

# Homeostatic and Lucid Self-development of Parapsychism

Autodesenvolvimento Lúcido e Homeostático do Parapsiquismo

Autodesarrollo Lúcido y Homeostático del Parapsiquismo

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## Keywords

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## Palavras-chave

Autopesquisa parapsíquica  
Autossustentabilidade energossomática  
Ideias por detrás do parafenômeno

## Palabras-clave

Autoinvestigación parapsíquica  
Autosostenibilidad energomatica  
Ideas por detrás del parafenómeno.

## Abstract:

The aim of this article is to propose a methodology to help anyone to start the development of their own parapsychic abilities, in a lucid, homeostatic way, focusing on retrieving the ideas from the parapsychism. The methodology was developed from self-experiments and techniques performed by the author. There are also literature references for those techniques to help the reader understand how some of them were developed. From the results, it seems that the techniques described in this article can be used by anyone, regardless of previous parapsychic experience, or environment variables, working for either healthy or harsh locations. The study case presented shows how these techniques can be applied inside the daily activities of the self-researcher.

## Resumo:

O objetivo deste artigo é propor uma metodologia para auxiliar qualquer pessoa a iniciar o desenvolvimento do autoparapsiquismo de forma lúcida e homeostática, com foco nas ideias que estão por trás de determinado parafenômeno. A metodologia foi desenvolvida a partir de experimentos pessoais e técnicas executadas pelo autor. Há também referências para essas técnicas que auxiliam o leitor a entender como algumas delas foram desenvolvidas. Os resultados sugerem que as técnicas aqui descritas podem ser usadas por qualquer pessoa, independente de experiência parapsíquica progressiva, ou variáveis ambientais, funcionando em ambientes tanto saudáveis quanto patológicos. O estudo de caso demonstra como essas técnicas podem ser aplicadas dentro das atividades diárias do autopesquisador.

## Resumen:

El objetivo de este artículo es proponer una metodología para ayudar a cualquier persona a iniciar el desarrollo del autoparapsiquismo de forma lúcida y homeostática, con foco en las ideas que están por detrás de determinado parafenómeno. La metodología fue desarrollada a partir de experimentos personales y técnicas ejecutadas por el autor. Hay también referencias para esas técnicas que ayudan al lector a entender cómo algunas de ellas fueron desarrolladas. Los resultados sugieren que las técnicas aquí descritas pueden ser usadas por cualquier persona, independientemente de experiencia parapsíquica anterior, o variables ambientales, funcionando en ambientes tanto saludables como patológicos. El estudio de caso demuestra cómo estas técnicas se pueden aplicar dentro de las actividades diarias del auto-investigador.

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## INTRODUCTION

**Self-research.** The aim of this article is to propose a methodology that can be used to develop one's own parapsychism, explore and deconstruct common myths involved in the process, and provide the reader with useful techniques for energetic self-sustainability, and faster, solid personal development.

**Definition.** Parapsychism is the ability to sense, perceive or detect influence directly from the extraphysical dimensions and extraphysical consciousnesses, including intraphysical consciousnesses projected from the human body or soma (Vieira, 2016, p. 799). It includes as well the perception of energies, emotions and ideas, when you utilize vehicles of consciousness manifestation besides your physical body, like the energosoma, psychosoma or mentalsoma. It is a natural ability that everyone can develop, and can improve with practice.

**Generalization.** The evidence suggests that the techniques described here may be used by anyone around the world to increase multidimensional lucidity and accelerate the self-research cycles, regardless of initial psychic development. It is clear that harsh environments, like overpopulated cities can influence this development, but there are techniques to overcome those issues.

**Experimentation.** The methodology was developed from self-experiments and a lot of different techniques performed by the author, over the years, and he created experiments to detect the efficiency of each one, documenting facts and parafacts during the process, taking notes of what worked, when and how it worked for himself. As a teacher, he combined those results with results from the students, to create a more common corpus of paraperceptions and common steps.

