

Helper or Blind-guide? Analysis of the Extraphysical Assistant During *Penta*

Amparador ou Guia Cego? Análise da Consciex Assistente na Tenepes

¿Amparador o Guía Ciego? Análisis de la Conciex Asistente en la Teneper

Muna Krings*

* MSc. Biology. Humanistische Psychotherapie. Penta practitioner since July 2010.

mkr2011@web.de

Texto recebido para publicação em 30.09.2011.

Keywords

Conscious development
Extraphysical consciousness
Penta practitioner

Palavras-chave

Consciência extrafísica
Desenvolvimento consciencial
Tenepessista

Palabras-clave

Conciencia extrafísica
Desarrollo consciencial
Tenepersista

Abstract:

After practicing *penta* for 8 weeks the author analyzed if the extraphysical consciousness (epc) who linked up to her during *penta* sessions was a helper or a blind-guide. The investigation was performed by identifying a distinct psychic signal of the *penta* epc. Furthermore a list of characteristics and a list of thosenic imprints was established to distinguish helpers from blind-guides as well as a list of likely effects which a *penta* practitioner will experience, if *penta* is performed correctly over a longer period of time. Based on these lists the author made short-term and long-term observations and conducted tests to identify the characteristics of the *penta* epc. The test as well as long-term observation of her own consciencial development led to the conclusion that the *penta* epc was indeed a helper. In addition several blind-guides were identified which accompanied the author at other occasions.

Resumo:

Após praticar a tenepes por 8 semanas, a autora analisou se a consciência extrafísica (consciex) com a qual acoplava durante as sessões da tenepes era um amparador ou um guia amaurótico. A investigação foi feita identificando uma sinalética parapsíquica específica relacionada à consciex da tenepes. Além disto, uma lista de características e uma lista de padrões pensênicos foi estabelecida para distinguir amparadores de guias amauróticos assim como uma lista de prováveis efeitos a serem experienciados por um praticante da tenepes, se a tenepes é desenvolvida corretamente em um período mais longo de tempo. Com base nessas listas a autora fez observações a curto prazo e longo prazo, e conduziu testes para identificar as características da consciex da tenepes. O teste, bem como a observação a longo prazo de seu próprio desenvolvimento consciencial, levaram à conclusão que a consciex da tenepes era realmente um amparador. Além disso, foram identificados diversos guias amauróticos os quais acompanhavam a autora em outras ocasiões.

Resumen:

Después de practicar la teneper durante 8 semanas, la autora analizó si la conciencia extrafísica (conciex) con la cual acoplaba durante las sesiones de la teneper era un amparador o un guía amaurótico. La investigación fue hecha identificando una señalética parapsíquica específica relacionada a la consciex de la teneper. Además de esto, una lista de características y una lista de padrones pensênicos fue establecida para distinguir amparadores de guias amauróticos así como una lista de probables efectos a ser experimentados por un practicante de teneper, si la teneper es desarrollada correctamente en un período más largo de tiempo. Con base en esas listas la autora hizo observaciones a corto y largo plazo, y condujo testes para identificar las características de la consciex de la teneper. El test, bien como la observación a largo plazo de su propio desarrollo consciencial, la llevaron a la conclusión de que la consciex de la teneper era realmente un amparador. Además de eso, fueron identificados diversos guías amauróticos los cuales acompañaban a la autora en otras ocasiones.

INTRODUCTION

In July 2010, the author started practicing *penta*. She was able to identify the linking up of an extraphysical consciousness (epc) as well as energetic exteriorization. After practicing *penta* for 8 weeks she started to investigate if the epc was a helper or a blind-guide.

Why analyze if the epc is a helper?

The author was confident that the epc was in fact her helper but a friend had the intuition that she had a blind-guide and this made the author realize that except for her positive feeling she did not have any data that would support the assumption that the epc was in fact a helper.

The following is an account of how she analyzed the nature of the epc.

METHODS

1. Establishment of a list of criteria to distinguish a helper from a blind-guide

In order to distinguish between a helper and a blind-guide clear characteristics are necessary.

Helpers are described as extraphysical consciousnesses supporting one or more intraphysical consciousnesses who lucidly exercise advanced multidimensional interconsciential assistance. They respect free will and have an insight into the character traits of the intraphysical consciousness and his or her existential program. They work to support and if possible accelerate the evolution of the consciousnesses they assist. Their line of reasoning is mentalsomatic not emotional (VIEIRA, 2002).

Blind-guides are described to be amoral or inexperienced consciousnesses, who influence other consciousnesses in an anticosmoethical manner, according to its momentary egoistic interests and to the detriment of others. Blind-guides are epcs who are not interested in the evolution of the intraphysical consciousness they accompany. They do not respect free will. Their line of reasoning is emotional rather than mentalsomatic (IAC, 2011).

Based on this information, which was received during the Consciousness Development Program (CDP) courses of the International Academy of Consciousness (IAC) from 2008 till 2010, the following list of character traits (table 1) and characteristics of the line of reasoning (table 2) of helpers and blind-guides was established.

Table 1. Characteristics of helpers and blind-guides.

Characteristics	Helper	Blind-guide
respects free will	x	
line of reasoning	mentalsomatic	emotional
assists in field courses e.g. CPD Advance II	x	
Intention to..		
..empower	x	
..clarify	x	
..support and accelerate evolution	x	
..manipulate		x

Table 2: Examples of thosenic imprints, shown by helpers and blind-guides.

Thosene	Helpers	Blind-guide
Empowering	x	
Clarifying	x	
intending to make you feel..		
Guilty		x
Obligated		x
Stupid		x
Weak		x
Afraid		x
Dependent		x

2. Identification of epc

In order to accumulate data about one specific epc it is a prerequisite to be able to unmistakably identify its presence.

