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Energetic Crisis

Crise Energ tica
Crisis Energ tica

Abstract:

The article presents the concept of *energetic crisis*, a condition of collapse of the energetic system of the intraphysical consciousness which results in disorders in the physical body. The theme is studied according to 17 specialties of Conscientiology, including the causes of the energetic crisis, symptoms, paraprophylaxis and procedures for its treatment.

Resumo:

O artigo apresenta o conceito de *crise energ tica*, condi o de colapso do sistema energ tico da conscin que resulta em dist rbios no seu corpo f sico. O tema   estudado segundo 17 especialidades da Conscienciolgia, incluindo as causas da crise energ tica, seus sintomas, sua paraprofilaxia e procedimentos para seu tratamento.

Resumen:

El art culo presenta el concepto de *crisis energ tica*, una condici n de colapso del sistema energ tico de la conscin cuyo resultado son disturbios en su cuerpo f sico. El tema es estudiado seg n 17 especialidades de la Concienciolgia, incluyendo las causas de la crisis energ tica, sus s ntomas, su paraprofilaxia y procedimientos para su tratamiento.

Definition. Energetic crisis: failure of the energetic system of the intraphysical consciousness, resulting in the emergence of somatic symptoms or symptoms in the physical body.

Synonymy. Energetic collapse; crisis of consciential energies; bioenergetic crisis; energetic failure.

Antonymy. Holochakral health; holosomatic homeostasis; energetic springtime.

Etiology. The energetic crisis can come about in 3 ways:

1. **Decrease.** Through a decrease in the work with bioenergies on the part of the intraphysical

consciousness who already knows and applies techniques for the mobilization of energies in their daily life.

Causes. Here are, as examples, 8 causes of the decrease in the work with energies:

- A. **Errors of evaluation** (Paraperceptiology).
- B. **Extraphysical interference.**
- C. **Flaws in perception** (Paraperceptiology).
- D. **Flaws in performance** (Experimentology).
- E. **Lack of investment** (in energetic self-defense).
- F. **Misuse.**
- G. **Self-corruption.**

H. Technical incompetence (bad management of energies).

Knowledge. Ignorance attenuates. Knowledge generates responsibilities.

2. **Excess.** Due to the excess of energy.

3. **Ignorance.** Lack of knowledge regarding one's own consciencial energies.

Incompetence. The crisis of electrical energy (2001, Brazil) comes from the incompetence of the management of the country's energy system.

Blackout. Since April 1984, when a blackout left four Brazilian states in the dark, specialists have started to warn of problems in the sector.

Statistics. It is known that in the middle of 1999 the known risk of energy deficit in Brazil was already 14%.

Analogism. Making a correlation, bioenergetic crisis is the result of incompetence or simple neglect regarding the management of one's own bioenergies, which already showed a pre-existing risk of collapse.

Comparison. Here are 9 comparisons or analogisms that we can make, using technical terms, between the energetic crisis regarding consciencial energies and the crisis of electrical energy which hit Brazil (Base-year: 2001):

1. **Energy:** consciencial energy.

2. **Energy crisis:** crisis of consciencial energies.

3. **Energetic resource:** absorption of immanent energy.

4. **Investment in energies:** Vibrational State.

5. **"Bonus":** extraphysical credits from helpers.

6. **"Turning off":** first desoma or somatic deactivation.

7. **Rationing:** putting a *brake* on the existential program.

8. **Revision of goals:** *existential reprogramming.*

9. **Power "thief":** energetic vampire.

Risks. The risks of the energetic crisis are innumerable illnesses in the physical body. *The energetic crisis can lead to desoma, its maximum risk.*

Specialties. Within Conscientiology, we can study the energetic crisis starting from 17 specialties:

01. **Assistentiology.** In terms of Assistentiology, the intraphysical consciousness who maintains their energies without losses or excessive or useless expenses, making use of them rationally, gains a "bonus" or credit with extraphysical helpers, who know that they can count on that intraphysical consciousness for the assistential work.

Bond. *The rational use of bioenergies increases the bond with helpers.*

02. **Conscientiotherapy.** Within the field of Conscientiotherapy, it is up to the intraphysical consciousness researcher themselves to make the diagnosis regarding the crisis of their consciencial energies, assuming the responsibility to resolve it.