**Sygnaletics.** Through time, he developed his sygnaletics that is a collection of paraperceptions correctly associated with a particular meaning. With that, he was able to predict what kind of event, conversation, or group interassistential idea had to be worked. The method consisted in the analysis of incremental changes of his own energosphere, checking what different ideas came whenever he got in contact with different those-

**Structure.** This way, to achieve the main objectives of this paper, the author will describe: the personal experiences that serve as a motivation for the article; how to overcome common myths on parapsychic development; techniques to create a proper parapsychic environment at home for continuous homeostatic research; and a case study of how to maintain a homeostatic personal bioenergetic field inside London's tube during rush hour.

## I. BACKGROUND

**Decision.** After some years living in Iguassu Falls, Brazil, it became clear to the author the need to go abroad and build his own nest egg if he intended to focus on parapsychic development for the years to come, including old age.

**Homeostasis.** According to this author's perspective, the Cognopolis is still the best place for parapsychic self-development. This presented as an issue to move abroad, since the environment is very proper to increase one's multidimensional lucidity.

**Disbelief.** Nonetheless, the author was interested in researching as well what would change when he moved back to a big city after staying for a couple of years in Iguassu Falls. Previously he had lived in Rio

de Janeiro (population: 6.32 million) and Sao Paulo (population: 12.04 million), so moving to London (population: 8.67 million) should be similar.

**Comparison.** This way, the author wrote his article based on his experiences in different times of his life and different locations. Throughout the years he has been in different stages of mental and parapsychic development, and this allows the comparison between techniques used in early and late stages of life.

**Cons.** The predisposition for psychic phenomena changes from person to person, based on the holobiography of each researcher. The reader needs to discover what he is able to do, and act accordingly, but as a side note it is possible to go from a position of not perceiving energies and being a consciential epicentre in a single lifetime.

## BASE PRINCIPLES

**Principle.** One of the main pillars of conscientiology (Sclosser, 2017) is the Disbelief Principle (DP), which may be addressed as follows: “*Do not believe in anything, not even in what we tell you here in conscientiology. Experiment. Have your personal experiences*”. But what does that mean in practice?

**Disbelief.** Never take the word of another person as the truth. Just add it as an extra input. Never accept your own perceptions at first: always analyse them until you have developed your own sygnalitics (and stay open to double check if you made a mistake).

**Authority.** If a specific feedback or psychic information came from a consciential epicentre, *that does not mean it is true*. Epicentres can make mistakes as you can, so you have to apply the same rule of thumb for other inputs: sharp reasoning.

**Openness.** Although you do not accept as true everything you receive as feedback, do have an open mind to consider what comes to you. After analysing carefully whatever people share, you may accept or reject the feedback *based on facts and parafacts collected over time*. This also applies for your own perceptions.

**Experiment.** If you have doubts about a specific subject, try to design a small experiment to get more information about it. Until you are sure enough, keep experimenting to explore different hypotheses, and reject those that do not match to your perceptions. Whenever you are comfortable enough both in terms of logic and paraperceptions, you may be able to reach a *verpon*.

**Dissolution.** The application of the four main points described above should help the interested researcher to avoid these three common problems:

1. **Gurulatory.** Giving more credit to third party experiences rather than yours regarding psychic phenomena, especially when there is authority involved.

2. **Insecurity.** Avoiding self-experimentation based on beliefs, thinking it is possible to know some outcomes beforehand. This is the base of most fears associated with the psychic development.

3. **Stagnation.** If you do not experiment, you will probably stay on the same level of multidimensional lucidity for years or decades. *Parapsychism is not learnt by osmosis, but by self-organization and observation*.

**Methodology.** It is common for people to search for an outside reliable source, but that seems not like a good approach. Using the scientific method to approach parapsychism usually produces better results than the average of others’ opinions, or using mystic contemplation.

**Description.** With that in mind, let us enumerate some points to avoid parapsychic myths.

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## II. MYTHS

**Popular.** Most common knowledge related to psychic development has a lot of flaws, mainly due to fear of the unknown and lack of experimentation.

**Effect.** Every myth has direct effect on the self-sustainability of each conscin. The lucid parapsychic experimentation helps to remove each one gradually, increasing the level of personal freedom.

**Pseudosecurity.** Myths are like crutches, which in theory protect the self-researcher from more complex conditions regarding the self-parapsychism. The secondary gain is that, in theory, if someone is not that lucid, he or she cannot take responsibility for anything that happens to him/her. The reality behind it, though, is that you may be working way below your personal limit without even realising the benefits of your full potential.

