



Self-critique

Autocrítica
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Keywords

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Palabras-Clave

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Abstract:

The article analyses the subject of *self-critique*, an attitude that enables the consciousness to judge its conditions and manifestations in a rational and unrestrained manner. The author examines the positive and negative aspects of self-critique, considers its role in existential recycling and establishes correlations with some subfields of conscientiology, with the objective of amplifying the approach regarding the theme.

Resumo:

O artigo analisa a questão da *autocrítica*, atitude que possibilita à consciência julgar suas condições e manifestações de modo racional e isento. O autor examina os aspectos positivos e negativos da autocrítica, considera seu papel na reciclagem intraconsciente e estabelece correlações com algumas especialidades da Conscienciologia, a fim de ampliar a abordagem quanto ao tema.

Resumen:

El artículo analiza la cuestión de la *autocrítica*, actitud que posibilita a la conciencia juzgar sus condiciones y manifestaciones de modo racional y exento. El autor examina los aspectos positivos y negativos de la autocrítica, considera su papel en el reciclaje intraconsciente y establece correlaciones con algunas especialidades de la Conscienciología, con el fin de ampliar el abordaje en relación al tema.

Definition. Self-critique is the act by an individual to recognize and question his/her own character's qualities and defects, or the mistakes and hits of his/her actions with maximal impartiality regarding prejudices, conventions or dogmas. This capacity to judge him/herself can reflect two different positions regarding self-critique: a constructive one and a destructive one.

Synonym. 1. Critical analysis; the act of judging oneself; self-appreciation; self-circumspection; self-rational-examination; self-pondering; self-reflection; self-thosenic-vigilance. 2. Self-prudence; self-wisdom.

Antonym. 1. Lack of self-critique; self-intrusion; self-praise; self-mimicry; self-worship; entropy; lack of authenticity; incoherence; inconsiderateness; lack of reflection; foolishness;

precipitation. 2. Hetero-critique.

Colloquialism. Self-critique is popularly called "*desconfiômetro*" ("the capacity to perceive, suspect or sense something") or "*pulga atrás da orelha*" ("the feeling that something doesn't fit" or "to be uneasy").

Quality. According to Vieira¹, the quality of self-critique depends on the level of lucidity of the consciousness when employing his emotional body.

Subtleties. To be self-critical does not represent any pro-evolutionary posture, since the critique can be positive as well as negative. The subtlety is directly connected to the level of personal cosmoethics. Here it is as an example of two opposite self-critique postures:

1. **Cosmoethical self-critique (constructive):** self-appreciation; self-analysis, self-evaluation,

intrapysical recycling, acquisition of neosynapses, recuperation of cons, pro-evolutive posture.

2. Anti-cosmoethical self-critique (destructive): self-depreciation; self-blame; low self-esteem; energetic encapsulation; stagnation; anti-evolutionary attitude.

Questioning. A relevant question a consciousness can ask him/herself is whether his/her posture is cosmoethical or anti-cosmoethical.

Depression. When in a depressive state, the consciousness may have intense self-critique and self-contempt, imagining being full of faults and feelings of guilt, hopelessness and a tendency to see more failures than personal and professional successes. This pathological behavior leads to the stagnating state of being a victim, which goes against the pro-evolutionary cosmoethical self-critique.

Intrapysical recycling. The intraconsciential recycling, thosenic renewal, treads upon personal self-critique, myself *versus* myself, searching for the rational examination of the ideas and conditionings. With denudation, the consciousness avoids self-worship placing itself in the position of self-observer. Disconnecting and afterwards deactivating his/her defense mechanisms.

Neophilia. The person who applies self-critique is a dissident of egocentrism, a questioner, open to new ideas, as he/she brings a healthy curiosity for what is new, and mainly, for what challenges his/her ideas. The key of intrapysical recycling. The acquisition of new synapses and new knowledge serve as raw material for a more elaborated self-critique. These synapses raise our level of lucidity, because through self-knowledge we are accessing, little by little, new cons from our holomemory to the intrapysical brain.

