humanities' greatest sickness. However, it is very rational to suppose that it was purposefully established this way from the very beginning of Life, by intelligences superior to our current level of discernment.

Attraction. Complaints on our behalf do not help. Concerning these facts the *ius esperniendi* matters very little. They are cosmoethical. They are in the visceral structure of our lives. They represent the established law of attraction: like attracts like, through *healthy* sympathetic assimilations, as well as through *pathological* sympathetic assimilations.

Subhumanity. The subhuman holothosene we live in during intraphysical rebirths on this Planet corroborates this law. Nobody escapes the *reality* of where they are.

Conviviality. We need to coexist with the plants and subhuman animals to a drastic extent, even for survival. *We have already been plants and subhuman animals.* We will still eat them each hour, every day, as we have for millennia. Our bonds are exceptionally strong. This evidences that we evolve together, inseparably, whether we want to or not. Without any option.

Plot. Nobody manages to escape from this web of intricate evolutionary entanglement. The proof is in the also omnipresent reality of the *abdominal sub-brain*.

Duos. This is why, within the bounds of consciential evolution, interintrusive *stagnated duos* in mutual symbiotic vampirisations, exist, as do healthy *evolutionary duos* with greater, positive, consciential interfusions.

Cosmoethicology. This is why it becomes important to understand Cosmoethics and to head towards personal liberation through multidimensional self-awareness (MS).

Measures. It can be logically assumed that, until now, we have only distinguished two measures of cosmoethical self-conscientiality and elevated discernment of Conviviology capable of dynamising self-evolution, namely:

1. **Pacification.** To no longer promote an attack, thosenic intrusion or *xenothosene*, on other consciousnesses, whatever and wherever they may be in our groupkarma.
2. **Self-defences.** To intensify our self-defences, through the VS, in order to no longer allow undesirable thosenic intrusions in our consciential microuniverse.

Experience. These self-defences must be executed without attacks, reprisals or retaliations, but instead in a sincere, authentic, sensible, experienced manner in order to free ourselves from groupkarmic interprison. Only then can we attain a new conscientiotherapeutic baseline in our personal *evolutionary cycle*, at our current self-aware evolutionary *level*.

658. THEORICE OF AN EVOLUTIONARY DUO'S INTIMACIES
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Bond. The interconsciential bond of an evolutionary duo is measured by the level, nature, quality and quantity of exchanges - joint experiences - that the couple is capable of having, in all possible cosmoethical ways. Here are 14 types of intimacy of an evolutionary duo:

01. **Aesthetic intimacy:** act of sharing intraphysical and multidimensional aesthetic experiences. Examples: contemplating a sunset; walking in silence; lucid joint extraphysical flying (JCP); joint experience of projective euphorex (JCP).

02. **Auric intimacy:** execution of auric coupling or the interfusion of the CEs of two conscins, including the orgasmic auras.

03. **Cosmoethic intimacy:** maintenance of incorruptibility - without *mental peccadilloes* - in terms of your thosenes related to the life of consciential mutuality.

04. **Emotional intimacy:** the act of sharing (fully sharing) emotional experiences - joy, sadness, fatigue, fear and others - with the other.

05. **Energosomatic intimacy:** execution of maximum therapeutic symas, or sympathetic assimilation, of one partner's CEs by the other, through the impulse of their will.

06. **Groupkarmic intimacy:** awareness regarding the totality of mutual strongtraits and weaktraits, making themselves - the two components of an evolutionary duo - their first grinvox or grececx.

07. **Holorgasmic intimacy:** production of a holosomatic orgasm, or the maximum ecstasy generated by CEs from the entire holosoma of each conscin composing the duo.

08. **Internalising intimacy:** the act of leaving the other quiet and alone, or even, the act of being quiet and alone together.

09. **Mentalsomatic intimacy:** the maximum sum possible of intellectual ideas, readings and experiences from one partner with the other. *Two somas (evolutionary duo), strictly speaking, do not complete 1 mentalsoma (discernment).*

10. **Thosenic intimacy:** production of telepathy or *telethosenes* from one partner to the other, in an involuntary yet healthy manner (*homothosene*).

11. **Enerspring intimacy:** the couple's experience of a joint energetic springtime - the real *honeymoon* - when possible, with megaconsciential gestations in mind. To live in an evolutionary duo is to experience *tenderness*, affection and friendship.

12. **Sexosomatic intimacy:** concentration of a loving touch, an enveloping embrace and a maximum, mature, genital experience in frequent and prolonged sexual sessions (practice of daily sex). To live in an evolutionary duo is to share what is good.

13. **Social intimacy:** the act of sharing leisure moments as a duo (*energetically shielded chamber*), as well as with friends (conscins and consciexes) from the Socin (social intimacy) and Sociex (parasocial intimacy).

14. **Vocational intimacy:** the act of sharing your personal work and professional life with the other on the basis of the mutuality of open manifestations.

659. TEST OF YOUR EVOLUTIONARY GROUP

Variables. In the test of your evolutionary, or *conscientiotherapeutic*, group, you, experimenter, can consider at least these 60 variables:

- | | |
|--|--|
| 01. A mixed <i>group</i> of consciousnesses | 31. Similar satellite <i>groups</i> |
| 02. Affiliation to a consolidated <i>group</i> | 32. Size of the <i>group</i> formed |
| 03. Catharsis of confessions in the <i>group</i> | 33. Specialised or generalist <i>group</i> |
| 04. Consciential character of the study <i>group</i> | 34. Stressful intragroup tension |
| 05. <i>Cosmoethical</i> corporative spirit | 35. Subgroups within the <i>group</i> |
| 06. Cultural life of the operating <i>group</i> | 36. The average good spirit of a productive <i>group</i> |
| 07. Elements interacting within the <i>group</i> | 37. The dynamics of a well-organised <i>group</i> |
| 08. Evolutionarily stable <i>group</i> | 38. The focuses of the <i>group's</i> constant attention |
| 09. Group individuality (image) | 39. The <i>group's</i> accepted members |
| 10. <i>Group</i> of inverters, or Grinvex | 40. The <i>group's</i> acclaimed leadership |
| 11. <i>Group</i> of recyclers, or Grecex | 41. The <i>group's</i> apathy or enthusiasm |
| 12. Group or team techniques | 42. The <i>group's</i> barriers (holothosene) |
| 13. Harmony of the <i>group</i> (homeostasis) | 43. The <i>group's</i> characteristic type |
| 14. Hostility <i>in</i> and <i>of</i> the <i>group</i> | 44. The <i>group's</i> common problems |
| 15. Independence of the <i>group</i> | 45. The <i>group's</i> cooperation and progress |
| 16. Internal changes in the <i>group</i> | 46. The <i>group's</i> cosmoethical behaviours |
| 17. Intimate security within the <i>group</i> | 47. The <i>group's</i> difficulties (vices) |
| 18. Joint analysis of the <i>group's</i> openness | 48. The <i>group's</i> disintegration or interaction |
| 19. Lucid evolutivity in the <i>group</i> (goal) | 49. The <i>group's</i> efficiency and productivity |
| 20. Multi-personal relations in the <i>group</i> | 50. The <i>group's</i> evolutionary level |
| 21. Objective experiences in the <i>group</i> | 51. The <i>group's</i> fascinations (heterohypnosis) |
| 22. Percentage of personalisms | 52. The <i>group's</i> functional success |
| 23. Personal favouritisms within the <i>group</i> | 53. The <i>group's</i> joint tasks (clarification) |
| 24. Personal situation in the <i>group</i> | 54. The <i>group's</i> rational approaches |
| 25. Planning <i>group</i> (planner) | 55. The <i>group's</i> suggestibility (degree) |
| 26. Preservation of the <i>group</i> over time | 56. The <i>group's</i> technical working bees |
| 27. Real, lived friendship within the <i>group</i> | 57. The <i>group's</i> true yield |
| 28. Rebirths in the <i>group</i> | 58. The <i>group's</i> well-being & affective cohesion |
| 29. Research <i>group</i> (experimental) | 59. Unanimous opinions in the <i>group</i> |
| 30. Sense of active groupality | 60. Well-defined evolutionary karmic <i>group</i> |

Test. In regards to consciential evolution, if the constructive variables predominate over the stagnating variables, your evolutionary group is approved by you. Otherwise, you will have to work to renovate the group or search for permanintfreeness *alone*.

Self-critique. Self-critique is very important and irreplaceable in group work. *Approximately 90% of conscins think they have a sense of humour 90% above average.*

660. TEST OF YOUR GROUP PROEXIS

01. **Leaders.** The evolutionary group is a team of leader conscins reunited to serve a common cause through *consciential improvement* or holomaturity.

02. **Group Members.** The group's members distribute the effort required among themselves according to their talents, capacities and existing means, without being concerned with competition, rivalry or intrigues tied to the *abdominal sub-brain*.

03. **Reunion.** A reunion of conscins occurs aiming for results in joint tasks (claritask) and not only the success of one, or another, particular individual.

04. **Tasks.** Without a concordance of wills there are no *group consciential gestations*.

05. **Climate.** A sincere enduring desire for mutual comprehension sustains the pacification of conscins, within the group, in a dignified *interconsciential climate*.

06. **Law.** Mutual and fraternal support in servicing the group's objectives constitutes a fundamental law of the evolutionary team in action.

07. **Content.** The form favours agreements and not disagreements regarding the content of the undertakings and the responsibilities assumed by the team members.

08. **Lemma.** Maxifraternity is the lemma. The atmosphere of an intrusive team, where everyone is simply an observer of others' faults, paralyses all evolutionary work.

09. **Facilitation.** Each lucid member of the group facilitates the task of their closest neighbour: the actions of one cannot prejudice the actions of others' seeking the *interconsciential megagoal of evolution*.

10. **Steps.** Each member of the group should discretely follow the activities of colleagues in order to adjust their personal steps and to synchronise their own activity.

11. **Minigroupkarma.** To harmonise the group it is necessary for each individual to forget themselves and to not move too fast, so as to avoid unbalancing the entire *minigroupkarma*. *Thosenity* is the origin of discernment.

12. **Heterocriticism.** All constructive heterocriticisms deserve to be allowed in the group. However, obviously, *detrimental heterocriticisms* are to be rigorously repelled.

13. **Understanding.** Each participant of the evolutionary team should, with frank respect, make an effort to try to understand others and to make themselves understood by others.

14. **Debates.** More lively explanations are part of the experience and do not impede debating individuals from being respected and held in high esteem, without resentments.

15. **Consciential Basements.** During debates everyone must avoid very violent discussions, generated by *consciential basements*, that lead to irreparable words and drastic, irreversible conditions, typical of *Homo bellicosus*, or a Warlord.

16. **Megastrongtraits.** Each individual keeps the team cohesive and motivated through understanding, coordination and cordiality: 3 *group megastrongtraits*.

Test. Do you admit all of these items for the accomplishment of your group proexis? *The holokarma of 1 consciousness evolves faster than that of the entire groupkarma.*

661. TYPES OF EVOLUTIONARY DUOS

Characteristics. The problem with *Humanity* is that it does not only consist of *human* beings, but also *subhumans* - archetypal-criminals -, and *super-humans* - the Serenissimi. *Every consciousness feels different from others, even those most similar.* There are distinguishing characteristics and similarities between diverse types of evolutionary duos, as evidenced in terms of their consequences, objectifying our self-knowledge and greater interconscial discernment.

Types. The following are 9 *types of intermissive / intraphysical evolutionary duos*:

1. **Serenissimus - Pre-serenissimus.** Obviously, if millennia ago you already had, as a partner in an evolutionary duo, a consciousness that is today a Serenissimus (*Homo sapiens serenissimus*), your present capacity to capture the *Serenissimus' holothosene* must be greater and far more efficient. It is a question of the intrinsic affinity that logically is not lost over time.

2. **Orienteur - Oriented.** The same effect occurs if you composed an evolutionary duo with your current Evolutionary Orienteur - Evolutiologist, the leader of the groupkarma. In this case, discrimination of your *multiexistential cycle* can be identified.

3. **Helper - Helped.** A current condition of helpful reciprocation between the members of this type of evolutionary duo, can evidence an enormous affinity with your principal helper and you may be their helper during their next intraphysical rebirth, if you were not already. The helper-helped rotation efficiently contributes to a conscin attaining complexis.

4. **Permanintfree - Non-Permanintfree.** *A type of evolutionary duo* with the evident predominance of the evolutionary competence of one consciousness - a permanintfree being - over the other. For the still non-permanintfree conscin it is worth mentioning the *principle or method of "relax and enjoy it"*.

5. **Inverter - Inverter.** The most promising *type of evolutionary duo*, in terms of dynamisation of both conscins' evolution during their current *critical existence* on Earth.

6. **Inverter - Recycler.** This *type of evolutionary duo* has within the contrast of each consciousness' personal experiences, their maximum factor for success.

7. **Recycler - Recycler.** The advantage of this *type of evolutionary duo* is the greater current existential experience of both, possibly allowing them to live better together with reciprocal utility.

8. **Intimate Couple.** If the consciousnesses compose a dynamic and productive duo regarding their evolution, this *type of evolutionary duo*, consisting of average Pre-serenissimi, is best in terms of practicality and functionality.

9. **Incomplete Couple.** This is the most common and numerous *type of evolutionary duo*. In general, being an *incomplete duo* means their current condition can express various types of previously cited duos, whether successful or not in terms of their conscial evolution. To be a partner in an evolutionary duo is to possess two consciousnesses.

662. AN EVOLUTIONARY DUO'S MUTUAL CONCESSIONS
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Intercooperation. An evolutionary duo is the formation of 1 couple, or the reunion of existential intercooperation between 2 similar beings. The following are 20 concession-postures that a partner can and should mutually *open their hand to* in their relationship.

01. **Openness.** Maintain the *existential relationship* as open as possible.
02. **Unselfishness.** Live unselfishly or with *mutual non-possessiveness*.
03. **Sexuality.** Allow, with balance - in an extreme case - experience of the condition of relative, mutual and transparent *sexual infidelity*. Sex is a matter of the soma.
04. **Decisions.** Always take *decisions vital* to both, jointly.
05. **Couplings.** Establish *prophylactic auric couplings* between each other, when necessary, in order to attain fusionism, or *energetic symbiosis*.
06. **CEs.** Identify, in practical terms, who is the *energetically stronger component* of the duo.
07. **Penta.** Positively contribute to the execution of the *partners' penta*, or daily personal energetic task, as a more apt, or capable, evolutionary partner.
08. **Weaktraitism.** Cooperatively understand the *other's weaktraits*.
09. **Sociability.** Develop a *circle of relationships* with conscientiologists and advanced existential inverters and recyclers.
10. **Cosmoethicality.** Avoid *anticosmoethical emulation* in the duo's manifestations.
11. **Self-discernment.** Investigate between yourselves, who is the most talented in exercising *self-discernment* in any consensual dimension.
12. **Self-organisation.** Agree that the most self-organised will determine the *dynamisation of the* intraphysical evolutionary *life* of both.
13. **Erudition.** Objectively recognise, in the day-to-day, who is more able to most quickly attain autodidactic *parapsychic erudition* and polymathy.
14. **Tasks.** Cooperate with the companion's works, or *consensual gestations*, regardless of the constructive sector to which they are dedicated.
15. **Career.** Mutually respect the *professional career* that sustains the others' life. A conscin can be a rare-wholesaler-*essentialist* or a common-retailer-*conformist*.
16. **Proexis.** Make every effort to support the other in the full execution of their *intraphysical existential mandate* (proexis). *Unavailability* kills the proexis.
17. **Holorgasms.** Seek, with all effort, to produce joint *holorgasms*, or simultaneous holosomatic orgasms.
18. **Saving.** Apply the *law of the economy of evils* in cosmoethical readjustments related to reciprocal conduct. An evolutionary duo cultivates *love*, without any credulity.
19. **Isolation.** Respect the necessity of the partners' *occasional fruitful isolation*, in certain conjunctures of intraphysical life.
20. **Recexis.** Facilitate the evolutionary *partner's transition from the condition* of invexis to recexis, if they wish it. *Each of us does not always do what we want, but what we can.*

663. AN EVOLUTIONARY DUO'S MUTUAL DEMANDS

List. The following are 20 demand-postures regarding an evolutionary duo's relationship, about which a conscin can and should, mutually discuss with their partner.

01. **Sincerity.** Have *absolute sincerity*, without self-corruptions, confirmed by your own CEs. An *intruder* is, first and foremost, their own executioner.

02. **Hygiene.** Maintain *mental and physical hygiene* contra-AIDS; anti-herpes *simplex*, oral or sexual; and against unwanted pregnancies.

03. **Harmony.** Develop an always enriching and *harmonious cohabitation*, regardless of the disturbances and vicissitudes of intraphysical life.

04. **Help.** Help in an incessant, diverse and reciprocal manner, without vacillations.

05. **Respect.** Respect, above all, the *evolutionary level of the other*: the greatest practical proof of honest and sincere affection.

06. **Cosmoethics.** Be a person, or conscin, of *emancipated cosmoethical experience*.

07. **Interdependence.** Live together, with *continuous interdependence*.

08. **Security.** Completely eliminate *insecurity* regarding morbid jealousy.

09. **Omniquestioning.** Live under the condition of constant *omniquestioning*, in order to not maintain primary and mortifying doubts.

10. **Conscientiology.** Join efforts to experience the fundamental goals of *Conscientiology*, starting with understanding Cosmoethics.

11. **Parapsychism.** Always jointly potentiate *parapsychism*, which includes CEs; animism; and LP, or *lucid projectability*, of both. Who routinely experiences lucid projectability always awakens in a good mood.

12. **Claritask.** Perform the *clarification task*, from the mutual exemplification in the evolutionary duo's manifestations, which is beyond the inevitable, limited, consolation task.

13. **Research.** Always persist in what joint *consciential research* is possible.

14. **CPs.** Experience multidimensionality via *joint lucid consciential projections*. (See page 209).

15. **Closeness.** Seek the closeness of a *deep intimacy* between both.

16. **Sexuality.** Implement your *sexual life* focussed more on the other.

17. **Affectivity.** In relation to your affective life, predominantly dedicate yourself in favour of the other. *The ideal duo is when each partner feels a part of the other.*

18. **CEs.** In the release of assistential energies, predominantly invest your CE, or consciential energy, in favour of the *partner* in the evolutionary duo.

19. **Interview.** Seek, within an atmosphere of mutual help, a *preliminary extraphysical interview* with a Serenissimus (*Homo sapiens serenissimus*).

20. **Polykarmality.** Jointly understand and practice *polykarmality*, Cosmoethics, consciential maturity and the first steps towards experiencing the condition of Serenism. Anonymity in Socin does not signify solitude in Sociexes.

664. AVOIDANCE OF IMMATURITIES IN AN EVOLUTIONARY DUO

Expectations. A partner is mistaken when they have unrealistic expectations, irrational ideas, mythological beliefs or medieval deliria regarding the interconscial conditions of the *cooperative undertaking* of the evolutionary duo to which they belong. The solution is to get as close as possible to conscial holomaturity.