**Courage.** If there are any insecurities involved, each reader needs to conduct a self-investigation and detect the real personal condition, starting from that reality to increase the own capacities. It does not help to be ashamed of any condition at all, not recognising the flaws or the strong traits, or putting yourself down.

**Reality.** The actions that you plan on your experiments must match your current intraconscinial reality. That is why it is important to know where you are, so you can make a realistic plan to increase your multidimensional lucidity.

**Interassistance.** It is important to understand that energies obey your command, and if you have a strong will that should be enough to move them. Reasonable interassistance usually provides good results as well: not isolating yourself entirely but having a rationale to know when to help.

**Techniques.** To help the reader achieve this, the author will list personal traits that might help develop and analyse your own parapsychism, and a couple of basic techniques that might give more personal freedom to the self-researcher.

### PERSONAL TRAITS

**Optimizers.** As an example, those 10 personal traits can be developed to achieve a homeostatic parapsychic development, listed in alphabetical order:

01. **Admiration-disagreement.** The habit of looking at conscinial traits in a neutral manner, admiring the positive traits and observing the negative ones only to help. This includes your own traits.

02. **Association.** The associative ability to match paraphenomena, daily events, and intraconscinial changes.

03. **Interassistance.** The truthful will to help other consciousnesses.

04. **Openness.** The absence of expectations whenever you start a particular energetic experiment.

05. **Projectiology.** The systematic recording of parapsychic experiments, with a strong focus on extracting the *meaning* of each event, avoiding the analysis of parafacts themselves (common in Parapsychology) or to having reduced lucidity due to euphoria (common in Mysticism).

06. **Self-confidence.** The knowledge of your own potential, and the magnification of paraperceptions and energy quality while working side-by-side with multidimensional extraphysical team (teamex).

07. **Self-lucidity.** The ability to detect small nuances in your own energosphere all the time, paying attention to every thosene that might be different from your standards.

08. **Self-organization.** The well-established routine, allowing better comparison of parafacts over time.

09. **Sharpness.** The continued self-research of the details of parafacts, allowing the elaboration and testing of different hypotheses, without turning into academicism.

10. **Wellbeing.** The inner homeostasis level increasing personal capacity to help oneself and others.

**Growth.** If the reader perceives that he does not have those traits, it is useful to enumerate the advantages and disadvantages of their development. In the author's point of view, those points are complementary to create a more favourable holothosene for extraphysical helpers to engage with the self-researcher.

**Uniqueness.** Each consciousness is unique, and those traits can be different for each one. Nonetheless, the author perceived that the traits above are usually present in people with well-developed parapsychic abilities.

**Boost.** The development of the above points helps on the execution of techniques described in the next session. Interesting, though, is that the techniques themselves might help develop the points above.

### III. TECHNIQUES

**Base.** The aim of this section is to provide the reader with techniques to develop his own parapsychic abilities, in a clean, robust and structured way.

**Self-sufficiency.** It seems reasonable that the reader respect the following order when he starts to experiment:

1. **Home.** Create a suitable environment at home to develop parapsychic abilities, starting inside the sleeping room, and moving to the whole house/apartment. With this initial step, it is possible to have a more controlled environment that may serve as a homeostatic reference for parapsychic development.

2. **Limits.** First experiment indoors and, whenever you feel comfortable, start experimenting outdoors, safely exploring your limits on energetic capabilities. At this point, the reader might have a reference in the time needed to install a *vibrational state* (VS) (Vieira, 2016, p. 497 to 499), or a bioenergetic field, if everything else is homeostatic.

**Basics.** As the reader will notice, the basic energetic movements used through this section, are mainly four:

1. **Exteriorization:** It consists on exteriorizing your own energies, using just your will. Avoid imagining the energy getting out of your hands. Just send the command for them to do so. It is similar to raising an arm: you do not imagine the whole arm movement from bottom to top; you just send the command (Vieira, 2016, p. 591 to 594).

2. **Absorption:** This technique is the opposite from exteriorization: the experimenter will send a command to absorb the energies around him or from a specific location (intrapysical or not) (Vieira, 2016, p. 589 to 591).