Scaffoldings. It is more intelligent not to delegate this job to an *external initiative*, or to *consciencial scaffoldings*, which will not administrate the energies for us and will only serve as a palliative. The *lucid consciousness* is who controls their own energies.

Will. The movement and balance of our energies depend only on our will.

Resorts. Resorts already exist which are oriented to what they call the *alternative line*, offering *Zen tourism* with the purpose of re-establishing energetic balance, simple *psychological crutches* (Base-year: 2001).

Palliatives. As examples, we can enumerate a series of palliatives or scaffoldings, used to mobilize and readjust the energies, such as the following 8:

A. **Chromotherapy.**

B. **Crystals.**

C. **Incense.**

D. **Mantras.**

E. **Pendulum.**

F. **Pyramids.**

G. **Reiki.**

H. **Solarized Water.**

03. **Cosmoethics.** Under the optic of Cosmoethics, we realize that *cosmic moral* is present in *minimum acts*.

Hypothesis. Would the bioenergetic crisis be, when due to one's chronic disregard for their own energies and their own soma, the consequence of an anticosmoethical act?

Respect. *Cosmoethics starts with one's respect for oneself.*

04. **Desomatics.** According to Desomatics, the "turning off" or energy cutoff is the maximum failure of the personal system of energies, and can result in one's premature desoma due to the cut or rupture of the silver cord.

Entropy. *Chronic consciencial entropy is the origin of the premature desoma.*

05. **Existential Invertology.** According to Existential Invertology, the inverter intraphysical consciousness, lucid regarding evolutionary mechanisms, seeks to plan their goals from early on through the adoption of healthy technical postures.

Avoidance. With these postures the inverter

avoids abusive waste of consciencial energies, preventing energy crises.

Mesology. It is worth pointing out the necessity for educators – parents and teachers – to enlighten children from early on about the existence of bioenergies and the holochakra, as well as to teach them to practice energetic self-defense through the vibrational state.

06. Existential Programology. In terms of Existential Programology, the energetic crisis can lead to desoma, generating an abortion of the existential program and an existential incompleteness.

NDE. Sometimes NDEs or Near-Death Experiences occur, acting as a providential resource in the middle of the energetic crisis to warn the intraphysical consciousness of the imminent risks of “turning off” or premature desoma.

Existential moratorium. The existential moratorium, resulting from the NDE, is a second chance for the intraphysical consciousness to correct the course of their existential program.

Critical. The NDE is the *critical projection*, common in moments of crisis.

Rationing. During an energetic crisis, the intraphysical consciousness will undergo a *rationing of energies*, during which time they will reduce the rhythm of work for their somatic and holochakral recovery.

Effects. Here are 8 effects that the *rationing* can generate in the life of the intraphysical consciousness who undergoes an energetic collapse:

- A. **Evolutionary stop.**
- B. **Loss of investments.**
- C. **Loss of lucidity (Radicalisms).**
- D. **Loss of opportunities.**
- E. **Projective recess.**
- F. **Putting a brake on the execution of the existential program.**
- G. **Reduction in the quality of services.**
- H. **Suspension of projects.**

Paradoxes. Rationing can lead the intraphysical consciousness to a positive mechanism of *self-solidarity*. They start valuing themselves more, developing a sense of responsibility with themselves. *Self-solidarity is cosmoethical*.

Awareness. The experience of rationing serves to bring consciencial awareness to the importance of one's energies, leading to their better control and utilization. It also leads the intraphysical consciousness to develop healthier habits.

07. Existential Recyclology. According to Existential Recyclology, the energetic crisis can serve as a stimulus for an intraphysical recycling regarding the management of one's own energies,

impelling the intraphysical consciousness toward the gradual improvement of the level of their energetic self-defenses.

Revision. The person will do a revision of their existential goals, doing an *existential reprogramming*.

Growth. Energetic crisis can be a synonym of growth crisis.

Errors. Unfortunately, more recyclings come from errors than from achievements.

Struggle. Existential recycling is not a struggle, performed in a desperate and disorganized way. According to Vieira, one makes up for lost time in an organized way, through the adoption of healthy technical postures, e.g. the following 3:

A. **Self-knowledge.** Personal dedication to libertarian self-knowledge.

B. **Freedom.** Maintenance of maximal freedom of expression in one's manifestations.

C. **Multidimensionality.** Unimpeded action with the multidimensionality.

08. Experimentology. According to Experimentology, failures in the execution of the Vibrational State (self-defensibility) can lead to a crisis of consciencial energies, either due to low quality VSs or due to the incapacity to install them where and when it is desired. Technical improvement is essential in these cases.