Avoidances. In an evolutionary duo the following 12 *infantile foolishnesses* always have to be avoided, in a climate of *open companionship* between one another, and the Universe.

01. **Property.** *Considering your partner to be your property.* Nobody belongs to anyone. We are all only interdependent conscins.

02. **Attraction.** *That your partner will never be attracted to another person.* Interconscial attraction is neither exclusive, nor for one object alone.

03. **Cohabitation.** *That your partner will prefer to be with you rather than anyone else, in every moment.* This depends on intraphysical impositions.

04. **Necessities.** *That your partner can satisfy all of your economic, physical, sexual (soma), energetic (energosoma), emotional (psychosoma) and intellectual (mentalsoma) necessities.* Who lives with you is a different consciousness, yet of an evolutionary level very similar to yours and they may require another level.

05. **Self-experience.** *That your partner will do for you what you should do for yourself.* Nobody can understand or live an experience valuable to your personal growth in your place.

06. **Loyalty.** *That absolute loyalty is the true measure of the love held for another person.* To love somebody means to desire well-being, comfort, joy and authentic happiness for that person, beyond the mere conjunctures of the sexosoma.

07. **Sexuality.** *That good sexual relations - if you stay in exactly the right position and learn the appropriate techniques - resolves all the pair's problems.* Sex is only one among - at least - 10 other issues essential to conscial evolution.

08. **Affectivity.** *That all an evolutionary duo's problems revolve around sex and love (affectivity).* *Discernment-security-health* must be paramount.

09. **Questioning.** *That an evolutionary partner will gradually adjust to the other without fights, discussions or misunderstandings.* Questioning is also pure love.

10. **Growth.** *That two conscins cannot be in love if they have conflicts between them.* Personal and group evolution only occur through positive stress (growth crises).

11. **Transformation.** *That any unexpected change in your partner is destructive and implies a loss of real love and affection.* To evolve is to live in constant transformation. A consciousness never stops and neither does conscial evolution.

12. **Trust.** *That 2 consciousnesses attain the mutual goal of joint evolution, in one human life, without the authenticity of uninhibited, frank and sincere communication.* *Without mutual trust nobody evolves together, closely coexisting, in this Socin.*

665. EXPERIENCES OF AN EVOLUTIONARY DUO

01. **Sincerity.** The concept of the *evolutionary duo* is based on a frank, sincere and uninhibited relationship between two more intimately open *people-consciousnesses*.

02. **Opening.** In an *evolutionary duo* the restrictive ideas and conjugal tensions typical of a traditional, Victorian, *closed marriage* trap, disappear. In that traditional marriage two instinctive human beings are bound together and live confined in a *golden cage*, or in a straight-jacket imposed by intraphysical life. An *evolutionary duo* aims to open the *multidimensionality* of two mature consciousnesses.

03. **Expansion.** The non-manipulative relationship of an *evolutionary duo* of conscins stimulates the growth of both the *female-consciousness* and the *male-consciousness* and fortifies the constant revitalisation and interior expansion of both.

04. **Maturity.** An *evolutionary duo* is based on the equal right of both *partner-consciousnesses* to their individuality. It involves an emotional, intellectual, verbal and energetic commitment. It dispenses with documents signed in human government departments. It gives each the right to grow as a lucid *individual-consciousness* within a mature relationship and a more dynamic lifestyle.

05. **Cession.** In an *evolutionary duo*, neither of the two *pre-serenissimus-consciousnesses* of the same level, is a justification for the inadaptability or frustrations of the other. *Mutual cession* removes the necessity of domination and submission. It eliminates imposed restrictions, suffocating ownership and the maintenance of the woman as a *janitor-consciousness* and the man as an old-fashioned, classic, *dictator-consciousness* from throughout Human History.

06. **Flexibility.** Each enjoys enough consciential space and time. This gives each the flexibility to have the energetic, mental and emotional freedom to grow as a self-lucid, *individualised-consciousness*.

07. **Growth.** Each *experimenter-consciousness* enjoys growth opportunities and new experiences outside of the relationship, developing and expanding themselves in the intraphysical world and the boundless extraphysical dimensions.

08. **Spiral.** *The dynamism of consciential interaction makes the evolutionary duo's union stronger.* In a climate of mutual trust they develop themselves in an ascending spiral, adding new personal, external experiences to their consciential microuniverses, while also receiving a beneficial sum from their companion's external experiences.

09. **Synergism.** An evolutionary duo *lives* the idea of synergism, expressed in the formula: 1 and 1 equals *more than* 2. In this case, the sum of parts working together is always greater than the sum of parts working separately.

10. **Attraction.** In this *open commitment* the purest romantic love can become a cyclically repeating event, as each becomes more and more attractive to the other due to individual consciential evolution and ever increasing reciprocal knowledge. As incredible as it seems, *pure love* still allows respiration.

666. CONSOLIDATION OF AN EVOLUTIONARY DUO

Duos. *The evolutionary duo is a mutually exigent interconsciential condition.* Strictly speaking, it constitutes the reunion of various pairs of similar personal traits, or love, such as these 12 pairs of *strongtraits*, *weaktraits*, *megastrongtraits* and *megaweaktraits*:

01. Two conscins with clear and mature individualisations across millennia.
02. Two complex beings, entirely different in a myriad of ways and directions.
03. Two egoisms meticulously structured, separately, over multiple existences.
04. Two capricious people seeking to attend to yearnings, that in truth, have not yet been met.
05. Two *consciential basements* of very diverse natures and levels of influence.
06. Two vitalised epidermises, motivated by different chemicals or hormones.
07. Two energosomas recently-acquired by two conscins to superintend 2 somas.
08. Two sexosomas fortunately differentiated and predisposed to interactions.
09. Two wills of different levels regarding lucidity, quality and performance.
10. Two philosophies derived from disparate chromosomal and mesological inheritances.
11. Two individual and groupkarmic politicians that until now have acted differently.
12. Two similar evolutionary levels that seek the greatest possible coincidence of opinions.

Ideal. The ideal for an evolutionary duo is to diminish the dissimilarities and to expand the similarities between one another, until attaining 51% of similarities of *strongtraits*. If necessary make a *fidelity pact* to accomplish this.

Utopia. An evolutionary duo, obviously, should not expect a utopian similitude of 100% at any level. There are people who disagree with their own *reflection* in the mirror.

Interaction. The greater the two-way interaction in the mutuality of these variables, the longer the love endures in an evolutionary duo, including the condition of *enerspring for 2*.

Man. The man, when older, has to reflect more than the woman regarding the firm foundation of the evolutionary duo, in order for both to jointly decide upon, at a better level, the existential directives of the intraphysical life.

Incapacitation. *Interconsciential love, when authentic, demands the payment of tolls.* Therefore, it has its price. Often this can even be incapacitating or invalidating.

Young woman. For example: physiologically a young woman matures earlier than a young man, although one of the most beautiful things that exists to observe intraphysically, paradoxically, is a young woman of 20 years of physical age who truly loves, because in this condition she becomes incapable of calculation. Her mentalsoma finds itself overwhelmed by strong and not yet controlled emotions. She pays the toll for loving authentically, under the yoke of the *ancient psychosoma* and the *new cardiochakra* and sexosoma.

Omission. This is why it is always better for the man to be older and more mature than the woman, in many cases assuming his role at this conjuncture demands maximum discernment and filling in the omissions in the *interconsciential plans* for the effective consolidation of the evolutionary duo. *Money* is delusion.

667. TEST OF THE IDEALS OF AN EVOLUTIONARY DUO

Ideals. Here are 15 basic ideals for an evolutionary duo, whether composed by 2 inverters, 2 recyclers, or a mixed recycler / inverter duo, in an approach alphabetically ordered by subject:

01. **Affectivity.** Affectivity, love and esteem stemming from all the joint efforts made to *burn through stages* in the search for consciential evolution.

02. **Behaviour.** Uninhibited spontaneity, the act of *removing the make-up*, a sincere and permanent authenticity in cosmoethical intraphysical and extraphysical behaviour.

03. **CEs.** Revitalising love in the lively expansion of the two's open systems of CE.

04. **Changes.** Incessant evolutionary learning that is always adaptable to the expected and understandable changes that may be needed.

05. **Creativity.** Expanding creativity in everything that is done, aware of the advanced and original character of the philosophical principles of an evolutionary duo.

06. **Enrichment.** Effective consciential, intraphysical, evolutionary enrichment for both consciousnesses.

07. **Evolution.** Natural respect for the partner's evolutionary level, being in truth the greatest practical demonstration of pure love.

08. **Flexibility.** *Mental flexibility* exercised in the vital roles that each performs, within an existence made agile by megadiscernment.

09. **Immediateness.** Individual and joint growth with unlimited potential, in the *here-and-now* of a different, lucid, multidimensional, holosomatic immediateness.

10. **Interdependence.** Individual freedom within the lucid condition of evolutionary interdependence, far from inconvenient or impracticable consciential dependence and independence.

11. **Intimacy.** The utmost intimacy possible between two pre-serenissimus conscins who seek the evolved condition of totally, *permanently-intrusion-free (permanintfree)* consciousnesses.

12. **Relationship.** Positive intensity of the relationship with realistic and rational expectations, without any kind of slavery.

13. **Responsibilities.** Personal joint responsibility regarding their own proexises, or evolutionary existential programmes.

14. **Stimulation.** Reciprocal stimulation without emotional suffocation or blackmailing.

15. **Trust.** An open mutual trust that, through dialogue or uninterrupted consciential intercommunication, eliminates the insecurity of sick jealousy.

Test. If you and another compose an evolutionary duo with 10 of these ideal items, the chance of success in your libertarian conviviality is assured.

Education. *Formal education does not prepare youths to know themselves well.* An evolutionary duo dismisses marriages and offspring, but what becomes indispensable for them is: love, sex, sexual pleasure, cosmoethical responsibility and consciential maturity.

668. TEST OF AN EVOLUTIONARY DUO IN GROUPKARMA

01. **Mandate.** Invexis, or existential inversion, is the cosmoethical commitment of a conscin with themselves, or a deliberated self-aware consciential mandate, without coercions or intraphysical or extraphysical external pressures.

02. **Progress.** Invexis is defined by the acceleration of one's personal evolutionary progress in the counterflow of activities within the groupkarma in Socin, or Intrapysical Society.

03. **Mutuality.** The evolutionary progress of two similar consciousnesses can be augmented due to the effort of both, through the dynamisation of continuous, multifaceted and comprehensive mutual assistance. *Absence* generates platonic love or disaffection.

04. **Affectivity.** Agile mutual assistance, in the *dual Universe* of an evolutionary duo of inverters, must be, in the first place, and above all, of an affective-sexual nature.

05. **Duo.** The inverter-partner cannot contribute to affectively unsettling their own inversive conquests, or those of their partner, but should organise and enrich them even more, thus forming an evolutionary duo of lucid, mature, related consciousnesses.

06. **Procreation.** An evolutionary duo must live, as a priority, committed to the *consciential gestation*, or achievement of enduring works in favour of the general evolutionary effort. It is not intelligent to be consumed by common, temporary and mimetic human gestation, or the mere biological reproduction of somas. This brings 3 facts to light: the difficult characteristics of an energosomatic existence; the materialisation for some decades of CE, or sexochakral, cardiochakral and human consciential energy; and the, in this case neutralising, *temptation* or risk of procreation undermining or deviating the efforts of invexis.

07. **Marriage.** If, according to the premises of invexis, there is not going to be human procreation, marriage becomes dispensable between young inverters, who are participants in a group of existential inverters. By the way, is sexual abstinence a *soft abortion*?

08. **Word.** An existential inverter lives, in a word, committed, cosmoethically, with 3 distinct consciousnesses: their own; the helper who assists them more intensely; and the inverter-partner from their evolutionary duo, or their proexis within a Grinvex, or group of existential inverters.

09. **Types.** *The hierarchisation of beings is inevitable due to their innate differences.* Evolutionary duos can be defined into 3 basic types: A) A *regular* duo of 2 inverters; B) A *regular* duo of 2 recyclers; C) A *mixed* duo of 1 inverter with 1 recycler.

10. **Mix.** Obviously, the mixed formation of an evolutionary duo constituted by an inverter and a recycler, in theory, only tends to achieve a greater *ascending transcendentalism* when the *inverter-partner* conscientially predominates over the recycler-partner.

11. **Reproexis.** Memo: recycler, do you have a *reproexis*?

669. TEST OF THE CHARACTERISTICS OF AN EVOLUTIONARY DUO

Characteristics. The following are 30 characteristics of what a *satisfactory* evolutionary duo is and what it is not:

An Evolutionary Duo IS:

01. A good dose of a sense of humour
02. A healthy consciential symbiosis
03. A high-level evolutionary partnership
04. A lucid groupkarmic partnership
05. A mutually accessible first-aid clinic
06. A perennial method of trial and error
07. A perennial source of self-discovery
08. A permanent consciential exchange
09. A personal and mutual validation
10. A providential reencounter
11. A reunion of lucid other halves
12. An affective-sexual megabond
13. An unparalleled commitment to the future
14. Being close friends all the time
15. Constant mutual evolutionary respect
16. Deep mutual understanding
17. Evolutionary growth for 2
18. Healthy conscious interdependence
19. Intimacy in notable accomplishments
20. Involving, pure love
21. Knowing whom you eat lunch & dinner with
22. Living together as best as possible
23. Mutual support in consciential works
24. Permanent, mutual regeneration
25. Preservation of individualness
26. Sharing authentic intimacy
27. Syntony of interests and objectives
28. The sum of consciential efforts
29. *To live* in the holosoma of the other
30. To put *ours* above *mine* and *yours*

An Evolutionary Duo IS NOT:

- A dependent-saviour relationship*
- A lyrical union of soulmates*
- A pair of handcuffs without keys*
- A parasite-host relationship*
- A psychotic reunion of victim and torturer*
- A resource to collect orgasms*
- A straight-jacket for 2 in Socin*
- A tight box for 2*
- A tight collar around the neck*
- A traditional confined marriage*
- A trophy relationship for both*
- A type of life lottery*
- A well of sorrows for both at home*
- An arrangement between two strangers*
- An artificial type of Model-Couple*
- An ephemeral annulment of two conscins*
- An unbearable prison for 2*
- Destruction of individuality*
- Disconnection from communication*
- Emotional distancing*
- Emotional divorce* via the psychosoma
- Experience of physical untouchability*
- Great luck for a social being*
- Neither machismo nor a submitted wife*
- Only the sunny side of conscins*
- Permanent, total independence*
- Primitive conjugal masochism*
- Servicing the need to have children*
- The proposal of each for themselves*
- To go without talking to each other*

Test. Do the characteristics of the first or second column predominate in the evolutionary duo that you compose? *It is of little use to have high-intensity bioenergies in low-quality behaviour.* Some *modern music* is pure sonorous-cocaine.

670. EXCEPTION CONSCIOUSNESSES ACCORDING TO CONSCIENIOLOGY

Robexis. Robotised thinking about the world due to the abdominal *sub*-brain (umbilicochakra).

Conscientiologist. A conscientiologist thinks about the world via the *parabrain* (mentalsoma).

Know. *Self-knowledge* is to go beyond an attempt to hoist ourselves up by our own bootstraps. Our consciential microuniverse is sophisticated and potentially unexplored.

Accumulations. According to Conscientiology, in any country in this intraphysical life it is currently possible to define, at least as examples, 9 *positive accumulations of human rareness*, or exceptional social beings who are more conscious or less conscious:

1. **Serenissimus.** The physical person, or conscin, who has been identified and classified as a Serenissimus, or *Homo sapiens serenissimus*.

2. **Interviewer.** The person or conscin (pre-serenissimus) who had a face-to-face interview with a Serenissimus in the ordinary physical waking state.

3. **Cosmoethic.** The person or conscin, from any origin or social position, who already spoke about Serenissimi and lived consciously conforming to Cosmoethicology, prior to 1970, when the *theory of the Serenissimi* was made public on a larger scale.

4. **Changes.** A physically mature person who shows they do not have an easily predictable, ostensive, maximum limit, that without perturbing themselves supports positive, intimate, *neophilic* changes in their everyday life, instead of repressions, conditionings, sacralisations and *neophobias*.

5. **Awaken.** The man, or woman, who lives defending themselves with lucidity and has lived for two decades without suffering or presenting *habitual unconscious mini-intrusions* (permanint-free being).

6. **Millionaire.** A physical person, a financial millionaire, who prioritises MS, or *multidimensional self-awareness*, among the biggest interests in their life in Socin, or the Intraphysical Society of this Planet.

7. **Claritask.** A conscin who in the last two decades developed the assistential clarification task, emphasising the consciousness' multidimensionality.

8. **Maturities.** A person who attained a more integrated consciential maturity prior to biological maturity, or 26 years of physical age.

9. **Beauty.** An intelligent, *sexy*, aesthetically beautiful young woman, who is reasonably cultured with healthy skin, does not live extraphysically intruded and is not sick.

Appeal. If you, experimenter, judge that you constitute one of these types of exceptional human beings, an accumulation of human rarity, please help us. Seek us out at any Conscientio-centric Institution that is part of the ICCC. Because for us: you must be an *Itaipu power plant* in a human form, a *Fort Knox* of power among men and women, a consciential *monument of pure gold*. You deserve to be thoroughly researched in favour of humanity itself.

Model. Of all these exceptional beings the most important is the best practical model immediately available to us: the permanintfree being.

671. ATTITUDES FOR CONSCIENTIAL EPICENTRISM

Evolution. A consciential principle sleeps as a rock, dreams as a vegetable, agitates itself as a subhuman, awakens as a *Homo sapiens*, becomes multidimensionally aware as a *Homo projectius* and truly purifies themselves as a *Homo sapiens serenissimus*.

Resolutions. The functional and logical idea of the condition of lucid consciential epicentrism, is so outstanding that the most intelligent resolutions arise in the creative imagination and these are capable of definitively dynamising the proaxis, whatever it maybe.

Initiatives. Therefore, in your development toward attaining consciential epicentrism and to compose yourself as an epicon, take extremely authentic personal initiatives and even pure expedients that characterise real feasible intimate innovative renunciations of unquestionable self-conscientiality.

Attitudes. The following are 3 advanced intimate attitudes, without mystical connotations, proving that you really *wore the shirt* in the act of implanting the condition of an epicon:

1. **Requests.** You no longer ask for, or complain about, in your thoughts, reflections, sentiments, idealisations, daydreams and longings, any conditions or expedients that really only constitute more subtle, masked, *painted (make-up)* or indirect personalised interests, that you can show yourself as being *mental indiscretions*, sophisticated self-corruptions or *pathothosenes*.

Helpers. Such sincere and unquestionable renunciation in the intimacy of your consciential microuniverse, without gurulatro, assures the helpers' trust and assistance for you and your libertarian undertakings.

2. **Weaktraits.** In an uninhibited and authentic manner you directly request a written *list* of your personal *weaktraits* from the more expressive components of your circle of social relations, which includes all those you think *do not understand you* or are adversaries within the core of your groupkarma.