3. **Circulation:** The circulation of consciencial energies in a closed circuit. If one intensifies the circulation, he may experience the vibrational state (Vieira, 2016, p. 587 to 589).

4. **Vibrational state:** A command is sent for your energies to vibrate as much as possible, until you install a state called *vibrational state*. You may try to do the following in the beginning: concentrate your energies above your head; move your energies up and down from above your head to below your feet, moving energy inside and outside your body as you do it; increase the speed over and over without reducing the

quantity of energy, until you reach a tremendous speed, and the VS naturally. Throughout the time you will not need to circulate your energies: just a mental command will install the VS (Vieira, 2016, p. 497-499).

**Variations.** There are a lot of variations to where you send/absorb your energies, how far, how intense, to whom. But in this author's perspective, just the above techniques are enough.

**Simplicity.** There are no secret techniques, symbols, positions or movements that might intensify the experiences. The intention is all you need to get excellent results, and since the energy goes where you focus, keep simple intentions at the beginning (cleansing, exteriorizing, absorbing, shielding and helping, for instance). It is more about quality and focus, not complexity of techniques.

**Order.** To start your own development, the author will describe the shielded chamber technique that may serve as the main base for the homeostatic development of your parapsychism, especially in heavily populated areas.

### SHIELDED CHAMBER

**Definition.** The shielded chamber is the technique used to create a safe energetic environment in a particular room. It consists of regular exteriorization and absorption of energies in a particular room, with the intent to shield it from intrusion thosenes and consciousness, creating a healthy holossomatic environment for parapsychic activities (Steiner, 2013).

**Base.** At first, this room might be your bedroom, but as time goes by you may expand this to the rest of your house.

**Exteriorization.** This technique is good to practice the basic energetic movements described previously. The first one is the exteriorization. In the beginning, if you do not perceive anything, insist on the technique. It is just a matter of practice, like any other ability.

#### How to apply the technique:

1. **Isolation.** Close the doors of your room on a time of day that you may not be disturbed. If you live with other people (parents, partner, children) tell them that you will need a couple of minutes alone in the room for yourself.

2. **Shielding.** Exteriorize your energies through your hands, as if you were painting the walls with the energies that come off your hands. Do it very slowly, in every inch of your room: the walls, the ceiling and the floor. Use the strong, positive intent to clean, to shield your room, that this is your place, and just you and the helpers should be inside it (without belicism). It is very important to *qualify* your energies with this intent. Memorize any thought that might appear, and take notes of them after the experiment is finished.

3. **Intensification.** After exteriorizing energies like that, sit on your bed or a chair, and start exteriorizing energies to every direction, from every inch of your body (front, back, below, above, and joints as well).

4. **Absorption.** Absorb energies from the cosmos (cosmic energy), from the earth (geoenergy), the seas, rivers and lakes (hydroenergy) or a huge dense forest (bioenergy).

5. **Vibration.** Try to install a vigorous vibrational state at the end.

**Timing.** In the beginning, try to spend at least 10 minutes in each stage, from 2 to 5, leaving 40 minutes for the technique. If you cannot practice each step in 10 minutes, save at least 15 minutes for step two. However, if you manage to do the longer technique, especially in the first week, the results are more intense.

**Repetition.** Do this at least once a day, and try to use random times of your day to avoid scheduled intruders. Sometimes there are intruders that know that you will perform that activity in a particular day and time, and that's not very helpful. On the beginning it seemed that if you do it randomly, the intruders cannot prepare themselves, and a normal person, with a proper volition, can create a field able to help themselves and anyone inside it. After that initial step, it is easier for the helpers to connect with the person, and intensify the field.

**Maintenance.** After the room is shielded it is easier to maintain it, so you will not need to apply the whole technique every day, just once a week when needed, and during a smaller amount of time.

#### HOW TO KNOW IF THE ROOM IS SHIELDED?

**Instant.** When the technique starts to show some results, you may notice that whenever you come into your room, a vibrational state is installed automatically in you, without any effort from your side. Other effects like peace of mind, and anything associated with a more linear thosene might be perceived as well.

**Thoughts.** Another way to measure it is the quality of your thoughts inside the shielded room. If you perceive an increase in orthothosenity inside the room, it may mean that it is shielded.