09. Holochakrology. According to Holochakrology, the energetic crisis can be useful for measuring one's level of holochakral imbalance.

Energogram. Through the Energogram, bioenergetic crises reveal to us the low quality of the energy pattern of the intraphysical consciousness.

Vampire. The energetic vampire is a being who lives in constant crisis regarding their consciencial energies.

Parasite. In the intraphysical society, there exist those who are power “thieves” (Base-year: 2001), using mechanisms through which they *parasitize* or steal energy from public lines to their residence or business, avoiding paying for this additional electric energy that they use. This kind of infringement can send the responsible party to prison for 1 to 4 years.

Thief. Due to their chronic holochakral imbalance, the energetic vampire acts in the same way as a power “thief”, *stealing* other people's energies to sustain their incapacity to rationally use their own energies.

10. Intraphysiology. According to Intraphysiology, here are 9 intraphysical postures for decreasing the risks of a crisis regarding consciencial energies:

- A. **Active and healthy sexuality.**

- B. Adequate somatic hygiene.
- C. Avoidance of the smoking addiction.
- D. Good food.
- E. Mature affectivity.
- F. Physical exercise.
- G. Reduced workload (*workaholics*).
- H. Sufficient daily sleep.
- I. Time for leisure.

Failure. We can also mention some of the causes of having an excess of energies that can lead to energetic failure, e.g. the following 5:

- A. Excessive practicing of sports.
- B. Excessive sleep.
- C. Hypercaloric and unbalanced food.
- D. Obesity.
- E. Sedentarism.

11. **Parapathology.** In the analysis of Parapathology, the energetic crisis has its origin in the holochakra.

Self-corruption. Excluding the cases of ignorance regarding bioenergies, self-corruption is the mentalsomatic parapathology that prevents the intraphysical consciousness from taking the necessary measures in relation to the risks of the crisis of consciential energies.

Origin. We can thus infer that the real origin of bioenergetic crises is mentalsomatic or in the *tho* of the thosene.

12. **Paraperceptiology.** Within Paraperceptiology, the energetic crisis results from errors of evaluation or failures in energetic perception.

13. **Paraprophylaxis.** In Paraprophylaxis, there will always be risks of energetic crisis. The most important thing is to know these risks in order to be able to prevent them.

Ways. There are 3 ways to achieve the paraprophylaxis of energetic crises:

- A. Applying the vibrational state (VS).
- B. Identifying the individual, energetic, parapsychic signals.
- C. Identifying mental, psychosomatic and holochakral parasigns and parasymptoms (Parasemiology).

Fences. There are those who use *electric fences* or *shock fences* on residential walls to prevent robbery attempts. According to specialists, the equipment, when correctly installed, does not pose a risk to human life, and keeps the invader away after they receive a shock of less than 1 second (Base-year: 2001).

VS. The VS (Vibrational State), the key element of self-prophylaxis, acts in the same way as a *shock fence* to keep energyvorous extraphysical consciousnesses away, alleviating the risk of invasion of one's

personal psychosphere and the theft of consciential energies.

Therapeutics. The VS also works for the treatment of the energetic crisis through the sympathetic de-assimilation of energies.

Advanced. Here are 3 advanced processes of paraprophylaxis:

- A. Cosmoconsciousness.
- B. Healthy retrocognitions.
- C. Projection of the Mentalsoma.

14. **Parasemiology.** According to Parasemiology, we can do an investigation of our parasigns and parasymptoms that originated an energetic crisis (parasyndrome).

Parasyndrome. We can classify the parasyndrome into 3 types:

- A. **Holochakral Parasyndrome.** Holochakral parasigns and parasymptoms.
- B. **Psychosomatic Parasyndrome.** Psychosomatic parasigns and parasymptoms.
- C. **Mentalsomatic Parasyndrome.** Mentalsomatic parasigns and parasymptoms.

Sensations. In the imminence of an energetic crisis, it is the holochakral parasyndrome that provides the physical body with disagreeable sensations. Its identification allows for performance of the prophylaxis of the energetic crisis on a holochakral level.

Maintenance. The maintenance of the holochakral parasyndrome occasions a physical alteration, characterizing the energetic crisis.

