



# Projective Diary





## How to use your Projective Diary

As the name suggests, your projective diary is where you record your projections of consciousness as well as your dreams and any other multidimensional sensations associated with the process of sleep. The following is an excerpt from Vieira's chapter 404 on the projective diary:

**Style.** The registration style of memories of projective experiments should preferably be direct, clear, objective, intelligible, organized, dispassionate, informal and detached.

**Information.** The projector's diary should provide personal information in a synthetic and ordered manner, without attention to literary style. It should have the clarity of straight exposition, without any circumlocution involving ambiguous or obscure words, while maintaining the greatest possible freedom from excessive self-censure regarding the form, and use short phrases in the first person singular.

**Journalistic.** The projector's diary should be written in a journalistic style, being more informative than opinionative.

**Objectives.** Include every detail that you can remember, without underestimating any minimal aspect of beings, personalities, facts, ideas, things, objects and scenarios, as trivial or silly as they may seem at first sight, because in later analyses each detail can have great importance for the development of lucid projections.

**Details.** Human notetakers have the tendency to censure details that seem irrelevant or erroneous, avoiding them in the records that they make. Nevertheless, with respect to lucid projections, it is sometimes precisely those selfsame details – not understood at first sight and badly interpreted—that will later provide the greatest evidence and the most clarifying conclusions.

**Uses.** Among the uses of the projector's diary, the following 8 can be singled out:

1. **Development.** Monitoring of personal development in lucid projections.
2. **Recall.** Effective stimulus for the improvement of the recollection of extraphysical events.
3. **Language.** A learning of the difficult *translation* – the expression in the language of the dictionary of the psychophysical sensations.
4. **Self-critique.** Evolution of the experimenter's self-critique.
5. **Prophylaxis.** Multidimensional prophylaxis or therapeutics.
6. **Reflection.** Production of deep reflection while in the ordinary, physical waking state.
7. **Comparison.** Analytical comparison with other personal lucid projections or with those of another.



8. **Self-awareness.** Verification of your consciencial reality, consequently conveying an effort toward an increase in theoretical experience and the improved execution of the intraphysical consciousness' existential program.

**Moment.** Start writing the records of your diary of lucid projections at the precise moment you awaken. Do not wait until you have had breakfast, read the newspaper, or started a conversation with someone in the house or physical base.

In summary: write down any recollections at the moment you wake up, without censoring or analyzing in the moment. The template provided below also offers suggestions for other relevant data you may want to record if you want to deepen the research of your nightly extracorporeal life.





## Lucid Projection Techniques

**“Definition.** Technique: set of precepts or processes used in a science, as well as the ability to use these norms or the practical part of it.”

(Vieira, Waldo, 2016 p.425)

When we talk about projective techniques there is no technique that fits everyone. Ideally, everyone should experiment and see which ones are most appropriate and give better results. We all have different personalities, physical constitutions, behaviors, cultures, extraphysical vehicles and so on, therefore it is natural that we have unique experiences with distinct methods.

In the matter of predisposing ourselves to projections, there is a lot to consider before applying a technique.

On this account, we recommend that you read the following chapters:

- 197. Preparation for lucid projection, pg. 425
- 198. Generalities on projective techniques, pg. 426
- 205. Projective postures technique, pg. 440
- 206. Classification of lucid projection techniques, pg. 441
- 205. Projective postures technique, pg. 440

Following are techniques that you can find in *Projectiology* and experiment with for yourselves:

1. PSYCHOPHYSIOLOGICAL SELF-RELAXATION TECHNIQUE (pg. 432)
2. MENTAL CONCENTRATION TECHNIQUE (pg. 434)
3. RHYTHMIC RESPIRATION TECHNIQUE (pg.435)
4. IMAGINATIVE ESCAPES TECHNIQUE (pg.437)
5. PROJECTIVE VISUALIZATION TECHNIQUE (pg. 438)
6. PROJECTIVE POSTURES TECHNIQUE (pg.440)
7. OPENING DOOR TECHNIQUE (pg. 444)
8. PROJECTIVE SELF-IMAGE TECHNIQUE (pg. 446)
9. SELF-VISUALIZATION WITH OPEN EYES TECHNIQUE (pg. 447)
10. STEP COUNTING TECHNIQUE (pg. 448)
11. PROJECTIVE FACTOR TECHNIQUE (pg. 452)