#### WHAT IS BEHIND THIS?

**Self-cleansing.** When you exteriorize your energies, with a positive mindset, you are cleansing yourself from all energies accumulated during the day, detoxifying.

**Improvement.** Over time, this helps you to clean yourself faster and faster, and will serve as a base for energetic homeostasis during the day. The exteriorization technique is very useful to help you and people around you.

**Paraperceptions.** With this technique, if the reader thinks he does not have any paraperceptions whatsoever, it is possible to detect small changes over time. For instance, after exteriorizing your energies for 10 minutes, you may notice some differences in your hands, like tingling sensations, warmth, cold, tickling, or even detect that your hand is a bit heavier, or that you are inside a gel when you move your hand.

**Particularities.** Since those perceptions change a lot from person to person, the best way to deal with it is to take notes after the experiment is over, and try to describe your sensations (physical) in the utmost detail. After describing it the best you can, try to think of the emotions and thoughts that went through your head at that time, in each sensation. This will lead you to develop your own sygnaletics, after mapping the most probable hypothesis for each energetic sign you detect.

**Hypotheses.** *Make as many hypotheses as you can.* Avoid writing down just one or two, try to motivate yourself on thinking different possibilities, focusing at first on physical hypotheses. Based on the facts, rule each one out, until you find one that best fits your experiences (over the days, weeks or months, depending on the repetition of your paraperception).

**Example.** Imagine that you feel a little euphoria when you exteriorize your energies. What could it be? You may be connected to a helper; you can be just experiencing your own cleaner energies; you can be connected to a blind-guide.

**Analysis.** *How to detect which one is the most suitable?* Create questions for each of them, and try to see if the facts / parafacts help check if any of them is more plausible. Were your thoughts more clear, linear? Did you feel at peace? Were you experiencing intense emotions and started crying? Did you see an oneiric landscape, that is very beautiful and enchanting, but without any ideas behind it? Each question may lead you to gather different facts / parafacts, and help you select the hypothesis that best suits the data.

**NEXT STEPS:**

**Improvement.** Over time, you will not need to use your hands anymore, and you will exteriorize your energies from the whole body from the beginning.

**House.** Once you finish shielding your bedroom, start shielding the rest of your house, to have the same effects. If one room is shielded, it is easier to shield the rest of the house.

**Tenants.** If you share your house with someone else, remember that the other person might affect and be affected by the energies. Be alert to types of intrusions, helping when and if possible.

**Experimentation.** Once you have a shielded chamber, it will be easier to execute different parapsychic experiments, since at least the environment is more stable and protected against external variables.

**INTERPALMAR BIOENERGETIC FIELD**

**Definition.** The interpalmar bioenergetic field is the technique in which the user exteriorizes energies from one palm to the other, intensifying the bioenergetic field between them.

**Paravision.** The principles of this technique are used to develop paravision (MEDEIROS, 2017, p.145-148), since it can produce a very stable and dense field, that might be easier to detect.

**Basic.** The technique is one of the first that might be tested. Start with your hands pretty close, without touching one another, and exteriorize your energies between them. If you perceive something different, take mental notes of what that could be. Heat transfer? Electromagnetic field?

**Intensity.** Increase and decrease the amount of energy that you send. Check if your intention on this makes any difference in the perception. Check how long it takes for the changes to make effect.

**Distance.** After you are used to intensity changes, increase the distance between your palms bit by bit. Maybe you will need to intensify your energies during this process, but try to detect if there is something different about that.

**Others.** If you have someone you trust that is open to this kind of experiment, you may try to produce this interpalmar bioenergetic field, and ask others if they can perceive something, after you are comfortable with changing the distance and intensity by yourself.

**WHAT IS BEHIND THIS?**

**Control.** This technique is excellent as a controlled environment to verify that you have energies of your own, and that your will alone can change the shape, amount, intensity and concentration of your energies.

**Self-confidence.** As a first result, your energetic self-confidence might boost a bit, since you will understand that you have complete control over your energetic body.

**Leak.** This is one of the simplest techniques to verify that imagination, when dealing with energies, is a waste. You have to focus your attention between something that is useful (the energetic movement) and something that does not provide results (imagining that the energy moved by itself).

**Voltaic arc.** This technique will serve as an initial step to apply the Voltaic Arc Cranium-chakral technique, since it is a start to install a small bioenergetic field.