Brainwashing. Religion, dogma and sects or the whole system of beliefs cancel the self-critique of the consciousness, which constitutes brainwashing.

Ombudsman. In journalism, self-critique is delegated to a journalist from its own newspaper, chosen due to his capacity to criticize. In order to accomplish his/her job, the ombudsmen need independence from the newspaper's management. For this reason this professional is generally given some guarantees, such as stability during his/her mandate. Many times, the ombudsman's office is located far from the editing section of the newspaper, so that he/she will not be involved with the editing of the publication.

Self-corruption. Many times we are eager self-criticals, we analyze our attitudes, but in a flick of the moment we forget them and we simply fall into the wickedest of the self-corruptions: the

conformism. Every self-critique must be followed by a self-evaluation and reset of the whole situation.

Thosenes. A normal person has a great amount of different thoughts during a day. The individual can evaluate the percentage of thosenes that are still attached to his/her own ego. If he/she has the notion of what these thosenes are during the day and what his/her own self-critique reveals.

Assistentiology. Self-critique is the first step for self and hetero-assistance. When performing a thosenic cleansing based on questioning, we act through self-example, making possible for the experienced and shared theorice. Paradoxically self-critique is a fraternal posture, because the more the consciousness dives into his/her personal micro-universe through self-knowledge, the greater is the repercussion in the macro-universe.

Conviviology. From the conviviology point of view, the consciousness needs to be tranquil, in the first place, with his/her self-critique and then work with the hetero-critiques received. The one who constantly self-criticizes himself/herself and does not expect a hetero-critique, corrects and improves his/her posture and works. Self-critique anticipates hetero-critique.

Petifreeology. According to petifreeology the thosenic differentiation or the perception of the consciousness of one's own thoughts in opposition to those of other consciousnesses is performed by self-critique.

Egokarmology. In ego-karmality self-critique is to let it go the "big ego", a dissidence of egocentrism tread upon proevolutionary principles.

Experimentology. The experimenter must utilize the maximum of self-critique in order to analyze his projective experiments. Self-critique allows the consciousness (guinea pig) to filter and clarify the self-experiment, eliminating the fantasies and dream processes from his final self-evaluation report.

Holoresomatics. According to holoresomatics, the act of proceeding with multidimensional holomnemonics self-critiques, aims to correct ideological or doctrinal mistakes from past human lives, eliminating stagnating and useless self-mimicries.

Intraphysiology. Within intraphysiology, self-critique is a technique for catalyzing the recuperation of cons needed for the support of the existential program and of the existential completism.

Existential Invertology. According to existential invertology, self-critique is the essential characteristic of existential inversion, which leads to

a unique self-control in relation to the lucidity of bearings, goals and priorities interests¹.

Parachronology. In parachronology, regret is a delayed self-critique, or one, which is done after the right time.

Parapathology. According to parapathology, the depreciative self-critique, anti-cosmoethics, is a form of self-aggression, a self-intrusiveness, which later on transforms itself into hetero-intrusion.

Paraprophylaxis. In the subfiled of paraprophylaxis, cosmoethics self-critique is a prophylactic means to avoid the misunderstanding of the consciousness, anticipating as much as possible the hetero-critiques.

Parasepsis. In parasepsis, constant self-critique promotes thosenic asepsis, making it possible for self-deintrusion of our prejudices. Self-critique eliminates and cleanses our weak traits.

Thosenology. According to thosenology, self-critique is the posture by which the consciousness turns the attention to him/herself, questioning, reflecting and analyzing self-thosenes according to cosmoethics, that in turn promotes the recycling of the personal holothosene.

Projectiocritique. In projectiocritique, self-critique appears in a rigorous examination of the parapsychic experiment, especially in relation to the consciential projections. Clarifying to the maximum the results, trying to discern for example, dream from projection.

Existential recycology. In existential recycology, the cosmoethical self-critique characterizes the beginning of the existential recycling technique.

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