12. PROJECTIOGENIC IMAGES TECHNIQUE (pg. 457)
13. PROJECTIVE MANTRAS TECHNIQUE (pg. 461)
14. PROJECTIVE MASSAGE AND VISUALIZATION TECHNIQUE (pg. 463)
15. PROJECTIVE MUSIC AND VISUALIZATION TECHNIQUE (pg. 464)
16. TRIGGERING OBJECT-FACTOR TECHNIQUE ( pg. 465)
17. MUSICAL PHYSICAL AWAKENING TECHNIQUE (pg. 466)
18. LUCID PROJECTION THROUGH DREAM TECHNIQUE (pg. 470)
19. FRAGMENTED LUCID PROJECTION TECHNIQUE (pg.473)
20. CHANGE IN ROUTINE TECHNIQUE (pg. 478)
21. ROTATION OF THE PSYCHOSOMA TECHNIQUE (pg. 479)
22. PROJECTIVE MENTAL SATURATION TECHNIQUE (pg. 483)
23. TRANSFERENCE OF THE CONSCIOUSNESS TECHNIQUE (pg.485)
24. PSYCHOLOGICAL CONDITIONING TECHNIQUES (pg. 490)





## Projective Experiences and Phenomena

**Balloonment.** The sensation of physical expansion—although, in fact, of extraphysical origin or deriving from the holochakra (energetic body)—of any part of the human body, whether the face, extremities, trunk or even the entire cellular organism that seems to grow, swell, dilate, expand and inflate like a balloon.

**Bilocation.** Make other people see you, while in the condition of a projected experimenter, a phenomenon that occurs rarely: physical bilocation per se.

**Clairaudience.** Faculty of hearing things beyond ordinary physical hearing.

**Clairvoyance.** Faculty of seeing beyond ordinary physical sight.

**Cosmoconsciousness.** The inner condition or perception of the consciousness of the cosmos, life and the order of the universe; the indescribable intellectual, ethical exultation, when the consciousness feels the living presence of the universe and becomes one with it, in a single, indivisible unit.

**Ectoplasm.** When consciential energy condenses in order to manifest in a compound condition in the substance called ectoplasm, it gives the sensation of coagulating, appearing to gather into globs inside the ectoplasmic sensitive's human body, congregating organic or biological components.

**Extraphysical clairvoyance.** The perceptive faculty of the consciousness projected from the human body that allows it to acquire information, through the perception of images or scenes, about objects, psychic events, scenes and forms which are near or distant or occur in space, or even outside the intraphysical dimension.

**Extraphysical double vision.** The simultaneous visualization of 2 different environments or scenarios directly through the human eyes—in this case, through the brain (the eyes are just visual organs, therefore, it is the brain that sees)—as well as through the extraphysical vision (the para-eyes), in this case, through the psychosoma-mentalsoma relationship while outside the cellular organism, whether in the bedroom (energetically shielded chamber) or beyond.

**Extraphysical energetic shower.** The energetic discharge or pleasurable corporal sensation that the projector can feel, even with a certain degree of frequency.



**Extraphysical intuition.** The phenomenon of instantaneous perception and clear inner knowledge through the apprehension and abrupt entrance into the consciousness of thoughts or ideas, truth or fact, when projected from the human body, without the intervention of any rational process; the capacity for separately considering certain concepts and conditions that normally intervene in our habitual thought processes.

**Extraphysical precognition.** The perceptive faculty whereby the consciousness, fully projected outside the human body, comes to know indeterminate upcoming facts, including objects, scenes and distant forms in the future.

**Extraphysical psychometry.** Knowledge acquired by the projected human consciousness regarding the present and past, as well as details about personalities, by way of direct extraphysical contact with the double of these physical objects (catalysts) that pertain to the epoch or epochs which the individual wishes to know about.

**Extraphysical retrocognition.** Perceptive faculty whereby the intraphysical consciousness, fully projected from the human body, becomes aware of facts, scenes, forms, objects, successes and experiences pertaining to the distant past.

**Extraphysical trendelenburg.** (a type of imprisoning of the parahead). The psychosoma exteriorizes almost completely, becoming tilted downward, with only the extraphysical head (parahead) bound inside the physical brain, which maintains the waking state.

**Hypnagogy.** The transitional twilight condition of the consciousness (intraphysical consciousness) that characterizes the somnolent interval between the ordinary, physical waking state and the state of natural sleep; the altered state of consciousness introductory to natural sleep, characterized by oneiric images, hallucinatory visions and representations with visual and auditory effects, due to exacerbation of the imagination.

**Hypnopompy.** The transitional twilight condition of the consciousness (intraphysical consciousness) that characterizes the somnolent interval between the state of natural sleep to the ordinary, physical waking state; characterized by oneiric images, hallucinatory visions and representations with visual and auditory effects, due to exacerbation of the imagination.

**Paravision.** Be convinced of being able to observe, de visu, in loco, what happens at a distance from your own body: extraphysical vision (paravision).