Psychic signal

The appearance of the epc under investigation was accompanied by a distinct psychic signal, a unique interval of twitches in the right trapezius-muscle, which was used to determine its presence.

3. Experiments to analyze the characteristics of epc

Free will

To investigate if the consciousness respects free will, data was obtained by

- a. installation of the vibrational state (VS)
- b. telepathic request for detachment

According to the list of characteristics which the analysis was based on (Table 1 and Table 2), helpers will respect free will and detach if asked to (energetically, telepathically or by other means).

Line of reasoning

The epcs line of reasoning was tested by:

- a. Questioning suggestions and advice given by the epc during *penta* session or at other occasions.
- b. Perceptions of line of reasoning were compared with table 2 to evaluate the results.

Predictions

To further validate the results the prediction was made that if the consciousness is a helper it will support the evolution of the author.

Evolution was measured as a significant change of personal weak traits based on information received from the *penta* epc.

Long term observations

According to the *penta* manual (VIEIRA, 2009) the following changes will be observed by the *penta* practitioner. They can therefore be used as a direct measure of the quality of *penta* sessions and the epc connected. The changes would not be expected to occur if the epc is a blind-guide.

Table 3 presents an overview of qualities which will be affected and detectable signs in the change of quality (not complete) when practicing *penta*. The selection was made based on personal experiences of the author. The data is based on the book *Penta* manual (VIEIRA, 2009). Observable facts deduced by the author are marked with a star.

Table 3: Longterm effects of penta.

Quality which develops when practicing <i>penta</i>	Indicators of the development of a specific quality
Holomemory	Retrocognitions of past lives and intermissive periods*
Multidimensionality	Deepening of multidimensional awareness in everyday life and during <i>penta</i> *
Mega Loyalty	Gaining insight into our multidimensional nature and a sense of responsibility and loyalty which reaches far beyond personal preference.
Conscientiotherapy	Gaining insight into our intraconsciential structure in regards to weak and strong traits and means to work with both*
Lack of Solitude	“The practice of <i>penta</i> ends any type of solitude on part of the practitioner. He or she will always be in the good company of the helpers.” (VIEIRA, 2009)

RESULTS

Free will and line of reasoning

Experiments in regards to free will and line of reasoning let to positive first results. Encouraged by that, medium term (prediction) and long term observations followed.

Discussing and challenging extraphysical consciousnesses in telepathic communication (line of reasoning) proved to be most enlightening in respect to telling helpers and blind-guides apart, and to discover karmic bonds, since the thosenic quality of consciousnesses shows up distinctly in discussions. Arguments of helpers were empowering and led to deeper self-knowledge, whereas arguments of blind-guides were manipulative and/or aggressive.

Example for support in regards to personal evolution

Mentalsomatic pathologies of the author included the idea of not being efficient and the fear to not perform well enough. This lack of self-confidence lead in many cases e.g when she was about to start new projects to a state of freeze (the inability to move and act) delaying and postponing action towards the set goal.

At two different occasions the penta epc passed over the following information:

Its not about efficiency, its about balance.

Its not about the result, it is about the process.

The two sentences were passed on at a moment and in a frequency by the *penta* epc which allowed a “holosomatic realization” to take place, which felt like a sudden deep understanding beyond the scope of rational understanding.

After this realization the author noticed that the amount of time spent between planning challenging objectives and realizing them decreased significantly (increase of self-discipline). Moreover the those which was connected to the lack of self-confidence (self-punishment and guilt) changed into a sense of calmness and confidence.

Long term observations

After one year of *penta* some long term observations were made. During this time the author had 16 retrocognitions, 4 of which were about the intermissive period (Holomemory, table 3).

The author obtained insight into her intracosciential structure (Conscientiotherapy, table 3) and means to work with weak and strong traits.

A sense of multidimensional connectedness arose, which led to the feeling of mega-loyalty and a change of personal priorities. The author perceived clearly the interconnectedness leading to the paradox feeling of being a small but relevant piece in the multidimensional stream of evolution (VIEIRA, 2009).

The long-term observations are congruent with the description of long-term benefits of *penta* (VIEIRA, 2009) and confirmed the positive result of the other experiments.

CONCLUSION

The analysis not just helped to identify that the *penta* epc was indeed a helper but to identify numerous blind-guides which accompanied the author at different occasions.

The process of investigation helped the author to develop her sense of critical judgment and establish independence in regards to extraphysical advice.

It specifically improved the author's awareness of advice given by blind-guides which had gone by almost unnoticed before the analysis, but which had influenced her subconsciously since it was often mistaken for her "inner voice".

Experiencing the high ethical standards, respect of free will and perseverance of the *penta* helper led to great confidence in the helper (VIEIRA, 2009). The *penta* helper became a reference point when the author had doubts regarding the source of extraphysically perceived information, which was and still is an invaluable support to orientate and create a sense of safety.

The long-term observations made her realize the power of *penta* as a tool for the evolution of consciousnesses, both intra- and extraphysical.

REFERENCES

1. **International Academy of Consciousness (IAC); *Glossary of Conscientiological Terms***; Editor Nanci Trivellato; Available at: <<http://www.iacworld.org/english/glossary>>; date of access: 29.10.2011.

2. **Vieira, Waldo; *Penta Manual – Personal Energetic Task***; International Academy of Consciousness (IAC); New York, NY; USA; 2009.

3. **Idem; *Projectiology: A Panorama of Experiences of the Consciousness Outside the Human Body***; International Institute of Projectiology and Conscientiology (IIPC); Rio de Janeiro, RJ; Brazil; 2002.