Gradation. We can graduate the energetic crisis into 3 types:

- A. **Grade I.** Affecting the *locus minoris resistentiae*.
- B. **Grade II.** Affecting secondary organs (skin, intestines, stomach).
- C. **Grade III.** Affecting vital organs (brain, heart, lungs).

Self-cure. After the symptoms appear, we can need medical treatment, a mere palliation. The true cure is accomplished through the identification and elimination of the parasigns and parasymptoms of the psychosoma and mentalsoma.

Relation. There is a close relation between Parasemiology and Paraprophylaxis.

Questionnaire. The study of the Parasemiology of the energetic crisis leads us to 3 questionings:

- A. What in my set of psychosomatic and mental parasigns and parasymptoms indicate my susceptibility to a possible energetic crisis?
- B. Which are the personal holochakral parasigns and parasymptoms that indicate an im-

minent energetic crisis? *An apparently physical symptom can only be a holochakral imbalance.*

C. Having identified my set of parasigns and parasymptoms that lead to an energetic crisis, can I do the prophylaxis? How?

15. Projectiology. In Projectiology, by means of the lucid projection we can absorb immanent energy through the splenochakra, compensating the holochakra. The immanent energy serves as a resource for avoiding the crisis regarding consciencial energies.

16. Psychosomatics. According to Psychosomatics, a good mood or *some good laughs* bring a series of positive effects, such as the following 6 listed here:

1. They reduce blood pressure levels.
2. They relieve stress.
3. They facilitate digestion.
4. They fortify the immune system.
5. They clean the lungs.
6. They protect the heart.

Cliché. The worn-out saying "laughter is the best medicine" begins to gain scientific backing.

Neologistic. A new specialty is created: *Laughter Therapy.*

History. The idea that humor can serve as medical treatment is very ancient. In ancient Greece, in the city of Athens, existed the famous sanctuary of Asclepius, a center in which art, philosophy and medicine were mixed. The patients treated there were taken to musicals, theater productions and presentations by comedians. In the XVI Century, one of the most common prescriptions was to read or listen to funny stories.

Factuistic. In the ICU of the heart surgery ward of Hospital Pedro Ernesto, a collection of 44 abstract and figurative paintings is displayed in its corridors. According to the cardiologist who created the project, since its introduction there has been a reduction in the number of cases of postoperative psychosis from 30% to 5% of the total of 60 patients in the hospital (Base-year: 2001).

Ambiguity. The smile is useful both for the cure and prevention of an energetic collapse. *Those who smile and are always in a good mood preserve their own energies.*

17. Somatics. With regard to Somatics, the physical body, the *rudimentary part of the consciousness*, is always the last one to know about the energetic crisis.

Soma. The soma is the *consciencial scapegoat*, a result of the incompetence and self-corruption of the consciousness in relation to the use of their bio-energies.

Correlations. Besides the subjects studied in this essay, we can further deepen the research of the theme of energetic crisis starting with these 15 correlations:

01. Continuum of Actions.
02. Economic Crisis.
03. Energetic-Animic-Parapsychic Signals.
04. Environmental Energies.
05. Excess of Energy.
06. Existential Crisis.
07. Intrudability.
08. Kryptonite Effect.
09. Levels of Energetic Crisis.
10. Macrosomatics.
11. Paratherapeutics.
12. Petifreeness.
13. Petroleum Crisis.
14. Political Crisis.
15. Waste of Consciencial Energy.

Interdisciplinarity. Here are 21 lines of knowledge that have a closer relation with the theme of energetic crisis:

01. Chronology.
02. Conscientiology.
03. Conscientiotherapy.
04. Desomatics.
05. Economy.
06. Electrical Engineering.
07. Existential Recyclology.
08. Holochakrology.
09. Hygiene.
10. Immunology.
11. Intraphysiology.
12. Management.
13. Nosology.
14. Nutrition.
15. Parasemiology.
16. Projectiology.
17. Prophylaxis.
18. Psychology.
19. Sexology.
20. Somatics.
21. Statistics.

Megathosenes. Here are 7 three-word megathosenes, brief expressions regarding energetic crisis, listed in alphabetical order:

1. *A good mood is prevention.*
2. *Economy is rationality.*
3. *Errors generate recyclings.*
4. *Knowledge minimizes errors.*
5. *Nobody cures anybody.*
6. *Self-corruption: mentalsomatic parapathology.*
7. *The crisis recycles.*

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