**Projective Catalepsy.** A psychophysical state characterized by a rigidity of the extremities, insensitivity, slow respiration and a temporary incapacity of the lucid intraphysical consciousness to move the human body while consciously headquartered inside it, due to a dissociation between sensitivity and the motor capacities.

**Projective déjà vu.** Prior unconscious knowledge, or an impression of having seen or met a person, visited a certain place, or experienced a situation that the percipient has, in fact, never seen, been to, or experienced before in the ordinary, physical waking state, because it is an impression gathered by the projected consciousness during a lucid or semi-lucid consciential projection.

**Projective panoramic vision.** Spontaneous, en bloc, simultaneous, retrospective vision of human facts and psychological conditions experienced by the projected intraphysical consciousness, through the superactivity of the evocative memory.

**Self-apparition.** Make the projected consciousness appear, when sensed or perceived at a distance by other people, through means other than the dense physical presence, a phenomenon that also occurs very rarely: inter vivos apparition; extraphysical telepathy.

**Self-bilocation.** See your own human body below you: consciential self- bilocation.

**Self-discoincidence.** Feel the separation of the consciousness a short distance from the human body: projection in the physical base.

**Self-location.** Feel that you are above your own human body: extraphysical self-location.

**Self-telekinesis.** Extraphysical touch that occurs with or without the abrupt interiorization of a part of the humanoid shape of the projected psychosoma. The most common parts are a finger, hand, arm, foot, or leg, generally causing the muscular contraction and quick spasmodic movement of an extremity.

**Self-translocation.** Feel that you are moving to a distant point without using the human body: extraphysical self-translocation.

**Telekinesis.** Produce physical effects outside the human body, without using the body, which occurs only occasionally: extraphysical telekinesis (called psychokinesis by some researchers).

**Vibrational state (VS).** The condition wherein the holochakra and psychosoma accelerate their vibrations in order to escape from the slow vibrations of the human body, which can produce a projection of the intraphysical consciousness in the psychosoma.







## Sensations

### **SOMA**

Allergies  
Back pain  
Breathlessness  
Chills  
Cough  
Dizziness  
Feeling of pain  
Headache  
Hiccups  
Intracranial sounds  
Itches  
Lethargy or dormancy. Myoclonus /  
Involuntary movements / Twitching  
Numbness  
Obdormition (limbs falling asleep)  
Paresthesia (pins and needles)  
Pulsation / Heartbeat Salivation Shaking /  
Tremors  
Snoring  
Somnolence / Sleepiness Stiffness  
Stinging/burning eyes Sweating /  
Perspiration Temperature change – Cold  
Temperature change – Heat Tingling  
Yawning

### **ENERGOSOMA**

Activity in the cardiochakra - located near  
the heart Activity in the chakras  
(holochakras).  
Activity in the coronochakra - located  
near the top of the cranium  
Activity in the frontochakra - located in  
the forehead area Activity in the  
laryngochakra - located in the neck area  
Activity in the nuchochakra- located at the  
nape of the neck

Activity in the palmochakra - located in  
the palm of the hand

Activity in the plantochakra - located in  
the sole of the feet Activity in the  
sexochakra - sexual or basic root chakra  
Activity in the splenicochakra - located in  
the abdomen region Activity in the  
umbilicochakra - located near the  
umbilical chakra

Dizziness  
Sensation of the extraphysical hand.  
Stretching of an extraphysical member  
(elongation)

### **PSYCHOSOMA**

Anxiety  
Diving sensation Emotionalism Euphoria  
Falling sensation  
Fear  
Floating sensation  
Irritation  
Melancholy  
Mini-discoincidence Psychosoma  
instability Release sensation Sensation of  
flying

### **MENTALSOMA**

Block recall  
Expansion of the consciousness  
Fragmented recall  
Insights  
Meditation or deep reflection  
Serenity / well-being / relief Takeoff  
sensation  
Tension





## Projective Diary

Date:

### Pre-Projection

**Projective Target:**

**Projective Technique:**

**Location/ Intrapysical base:**

**Room Temperature:**

**Weather:**

**What happened during the day:**

**Physical Condition:**

**Emotional State:**

**Bedtime:**

### Post-Projection

**Wake up time:**

**Attitude toward projecting:**

**Projective Experiences and Phenomena (see pages 5, 6 and 7):**

**Sensations (see page 8):**

**Level of lucidity:**

**Dream**

**Lucid Dream Lucid**

**Semi-lucid Projection**

**Lucid Conscial Projection**

**Continuous Conscial Projection**

**What ended the projection:**



# Projective Diary

Date: