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Keywords

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Palabras-Clave

Atención concentrada
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Cosmoética
Desasimilación energética
Exteriorización de ECs

It is difficult for the consciousness-holosoma complex to perceive him/herself to be suffering from intrusion or energetically altered, whether by his/her own thosenes or by the influence of other consciousnesses.

Most of the time, depressive situations and/or those in which there is pain are due to energetic influences from environments or from other consciousnesses, but people seldom identify this.

Slow Energetic Deassimilation

Desassimilação Energética Lenta
Desasimilación Energética Lenta

Abstract:

This article is about slow energetic deassimilation, a parapsychic technique intended for deintrusion and holosomatic homeostasis. The author writes about the difficulty a consciousness faces to realize that he or she is suffering from intrusion, presents the technique of slow energetic deassimilation for the obtainment of self-deintrusion, and emphasizes that one's will and concentrated attention are necessary resources for its application. The text reveals the importance of this technique and of cosmoethical conduct when it demonstrates that interconsciential intrusion is a common fact of daily life and that, for the most part, people don't know how to identify and avoid its effects.

Resumo:

Este artigo versa sobre a desassimilação energética lenta, uma técnica parapsíquica dirigida ao desassédio e à homeostase holossomática. O autor discorre sobre a dificuldade de as consciências saberem-se assediadas, apresenta a técnica da desassimilação energética lenta para a obtenção do autodesassédio e enfatiza que a vontade e a atenção concentrada são recursos necessários para sua aplicação. O texto revela a importância desta técnica e de uma conduta cosmoética, ao mostrar que o assédio interconsciential é um fato corriqueiro na cotidianidade e que, em grande parte, as pessoas não sabem identificar e evitar seus efeitos.

Resumen:

Este artículo trata sobre la desasimilación energética lenta, una técnica parapsíquica dirigida al desasedio y a la homeostasis holosomática. El autor analiza la dificultad que tienen las conciencias en saberse asediadas, presenta la técnica de la desasimilación energética lenta para conseguir el autodesasedio y enfatiza que la voluntad y la atención concentrada son recursos necesarios para su aplicación. El texto revela la importancia de esta técnica y de una conducta cosmoética, al mostrar que el asedio interconciential es un hecho habitual en la cotidianidad y que, en gran parte, las personas no saben identificar y evitar sus efectos.

Since the relation consciousness-holosoma occurs due to the energies, any negative energetic interference in the holosoma reflects on the homeostasis of the complex, always in a way that causes instability in this relation and, consequently, in the interrelations between this complex and those of other consciousnesses.

An interconsciential intrusion is more difficult to perceive, as it almost always seems to the individual

that it is he or she who is in command, even in certain altered states, of which the depressive condition is an example. However, in energetic assimilations which produce sensitive effects in one's soma in the form of pain, especially headaches, one cannot consider the situation normal, as there is an inconvenience that demands measures. Most times, these pains are produced by energetic influences, originating from intrusions in the holochakra caused by various situations, which are widely discussed in the treatises of Conscientiology^{1,2}.

It is rare for these interferences in the holosoma not to be solved by energetic deassimilation, unchained by the will of the consciousness who has energetic mastery in the condition of evolutionary tool.

Slow energetic deassimilation can be practiced by any consciousness, including those who do not have energetic mastery, since they can use consciential will through concentrated attention and have perceived or suspected themselves of being in an altered state.

This suspicion of being in an altered condition is essential as, in this case, the effects produced by energetic intrusion already make up part of daily life, the solutions to neutralize them are almost always derived from an external artifice, and the majority of people cannot apply the energetic deassimilation automatically or do not have synapses to use it.

The emphasis on concentrated will is important as, in situations of intrusion and/or pain, it becomes difficult to maintain it, mainly if the person has not made it into the condition of a habit. To establish the concentrated will, one can apply certain artifices by means of the production of thosenes concerned with this purpose. Progressive relaxation is suggested, preferably in an isolated location, from the tip of one's toes to one's head, in order to fix the attention on the holosoma and reinforce the personal holothosene with an energy that makes concentration possible. In the beginning, it should be done in a standing position, in order to avoid sleep and diminish daydreams. As time goes by, the relaxation can even be performed in bed. If daydreams happen, it is recommended to return to the relaxation until it is fully obtained.

In the application of the *slow energetic deassimilation technique*, after the relaxation of the whole body, the exteriorization of energies should begin, with concentrated will, from deep inside the consciousness to *outside*, so that the energy flows from *inside* to *outside* in a extremely slow way, in all directions, with the intention that the helpers use the consciential energy in the best way possible. After some minutes have gone by, if the concentrated attention has been maintained, one can perceive that

there begins to be a disengagement of something from the holosoma - this is very characteristic when involving energies or consciousnesses - until, suddenly, the pain or inconvenience disappears. In this moment, we perceive how we are controlled and how much we can command. In certain situations, the symptoms disappear just minutes after the deassimilation.

The slower the beginning of the exteriorization is, the more efficient the energetic deassimilation tends to be. The exteriorization must always be from the center to the outside. In order to locate this center, imagine the energy arising out of all of your soma, mainly from the location of the pain, if this is the case, but if the exteriorization occurs from deep inside the consciousness, artifices are not necessary.

In order to apply the technique of slow energetic deassimilation, it is not necessary to identify whether the occurrence is due to energetic coupling and/or intrusion. These conditions will not be detailed here, as they are studied in depth in the treatises of Conscientiology formerly mentioned. It is enough that the consciousness perceive the alteration and proceed to the technique.

It is important to reinforce that each individual is responsible for the effects they receive due to their actions and that deassimilation is an evolutionary tool administered by cosmoethics. Therefore, it is relevant to reflect on the causes of the situation being faced, and to do an energetic deassimilation to repair a possible misunderstanding in interrelationships.

As we can evaluate, despite being efficient, this way of deassimilation is not the ideal for the consciousness on the battlefield, but it proceeds for those who do not have energetic mastery and are making mistakes of a cosmoethical nature. Energetic mastery by itself does not end the difficulties of a consciousness. Cosmoethics is what keeps his/her homeostasis and permits his/her evolution.

To have a better understanding about consciential energies and to experience them is an advanced evolutionary step, but the consciousness can only progress when he/she uses this knowledge with cosmoethics and for the improvement of his/her cosmoethic. This is an excellent way to perform self-evaluation³.

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