Disarmament. This practical demonstration of supreme *multidimensional sincerity* disarms the last of the more hostile and renitent mental somas from your groupkarma who remain against you.

3. **Faces.** At the end of each day in a rigorous self-critiquing examination, *you* anatomise and recompose the existential opportunities for the implantation of consciential epicentrism that you received, used or wasted in the last 24 hours; replaying on your mental screen the image of everyone with whom you related and acted less correctly or generated some misunderstanding about your objectives in the clarification task; surrounding the face of each of these human beings in a *halo of maxifraternal CEs of sincere well-being* towards the same.

Thosenes. This personal posture tends to purify your cosmoethical thosenes, or *orthothosenes*, eliminating through daily, ongoing, persistent and *ample surgeries* all the deep-rooted resentments you have been feeding since your most remote past until today, improving the holothosene of your interconsciential atmospheres.

672. STRONGTRAITS OF A PERMANINTFREE BEING

01. **Permanintfree.** A totally, permanently, intrusion free consciousness - a *permanintfree* being - presents unmistakable personal traits and characteristics.

02. **VS.** They install the VS, or vibrational state, in themselves, at a high level, when and where they want, feeling and discriminating their CEs, or consciencial energies.

03. **Soma.** They install the VS - energosomatic - independently of the organic conditions or physical position of their soma, or human body.

04. **Time.** They install the VS independent of the time, at any moment, beyond the four-dimensional physical restrictions of human injunctions.

05. **Environment.** They install the VS independent of others, whatever the environment, the level of human companions, or even the extraphysical companions.

06. **Prophylaxis.** They are always motivated to use a *prophylactic* vibrational state when necessary, in any interconsciencial circumstance.

07. **Self-defence.** They maintain an uninterrupted condition of energetic self-defence in their consciencial microuniverse, through the experience of animic and parapsychic energetic signals, detecting the presence of healthy and sick consciousness where they are and harmonising what they can, everywhere.

08. **Release.** They no longer suffer from eventual, unconscious, consciencial mini-intrusions, even while living in the *frontline* of interpersonal human experiences.

09. **Self-cure.** They self-cure mini-illnesses (small afflictions), characteristic of human beings.

10. **Physical.** As a counterbalance to their good *extraphysical form* (holosoma), they take care, as a natural consequence, to maintain a good physical form (soma).

11. **Epicon.** They inevitably have a notable energetic presence, everywhere they are (epicon).

12. **CEs.** They polarise positive and healthy CEs in the extraphysical dimension, where they manifest projected with full lucidity.

13. **Penta.** They practice penta, or the personal energetic task, every day.

14. **Assistanceality.** They lucidly cooperate, without traumas, in the condition of assistantial intra and extraphysical *bait*, in favour of other consciousnesses.

15. **Deintrusion.** They *breakup the circles* of extraphysical intruders and they are the epicon that maintains a functioning assistantial offiex. *Interconsciencial intruders and unhealthy retro-cognitions always occur together.*

16. **Energosomaticity.** They have discovered that the human period is one seriexis, or energosomatic existence, and because of this apply their consciencial energies to establish their life and harmonise the life of all living beings around them.

17. **Cosmoethicology.** They identified Cosmoethics and seek to deeply experience them, multidimensionally, now, to the utmost they can, aiming toward maxifraternity.

18. **Goal.** They have already acquired knowledge of the next evolutionary goal - serenism - and head in this direction in a planned way, with discernment and firm self-motivation.

673. EPICON OR CONSCIENTIAL EPICENTRE

Epicon. Beauty of the soma is a reflection. Experience of *CE* is a reality. The following are 11 considerations regarding an interdimensional epicon:

01. **Fixation.** The degree of intraphysical fixation, in *human life*, varies from person to person. There are multiform *deviations*. An example: an *alcoholic* wets the mouth and mummifies the brain.

02. **Proexis.** A person in a *human life* should live with the greatest lucidity possible and with simultaneous *self-attachment and self-detachment*, in order to fulfil determined emancipatory consciential tasks (proexis).

03. **Groupkarma.** There are consciousnesses in *human life* who live more subordinated to groupkarma. *Subordination to groupkarma*, when excessive, does not permit development of the clarification task (claritask), based on polykarmic foundations.

04. **Intraphysicality.** An individual *human life* can be nomadic, without any strong roots on the face of the Earth, or without a *domiciliary life deeply-rooted* in solid and less ephemeral human bases (domiciliary holothosene).

05. **Patrimony.** There are those who are obliged to share what they have, all the time; and there are those who have possessed *personal belongings* and valuable personal patrimony since infancy.

06. **Library.** Since their youth an intraphysical being is able to maintain a *personal library*, for half a century, even while not having their own fixed bed to sleep and reflect in throughout their infancy, adolescence and even until the phase of physical or biological maturity.

07. **Room.** A consciousness reborn, for example, in the midst of a family *without material resources*, where he is the 3rd son, among 8 children, can grow without even having a *fixed bedroom* at night.

08. **Penta.** On the other hand, the resource of penta, or the assistantial, daily, personal energetic task, constitutes the most evolved human arrangement in respect to the conscin's lucid extraphysical life. There are 4 basic types of epicons: the pre-serenissimus, the permanintfree being, the Evolutionary Orientor (Evolutiologist), and the Serenissimus.

09. **Offiex.** The most advanced consequence of the daily practice of penta, or the personal energetic task, is the installation of an offiex, or assistantial extraphysical office, established using the conscin and their physical domicile - the soma and the physical base - in their condition as an epicon, or *interdimensional consciential epicentre*. *The healthy release of the energosoma is fundamental in the development of an epicon.*

10. **Rock.** An interdimensional epicon cannot be well consolidated in their tasks, without the person responsible having their feet *on the rock* of the Earth and their mentalsoma *in the Cosmos*, without conscious alienation.

11. **Scanner.** The paradoxical conclusion imposed in light of the facts: each epicon (*consciential scanner*) must have one solid *physical* base, for the soma, that acts as the material headquarters, or absolute reference for their interdimensional consciential works.

674. EPICON-MINIPIECE AND GROUPKARMIC MAXIMECHANISM

Identification. *The interconsciential atmosphere reveals the atmosphere of holosomatic homeostasis. In this exhaustive comparison a lucid epicon (consciential scanner) can be identified through these 30 linked conditions that evolve from a part to the whole:*

Minipiece Epicon Conscin	Groupkarmic Maximechanism
01. A clearly progressing personal proexis	Groupkarmic proexis in progress
02. A conscin: man or woman	“N” conscins plus “10 x N” consciexes
03. A <i>key conscin’s strongtraits</i> (renunciation)	<i>Strongtraits</i> of a healthy groupkarma
04. A well-settled human personality	Multidimensional group
05. Citizen of Terrestrial Socin	Conscins (Socin) and consciexes (Sociex)
06. Depersonalised <i>intrapysical egokarma</i>	Open multidimensional <i>polykarma</i>
07. <i>Egokarmic</i> consciential sanity	<i>Groupkarmic</i> consciential sanity
08. Egokarmic <i>self-cosmoethicality</i>	Groupkarmic <i>omnicosmoethicality</i>
09. <i>Half</i> of an evolutionary duo	A <i>unit</i> of the evolutionary whole
10. Holothosene: <i>interdimensional bubble</i>	Holothosene of a groupkarmic veteran
11. Individual thosenity (<i>self-thosenes</i>)	Collective thosenity (<i>holothosenes</i>)
12. <i>Intraconsciential</i> climate (egoistic)	<i>Interconsciential</i> climate (group)
13. <i>Intraconscientiality</i> (hyperacuity)	<i>Interconscientiality</i> (hyperacuity)
14. <i>Intrapysical</i> epicon (man or woman)	An interwoven <i>intra</i> and <i>extrapysical</i> team
15. Intrapysical or energosomatic existence	Consciousnesses in Multidimensionality
16. Lucid <i>intraconscientiality</i>	Lucid or unconscious <i>intragroupality</i>
17. Lucid self-evolution (cons)	Lucid groupkarmic evolution
18. Multidimensional <i>self-awareness</i>	Multidimensional <i>multiconscientisation</i>
19. Permanintfree (man or woman)	<i>Invisible College of Permanintfree</i>
20. Personal existential completism	Groupkarmic stage completism
21. <i>Personal</i> experiences (penta)	Totality of <i>intergroup</i> experiences
22. <i>Personal</i> holosomatic homeostasis	<i>Group’s</i> holosomatic homeostasis
23. <i>Personal</i> morphothosenes with time	<i>Group</i> morphothosenes with time
24. <i>Personal</i> VS, or vibrational state	<i>Group</i> energetic field (dimener)
25. <i>Physical</i> base (projector)	<i>Extrapysical</i> office or offiex (<i>place</i>)
26. Practical <i>uniconscientiometrology</i>	Practical <i>omniconscientiometrology</i>
27. <i>Self-conscious unit</i> (part)	A <i>superconscious</i> active <i>whole</i>
28. <i>Self-awareness</i> of incorruption	Groupkarmic <i>pluriconscientiality</i>
29. The <i>anchor’s</i> personal freewill	Healthy groupkarmic inseparability
30. The energiser’s assistantiality	Groupkarmic assistantiality

Test. Does any doubt still remain about the cold identification of an epicon?

675. OFFIEX OR EXTRAPHYSICAL OFFICE

Specifications. The offiex, or *extraphysical office* of interconsciential assistance, presents 15 specific, easily identified and understood characteristics:

01. **Locale.** The place of assistance on the terrestrial crust is the locale, house or apartment, of the *joint services* to Humanity (Socin) and Parahumanity (Sociex).

02. **Embassy.** As an *embassy of the more evolved extraphysical dimensions* it is a point of convergence, transition or intermediation in the deintrusions, rescues, somatic rebirths and deactivations related to consciexes, conscins and subhuman beings.

03. **Sphere.** The installation of the offiex occurs through the extraphysical sphere of CEs, or consciential energies, of the epicon conscin, who, in order to not become alienated from everyday intraphysical waking life, only perceives 5 to 10% of the global interdimensional services.

04. **Sentry.** An experienced *extraphysical sentry-consciex* maintains the constant quality of the manifestation of interconsciential energies and phenomena.

05. **Piece.** The position of an epicon is to be an *undoubtedly*, cosmoethical, loyal *anchor* for the extraphysical team (groupkarma), a minimal piece in the body of the assistantial maximechanism.

06. **Aura-record.** *The aura-record of the key-conscin is based on their work-experience.*

07. **Base.** The locale, if private, is the physical dwelling where the person sleeps (bedroom), their intraphysical base, which has permanent physical and extraphysical energetic defences.

08. **Coronation.** A conscin has various dwellings: mentalsoma, parabrain, soma, brain, house and an installed offiex as the crowning of the physical and extraphysical services.

09. **Bubble.** Depending on the assistantial works the *interdimensional bubble* of consciential manifestations has diverse qualities, influences, form and extent.

10. **Monitoring.** There is constant *extraphysical monitoring* of the *key-conscin* and the conscious, or not, involvement of both living and extraphysical relatives, friends and subhuman beings, in the atmosphere of the place of assistance. An offiex predisposes a morexis.

11. **Parapopulations.** In such a *place* the fluctuating yet constant *parapopulation of the Sociex* is always connected, in a frank coexistence, with the intraphysical population (Socin).

12. **Mentalsoma.** This locale is intellectually fertile regarding *ideas*, predisposing the agility of parapsychic *perceptions* and the permanent occurrence of individual and group reinforcement of CEs, or ostensive consciential energies.

13. **Omnicooperation.** In a local climate of universalism, omnicooperation and clarification there are constant intercurrents of intraphysical manifestations and telekinesis.

14. **Penta.** The epicon maintains the basic service of penta, or the daily, personal energetic task that, ultimately, supports the offiex's multidimensional activities.

15. **Groupkarma.** With the desoma of the epicon, the continuation or rotation of the functioning of the services of the offiex - whether a social institution, or personal consulting room, clinic, infirmary, library and convention centre - depends on the level of lucidity of the remaining more intimate conscins from within the groupkarma.

676. EXPERIENCES OF A PERMANINTFREE BEING
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Self-aware. *A conscin aware of evolution has two feet firmly on the ground and their mentalsoma in the Cosmos.* This is the synthesis of consciential multidimensionality.

Eliminations. A permanintfree being, little by little, over one to two decades, completes their intimate purification, accomplishing the elimination of 60 undesirable consciential conditions, such as:

- | | |
|---|---|
| 01. Alert mental debility (technical) | 31. Lachrymatory emotionalisms |
| 02. Amorphous <i>dermatosis of the consc.</i> | 32. Larger <i>en route accidents</i> |
| 03. Anticosmoethical principles in life | 33. <i>Mental peccadillos</i> or <i>pathothosenes</i> |
| 04. Apolitical indifference in Socin | 34. Millennial exploited-innocent idiocy |
| 05. Bastions of evolutionary paralysis | 35. Modern <i>Homunculus electronicus</i> |
| 06. Common <i>consciential crutches</i> | 36. Multiple brainwashings (repressions) |
| 07. Conscious parahypocrisies | 37. Nationalised idolatries (<i>small world</i>) |
| 08. Consented idolatry of your person | 38. Negative <i>sexochakral seductions</i> |
| 09. Contumacious self-corruptions | 39. Omnipresent megaentropies |
| 10. Cult of unconscious amazement | 40. Openings for mental escapes |
| 11. Day-to-day <i>facial camouflages</i> | 41. Periconsciential science |
| 12. Dishonest human games | 42. Personal deficitary omissions |
| 13. Dissembled catechisms | 43. <i>Post-desomatic melancholy</i> (melex) |
| 14. Diverse intrusive stigmas | 44. Recognised <i>perineal charisma</i> |
| 15. Energetic decompensations | 45. <i>Retropsychic scars</i> |
| 16. Fashionable, traditional megadogmas | 46. Robexis, or robotisation of the ego |
| 17. Frequent outbursts of immaturity | 47. Seductions of temporal power |
| 18. Frequent unconscious intrusions | 48. Self-shocks regarding the future |
| 19. Frictions from empty heads | 49. Small groups intruding the ego |
| 20. Frivolous or useless erudition | 50. Social collars of a mediocre ego |
| 21. Functional paralyses of the brain | 51. Socin's dazzling satisfactions |
| 22. Gaps in important understanding | 52. Sociocultural puritanisms |
| 23. Hemiplegic specialisation | 53. Spurious self-obsessions |
| 24. Identified <i>evolutionary paracomatose</i> | 54. Sterile energetic presence |
| 25. Impersonal or empty orgasms | 55. Subjection to sociopathologies (Socin) |
| 26. Influences from the unthinking masses | 56. Talion law as a spurious principle |
| 27. Intellectual trash from the epoch or time | 57. Tropospheric <i>human consciousness</i> |
| 28. Interminable adolescence | 58. Unsuspected consciential prostheses |
| 29. Intraphysical <i>consciential basement</i> | 59. Unverifiable absolute truths |
| 30. Irrational <i>abdominal consciousness</i> | 60. Vicious <i>zoogenic unreasonableness</i> |

Understanding. If you encounter difficulty in understanding some of these compound expressions, think a little. The significance can be that you suspect or know what it is and do not want to, nor dare to, admit that you have a constraining relationship with it.

677. RESEARCH ON THE ATTAINMENT OF PERMANINTFREENESS

Marks. This author has been intimately researching a guinea pig conscin that, today (Base year: 2012), presents 10 specific personal characteristics in their human life:

01. **Scholastic.** The conscin easily completed 2 tertiary degrees while working to sustain his studies, and has studied, both as an autodidact and at schools, without any problem.

02. **Mentalsomatic.** The conscin read more than 30 thousand selected books, making personal notes and assembled 60 types of collections of, strictly cultural, *artefacts of knowledge*.

03. **Intellectuality.** He has thousands of selected research items accumulated over an existential period of 72 years of reading and collecting material, since 1941.

04. **Groupkarmality.** The conscin, as a male in Socin, has had many experiences in his life, putting things right when possible and making mistakes here and there, but correcting and learning what he could, falling down and getting up, yet without ever becoming discouraged.

05. **Sociability.** The conscin published 28 books on consciential studies - with more than 2 million copies sold so far and donated all payments and royalties towards assistantial undertakings - freely distributing, notably to libraries, 5 thousand copies of 1 of them whose 3rd edition, today (Base year: 1994), costs 35 dollars per copy.

06. **Assistantiality.** The conscin has practiced VS's and penta for 27 years, without problems. Over 6 decades the conscin has tested the level of CE of *any self-critical person*, utilising other test-people, in cogent evaluations, without suggestions, hypnoses or somnambulistic states.

07. **Projectability.** The conscin has produced CPs, or conscious projections, for more than half a century, with enormous cosmoethical joy and sincere intimate well-being.

08. **Self-conscientiality.** The conscin does not suffer from any major phobia or distressing doubt in his consciential microuniverse, but sees life with optimism and motivation.

09. **Conscientiality.** The conscin has worked as a priority, full-time, in the defence of a system of libertarian ideas (Conscienciology) for conscins.

10. **Intraphysicality.** The conscin carries the responsibility of admitting with full self-awareness that he received a providential morexis. (See Bib. 4742).

Permanintfree. Despite everything, this conscin has not yet obtained the practical and legitimate condition of a permanintfree being - *totally* permanently intrusion free - in his multidimensional life. Although he well knows the theory in question and has researched the subject for decades.

Confession. This guinea pig consciousness under raw analysis, or with *exposed fractures*, is this author, confessing and exposing himself to you, reader, in a realistic, naked way (*consciencial strip-tease*, wideopen consciencial intimacy).

Permanintfreeness. Because of this, you can see how difficult it is for certain conscins, with reasonable domination of invexis and CEs, to achieve the condition of lucid permanintfreeness. However, nevertheless it is obvious that every effort to attain permanintfreeness is worth it. Only the conscin sculpts the *wrinkles* of their own face. *A permanintfree being is the coryphaeus of interconsciencial energetic assistantiality.*

678. TEST OF 11 QUESTIONS ABOUT A PERMANINTFREE BEING

Definition. A *permanintfree* being is a totally *permanently intrusion free* conscin, who as an epicon is able to perform lucid, assistantial, intra and extraphysical bait and maintains an offiex through the daily practice of penta, or the assistantial personal energetic task.

Rarity. For the time being, the condition of (total) *permanintfreeness* is still a rarity among human beings or conscins. *Public opinion* still generates lynchings, even today.

Answers. Here are 11 technical questions asked during an initial approach to an original scientific subject. Here they are succinctly answered in respect to a *permanintfree* being:

01. **Agent.** *Who becomes permanintfree?* Inevitably, every conscin upon attaining a determined cosmoethical evolutionary level of energetic self-defence.

02. **Existence.** *What unleashes and maintains permanintfreeness?* Greater energetic control of the energosoma, within a more ample holosomatic homeostasis.

03. **Space.** *Where are the achievements of the permanintfree being developed?* In the intra and extraphysical dimensions used for maximum, assistantial, evolutionary objectives.

04. **Time.** *When is the permanintfree condition settled?* During the conscin's period of integrated physical, psychological, or mental, maturity (holomaturity).

05. **Comparison.** *With whom can a permanintfree being be compared?* With a mediocre pre-serenissimus, evolutionally more primitive than themselves; and with the Evolutionary Orienter (Evolutiologist) and Serenissimus, more evolved than themselves. *Permanintfreeness* is education and culture.

06. **Cause-effect.** *Why is the condition of the permanintfree being developed?* Because of the natural order of development inherent in a consciousness' evolution.

07. **Resources.** *With what elements can the condition of permanintfreeness be attained?* With bioenergetic self-development; animic and parapsychic energetic signals; an energetically shielded bedroom; assistance through penta; an offiex, or extraphysical office; the epicon condition; and evolved consciential gestations.

08. **Method.** *What is the process to acquire permanintfreeness?* Through the competent control of bioenergies and emotionality, without unhealthy repressions.

09. **Goal.** *What is the advantage of becoming a permanintfree being?* The effective dynamisation of a conscin's lucid evolution, when they definitively cease to be an unconscious victim of routine, habitual, interconsciential mini-intrusions in intraphysical life.

10. **End.** *Why is the effort to become a permanintfree being worthwhile?* To attain, as soon as possible, an ideal level in the ascending route to the condition of serenism.

11. **Amount.** *How much should be invested in the effort to attain the condition of a permanintfree being?* Up to the maximum that our evolutionary competence allows, in a healthy way, without any alienation regarding the specific duties and obligations of intraphysical life.

Test. Experimenter, answer for yourself: What is my current level of achievement in the goal to become a *permanintfree* being? *A conscin intelligent in 1 field can show themselves as lacking perspicacity in 10 other fields.*

679. TEST OF YOUR CONSCIENTIAL EPICENTRISM

Scientists. There are all kinds of experimenters. *Atomic scientists are insects that play with a vast stockpile of insecticide.* There are many people who spit upwards.

Question. Which of these 30 experiments do you already practise with agility and success?

01. Practice of functional, prophylactic *hydromagnetic showers*.
02. Control of the VS, or prophylactic *vibrational state* (*energetic* self-bath).
03. Efficient and *conscious self-deintrusion* when necessary.
04. Voluntary *bioenergetic self-compensation* (self-cure, self-unblocking).
05. Identification of your *enerspring*, or personal *energetic* springtime.
06. Use of your identified *animic-parapsychic-energetic signals*.
07. Enjoyment of your sexochakra within the condition of *mature sexuality*.
08. Attainment of a *holorgasm*, or holosomatic orgasm, with your partner.
09. Voluntary *auric coupling* (installation of an *energetic* field).
10. Symas, or *energetic* sympathetic assimilation, promoted via the will.
11. The performance of *paradiagnostics* of other conscins.
12. Voluntary *energetic* deassimilation, or *symdeas* (Paraprophylaxology).
13. Intentional *facial clairvoyance* (*energetic* transfigurations and doubles).
14. Reasonable performance of LP, or *lucid projectability* (Paraphysiology).
15. Production of assistantial or educational *travelling clairvoyance*.
16. Production of a series of *continuous consciousness projections*.
17. Condition of *lucid assistantial bait* (intra and extraphysical).
18. Active maintenance of an *offiex*, or assistantial extraphysical office.
19. Period of healthy life in the condition of *waking discoincidence*.
20. Period of living healthily with *energomatic looseness*.
21. Experience in the *dimener*, or extraphysical *energetic* dimension (energomatic).
22. *Potentiated exteriorisation of craniochakral energies* (*voltaic arc*).
23. Sponsorship, by you, of another's *consciousness expansion*.
24. *Extraphysical* approach and *intercession* in favour of other consciousness.
25. Promotion of an assistantial or educational JCP, or *joint conscious projection*.
26. Execution of an *assistantial rescue* of a consciex, or extraphysical consciousness.
27. Experience of composing a working *evolutionary duo* in active service.
28. Daily practice of penta, or the personal *energetic* task, in a permanent way.
29. Conscious and educational experience of a *psychophonic monologue*.
30. Extraphysical experience of a *preliminary interview* with a Serenissimus.

Test. If you practise 15 of these experiments, you are already starting to live in multidimensionality. If you practise all 30 experiments, you are, without a doubt, a veteran *epicon* (consciential epicentre) and are a few steps from *permanintfreeness*, or the condition of a permanintfree being. The challenges are, and continue, within yourself.

680. TEST OF YOUR COMPANIONSHIP WITH A PERMANINTFREE BEING

01. **Half-way.** The rare Permanintfree Being condition, or one totally permanently intrusion free, is the half-way point or the immediate, intermediate, evolutionary, consciential stage between the Pre-serenissimus condition and the Evolutionary Orientor (Evolutiologist) condition, which all come before the Serenissimus.

02. **Picture.** The Permanintfree Being's evolutionary consciential stage summarises the panorama of our current evolutionary level on this planet.

03. **Coexistence.** A Permanintfree Being is the ideal person to coexist with from a parapsychic, bioenergetic and practical point of view.

04. **Discernment.** The positive seduction of a Permanintfree Being is not generated from the psychosoma's emotions, but from the mentalsoma's discernment, without any predisposition to gurulatrias, regardless of whether consented or not.

05. **Megastrongtrait.** As a megastrongtrait the deintruding quality that a Permanintfree Being exemplifies, exceeds the charisma or presence of a common empathic conscin. *Homo sapiens is the king of the animal kingdom that includes more than 750,000 species.*

06. **Energiser.** A person, a veteran in handling CEs, or consciential energies, wants to coexist with a Permanintfree Being because they know how to absorb, with lucidity, the libertarian advantages of this consciential cohabitation.

07. **Intuitive.** Those who do not have practical experience of handling CEs, or consciential energies, desire to get closer to the Permanintfree Being, even without awareness of this, as they are impelled by their CEs in an intuitive or instinctive manner.

08. **Traits.** A permanintfree person can be aesthetically ungraceful, physically aged, intellectually uningratiating and an aggressive practitioner of claritask, the less likeable task of clarification, and, despite these 4 paradoxical traits, *unpleasing to others*, presents an enormous power of healthy seduction within the universe of interconsciential companionship.

09. **Seduction.** As a complete consciential altruist a Permanintfree Being is, in fact, the person with the greatest productive seduction that exists among Pre-serenissimi.

10. **Serenissimus.** An intraphysical Serenissimus, is situated at an evolutionary level with an indisputable *distance* between themselves and Pre-serenissimi, beginning from the quality of conscious anonymity that belongs to the condition of lived serenity.

11. **Permanintfree.** In relation to themselves and their CEs, even while a Pre-serenissimus in the midst of their personal performances in human life, a Permanintfree Being is always much more accessible to other people in general.

12. **Shocks.** A Permanintfree Being lives predisposed to mitigating the future shocks (neophobias) of the people around them, such as conscins that hold recent and more advanced intermissive courses.

13. **Test.** Have you already researched, among your circle of friends, if there exists some human being, either male or female, who is truly permanintfree? How about starting to investigate and identify any, now, without delay? *One paraeye* describes much more than 2 eyes.

681. TEST OF YOUR PERMANINTFREENESS

Liberation. Due to their effort to evolutionary overcome themselves in interconsciential and multidimensional relations, the rare *permanintfree*, or totally permanently intrusion free intraphysical being is seen to be liberated from 7 crucial parapatological and *pernicious occurrences*, in a crescendo of manifestations involving their holosoma that, generally, occurs over centuries, across multiple intraphysical existences:

1. **Self-obsessions**, *monothosenes*, monoideisms and fixed ideas, the basis of all types of interconsciential intrusions. The most common is sexual-affective intrusion that operates from a consciex (extraphysical consciousness) to a conscin (intraphysical consciousness); from a conscin to a consciex; and reciprocal intrusion that sets in motion, on the negative side of the human being, its recondite intentions, unsatisfied and unmanifested desires, and predispositions to the most diverse deviations of character. *Holomaturity* does not exist in the lunatic asylum.

2. Frequent, serious and instantaneous **en route accidents**, whether involving vehicles, mini-illnesses or other types of unhappy parapsychic facts, are payments of *bioenergetic paratolls* to the intruders in the domestic environment.

3. **Rashness**, simple influences, eventual unconscious mini-intrusions, or *consciential ectoparasitisation*, under conditions of only 5 minutes, 5 hours or 5 days, a state of undesirable fascination where a person is subject to a *consented domination*. Intrusions from an extraphysical origin are generally executed on the constituent elements of the intraphysical being's *thosenes*, or through *mental wedges* (*xenothosenes*), in this thosenic order of importance: CE, emotion or affection, and thoughts or ideas.

4. **Extraphysical intruders**, chronic obsessions or *consciential endoparasitoses* initiated by heterohypnosis and telepathic control over a conscin, or an intraphysical consciousness, who in this case is teleguided. Extraphysical intruders can persist for weeks and even months. **Unconscious evocations** activate unconscious intruding consciexes.

5. **Subjugations**, unhealthy consciential semipossessions; occurrence of prolonged, bilateral mutual persecutions. These are complex intrusions that, in certain cases, operate through multiple intruders. The same can happen in determined cases of parapsychic en route accidents, rashness and more frequent extraphysical intrusions. The *intrusion* of a consciex on a conscin is an unconsented relationship.

6. Pathological **consciential possessions**, intraphysical co-experiences of an entire existence, within the condition of *the law of groupkarmic inseparability* and the interprison of an executioner-victim or possessor-possessed duo, where the latter (the possessed) is dependent.

7. **Intrusive stigmas**, heterointrusions with pluriexistential and multiseccular repercussions and the actuation of *parapatological symbionts*, originating from the psychosoma, in the consciential microuniverse of the intraphysical being (conscin).

Test. Experimenter: what is your level of liberation from these pernicious occurrences? Are you still a *direct* victim of some of them?

682. TEST OF YOUR EVOLUTIONARY CONSCIOUSNESS

01. **Plant.** If a superior plant could have a glimpse of reason, possibly they would desire to be an irrational subhuman animal, which one day - based on what the evidence indicates - they will indeed end up becoming on their interminable evolutionary path.

02. **Pre-human.** Upon obtaining their first flash of reason, everything indicates that a superior, pre-human, subhuman animal desires to be a rational human animal, which one day they will end up becoming on their interminable evolutionary path.

03. **Pre-permanintfree.** When a superior, pre-permanintfree, rational human animal discovers the condition of lucid permanintfreeness, they desire to be, as quickly as is possible, a conscious permanintfree being, which one day they will end up becoming on their evolutionary path - which everything indicates is interminable.

04. **Pre-serenissiums.** When an already permanintfree consciousness, a superior pre-serenissimus, becomes self-aware of the quality of their lucid permanintfreeness, they desire to be, as soon as possible, a Serenissimus consciousness, which one day they will end up becoming, on their interminable evolutionary path. *Ad augusta per angusta.*

05. **Serenissimus.** When a *Homo sapiens serenissimus* consciousness, a Serenissimus, becomes self-aware of their qualities in the condition of experienced serenism, they will probably desire to be, as quickly as is possible, a consciousness liberated from space-time restrictions, equal to a FC, or a Free Consciex, emancipated from evolutionary seriality, which one day they will end up becoming on their interminable evolutionary path. *A Human's highest achievement is to transcend the forces that shape their physical life.*

06. **Evolution.** And so, the conscial principle continues evolving from there on, in a seemingly always interminable way. A *conscin* does not exist to crawl, but to fly.

07. **Conclusion.** The conclusion that we can extract from this chain of logical ratiocinations: aspiration and eagerness to evolve are omnipresent constants in the consciousness' microuniverse. Everything indicates these are beyond the natural instincts and postures of a human being, as if they were included in, or are part of, your basic conscial attributes.

08. **Eagerness.** This raises an essential question for you: What is the percentage of the quality of your evolutionary eagerness, today? Do you follow the standards of the natural order of things, evolution, or are you still not sufficiently aware to prioritise this?

09. **Test.** Do you, as a conscin - intraphysical consciousness - on the crest of your evolutionary cycle, believe yourself to be a pre-permanintfree pre-serenissimus? Or do you consider yourself a totally permanently intrusion free pre-serenissimus already? Regardless, what have you done to improve your level?

10. **Challenges.** The challenges are there, knocking on the door of our *mentalsomas*. Test yourself, to your benefit, because like it or not this is what happens, prior to becoming, inevitably, in favour of everything and everyone. Conscial modernity is calling you.

11. **Disks.** There are real disks and there are fake disks.

683. TEST OF YOUR WILL POWER

Resolutions. Whoever eliminates habits that feed negative thoughts, defeatist attitudes, fears and superstitions has more success. Throughout 1 year it is important to think on the positive and on success, impressing upon your thosenes (recin) resolutions such as the following 30:

01. **Analysis.** I judge that everything brought to my attention is worth examining.
02. **Attention.** I maintain concentrated attention on the libertarian goal the entire time.
03. **Centre.** I am a centre of constructive, dynamic, healthy and positive force.
04. **Communicability.** I am able to speak intelligently to any group of people (conscins), or consciexes, in any consciential dimension or set of circumstances.
05. **Competence.** I have the competence to attain the goal.
06. **Curiosity.** I have an insatiable, practical, selective and healthy curiosity.
07. **Enrichment.** Everyday I enrich the power of my thosenes a little.
08. **Epicon.** I am a polariser of libertarian ideas, an epicon.
09. **Evocation.** I continuously evoke the idea that formed this libertarian objective.
10. **Evolution.** What I have in mind is the best of consciential evolution.
11. **Execution.** Because I want and decide, my will is done.
12. **Freewill.** I am, with all conviction, the owner of my destiny.
13. **Gratitude.** I am grateful for all the good I have received in this intraphysical existence.
14. **Intentions.** My intentions are clear: I am a discoverer of the direction.
15. **Interest.** I have a genuine interest in the values of a mature consciousness.
16. **Invulgarly.** I see beyond the obvious, even in ordinary everyday things.
17. **Objectives.** My objectives will be accomplished through effort.
18. **Power.** I have the power to transform thosenes into what I want.
19. **Present-future.** I always look for new ideas, looking beyond the present hour and day.

*Appearances and eyes deceive: **reality** has no horizon.*

20. **Research.** I am researching the world, my *school*; and life, my *course*.
21. **Self-realisation.** My notion of self-actualisation is unmistakeable.
22. **Sowing.** I sow the seeds of consciential growth.
23. **Step.** Everyday I take a step towards my libertarian goal.
24. **Steps.** I am not satisfied with the steps I have taken until now. I want more.
25. **Strength.** I am fully aware of the fact that I am strong and powerful.
26. **Time.** I will have what I desire at the appropriate time.
27. **Triumphs.** Small triumphs will lead me to complete accomplishment.
28. **Victory.** I will win because what I want is correct for me and for everyone.
29. **Wants.** I want to receive the information I need to attain my goal.
30. **Will.** My will is strong and powerful. I know how to experiment with myself.

Test. If you affirm and admit the reality of at least 15 of these resolutions, you will truly, definitively dynamise your will on the way to permanintfreeness.

684. TEST OF UNDERSTANDING ABOUT A PERMANINTFREE BEING

Questions. The following are 13 didactic questions, in an *examination of excellence*, related to various different details about the permanintfree being. Answer each question proposed by yourself, without referring to Conscientiology's *artefacts of knowledge* (books, notes and other resources):

01. **Comparison.** *Demand* the structuring of similarities and differences, advantages and disadvantages, in a work of organising your ideas:- Establish the possibilities of you attaining the condition of a permanintfree, or totally permanently intrusion free, being.

02. **Critique.** *Demand* an effort from your more complex mental processes:- Critique the approach of you living your mediocre natural life, compared with your existence coherently ruled by permanintfreeness.

03. **Definition.** *Demand* your capacity to classify and distinguish the different categories of the subject under analysis:- Define *permanintfreeness*.

04. **Description.** *Demand* a presentation of the characteristics of the proposed condition:- Describe 3 real utilities of the permanintfree beings' condition.

05. **Discussion.** Presupposing the development of your ideas *demand* more than a simple description:- Discuss the reason why the absolute majority of the beings of Humanity, or conscins, have still not managed to reach the permanintfree beings' condition.

06. **Enumeration.** *Demand* your ability to recall:- Enumerate 8 relevant performances of a conscin that can lead to the condition of a permanintfree being.

07. **Exemplification.** *Demand* a demonstration of your ingenuity through a personal contribution:- Give 3 examples of your accomplishments that can help you attain the advanced condition of permanintfreeness more quickly.

08. **Explanation.** *Demand* an emphasis on the subject in relation to cause and effect:- Why, today, are we apt to successfully experience permanintfreeness?

09. **Interpretation.** *Demand* your capacity to perceive the meaning of the principal idea:- Why does the human race still greatly debate the pathological experience of eventual, unconscious mini-intrusions, without bioenergetic and emotional control?

10. **Organisation.** *Demand* a recollection of facts according to the criteria of increasing importance:- Organise a list of preventive measures, in 3 areas - sexuality, parapsychism and assistantiality - capable of optimising your conquest of the more advanced evolutionary condition of a permanintfree being.

11. **Outline.** *Demand* your organisation of the subject into topics and subtopics:- Outline 3 principles that sustain the logical concept of permanintfreeness.

12. **Selection.** *Demand* a critical evaluation according to pre-established criteria:- Indicate 3 existential circumstances where permanintfreeness can dynamise conscinial self-evolution. *The consciniality of your tasks can be either groupkarmic or polykarmic.*

Summary. *Demand* that you are capable of presenting the essential points of the subject:- Summarise 3 cosmoethical aspects of permanintfreeness.

685. MEGASTRONG**TRAITS OF THE *HOMO SAPIENS SERENISSIMUS***

Definition. The *Homo sapiens serenissimus* is a highly evolved consciousness, a true fulcrum of operating serenity, an anti-emotive conscin, who denotes extreme tranquillity, constant equilibrium, consciential holomaturity and cosmoethical discernment in everything. *Official biographies of Serenissimi do not exist.*

Characteristics. The serenissimus is a consciousness that grew from within. It is not externally visible. It is the result of an intimate victory, without any ostentation. These 8 complex positive fundamental and interdependent megastrongtraits of the anonymous intraphysical existence of the evolved consciousness of a Serenissimus are taken here as a *working hypothesis*, and, as an evolutionary model for you to evaluate through the Conscientiogram:

1. **Evolution.** Their consciousness exhibits an unmistakably greater evolutionary level in relation to the average of intraphysical beings on this Planet and they are living in the final phase of their trial of millennial serixises, in order to become a FC, or Free Consciex.

2. **Serenity.** Their intimate condition of indisputable constant well-being, antistress, untoxic self-restraint and complete serenity is expressed in their extraphysical appearance. This is the specific megastrongtrait, or basic characteristic, *sui generis*, of a Serenissimus.

3. **Multidimensionality.** When in *intraphysical* life, their existence is multidimensional due to the proper intentional use of the soma as *a pivot in life*, simultaneously *acting* among multiple consciential dimensions in a practical and universalistic condition.

4. **Bioenergetic.** They operate like a bioenergetic power plant through an extremely sophisticated yet simple, tranquil, evolved control of the therapeutic, defensive, assistantial, charismatic, *orthothosenic* and empathetic loading of consciential energy.

5. **Catalysis.** They propel and catalyse the ascending evolutionary level (reperspectivisations) of nearby consciousnesses (conscins and consciexes), without generating mutilating displacements (*evolutionary rapes*) or harm to human beings.

6. **Sustainability.** The megastrongtrait of sustainability: their positive sustainability serves as a consciential support, with the bioenergetic sphere of their consciousness selectively harmonising the lives of those around and the human environment in which they breathe with a singular level of parapsychic, animic, energetic discernment. Serenissimi always serve as a *pillar* regarding evolutionary construction.

7. **Assistantiality.** Assistantial megastrongtrait: their most advanced technique of positive, interconsciential intervention (pure maxifraternity) develops and remains hidden, in the manner of *one who is much less imperfect*. (See Bib. 4776).

8. **Anonymity.** The megastrongtrait of anonymity: their skilful and paradoxical avoidance of being registered in Human History (evolutionary camouflage), strictly maintaining themselves ignored by and unknown to, the intraphysical beings they assist (*prophylaxis from gurulaty*), although constituting an active living evolutionary model produced by Humanity, or the *still pathological* Socin (paradox).

686. PHYSIOLOGY OF THE *HOMO SAPIENS SERENISSIMUS*

Characteristics. From the *Theory of the Serenissimi*, it can be supposed, with regard to their intrasomatic life, that the Physiology of the *Homo sapiens serenissimus* has some very specific evolutionary characteristics, like at least these 10:

01. **Brain.** They utilise 100% of the brain, while the common human being utilises only part of the encephalon's capacity (Neurophysiology and self-thosenity). The average human brain weighs up to 1.5 kilograms. No human being has a 10 kilogram brain, only a *whale*.

02. **Cerebellum.** With extraordinary reflexes they control their cerebellum and produce the desoma, or somatic self-deactivation (first death or final projection) when they want, in a healthy way. So, a relativisation of their intraphysical life is constantly occurring (intraphysicality). (See Bib. 1830).

03. **Autonomous.** They control the autonomic nervous system (sympathetic and parasympathetic autonomic organs and systems), superintending the metabolism and using their CEs, or consciential energies, to relieve others (self-conscientiality and conscientiotherapy). The *soma*, besides being a prosthesis, is borrowed matter, even for a Serenissimus.

04. **Electromagnetism.** They canalise and control all the electromagnetic energy of the soma, generating diverse phenomena with physical effects (PK and neuronicity).

05. **Energosomaticity.** They completely dominate ectoplasm, focussing and concentrating all CEs, equal to a laser (*permanent enerspring*).

06. **Psychosomaticity.** When in more direct contact with us, they feel what you and I feel (symas, or sympathetic assimilation, telediagnosis or heterodiagnosis). The Serenissimus is an evolutionary *self-made person*.

07. **Mentalsomatic.** They possess multiple elevated intelligences, and for that reason we do not yet have ways to measure them (hyperacuity and holomaturity).

08. **Holosomaticity.** They attain complete synchronisation with other living beings through auric coupling (interconsciential environment and holosomatic interfusion).

09. **Psychophysiology.** They control the biological or psychophysiological clock, through the VS, or vibrational state (holosomatic homeostasis).

10. **Evolutivity.** On the scale of evolution, in their present-future the Serenissimus is some millennia ahead of us (consciential megapower).

Chronology. Serenissimi are what a common human, or you or I, pre-serenissimi in general, will be tomorrow. However, they are there, now, and are the model for the Conscientiogram; a living example of what we will be and a permanent stimulus to seek the condition of permanintfreeness, our next, practical, feasible step on the way to serenism.

Paradoxes. Despite all the paradoxes the *Homo sapiens serenissimus* challenges us with, they are there. Think about their *strongtrait* characterised by anonymity. *A Serenissimus is a giant that hides amongst the dwarves*. How is it possible? Is this not challenging?

Celebrity. The celebrity on Earth is still in a stage of evolutionary ignorance.

687. ARGUMENTS IN FAVOUR OF SERENISSIMI

01. **Logic.** Within the Universe of theoretical research in Science, rationality and logic are typically devastating in an argument. Generally speaking, logic leads us to admit the existence of the Serenissimus, or *Homo sapiens serenissimus*. This is admissible through 2 rational arguments.

02. **Argument 1.** The *first* argument-question: If, in the line of consciencial evolution, we have many species progressively less evolved, below us, why cannot many other species, progressively more advanced, exist above us?

03. **Argument 2.** Derived from the facts, the *second* fundamental argument in favour of the existence of Serenissimi is based on the sophisticated criminality of *serial supercriminals*, or the *anonymous social killers*.

04. **Polyintrusion.** A given individual, a mediocre being from an evolutionary perspective, but an intelligent, calculating, cold, socially integrated and methodical murderer, a person with a sick yet apparently unsuspected will, a serial supercriminal, is capable of performing evil poly-intrusion in a monstrous way, alone committing extensive massacres of people.

05. **Mask.** The victims, unknown by the archcriminal in certain cases, are randomly executed, without any direct or ostensive guilt, through a series of dozens of murders, in a discrete manner, in silence, with the murderer hidden behind a mask of the most absolute social normality.

06. **Knowledge.** At times such crimes only come to be known by the authorities and the public decades after they occurred. By that time the victims and missing people are often already forgotten.

07. **Facts.** Unfortunately a series of facts, with all these disturbing characteristics, exist registered in newspapers, articles and reports by the international press, and forming part of the police archives of various countries.

08. **Gravity.** How many cases as serious or even worse, which should not exist, have never been, nor will they be, discovered and divulged?

09. **Genius.** Here comes the *a fortiori second* argument-question: What impedes the existence and the acts of a Serenissimus that - as opposed to the supercriminal - is *evolutionarily superendowed*. A being capable of doing the good of collective, healthy and sound assistantiality, on a large scale, in a discrete and unsuspected way, in silence, without conscins, or all intraphysical beings - the majority of whom still lack full self-awareness - knowing?

10. **Refutation.** If you want to refute the *theory of the Homo sapiens serenissimus*, apparently so simple and yet until now unrefuted, you must start eliminating this analogical argument. The theory has remained firm and unbroken in the face of all the voices raised against it, since 1967. Anonymity is the Serenissimus' *antipresence*.

688. ACTIONS INCOMPATIBLE WITH SERENISSIMI

Incompatibilities. The following 8 actions are incompatible with Serenissimi:

1. **Difficulty.** While a conscin, or human consciousness, is under the sectarian command of some doctrine, or has undergone *brainwashings* from an idol, it is impracticable, or at least extremely difficult, for them to discover, localise and recognise the existence of a Serenissimus, or to discriminate their personal characteristics, interview them or intimately identify themselves with that personality in an extraphysical dimension. In this case, the consciousness' genius does not matter.

2. **Conflict.** Conflict is a part of human existence considered a perturbation (entropy), something abnormal and embarrassing. An individual lives in a *polemic relationship* with themselves (intraconscinial or intrasubjective conflict), with their conscinial vehicles (intraholosomatic or intrasystemic conflict) and with the world (interpersonal or intersubjective conflict). It is said that happy people *have no history* (human).

3. **History.** Serenissimi are free from this. The problem of a major conflict becomes impracticable for them. The *angel* dominates the animal. The conscin, or human being, is anonymous, they really do not have a history (also human).

4. **Gurulatory.** Gurulatory, mysticism, indoctrination and salvationism becomes impracticable in the interconscinial relations of a *Homo sapiens serenissimus*. *Serenism* extrapolates the *protoknowledge of religions' maternal courses*.

5. **Mythoclast.** It will always prove impracticable, incoherent and conflictive for a human consciousness to attempt to reconcile a practical understanding regarding the existence of a serenissimus with the sectarianism of religion, or religiosity, regardless of which. At this time on Earth the serenissimus is the *greatest antichrist*, a *mythoclast*.

6. **Effort.** Serenism makes *unconscious dependency* on other consciousnesses impracticable, as they are based on an effort which is personal, or intraconscinial and dedicated to the conscinial evolutionary liberation of egokarma aiming towards polykarmic accomplishments.

7. **Opposite.** At the current average conscinial evolutionary level of this Planet, the *mass dissemination of serenism* is impractical. On the path toward total human anonymity, one of the last experiences that a pre-serenissimus suffers is the injury, defamation and dishonour generated by the misunderstanding of others, because at this point they will already be living contrary to the tropospheric interests of the still immature intraphysical society. The deeper your roots on Earth the more drastic and costly will be your renunciations in material life. The great majority of intraphysical consciousnesses still lack any inclination for renunciation as they still live as slaves to infantile egocentrism (egokarma).

8. **Serenity.** In theory, it is impossible for you, I, or another evolving consciousness, not to become a Serenissimus sometime in the *evolutionary future*. The more quickly we understand the reality of serenism the better it will be for all of us. The most meagre *knowledge* is that of an intruder. Not every *will* is intelligent.

689. EXAMPLES OF SERENISSIMI AND THEIR PERSONAL TRAITS

Traits. A *scientific discovery* is inimitable: you only discover a reality - a *hypertothosene* - one time. To deepen research regarding the Serenissimus, or *Homo sapiens serenissimus*, we will approach the more personal traits that have been detected until now, after direct, preliminary, extraphysical interviews.

Common. Beyond their *megastrongtraits* or specific known characteristics, we can consider 3 other common consciential traits of Serenissimi in general:

1. **Maxifraternity.** Intraphysical geographical interest with a maxifraternal *continental spirit*. They overlap themselves with countries - in a supranational way - and act on continents with evolved repercussions. *There is no intraterrestrial Serenissimus. All of them evolved on multiple planets, over millennia.* Pre-serenissimi are older than Earth.

2. **Antibellicism.** Generalised antibellicose behaviour, in a ubiquitous multidimensional manner, all the time.

3. **Assistanciality.** Multidimensional assistance to all levels of consciousnesses - conscins and consciexes - within the consciential psychosphere of this Planet.

Traits. Here are personal holothosenic traits of 4 Serenissimi, each identified below by only a simple name:

1. **Australino.** Characteristics of his holothosene: assistance to Antarctica, The Falkland Islands, the Southern Cone of South America; effective cooperation in the expansion of the Spanish language in the World; extraphysical reurbanisation of ancient sites and antibellicism. Still in intraphysical life, he appeared to have less than 40 years old in 1990; vigorous complexion; light brown, suntanned.

2. **Ki-lin.** Characteristics of his holothosene: assistance to oriental populations, notably the Chinese who are 1/5 of the planetary population of 7 billion human beings; opening the Chinese culture to the world in the near future and antibellicism. While in intraphysical life, he was more than 70 years old (Base year: 1990); had a slender stature; very intense eyes and thin white hair. He is now (2012) desomated.

3. **Monja.** Characteristics of her holothosene: interdimensional assistance; intercontinental assistance; opening of Orientalism; *extraphysical deconfrontation*; multidimensional Methodology; and antibellicism. Closer to the activities of the *Consciential Revolution* promoted by Conscientiology and Projeciology. She is, today (Base year: 1994), in extraphysical life.

4. **Reurbanizer.** Characteristics of his holothosene: promotion of *extraphysical reurbanisations*; assistance to maxifraternal international agencies: UN, UNESCO, European Union and others; defence of Ecology, or the promotion of the *Environmental Revolution*; and antibellicism. The most powerful of the known Serenissimi. Today this consciousness is in extraphysical life. When he lived in matter, up until 1990, he had a soma deformed by oligophrenia (idiocy).

Proexis. In light of the reality of Serenissimi and serenism, it is worth asking here: What is the percentage of my *mentalsomatic* performance in my proexis today? While in the soma, no one ceases to be human, not even a Serenissimus.

690. EXPERIENCE OF YOUR CEREBRAL POTENTIALITIES

01. **Brain.** Human beings have still not learnt how to effectively use the 2 cerebral hemispheres. We - common humans - only utilise a fraction of the available capacity and potentials. (See Chapter 686).

02. **EQ.** The encephalisation quotient (EQ) measures an organism's brain mass in relation to its body. A modern human being's brain is the most complex structure in the known Physical Universe: it has an EQ equal to 5.

03. **Index.** The cephalisation index is the relation between *cerebral weight* and *body surface*. The human has the largest index: 2.73; the chimpanzee: 0.96; the elephant: 0.86. The elephant and the whale possess brains larger in volume, but they have a much more voluminous corporeal mass. Cerebral functions mostly depend on organisation of neural mass.

04. **Someone.** It is more than logical to consider that someone used 100% of the human organism's potentialities and resources to think, in intraphysical life, thus making the brain develop to this physiological state; today so advanced for us that we find ourselves with: an instrument superior to our average ability to think. *Natura non facit saltus?*

05. **IQ.** The intelligence quotient (IQ) of any Serenissimus must obviously be higher than all the results registered so far (known maximum: 228). According to evolution this must constitute a *megastrongtrait* or characteristic of theirs.

06. **Opening.** In certain cases, while in intraphysical life a Serenissimus themselves sponsors the healthy and conscious awakening of their own sexochakra through bioenergy, potentialising deep transformations of the bioenergy operating in their soma.

07. **Parageneticology.** This allows them to open *previously non-operative areas* of their 2 cerebral hemispheres, overcoming and improving the restrictive limits of the laws of Genetics, through their Paragenetics, and refining the ancestral biological capacities encountered in their intraphysical, or cellular, instrument.

08. **Catalysis.** As *evolutionary catalysers* of consciousnesses, the Serenissimi probably lived in bodies (somas) of women and men from different human races prior to us, using and amplifying the capacity of operation and application of the brain and consequently left us a planned legacy, attached to the laws of Genetics and Evolution. Thus enabling us to continue evolving, little by little, enjoying, in practice, all the potentialities of this stimulating instrument.

09. **Calendar.** With regard to evolutionary catalysis, it is worth observing that 6.5 millennia ago the ancient Egyptians already possessed a calendar.

10. **Judgment.** Therefore, experimenter, what do you think and conclude: can the theory of *Homo sapiens serenissimus* rationally explain and give plausible physical meaning to the greater sophisticated operation of our current brain?

11. **Issue.** However, the priority practical issue is that the brain challenges us to use it, at a high level, as Serenissimi do.

691. HOLOTHOSENE OF THE SERENISSIMI

1. **Definition.** The holothosene of the Serenissimi (*Homo sapiens serenissimus*) is the consolidated set of CEs, or consciential energies, constituted by the wills, thosenes (thoughts, sentiments and energies) and decisions of the most evolved consciousness who still act intra and extraphysically in the troposphere and on the consciential evolution of this Planet. Robinson Crusoe was no Serenissimus, not even in literature.

2. **Discovery.** Personal principles to live by, when created by a veteran conscious projector, end up allowing the projector an extraphysical interview with a Serenissimus. Those principles, firstly, invariably lead the projector to discover the holothosene of those evolutionary vanguard consciousnesses, and, soon thereafter, lead to unity in the multidimensional work with the very same holothosene of serenism.

3. **Initiation.** *Through science it is never possible to affirm if our knowledge is vast or minute.* Recognition of the reality of the Serenissimi's holothosene evidences that the much praised, sought and mystified parapsychic initiation, is in truth multidimensional, pluriexistential and multimillenary in the evolutionary trajectory of consciousnesses.

4. **Consequences.** Working in unison with Serenissimi brings obvious, personal, logical consequences, specifically it: helps the liberation from the series of intraphysical lives; dynamises the individual polykarmic account; deepens and amplifies the sense of maxiuniversalism; fixes personal effort in the claritask, or the clarification task, according to the proaxis; intensifies the habitual, lucid and prioritised use of the mentalsoma; allows for an effective experience of Cosmoethics; impels the ego to a condition of communicative cosmoconsciousness; implants, in practice, the daily performance of penta, or assistance through the personal energetic task; more quickly leads the conscin to the permanintfree, or totally permanently intrusion free, condition.

5. **Effects.** Among the positive collective effects of the Serenissimi's holothosene on this hospital-school called *Earth*, we can highlight: the installation of extraphysical energy flows in areas more in need of *paraenergetic* aid in general, Sociexes, consciexes and Parahumanity (*extraphysicality*); and *bioenergetic* aid, Socins, conscins and humanity (*intraphysicality*), in particular; the collective harmonisation of thosenes that modify the structure and concepts of Socin (strong-ideas) for the better; the simultaneous scientific discoveries (*hyperthosenes*), in distant locations, due to the resonance of polarised thoughts (*morphothosenes*) or multipresent inspirations; and many others.

6. **Reurbanisation.** Though new, the emancipating holothosenes of consciential evolution are powerful and gradually undo the old and encrusted negative pathological holothosenes accumulated by civilisations. An example of that, with positive effects essential for humanity: the Serenissimi have already initiated the effectuation of the extraphysical reurbanisation of this Planet, beginning with the elimination of sick, crustal, tenebrous extraphysical areas, which have circumvolved the Earth for millennia.

692. TEST OF FUNCTIONAL RELATIONS OF RESEARCH

Science. *Impelled by Science creative talent is progressing in all fields.* All of this despite its antiethical abuses and the excesses of Technology.

Refinement. The following are 30 functional relations indispensable to the refinement of your intra and extraconsciential personal research, according to syntheses from Conscientiometry:

01. **Assistance**: advanced renovating claritask vs. primary repetitive consoltask.
02. **Conscientiality**: unalienated conscin vs. sophisticated lucid consciexes.
03. **Continuity**: correct proexis proceeding vs. already dispensable self-mimicry.
04. **Cosmoethicality**: self-incorruptibility vs. primary anachronistic human moral.
05. **Criticity**: predominance of lucid self-critique vs. predominance of heterocritiques.
06. **Energosomaticity**: IEs or immanent energies vs. CEs or consciential energies.
07. **Evolutivity**: initial option for invexis vs. later imposition of recexis.
08. **Groupality**: operating evolutionary duo vs. old groupkarmic stigmas.
09. **Holokarmality**: open *polykarma* vs. *egokarma* with groupkarmic interprison.
10. **Holomaturity**: condition of integrated maturity vs. *consciential basement*.
11. **Holosomaticity**: less impermanent psychosoma vs. transitory soma.
12. **Hyperacuity**: condition of cons recuperation vs. *evolutionary paracomatose*.
13. **Intermissibility**: recent intermissive course vs. *post-desomatic parapsychosis*.
14. **Intrudability**: the vanguard's deintrusions vs. chronic or multiseccular intrusions.
15. **Invulgarit**: predominance of *megastrongtraits* vs. predominance of *megaweaktraits*.
16. **Mentalsomatics**: parapsychic polymathy vs. common psychomotricity.
17. **Multidimensionality**: lucid *extraphysicality* vs. mediocre *intraphysicality*.
18. **Permanintfreeness**: epicon with offiex vs. frequent unconscious mini-intrusions.
19. **Personality**: female condition (*yin*) vs. male condition (*yang*).
20. **Projectability**: CPs or active conscious projections vs. passive mediumism.
21. **Sanity**: Conscientiotherapy or priority self-cures vs. Projectiotherapy.
22. **Scholarity**: conscientiological education vs. only formal schooling.
23. **Scientificity**: Conscientiology's theories vs. Projectiology's practices.
24. **Serenity**: *condition of serenism* vs. condition of evolutionary pre-serenism.
25. **Seriality**: intraphysical rebirth vs. desoma with *post-desomatic* intermission.
26. **Sexuality**: holorgasms from the coronochakra vs. common orgasms from the sexosoma.
27. **Sociability**: Permanent complex Sociex vs. still pathological Socin.
28. **Theoricity**: consciential paradigm vs. conventional, mechanist paradigm.
29. **Technicity**: symdeases through the will vs. unconscious and unhealthy symases.
30. **Thosenity**: defined personal *holothosene* vs. predominance of *heterothosenes*.