**Definition.** The Voltaic Arc Cranium-chakral technique consists of intense transmission and sympathetic assimilation of consciencial energies (CE) with the left hand palm from the assistant, man or woman, in the nuchal area, and the other palm near the frontochakra of the attendee, without touching the soma, with the intention to eliminate any energy blocks, and clean from intruder energies. This cleansing occurs through vigo-

rous assimilation and exteriorization of CE from both palmchakras, frontochakra and cervixchakra, between the assistant and the attendee (Vieira, 2013, p. 906 to 908).

**Helpers.** It also helps you detect the presence of helpers, and how your energies change when they are around, both in quality and quantity.

#### **NEXT STEPS:**

**Concentration.** Instead of creating a field between your hands, separate your hands, and try to concentrate more energy in one hand than the other one. Once you understand this, try to concentrate your energies in different parts of your body.

**Blockages.** You may notice that in some regions it may be harder to concentrate energy. You can try to concentrate the energies there, pulse them (exteriorize, absorb in that region), just exteriorize them, just absorb energies from a good location, or install a vibrational state.

**Timing.** Do not be upset if you are not able to be cleaned in a couple of tries. In some cases you need more time to completely clean a particular region. Over time you will notice that there is always a new level of self-cleansing.

**Self voltaic arc.** After you are comfortable creating this mini energetic field between your hands, move them to your head. Place your right hand on your forehead, and your left hand on your scruff, without touching them. Check what happens, in your whole holosoma.

**Will.** After some time, try to do the same practice without your hands. After all, all you need is focus, and if the energies obey it, your hands are just something to begin with.

**Focus.** Use your strong intent to send your energies (not just from your hands) to execute a voltaic arc in yourself. Check if there are any differences, and raise hypotheses, trying to fill the gap until you reach the same results.

#### **ENERGOSPHERE BEAT**

**Definition.** The energosphere beat is the technique in which the person expands and contracts his energosphere, detecting the changes in paraperception between the contracted and expanded state. It is just one variation of the exteriorization and assimilation techniques (Vieira, 2016, p. 589 to 594).

**Basic.** At first, the researcher might exteriorize the energies trying to fill the room he is located. Afterwards, continue to exteriorize your energies, but limit the volume to something very near your skin.

**Cycle.** Keep expanding and contracting your energies over and over to detect the changes in density, quantity and quality of energies.

#### **WHAT IS BEHIND THIS TECHNIQUE?**

**Elasticity.** This technique helps you detect how malleable your energies are, and what happens to them once you choose to modify the volume of your energosphere.

**Focus.** You will notice as well how your focus has to change while dealing with smaller or bigger volumes.

**Step.** This technique also helps you develop another one: shielding. Once you understand how to limit your energies it is just a matter of increasing the vibration of your energies, and qualifying them with the proper thosene.

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**NEXT STEPS:**

**Encapsulation.** Exteriorize your energies, but limit them to a region very close to your body. Install the vibrational state. This can be used as a shield for yourself.

**Others.** If you want to envelop another person, animal, plant or object with your energies, the process is similar. You just need to focus on surrounding your object with your energies. A tip that may help you do this is the embrace: try to gently, carefully, surround the object / animal / plant / person / consciex with your energies. This helps the coupling process.

**Paradox.** When dealing with cleansing, it is more common and practical to detect the extraphysical consciousnesses involved and isolate them with your energies, if that is cosmoethical. This helps them to calm down, creating a better environment where they may be accessed by helpers.

**BOOK HOLOTHOSENE PSYCHOMETRY**

**Definition.** The book holothosene psychometry is the act of using your own energies to execute an energy scanning on the energies of a particular book.

**Base.** Exteriorize your energies to a book, connecting to it. After that, absorb the energies, focusing on the ideas that come with it. Do not judge, automatically label any thought as imagination, or anything that would cancel the process. Instead, just take mental notes, and afterwards check if they are valid.

**Blindness.** It is more useful if you do not know the book cover, contents and size. The best scenario is when another person provides the books for you, wrapping them with white paper, or any other form of package to block you from seeing the contents.

**Subconscious.** If you do not know the books imagery it is harder to accept the hypothesis that your subconscious detected something that your alert mind cannot.

**Telepathy.** Be sure that the person who packed the books is not located in the room, and is not watching the experiment. Otherwise, you cannot differentiate the results between psychometry and telepathy.

**Ideas.** Whenever you receive particular information during the technique, dig as deeper as possible. For example: you perceive the book is about romance. What kind of romance? Is there a main character? Is it a woman or a man? The book is written on the first person or third person? Where does the story take place?

**Dry.** Do not stop asking questions as you receive information; try to extract the most of the paraperceptions. Do not question at this moment if they are correct or not, just write them down. Write down what you perceived both emotionally and mentally.

**Check.** When there is nothing else to extract from the energies, open the book, check the author, see if there is a fan group behind it (group thosenes), look at the summary, and check how this compares with your own perceptions. The accuracy of your perceptions may be affected by the connection quality between the book holothosene and your own.

**WHAT IS BEHIND THIS TECHNIQUE?**

**Preparation.** The principle of this technique is to start developing your sygnalitics for energetic coupling.

**Groups.** It will give you material to start detecting what it means to connect to a group thosene. The book has a particular subject, author, group of fans, and you will connect to everything associated with it.

**Safe.** Another good point of this technique is that it is usually safer to start connecting to books, when extracting information, since the books are mentalsomatic artefacts. You can extract information and cleanse yourself in a simple manner between attempts.

**Exceptions.** Of course some books might be denser, but the author has never detected this as an issue over the years.

**Absorption.** Remember that the most difficult part is always the absorption, extracting the information. And if you can master this, you are half way to master more impacting techniques, like the voltaic arc.

#### NEXT STEPS:

**Objects.** Try the same principle with different objects: statues, photos, paintings and even objects that you never use (energetic dumps). The differences between them will be crystal clear. Check if there is any group of objects that in average shows a particular holothosene.

**Similar.** Compare a book you have, that you like a lot, with the same book in the local library.

#### ENERGETIC COUPLING

**Definition.** Interfusion of the energosomatic energies between two or more consciousnesses (Vieira, 2016, p. 187).

**Basic.** There is a natural progression in this technique: you start making lucid energetic coupling with plants, then animals and at a later stage, human beings, although the energetic coupling happens every day, everywhere. The logic is to start with subjects with less information associated with it, and move towards beings that are more complex (more consciential energy).

**Description.** You might use what you learned from the energosphere beat and book psychometry techniques. At first, exteriorize your energies towards your subject, with the intent of connecting to it. After that, absorb the energies from the subject, trying to identify the information that comes with the energy.

**Information.** The information is usually retrieved when you start the absorption, when the energies of what / who you are in contact with connect to your energosoma. Pay close attention to that moment.

**Deepening.** As time goes by, you may be able to detect more and more information, if this is cosmoethical. You usually get a lot of information if you have clear intention to help others and yourself, since it is easier to work together with helpers this way.

**Gentleness.** Try to be as gentle as possible when you involve the subject inside your energies. Make it feel like you are hugging someone very important to you.

**Ineffective.** Avoid invading the subject with your energies, exteriorizing everything towards the person as if you are about to penetrate their energetic field like a knife.

**Finishing.** After you perceive that the field is finished, install a fast vibrational state as this allows you to experiment more, without suffering from energetic depletion.

#### WHAT IS BEHIND THIS TECHNIQUE?

**Interassistance.** The technique is good to start working with interassistance because when you connect to other subjects you may perceive their energies, how they think, feel, what your relationship with them is, and who may be connected with them, amongst other information.

**Understanding.** This immediately expands your notion of what a group is, the connections between people, and increase your empathy levels. You may also understand what a particular subject experiences each day, increasing your comprehension and patience.

**Differentiation.** This technique is good to help you differentiate between your energy and the energy from others, helping you detect your own holothosene.

**Mithra.** This technique also increases your resilience to more dense energies and help you create synapses of immanent energies sources.

#### NEXT STEPS:

**Voltaic arc.** The natural next step of this technique is the voltaic arc, which you place your right hand at someone's forehead, and your left hand on their scruff, without touching them. Then you exteriorize energies to them with everything you have, and afterwards absorb what needs to be absorbed from the person, cleansing the energies like a haemodialysis machine.

**Teamex.** Another variation is to lucidly connect with helpers, intraphysical sources of energies, and extraphysical energy centrals. There are several types of extraphysical centrals, like Extraphysical Central of the Truth, of the Energies, of the Fraternity, and so on, as diverse as the topics from conscientiology (Vieira, 2013, p. 2.689 to 2.696).

**Garbage man.** On a more advanced level, if you are already comfortable with installing the vibrational state, you can start making lucid energetic coupling with the persons you talk during the day, cleansing them on the process. Try to do this in every interaction, with the aim to leave the person better than when you contacted her.

## IV. CASE STUDY: HOMEOSTASIS DURING RUSH HOUR

**Description.** As a daily example of how to apply techniques, the author will present a short case study of achieving homeostasis during the rush hour, using London's tube.

**Facts.** During two consecutive days the author perceived a drop in energy levels near the time of leaving work. He felt dizzy, tired, with a strong wish of just lying down on bed and sleeping.

**Harder.** As soon as the author entered the tube, going home, he realises his situation, and decides to make an experiment. Previously he detected that his dominating chakra, so he started concentrating energies on it to install a powerful vibrational state.

**Shielded.** After around fifteen seconds he starts feeling better. He does not feel asleep anymore, becomes happier, perceives the energies around him and detects that he is shielded from the environment around him (after one minute).

**Hypothesis.** The immediate idea is that this was due to the contact with the people on the tube, but what if it is not the contact itself? The author detected two points: that the sleepiness started around 15 minutes *before* leaving work, and that he had not eaten anything for the last 4 hours in both days (the author cannot be starving for long periods).

**Check.** If the food were the only problem the author would not feel better with the energetic movements, but he created an action to eat more often on the following days. If it was the *direct contact* with the people from the tube, he would not feel like that before leaving work.

**Repetition.** On the next day, at the same time, when he detected it was time to leave, the same scenario happens again. But this time the author was more lucid and detected a connection to the holothosene of the tube station. In order to verify that, he exteriorized his energies to the station, to check the changes in his energosphere.

**Verpon.** Satisfied with the results, the author assumes that the most probable hypothesis is the connection with the holothosene from the station, and from that day onwards he becomes more lucid about it, taking proper actions to remain lucid and clean.

## CONCLUSIONS

**Rock.** The author thinks that with the techniques described on this article it is possible for anyone to train and achieve multidimensional lucidity.

**Changes.** The author detected that those techniques can be applied both on very dense or very sparse areas, and they can provide anyone with the necessary tools to move to a helper mindset.

**Habit.** The author also detected that it is better to start small and keep practicing techniques every day than to save one day of the week for a longer energetic session.

**Improvement.** The reader is encouraged to use the creativity to mix the techniques whenever necessary, focusing on the essential. *Simplicity is priceless.*

**Self-research.** As an example of simplicity, from the authors' experience, whenever a simple bioenergetic field is installed in a shielded chamber, but with the intent of deepening self-research, the quality and accuracy of the information that usually comes, whenever connected to a helper, is extraordinary. So it is simple: just install the vibrational state, exteriorize the energies, connect to the helper, and on the absorption let the ideas come for the subject.

**Boost.** The author noticed as well that whenever someone uses his own parapsychism to help others, on their self-research, at a proper environment, an expansion of the parapsychic abilities usually occurs, in terms of quality and quantity.

**Cosmoethics.** Finally, use every technique inside the limits of cosmoethics. Self-cosmoethics is the basic principle to connect to helpers, increasing what you are able to do. Working solo is never as good as being a minicog within a maximechanism.

**Continuous.** The facts and parafacts collected by the author suggest that it is possible to keep the personal growth he had in Iguassu Falls, after the adaptation period. In energetic terms, Cognopolis is still better, but this is not an issue if you are more aware of your energies during the day. This way, it is possible to move abroad and remain with a similar multidimensional lucidity.

**Simplicity.** Simple tasks and actions such as avoiding the rush hour, writing regularly on a daily basis, selecting what you eat, and always working with your energies has proved to help maintaining lucidity.

**Limitations.** The author is aware that it is not possible to explore everything in this article. He plans to write more about it and asks the reader to write back, especially with contrasting viewpoints.

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