Test. Experimenter, after reflecting on these pairs of pertinent variables identify your degree of self-awareness regarding each, answer the question:- Are my levels of self-awareness satisfactory for myself?

693. RESEARCH ON *HOMO SAPIENS SERENISSIMUS*

Conscientiogram. The following are 30 conclusions, from within the Conscientiogram, regarding *Homo sapiens serenissimus*, according to the approach of the neoconcepts of Conscientiology:

01. **Accidents.** Among conscins, only they are free of parapsychic accidents.
02. **Alternation.** On this Planet the Serenissimus is a *permanently alternating conscin*.
03. **CEs.** Their immediate energetic objective is to *make their coronochakra their energosoma*.
04. **Cosmoethic.** Cosmoethics attains its intraphysical apogee with serenism.
05. **Cycle.** The criterion that governs their multiexistential cycle is *evolutionary activity*.
06. **Ectopias.** They no longer make mistakes with the consciential ectopias of pre-serenissimi.
07. **Enerspring.** They live an *uninterrupted enerspring*, in any consciential dimension.
08. **Evolution.** Their immediate evolutionary goal is to *make their mentalsoma their holosoma*.
09. **Footprints.** Through great consciential wholesaling they erase their own *footprints*.
10. **Groupkarma.** They reached the zenith of the evolutionary *front* in the groupkarmic *course*.
11. **Holokarma.** Their immediate karmic goal is to *make their polykarma their holokarma*.
12. **Holomaturity.** They are the ideal model of holomaturity for conscins.
13. **Hyperacuity.** A conscin only attains the condition of the Serenissimus through hyperacuity.
14. **Intraphysicality.** The permanintfree being and the serenissimus do not live *locked existences*.
15. **Megaconscin.** Until now they are the true *megaconscins* identified by us.
16. **Megaleader.** They are the evolutionary leaders within Sociexes, or Extraphysical Societies.
17. **Megaobjectives.** The two priority megaobjectives for a more conscientious conscin are: 1st. Permanintfreeness; 2nd. Serenism; always in this natural and inevitable order.
18. **Mentalsomatic.** According to the development of consciential evolution, a Serenissimus concludes the cycle of energosomatic existences and enters directly into the *mentalsomatic cycle*.
19. **MS.** MS, or multidimensional self-awareness, has been a tranquil consciential conquest of the *Homo sapiens serenissimus*, for millennia.
20. **Multicompletist.** Regarding their proexises they are *millennial multicompletists*.
21. **Permanintfreeness.** Upon reaching the condition of serenism, the evolving being has already been permanintfree for centuries, or - who knows? - millennia.
22. **Psychosoma.** They move toward the pending deactivation of the psychosoma.
23. **Robexis.** Robexis is the intraphysical condition exactly opposite to serenism.
24. **Self-consciousness.** They have the greatest level of self-conscientiality detected by us, which ends up creating a more evolved group: the *Invisible College of Serenissimi*.
25. **Self-mimicries.** They allow only a minimum of inevitable self-mimicry in the day-to-day.
26. **Solution.** They always act as a *providential solution*, never as a *problem*.
27. **Supercerebral.** They do not appeal to the unhealthy resources of the *abdominal sub-brain*.
28. **Superepicon.** In their intraphysical condition a Serenissimus is a *human superepicon*.
29. **Superlove.** As a pair an evolutionary duo of Serenissimi compose an *ideal superlove*.
30. **VS.** A Serenissimus lives in a *permanent VS (vibrational state)*.

694. BASES OF THE SERENISSIMUS' ANONYMITY
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01. **Strongtrait.** In the hour of help - or rather, during their entire life - a *Homo sapiens serenissimus* manages to go unnoticed, paradoxically becoming anonymous, erasing their own footprints. This is their 8th characteristic megastrongtrait.

02. **Camouflage.** In an *evolutionary camouflage* a Serenissimus removes their name from circulation, once and for all erasing their personal history or autobiography.

03. **Claritask.** At that level it is supposed they need to become inaccessible in order to dynamise their claritask. Maintaining the desire to preserve their consciential life they are not, nor do they live to be, available. They encounter the conscins they want to, where they want, when they want and in the conditions they choose; thus protecting themselves from indiscreet individuals, mythomaniacs and *gurulatries*.

04. **Clandestinity.** A giant hidden among dwarves, whom is not easily encountered, enjoying their condition of *intrapysical clandestinity*, which places them advantageously in relation to the majority.

05. **Interview.** *Having an interview with a Serenissimus is always ultimately their choice.* Nevertheless this attitude is not an expression of social climbing, prima donna-ishness, capriciousness, *genus*, eccentricity or narcissism.

06. **Aureole.** However, their life irrecusably maintains them in an aureole of a mysterious human personality. They live an intrapysical life mysterious to conscins in general and a *multidimensional life open* to evolutionarily advanced consciexes.

07. **Clues.** They almost always refuse to provide personal clues that may identify or locate them, thereby avoiding the inconveniences of intrapysical popularity.

08. **Conduct.** Their atypical, non-conventional behaviour is based in their definitive refusal to promote themselves on the stages and in the encyclopaedias of intrapysical life.

09. **Usurpation.** Immature eagerness to encounter a Serenissimus by any means, can lead a pre-serenissimus, a *guru-worshipping conscin*, to be deceived by unscrupulous sick consciexes from *tropospheric* extrapysical dimensions, *cynics from unhealthy Sociexes* who are capable of encouraging the *usurpation of the personality* and mystification of the incautious.

10. **Reality.** Anonymous in order not to shame pre-serenissimi, the self-knowledge of a Serenissimus exceeds the limits of our concept of consciential reality.

11. **Polykarmality.** Their energetic, parapsychic and existential resources, as well as their consciential independence, allows them to be liberated from any activity unrelated to their wishes and interests, which are in favour of other consciousnesses within polykarmality.

12. **Assistanciality.** Their objective in being so difficult to encounter - from what the facts indicate - is the priority given to expand their assistancial consciousness.

13. **Liberty.** In a Socin in which the *populace* form *groups and surround* singers and football players, a Serenissimus' anonymity is entirely justified. They know how to expand their liberty in the intra and extrapysically fostered uninterrupted assistance.

14. **Cosmoethicology.** Even though they do not have a personal intrapysical history, Serenissimi act impeccably with regards to Cosmoethics, no longer asking anything for themselves.

695. TEST OF PRO-SERENISM ACQUISITIONS

Apogee. The condition of consciential serenism, the quality peculiar to the *Homo sapiens serenissimus*, is the conclusion of the evolutionary period of successive intraphysical lives. At this point the consciousness attains the liberation of a FC, a stage where, hypothetically, they cease to be reborn within the current forms, as will happen with all us pre-serenissimi someday.

Serenism. The following are conscious achievements, executed with effort, capable of accelerating our possibilities to live in and dominate, the condition of serenism.

Measures. Here are 14 acquisitions that help in the conquest of serenism:

01. **Freewill.** Prioritisation of the quality of mature personal freewill.
02. **Holomaturity.** Valorisation of holomaturity, or integrated consciential maturity (holosomatic, holomemory, multiexistences, retrocognitions).
03. **Everythingology.** *Personal library* of libertarian works (*Everythingology*, or Pantology).
04. **Self-incorruption.** Maintenance of the greatest permanent self-incorruptibility possible.
05. **Cosmoethicology.** Search for a deeper understanding in the experience of Cosmoethics.
06. **VS.** Installation of prophylactic personal VS's as frequently and as constantly as possible.
07. **Bait.** Increasingly productive coexistence with mini-intrusions, transforming them into lucid assistantial services (*lucid assistantial bait*).
08. **LP.** An increasing practice of LP, or conscious self-projectability.
09. **Penta.** The habitual practice of penta (personal energetic task) in uninterrupted evolution throughout the development of the intraphysical life.
10. **Offiex.** Experience of *psychophonic monologue*, aiming for an offiex, or *extraphysical office*.
11. **MS.** Diligence to obtain MS, or multidimensional self-awareness.
12. **Universalism.** Increasingly rapid transitions from the microcosm (particularities of a minipiece) to the macrocosm (Universalism of the maximechanism).
13. **Memories.** Reduction of the dimming of multiple consciential memories.
14. **Permanintfreeness.** Attain the condition of a *permanintfree*, or totally permanently intrusion free being, the half-way point to true serenism.

Dynamisation. *Dynamisation of your self-evolution depends exclusively on you.*

Conscins. There are millions of consciousnesses who uselessly, continuously reprise repetitive and dispensable existential experiences. Other legions of people sincerely desire self-renewal, but do not sufficiently motivate themselves to the critical point of attaining a level of integrated consciential maturity.

Test. What do you desire? This subject is inevitable if you seek an effective, consciential, evolutionary return. Analyse your case: What have you already conquered?

Functional. Obviously this list does not consist of only the indispensable or inevitable steps, but it specifies those that we can discern, for now, as being functional and efficient, in our pre-serene condition. It is always worth the effort to fight together with us. *Discernment* is the consciousness' compass.

696. TEST OF THE CONSENSUS REGARDING SERENISM

Serenism. In our behaviour, choices and decisions, discernment recommends us not to forget Cosmoethics and to always try to acquire a consensus regarding serenism. Serenissimi, these *colleagues more advanced* in the course of consciential evolution, do not necessarily worship formal perfection. There is even evidence of a Serenissimus that used a soma affected by intellectual deficiency. From there a necessity arises to identify the limit of concessions when committing intentional behavioural mistakes, in order *to mingle our personality among the multitudes*, to create a *rapport* and to be better understood, or to remain equal to others, without diverting conscins' attention to the form, in detriment of the content.

Questions. A consciousness has to try *to establish jurisprudence*, cosmoethical parameters or critical levels regarding the ideal in their list of personal principles. The following are 10 self-critical questions for whoever is trying to obtain a consensus regarding serenism:

01. **Consensus.** Where do I position a consensus between the *freedom of the cathedra* and the *indoctrinating pontification* of brainwashings?

02. **Claritask.** In what way can my formal education be restraining the transmission of my libertarian message in the execution of the claritask?

03. **Form.** In the anti-elitist communication of my ideas, how far should the use of intentional vices of form go towards diminishing the *gap* (breach) between the extreme evolutionary positions that I face?

04. **Ideas.** In the transmission of information to others, what percentage of intentional errors ought to be used as a *link* for the *interconsciential affinity* and in the fixing of positive ideas? *Evolutionary rape* can predispose suicide in psychopaths.

05. **Self-critique.** In the maintenance of my vices of form, when is it an ego defence and when is there an exaltation of self-image?

06. **Communicability.** How far must the influence of human conventions go in the communication of my multidimensional realities?

07. **Hyperrealisms.** Does science, the claritask and the combating of dispensable repetition in a seriexis always have to be *hyperrealistic*?

08. **Self-consciousness.** Must my discernment (logic) suffocate my *humanistic consciousness*? Let us not forget that a *conscientiologist* sees the world through the paraeyes.

09. **Tactics.** Is one of the Serenissimi's tactics for anonymity the use of a single error that manages to positively hide their deep, yet incomprehensible, skill?

10. **Fatalities.** Are great disasters in life human, biological death and *consciential self-analysis* always inescapable at our evolutionary level?

Points. Conventional Science does not worship Semantics, Terminology or Nomenclature. *An intraphysical Serenissimus will never live without going to the bathroom.* All orthodoxy is virulent due to camouflaged fanaticism. Orthodox conventional science is becoming worn out as a result of myopic, four-dimensional physicalism.

697. TEST OF THE LEVEL OF YOUR SERENITY

Traces. Through the psychosoma we can identify the real intimate conditions through which we *pre-serenissimi* are, or are not, seeking the evolved consciential condition of serenity:

Conditions of Serenity	Conditions of Pre-Serenity
01. Alleviate, affability	Hysterics, foolish attitudes
02. Authenticity, clarity of vision	Insincerity, dissimulation
03. Balsam, social amenity	Feverishness, negative provocation
04. Benignity, lived amiability	Malignity, immature nonsense
05. Calmness, renovation of concepts	Agitation, apathy in attitudes
06. Evident imperturbability	Franticness, anarchism in actions
07. Gentility, natural courtesy	Rudeness, social coarseness
08. Improvement, evolutivity	Savagery, lamentable involution
09. Lenience, equanimity	Asperity, indefensible incivility
10. Methods, prudence in life	Indiscipline, disorganisation
11. Mitigation, impartiality in acts	Exaltation, <i>worsening</i> of the environment
12. Moderation, coherent reflection	Immoderation, incoherent rebellion
13. Modesty, true discretion	Immodesty, disguised megalomania
14. Mollification, mature patience	Impatience, animal ferocity
15. Pacification, peaceful disposition	Impetuosity, egotistic violence
16. Peacemaking, conciliation	Inquietude, illogical disagreement
17. Prudence, sense of justice	Imprudence, impetuosity
18. Reasonableness, flexibility	Intransigence, inflexibility
19. Refreshment, comforting presence	Uncontrollable agonising paroxysm
20. Relaxing, self-trust	Turbulence, inconceivable insecurity
21. Relief, peace of mind	Injustice, aggravation of the worst
22. Self-control, impartiality	Eventual lack of emotional control
23. Smoothness, consciential harmony	Harshness, consciential disharmony
24. Sobriety, parsimony	Irascibility, existential wastefulness
25. Softening, discernment	Irritation, annoyance without reason
26. Softness, tenderness in ways	Hardness, rigidity of views
27. Soothing, energetic affection	Madness, energetic overload
28. Sweetness, pure spontaneity	Exacerbation, discontentment
29. Temperance, logical prudence	Intemperance, lack of composure
30. Tranquility manifested in acts	Unquietness, irrational exasperation

Test. Are your personality traits of the first or second column? *There are conscins more intelligent than the constructors of **intelligence** tests.*

698. TEST QUESTIONNAIRE FOR A SERENISSIMUS

Questions. Going forward, if you encounter a Serenissimus in the normal waking state it would be intelligent and useful to address some questions to them, like the following 25:

01. **Anonymity.** Did your technique to live anonymously among humanity fail? Why?
02. **Bioenergy.** How do you remain incognito while utilising so much CE?
03. **Conscientiology.** What is your relationship with Conscientiology, in particular?
04. **Duo.** Who is your greatest friend in this dimension, today?
05. **Group.** Can you reveal one of your evolutionary peers on this Planet?
06. **Heuristic.** How can we increase serendipity or scientific creativity?
07. **History.** What important person from the encyclopaedias were you in previous lives?
08. **Holothosene.** What is the least pathological environment in the troposphere of this Planet?
09. **Institution.** Is there some institution that I should join?
10. **Intraphysical.** How many lives do you still have to experience, on this Planet, within your multiexistential cycle?
11. **Megaweaktrait.** What is the consciential trait you most recently mastered?
12. **Mentalsomatology.** What is the most effective intraconsciential formula for transforming emotions that dominate us, into sentiments that we completely control?
13. **Pathology.** Do you currently suffer from any chronic or serious illness?
14. **Performance.** What exceptional thing have you already done, intraphysically?
15. **Philosophy.** What do you understand to be the primary cause of the Universe?
16. **Progeny.** Have you produced a child in this current life?
17. **Profession.** What is your principal occupation in this intraphysical existence?
18. **Projectiology.** What are the best techniques for human conscious projection?
19. **Rebirth.** Which conditions governed your rebirth into this current life?
20. **Retrocognitions.** How many past lives do you remember?
21. **Scientific.** What is your relationship with conventional science, in general?
22. **Self-evolution.** Can you give me a suggestion for my evolution?
23. **Sociability.** Which people compose your most intimate circle of friends?
24. **Soma.** Which soma gave you more evolutionary impetus: gynosoma or androsoma?
25. **Troposphere.** Do you control natural elements such as storms, tornadoes, tsunamis or earthquakes? (*A Serenissimus likes to be and not to appear*).

Attitudes. These questions give rise to innumerable other questions, which raise still others, perhaps ad infinitum. Stay alert in order to not have excessive inappropriate or impulsive attitudes during the interview, which you may later regret.

Recorder. During this encounter one must act with the maximum consciential maturity possible. A tape recorder would be extremely useful on this occasion.

Telephone. If that interview occurs, please send me your address and phone number. As in this case, if possible, I would like to interview you.

699. TEST OF YOUR CONSCIENTIOLOGICAL CONSCIOUSNESS

Principles. According to the principles of Conscientiology explained here, the following are 30 healthier positions that, when compared, prevent or eliminate 30 unhealthier positions:

Healthier Positions	Unhealthier Positions
01. Advanced consciential gestations	Primary, secular human gestations
02. Already dispensable self-mimicries	Still necessary self-mimicries
03. Claritask, or clarification task	Consoltask, or primary consolation task
04. Complexis (existential completism)	Incomplexis (existential incompletism)
05. Consciential paradigm (counterflow)	Mechanist paradigm (immediatist flow)
06. Consciential self-awareness	Locked existence, or seriexis (matter)
07. Consciential wholesaling (conduct)	Consciential retailing (primary conduct)
08. Cosmoethics in liberating experience	Repeated anachronistic mental indiscretions
09. Encephalic brain predominant	<i>Abdominal sub-brain</i> predominant
10. Enerspring (self-organisation of CEs)	Frequent parapsychic accidents
11. Experienced LP, or lucid projectability	Consciential paracomatose (extraphysical)
12. Fraternal universalism (polyglotism)	Egoic parochialism (monoglotism)
13. Healthy euphorin (pre-euphorex condition)	Pathological melin (pre-melex condition)
14. Healthy self-conscientiality	Consciential amentia (Psychopathology)
15. Hologasms of mature sexuality	Primitive <i>orgasmogenic syndrome</i>
16. Holosomatic homeostasis or health	Multiple consciential parapathologies
17. Hyperacuity or essential cons	Consciential basement into adulthood
18. Invexibility experienced (option)	Recexibility experienced (imposition)
19. Lucid paraphysiological symdeases	Unconscious parapathological symases
20. Neophilia of pure Conscientiology	Neophobia (repeated unconscious robexis)
21. Penta, or personal energetic task	Religious mediumship or consoling faith
22. Permanintfreeness (evolved condition)	Intrusion (subhuman condition)
23. Practical consciential triendowment, now	Restrictive consciential monoendowment
24. Proexis being executed with firmness	Primary, old, consciential ectopias
25. Psychosoma's brain (parabrain)	Superficial physicalist brain (skull)
26. Self-conscious holosomaticity	Instinctive unconscious somaticity
27. Self-conscious polykarmality today	Yesterday's unconscious egokarmality
28. Serenism (Serenissimus, the model)	Pre-serenism (mediocre conscin)
29. <i>Strong</i> traitism (the conscin's potencies)	<i>Weak</i> traitism, the conscin's heavy burdens
30. Sustained holomaturity (future)	Past immaturities (obstinate outbreaks)

Test. What principles of Conscientiology do you deeply experience with self-awareness?

Important discoveries originate in only one head, even when 100 work in the team.

700. THE IDEAL FORMULA OF CONSCIENIOLOGY

Goals. The *design* of Conscientiometry's final experiment, Conscientiology's ideal *formula*, and, even more appropriately, the immediate *equation* of our current consciential evolution, fits into 3 practical objective logical goals that are accessible to anyone interested and that a lucid conscin seeks to attain with the passing of chronological time, as *recin* affects their personality:

1. **Recexis.** The *short term* first goal in this intraphysical life, today, is the conscious experience of the inverter's, or existential inverter's, option for the programmes of *invexis*, or the conscious experience of the imposition of the recycler's, or existential recycler's, programmes of *recexis*. This goal can be attained in *decades* of intraphysical life.

2. **Permanintfreeness.** The *medium term* second goal in this, or a future, intraphysical life, is the permanintfree condition of the permanintfree being, a totally permanently intrusion free conscin. This goal must demand *centuries*, or rather, *millennia*, of continuous efforts.

3. **Serenism.** The *long-term* third goal at some time in our future, is to attain the serenism of the *Homo sapiens serenissimus*, according to Conscientiology the Serenissimus is the prototype, or ideal model, for the Conscientiogram. This goal demands *multimillennia* of continuous coherent efforts.

Summary. All these 3 goals of *recin* are feasible, and in the body of their proposals bring a summary of the effort of consciential renewal to those who truly desire to evolve with sanity and security, improving their *mentalsomatic cycle*.

Progression. It is obvious that the progressive degree of difficulty present in the plan is indisputable to any lucid and impartial conscin. In reality none of the 3 goals of recycling is easy. If this was the case we would have already solved the dynamisation of our egokarmic and groupkarmic evolution, *millennia* ago.

Mathematisation. This formula indicates the *practical mathematisation* of our consciousness.

Test. For you, experimenter, it will be important to test this degree of difficulty, in order to establish the percentages of your performance consonant with your *megastrongtraits*, in the coming decades of human life.

Challenge. This challenge of discernment and holomaturity is personal in space and time, and, from what all the facts indicate, can only be entirely overcome in *multidimensional*, *multiexistential*, *multimillennial* and *multi-intermissive* conditions, in *multiple* interwoven consciential self-relays within the consciousness' personal, evolutionary, existential cycle. *The more extensive a consciousness' active vocabulary, the more fertile their thosenity can be.*

Greeting. To candidates for the execution of this *evolutionary work*, my fraternal greetings - *Welcome aboard* - I wish you success within cosmoethical immediatism, *hic et nunc*. I look forward to seeing you inverters, recyclers, completists, maximoratorists and permanintfree beings as soon as possible, to the delight of us all.

INTERNATIONAL BIBLIOGRAPHY OF CONSCIENTIOLOGY

Observations. This International Bibliography of Conscientiology is composed of 5,116 (five thousand one hundred and sixteen) *works*. The bibliography of the book “Projectiology: A Panorama of Experiences of the Consciousness Outside the Human Body” was included here. Each work, whether book, journal or sundry article, *always* includes at the end of its set of information (record), the *exact pages* where it covered at least a specific subject matter of the broad universe of *experiences of the consciousness outside the human body*, the foundations of Projectiology, the practical part of Conscientiology. These works come from 37 *countries*: South Africa, West Germany, Argentina, Australia, Austria, Belgium, Brazil, Canada, Chile, China (Taiwan), Singapore, Costa Rica, Denmark, Egypt, Scotland, Spain, United States of America, France, Greece, Holland, Hong Kong, Hungary, India, England, Ireland, Iceland, Italy, Japan, Luxembourg, Mexico, Monaco, Norway, Portugal, Soviet Russia, Sweden, Switzerland and Venezuela. These works were written in 20 *languages*: Arabic, Chinese, Danish, Spanish, Esperanto, French, Greek, Hebrew, Dutch, Hungarian, Italian, Japanese, Latin, Norwegian, Portuguese, Russian, Sanskrit, Spanish and Swedish. In the face of any questions about the wording of the entries, just use the Index of Acronyms and *Abbreviations*, pages 61-64. This author has systematically noted and filed for reference 89% of these works and made direct annotations in his private *library*, which was donated to the Holotheca at the Centre for Higher Studies of Conscientiology - CEAEC in Iguacu Falls, Parana, Brazil. The succinct bibliographic indications of the chapters in this book mention only 200 *items* from this International Bibliography. You can study the *History of Projectiology* through this Bibliography. This bibliography includes *grey*, ephemeral, fleeting, informal, invisible or non-conventional literature, as a way to form a *mediatheca* and the *metadata* of the 21st century.

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5074. **XAVIER, Francisco Cândido**; *E a Vida Continua*; 244 p.; 26 chs.; 18 x 12 cm; br.; 9th ed.; Rio de Janeiro; Federação Espírita Brasileira; 1981; p. 238-240.
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INDEX OF FOREIGNISMS

Observations. This list of 150 foreignisms (foreign words or expressions), used in this text, is, in itself, a most extensive and objective consciential test that dynamises, *without pedantry*, the greater experience of polyglotism, interdisciplinarity, generalism, universalism and maxifraternity between conscins and consciexes, according to the technical principles of Conscientiology, Projectiology and Mentalsomatology. When there is more than 1 page number, the *italicized* indicates the principal reference. Regarding the meanings of the entries the themes covered in the text are provided between parentheses.

Aberratio delicti, error in persona (Lat.) - Deviation of the delict; the criminal making an error in identifying the intended victim, bringing about a result different from what was intended (Intrudability). Page 467.

Aberratio ictus (Lat.) - Deviation of the blow; an error or accident in the execution of the delict, which leads the criminal to hit someone other than who they intended to assault; *error in object* (Intrudability). Page 467.

Ab initio (Lat.) - From the start; from the beginning (Scholarity). Page 65.

Ab ovo (Lat.) - From the beginning (Scholarity). Pages 65, 181.

Abyssus abyssum invocat (Lat.) - The abyss attracts the abyss; one fault calls another; one error attracts another (Intrudability). Page 471.

Ad absurdum (Lat.) - Until the point of absurdity (Hyperacuity: Psychopathology). Page 645.

Ad aeternum (Lat.) - Eternally, for always; *in aeternum* (Cosmoethicalness). Page 645.

Ad argumentandum tantum (Lat.) - Only for the argument; only to attend to the necessities of the argumentation (Scholarity). Page 65.

Ad augusta per angusta (Lat.) - To rise to a high position overcoming hardships (Cosmoethicalness; maxifraternity). Page 746.

Ad cautelam (Lat.) - By simple precaution; it is said that the act is securely practiced (Holomaturity). Page 349.

Ad hominem (Lat.) - To the man; against the man. An “*ad hominem* argument” is the form of argumentation that criticises the adversary, in order to confuse them; a personal argument (Interconscientuality). Page 222.

Ad infinitum (Lat.) - To infinity, endless, without a limit (Interconscientuality). Page 645.

Ad interim (Lat.) - In the interim; provisionally (Scholarity). Page 65.

Ad libitum (Lat.) - As you wish, freely, according to what pleases; a personal choice (Intentionality). Page 609.

Ad nauseam (Lat.) - Through an endless, interminable nauseating repetition (Hyper-acuity; Psychopathology). Pages 291, 300, 359, 617, 645.

A fortiori (Lat.) - With all the more reason; for the strongest reason (Serenity). Page 751.

Alter ego (Lat.) - Another I, another self; intimate friend (Personality). Page 678.

A posteriori (Lat.) - It is said of the argument, evidence, reasoning or demonstration that passes the facts and general conclusions, that range from the conditioned to conditioning; ratiocination tracing back from the effect to the cause. Method of induction (Scientificity). Page 711.

A priori (Lat.) - Knowledge, affirmation and truth that is spoken prior to the experience, or that the experience cannot explain. Method of deduction (Scientificity). Page 81.

Aptare tempori (Lat.) - To walk with the time (Mentalsomaticity). Page 380.

Aquila non caput muscas (Lat.) - An eagle does not catch flies; a person with greater lucidity does not get preoccupied with futilities or bagatelles (Immaturity). Page 453.

Ashram (Hind.) - A place of religious retreat. Page 454.

Aurea mediocritas (Lat.) - Golden mean; the happy, desired middle ground (Sociability; Intraphysicality). Page 674.

Aura popularis (Lat.) - Public approval, aura generated by the consensus of the people (Sociability; Energosomaticity; Politicology). Page 330.

Auri sacra fames (Lat.) - Accursed hunger for money or gold; condemnation of the insatiable greed for riches, the immoderate desire to make a fortune, which leads the greedy to commit excesses, abuses and even crimes (Sociability). Page 312.

Avis rara (Lat.) - Reference to a rare, but welcome, sight; a person what is hard to encounter, *an inaccessible person* (Assistantiality). Page 419.

Brouhaha (Fr.) - A confused noise, hum; dull murmur of approval or disapproval (Intraphysicality). Page 267.

Brouilleirie (Fr.) - Discord, disunio (Intraphysicality). Page 267.

Bunker (Ger.) - Reinforced shelter for anti-aircraft defence (Immaturity; bellicosity). Page 302.

Calamitas nulla sola (Lat.) - One misfortune never comes alone (Immaturity). Page 471.

Campus (Lat.) - The set of buildings and grounds of a University (Invexibility). Page 713.

Capo di tutti i capi (It.) - The head of all the Mafia heads (Groupality; Intrudability). Page 582.

Carpe diem (Lat.) - Seize the day (Thosenity). Page 393.

Coitus incompletus (Lat.) - An incomplete sexual act or coitus (Sexuality; exception-conduct). Page 237.

Coitus interruptus (Lat.) - An interrupted sexual act or coitus (Sexuality; exception-conduct). Page 237.

Coitus prolongatus (Lat.) - An excessively prolonged sexual act or coitus (Sexuality; exception-conduct). Page 237.

Coitus reservatus (Lat.) - A reserved sexual act or coitus or a semi-ejaculation (Sexuality; exception-conduct). Page 237.

Congressus subtilis (Lat.) - Subtle *sexual congress* or intercourse with a consciex, or other conscin projected, during a conscin's somatic rest (Sexuality; multidimensionality). Pages 283, 352, 355.

Conscientia (Lat.) - With knowledge; consciousness (Conscientiality). Page 86.

Conscientia fraudis (Lat.) - Aware of the fraud that permits the plan to defraud, collude, conspire (Immaturity; self-corruption). Page 366.

Conscientia sceleris (Lat.) - Aware of the crime (Immaturity; self-corruption; Intrudability). Page 366.

Consensus omnium (Lat.) - The consensus of all; the unanimous general assent (Theoricity). Page 100.

Consilium fraudis (Lat.) - Collusion to defraud or the people who harm others (Immaturity; groupkarmic interprison). Page 317.

Deficit (Lat.) - What is missing to complete an account, budget or forecast; excess of passive over the active, or of expenditure over revenue (Intraphysicality; economics). Pages 378, 611, 707.

Déjà-vu (Fr.) - Impression of already having previously experienced something that is actually happening for the first time. There is a type of healthy projective déjà-vu (Projectability; projective déjà-vu). Page 256.

Dernier cri (Fr.) - The latest *shout* in fashion; the latest fashion in force (Immaturity). Page 653.

De visu (Lat.) - Having seen; with the naked eye; directly seeing (Projectability). Page 179.

Difficiles nugae (Lat.) - Difficult bagatelles; the puerilities that certain consciences indulge in and that costs them a lot (Immaturity). Page 500.

Dolce farniente (It.) - Pleasant idleness; *good life*; shade and fresh water; to live without troubles (Immaturity). Pages 310, 687.

Dramatis personae (Lat.) - Cast, all the actors in a play and their respective characters; the evolutionary consciential cast, within a groupkarma (Personality). Page 671.

Dura lex, sed lex (Lat.) - The law is hard, but it is the law (Holokarmality). Page 628.

Error in objecto (Lat.) - Error regarding the object; a kind of accidental error; *aberratio ictus* (Intrudability). Page 323.

Esprit des corps (Fr.) - Class or team spirit. Not always does it have the pejorative meaning implicit in “corporativism” (Evolutivity). Page 560.

Est modus in rebus (Lat.) - There is a certain measure in all things; everything has a just proportion; there must be a limit to everything; things should be dosed in moderation (Holomaturity). Page 470.

Et cetera (Lat.) - *Etc.*; and so on; and more (Scholarity). Page 108.

Ex abrupto (Lat.) - an improvisation; a surprise; without warning (Conscientiality). Page 65.

Fama volat (Lat.) – The rumour has *wings* (Intraphysicality). Page 562.

Fata morgana (It.) - Mirage (Multidimensionality; Intrudability). Page 473.

Festina lente (Lat.) - Slowly goes the distance; hurry slowly, without precipitation; elimination of the tumults, to more quickly arrive at the realisation of a less imperfect work (Personality). Page 674.

Finesse (Fr.) - Fineness; refined upbringing (Personality). Page 670.

Griffe (Fr.) - Brand of certain luxury items, generally with the manufacturer’s signature (Intraphysicality). Page 265.

Hic et nunc (Lat.) - Here and now, right now, immediately (Serenity). Page 764.

Hoc unum scio, me nihil scire (Lat.) - I know one thing: that I know nothing (Conscientiality). Page 65.

Homo homini lupus (Lat.) - Man is a wolf to man. Man frequently does great harm to those close to them, often being the greatest aggressor towards his fellows (Intrudability). Page 480.

Homunculus (Lat.) - Little man (Personality). Pages 419, 561.

Homunculus electronicus (Lat.) - Electronic little man or one within an electronic contraption (Holomaturity; technicality). Page 740.

Hsi Nao (Chin.) - A Chinese brainwashing technique (Parapathology). Page 462.

In limine (Lat.) - Since the outset, at the beginning; preliminarily (Scholarity). Page 65.

In loco (Lat.) - On the spot, in the place; *in situ* (Projectability). Page 179.

In naturalibus (Lat.) - Em estado de nudez; *in puribus* (Intellectuality). Page 139.

In petto (It.) - Em segredo; de si para si (Intraconscientiality). Page 487.

In saeculum saeculorum (Lat.) - Por todos os séculos dos séculos, para todo o sempre, eternamente (Intermissibility). Page 603.

In situ (Lat.) - In the same place; in the original place; *in loco* (Projectability). Page 179.

Intelligentsia (Rus.) - The intellectuals considered as a class or group, or, especially, as an artistic, social or political elite (Intellectuality). Page 140.

In totum (Lat.) - In all; entirely; totally (Scholarity). Page 65.

Ipsa scientia potestas est (Lat.) - Knowledge is power (Holomaturity). Page 489.

Iure et facto (Lat.) - By law and in fact (Holomaturity). Page 508.

Ius sperniandi (Lat.) - The right to complain. Page 721.

Joie de vivre (Fr.) - Joy of living (Energosomaticity). Page 346.

Kamikaze (Japanese: *kami*, god; *kaze*, wind) - Japanese pilot, a member of a group of volunteers who at the end of World War II were trained to complete a suicide attack against enemy targets, especially naval ones. (Immaturity; bellicosity). Pages 294, 462.

Kundalini (Skt.) - CE, or consciencial energy, which lies dormant in the depths of a conscin (sexochakra), until it is activated by their willpower and permits the attainment of consciencial powers (Energosomaticity). Pages 244, 253, 343, 355.

Machina sapiens (Lat.) - Rational machine (Somaticity). Page 667.

Magister dixit (Lat.) - The teacher has said it: rebuttal is not allowed; dogmatism; imposition of concepts. The same as *ipse dixit* (Immaturity). Pages 65, 152, 556, 618, 620.

Mal entendu (Fr.) - Misunderstanding, equivocal (Immaturity; communicability). Page 267.

Mare proluit omnis (Lat.) - Water washes everything (Somaticity). Page 333.

Mater (Lat.) - Mother (Somaticity). Page 277, 279.

Memoria exercendo acuitur (Lat.) - Memory is revived through use (Mentalsomatology; Mnemosomatology). Page 652.

Mens agitat molem (Lat.) - The mind (consciousness) move the mass (matter of the brain) (Intraconscienciality). Page 113.

Minima de malis (Lat.) - From the bad, the best (Cosmoethicalness). Page 632.

Modus faciendi (Lat.) - Manner of acting, *how to* perform; *how to* (Self-conscienciality). Page 66.

Modus vivendi (Lat.) - Method of living; way of life (Self-conscienciality; discernment). Pages 318, 466.

Momentum (Lat.) - Momentum (quantity of movement) (Projectability). Page 180.

Natura non facit saltus (Lat.) - Nature does nothing in leaps (Intraphysicality). Page 754.

Nec plus ultra (Lat.) - Nothing more beyond. An expression used to designate a limit that should not be passed; *non plus ultra* (Holomaturity). Pages 102, 419, 553, 651.

Nihil medium est (Lat.) - There is no middle ground; an expression used to characterise a difficult situation in which it is necessary to choose between exclusive alternatives; said to people who are forced to choose between two unpleasant or painful things (Cosmoethicalness; Assistantiality). Page 403.

Non novum, sed nove (Lat.) - Not new, but new. The subject is not new, but is treated by a new method (Projectability). Page 177.

Nosce te ipsum (Lat.) - Know thyself (Self-conscienciality). Page 651.

Nullus omnia scire potest (Lat.) - No one can know everything (Holomaturity; Continuity). Page 531.

Omnia tempus habent (Lat.) - Everything has its time; everything happens in the space of the time in which they are set; for example, the ripening of a fruit (Holomaturity; Intrapysicality). Page 288.

Omnia vincit amor (Lat.) - Love conquers all (Psychosomaticity; maxifraternity). Page 364.

Otium cum dignitate (Lat.) - Dignified leisure; cosmoethical leisure; honest retirement (Intrapysicality; Recexibility). Pages 450, 687.

Oui-ja (Fr. and Ger.) - A board with an alphabet and other symbols to receive mediumistic messages (Intrudability). Page 482.

Penetralia mentis (Lat.) - A sharp penetrating mind; thosenic intrusion (Thosenity). Page 402.

Persona non grata (Lat.) - An unwelcome or not well-accepted person; an undesirable person (Sociability). Pages 276, 545.

Podium (Lat.) - In stadiums, the platform where the place winning competitors are presented to the public (Somaticity; physiculture). Page 419.

Poltergeist (German: *poltern*, noise; *Geist*, phantom, mischievous) - A *phantom* or consciex who is believed to manifest their presence through noises, thumps, disturbances and intraphysical effects (Multidimensionality; parapsychism). Plural: *poltergeists*. Pages 161, 172, 397, 475, 509, 683.

Post factum (Lat.) - After the fact (Scholarity). Page 65.

Post mortem (Lat.) - On the other side of the tumulus, in another life, in another consensual dimension; *post*-desomatic period; beyond the desoma (Intermissibility). Pages 94, 289, 321, 343, 506, 564, 571, 600, 607, 614.

Pré-mortem (Lat.) - Before the tumulus or the desoma; presomatic (Intrapysicality). Pages 286, 469, 614.

Prêt-à-porter (Fr.) - Clothes ready to be worn (Sociability). Pages 256, 300.

Prima facie (Lat.) - At first glance (Scholarity). Page 65.

Primus inter pares (Lat.) - First among equals (Sociability). Pages 419, 459.

Pro domo sua (Lat.) - For your cause; on behalf of themselves (Sociability; Politicology). Page 412.

Pro forma (Lat.) - For politeness; for form (Hyperacuity). Page 508.

Quantum (Lat.) - Amount; an indivisible quantity (Continuity). Page 569.

Quid pro quo (Lat.) - This for that; confusing one thing with another (Sociability; communicability). Page 267.

Qui potest maius, potest et minus (Lat.) - Who can do more can also do the least (Holomaturity). Page 488.

Quis? Quid? Ubi? Quibus auxiliis? Cur? Quomodo? Quando? (Lat.) - Technical hexameter: Who? What? Where? By what means? Why? How? When? A rhetoric circumstance: person, fact, place, means, motives, manner and time (Projectability). Page 165.

Quousque tandem? (Lat.) - For how much longer? (Intraphysicality). Page 266.

Rapport (Fr.) - Interconsciential bioenergetic connections, affinity, or harmony (Interconscientiality; energosomaticity). Pages 115, 197, 200, 201, 203, 206, 328, 371, 424, 550, 637, 639, 760.

Reentrée (Fr.) - Re-entrance; return, comeback (Recexibility). Page 488.

Res, non verba (Lat.) - Facts, not words (Criticalness). Page 146.

Rictus (Lat.) - Rictus; lip or facial contraction; grimace; tic; quirk (Somaticity). Pages 400, 466.

Scientia maximum vital decus (Lat.) - Science must be the greatest ornament in life (Scientificity). Page 303.

Scientia nobilitat (Lat.) - Science ennobels (Scientificity). Page 303.

Sensorium (Lat.) - Respecting the sensitivity (Somaticity). Page 374.

Servum pecus (Lat.) - the servile flock. Page 318.

Sidis (Skt.) - Parapsychic powers acquired through an effort of the willpower and the repetition of disciplined exercises (Self-conscientiality). Page 137.

Simplex (Lat.) - Simple or characterised by a single element (Sanity). Pages 270, 727.

Sine qua non (Lat.) - Without which, not (Cosmoethicalness). Page 640.

Societas sceleris (Lat.) - Criminal association. Criminal society; a gang or band of malefactors (Groupality; Intrudability). Pages 267, 397.

Sponte sua (Lat.) - By its own accord; through its will; *motu proprio* (Thosenity; Intentionality). Page 349.

Status (Lat.) - A set of rights and obligations that characterise the position of a consciousness in relation to others (Sociability). Pages 246, 310, 311, 438, 442, 450, 455, 551.

Status quo (Lat.) - In the current state of things (Intraphysicality). Pages 269, 450, 470, 620.

Substratu (Lat.) - What constitutes the essential part of being; the essence (Self-conscientiality). Page 277.

Sui generis (Lat.) - Of its own kind; peculiar; that which has no analogy with another (Serenity). Page 749.

Superavit (Lat.) - The positive difference between revenue and expenses (Intraphysicality; economics). Page 387.

- Superflua non nocent** (Lat.) - Superfluities do no injury (Immaturity). Page 456.
- Terra mater** (Lat.) - Mother earth; mother-earth (Somaticity). Page 279.
- Totus in illis** (Lat.) - All these things; when a conscin is completely absorbed by bagatelles (Immaturity). Page 500.
- Ultima ratio** (Lat.) - Last argument (Cosmoethicalness). Page 645.
- Uti, non abuti** (Lat.) - Use, do not abuse (Energosomaticity). Page 325.
- Vae soli!** (Lat.) - Woe for the single man! (Interconscientiality; groupality). Page 644.
- Verba movent, exempla trahunt** (Lat.) - As palavras movem, os exemplos arrastam (Cosmoethicalness). Page 329.
- Verba volant, scripta manent** (Lat.) - Words fly away, writings remain (Intellectuality). Page 139.
- Vexata quaestio** (Lat.) - A highly controversial question (Intellectuality). Page 166.
- Vitam impendere vero** (Lat.) - Consecrate life to the truth (Holomaturity). Page 504.
- Yang** (Chin.) - The *active masculine* principle of the Universe according to Chinese philosophy (Energosomaticity). Pages 154, 157, 244, 256, 572, 756.
- Yin** (Chin.) - The *passive feminine* principle of the Universe according to Chinese philosophy (Energosomaticity). Pages 154, 157, 244, 256, 572, 756.
- Zeitgeist** (Ger.) - The spirit of the time; the mentality of the epoch (Hyperacuity). Page 517.



CHRONOLOGICAL INDEX OR ONE OF DATES

Observations. This Chronological Index, with 100 selected dates, is, in itself, a consciential test and aims to aid the experimenter in their understanding and the serious study of the influence of the times, periods and epochs, in our existences, in order for us to live, conscientially, more free of the factor of time, according to Conscientiology, holomaturity and multidimensionality. The *aging* of dates and facts analysed here over time, matters very little. In this context the contemporary period is being used as the standard to analyse any other human period, aiming at individual and collective consciousness. When there is more than 1 page number, the *italicized* indicates the principal reference. It is possible to study the History of Conscientiology through this Chronological Index.

350 B.E.C. - Hippocrates, considered the Father of Medicine, recommended a *physical walk* as the best remedy for a human. Page 208.

347 B.E.C. - Plato wrote about the case of *lucid human projection* - an *extraphysical walk* - of Er, an Armenian, demonstrating the universality of this consciential phenomenon. Page 166.

100 C.E. - Plutarch of Chaeronea registered the *lucid projective account* of Aridanaeus of Soles, Cilicia, Asia Minor. Page 74.

1000 - The *population of Earth* was only 340 million human beings. Today it is 20.6 times greater, or in other words: for each human being from the 10th century, 16 more human beings exist breathing on this Planet in the 21st century. Page 605.

1743 - Emanuel Swedenborg began the first *diary of conscious projections* known in Human History. Page 436.

1830 - Those professed to the *Evadist* sect exalt *sex* as being “Gospel”, a recurring sociopathic phenomena. Page 502.

1835 - Honoré de Balzac, in Paris, gave the name *Homo duplex* to the conscious human projector. Page 106.

1864 - The German fanatics in the Muckers cult announced “one more” imminent *end of the world*, another recurring sociopathic phenomena. Page 502.

1911 - One of the greatest frauds in the fields of Science, one of the least worse lines of human knowledge, occurred - the *Pitdown pre-human*. Page 78.

1939 - The Russian Semyon D. Kirlian represented the controversial *electrographic irradiations*. Page 166.

1940 - *Penicillin* (antibiotic) was discovered and helps to catalyse a demographic explosion. Page 605.

1945 - On the 6th and 9th of August 120 thousand civilians are annihilated in the *Japanese holocaust*. Page 302.

1946 - The *conscientiological technique of invexis*, already researched by the author in a theoretical way, was launched in Socin for the first time and without major practical results. Page 690.

1958 - On 14 November, the Russian Yuri Gagarin *intraphysically* escaped terrestrial gravity, realising the *1st space flight*. Page 164.

1962 - The Russian Iosif M. Goldberg rediscovered the “novelty” of *dermo-optic perception*. Page 166.

1966 - This author began to give full time, priority effort to his *Projectiology / Conscientiology researches*. Page 486.

1966 - Launch of the daily *interconsciential assistantial technique of penta, personal energetic task*, which is for the rest of the intraphysical life and is popularly called *passes to the dark*. Page 409.

1970 - The *Theory of Homo sapiens serenissimus* and its corollaries, was officially proposed. Page 749.

1978 - In Geneva, Switzerland, 8 fanatics from the *Ananda Marga* sect publically immolated themselves (suicide), another recurring sociopathic phenomena. Page 502.

1979 - Launch of *the vibrational state (VS)*, a *conscientiotherapeutic technique of prophylaxis and self-defence*, which includes the prophylactic VS. Page 348.

1980 - Proposal of the *Theory of the Cosmoethical Megaparadigm*, Cosmoethics or, popularly, the cosmic moral. Page 630.

1980 - Proposal, within the Conscientiological Socin, of *Interassistantiality*, or *consoltask*, the primary task of consolation and *claritask*, the evolved task of clarification. Pages 410, 411.

1980 - Launch of the *conscientiotherapeutic technique of auric coupling*. Page 331.

1981 - Proposal of the science *Projectiology*, in Brazil. Page 74.

1981 - Launch of a book of personal experiences, *Projections of the Consciousness*. Page 66.

1982 - Proposal of the *conscientiometric working hypothesis of cons*, or the consciousness' units of lucidity. Page 510.

1982 - According to researchers' estimates, there are 8 million *near-death experiences* (NDEs) each year. Page 196.

1983 - Launch of the first monthly column, *Projectiology Bulletin*, in Sao Paulo, SP, Brazil. Page 66.

1983 - Research on the lifestyles of *Brazilians* showed the 9 most common profiles encountered amongst the population of Brazil. Page 311.

1986 - On 31 January in Rio de Janeiro, the technical work *Projectiology* was launched and freely distributed. Page 66.

1986 - Proposal of the *Theory of the Consciential Paradigm* and its corollaries. Page 90.

1986 - Proposal of the *Theory of Groupkarmic Interprison* and its corollaries. Page 626.

1988 - On 16 January the *International Institute of Projectiology* (IIP) is founded in Rio de Janeiro, RJ. Page 75.

1988 - The basic techniques of *Conscientiotherapy* were launched. Page 426.

1988 - Diagnosis of the *Swedenborg Syndrome*, according to Conscientiotherapy. Pages 436, 437.

1989 - Proposal of the *Theory of Permanintfreeness*, as the most priority and feasible, short term, theoretical procedure on the evolutionary journey of an intraphysical consciousness, at our current average level of intraconsciential progress. Page 736.

1989 - Launch in June of *Bipro*, or the *Bulletin of Information on Projectiology*, by the International Institute of Projectiology, in Rio de Janeiro, RJ. Page 66.

1989 - On 9 November, the *Berlin Wall* (hastily erected in the early hours of 13 August, 1961) came down, with euphoria and relief for all defenders of human liberty and consciential rights. Page 316.

1989 - Death, plummeting from heights, for 1 out of every 93 practitioners of *hang gliding* or paragliding. Page 293.

1989 - According to INAN (in English the National Institute of Alimentation and Nutrition) there were 5,024,173 *malnourished children* with less than 5 years of age, in Brazil. Page 460.

1990 - Proposal of the *conscientiological Theory of Strongtraitism* and its corollaries (the consciousness' strongtraits). Pages 442, 443.

1990 - Proposal of the *conscientiological Theory of the Thosene* (thought, sentiment and consciential energy) and its corollaries. Page 388.

1990 - Launch and theoretical (theoretical and practical) establishment of the *consciential bond*, within the Conscientiological Socin, in the International Institute of Projectiology, in Rio de Janeiro, RJ. Page 318.

1990 - Launch of the *conscientiometric parasexual technique of the penial aura*, primarily targeted at youths (boys). Page 240.

1990 - Launch of the *conscientiological parasexual technique of the holorgasm*. Page 249.

1990 - From the 4th to the 7th of July the I *International Congress of Projectiology* was held in Rio de Janeiro, RJ. Page 75.

1990 - The *Persian Gulf War* kills 150 thousand people in 100 days, on behalf of to an immense *petrol station*, Kuwait. Page 561.

- 1990** - Brazil was being governed by 10 very immature *Ministers of State*. Page 299.
- 1991** - Collapse of communism in Eastern Europe. Page 307.
- 1991** - Proposal of the *conscientiological Theory of the Consciential Paracomatose*. Page 266.
- 1991** - Proposal of the *Theory of the Incomplete Couple* and its corollaries. Page 256.
- 1991** - Launch of the *conscientiometric technique of intraconsciential compensations*, a self-help resource of interest to all people. Page 384.
- 1991** - It was calculated that any citizen could live comfortably with 2 million *dollars*. Page 310.
- 1992** - Proposal of the *Theory of Robexis*. Page 275.
- 1992** - On 9 February, in Rio de Janeiro, RJ, the first *Grinvex* (Group of Existential Inverters) was founded, with 17 inverter youths from among the volunteer staff at the International Institute of Projectiology (IIP). Page 720.
- 1992** - On 22 February at the International Institute of Projectiology (IIP), in Rio de Janeiro, RJ, research produced 12 postures against the condition of *extraphysical catatonia*. Page 210.
- 1992** - Finalisation of the *impeachment* and the forced resignation of the *President of Brazil*, ushered in a more evolved vision of Political Ethics in the country. Page 474.
- 1992** - The *world's population* reached 5 billion and 500 million people. Pages 142, 315, 439, 503, 520, 605.
- 1992** - The *world's population* was growing by an average of 92 million people – or 1 Mexico - per year. Page 89.
- 1992** - *Brazil's population* reached 146 million people. Page 569.
- 1992** - In Brazil 10 million *abortions* are performed, each year. This is the population of Cuba. Page 691.
- 1992** - In Rio de Janeiro, RJ, *lottery tickets* are being sold everywhere, even in cemeteries during funerals. Page 292.
- 1992** - The *Human Development Report* from the UN, notes that the *richest 20%* of Brazilians have an income 26.1 times greater than the *poorest 20%* of Brazilians. Page 301.
- 1992** - In only 1 week a *TV channel* in Brazil showed: 244 homicides, 379 assaults, 11 kidnappings, 26 sex crimes, 12 drug cases, 14 robberies and another 137 crimes ranging from embezzlement to torture. Page 291.
- 1992** - Presentation of the draft *Planetary Constitution*, at Eco 92, in Rio de Janeiro, RJ. Page 643.
- 1992** - Launch of the *Environmental Revolution* (Ecology). Page 89.
- 1992** - International sexologists affirm the principles of therapeutic Sexology, or *Sexotherapy*. Page 247.
- 1992** - The planet Earth was already dominated by 1 billion *TV sets*, however it was unknown by how many *unconscious idiots*. Page 307.
- 1992** - Around the Earth more than 100 million children, of school age, did not have a *school*. Page 89.

1992 - *Hypochondria* – a mania about imaginary diseases – affected 10% of the population who sought medical consultations in the USA. Page 433.

1992 - It was calculated that 23 innocent people received the *death penalty* in the USA since 1900. Page 274.

1992 - The *International Bibliography of Conscientiology*, containing phenomena specific to Projectiology, reached 5000 references, originating from 37 countries. Page 765.

1993 - January 1, the *European Common Market* began to truly operate at a high level, demolishing economic-financial boundaries between humans. Page 638.

1993 - *Human knowledge* (conventional) was already doubling every 18 months. Pages 271, 506.

1993 - Astronomers and cosmologists admitted the existence of *4 thousand planets* with equilibratory satellites and habitable conditions equal to Earth. Page 520.

1993 - In 15 countries three *billion* people lived assisting the *richest* 1 *billion* to be even richer. Page 520.

1993 - One *billion* human beings still live under the yoke of *patriarchy* and who suffers the most with this are women. Page 519.

1993 - On 30 May the *1st ample debate* about the *consciential paradigm* was held at the International Institute of Projectiology in Rio de Janeiro, RJ. Page 90.

1993 - On 27 June *ethnic conflicts* were occurring in exactly 48 countries, a spurious effect of the *abdominal sub-brain*. Page 304.

1993 - On 5 July for the first time in Human History, a Doctor in Milan, Italy, performed, *via satellite*, surgery (*telesurgery*) on a pig, in Los Angeles, USA. This is universalism in progress. Page 520.

1993 - *3 people were born* on the Planet each second. Page 643.

1993 - *Smoking* (tobaccoism) killed 1 person each 13 seconds, somewhere on Earth, aided by the medias and the Governments' Ministries of Health. Page 309.

1993 - The World Health Organisation (WHO) estimated that the number of *mentally ill* people on the Earth today was 500 million, or in other word: 1 in every 11 people. Page 439.

1993 - One child 10 years of physical age, knew more (*culture*) than the learned Galileo Galilei, a pioneer of conventional modern Science. Page 520.

1993 - Living in a world with more than 10 thousand *unwritten languages*, there is always 1 unique term to precisely say what we want to express. Page 126.

1993 - The deteriorating condition of *Medical Science* in Brazil is lamentable (Illness Industry). Page 300.

1993 - 1 Brazilian dies in a *transit accident* every 10 minutes, one evidence of omnipresent human defects. Page 470.

1993 - *INAMPS*, in Brazil, paid for *phimosis in women and abortions and births in men*: the height of group corruption in the country. Page 450.

1993 - The *AIDS* epidemic, that completely infects the sexual area of intraphysical beings, was considered the most lethal of Human History. Page 270.

1993 - One *billion adults*, around the Earth, did not know how to read or write (analphabetic). Pages 89, 191.

1993 - Death of a group of unarmed young and elderly civilians, forecast by computer, constituted 90% of the victims of *armed conflicts* in the world. Page 294.

1993 - In July, a third of the Worlds' *urban population* lived in cities with more than 1 million inhabitants. Human conviviality is becoming increasingly intense. Page 520.

1994 - *Neuroleptic* a well-known and widely sold prescription medication, that was available in pharmacies, leaves the human patient with irrecoverable brain damage (*human vegetable*), after *only 4 months* of continuous use. Page 229.

1994 - There were men who still live as *ancestors of themselves*, in their already dispensable self-mimicries. Page 212.

1994 - Forty *human items* were on their way to disappearing, within the inexorable *law of evolutionary renovation*. Page 268.

1994 - Twenty out of one hundred conventional *scientists* still dedicated their work and talent to the improvement of techniques to kill their fellow beings. Page 303.

1994 - An elevated number of multidisciplinary and parapsychic investigations were dedicated, in a most intense manner, to *NDE research*, notably of children. Page 163.

1994 - My brain, or your brain, experimenter, each had, at a minimum, *100 billion* utilised or *idle neurons*. Page 378.

1994 - Our *human brain* weighs nearly 1 and a half kilograms of matter and nearly nothing is known about the *parabrain*. Pages 357, 393.

1994 - No conventional scientific publication had yet approached the question of the *thosene*. Pages 388, 393.



ONOMASTIC INDEX OR ONE OF NAMES
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