

THE BROKEN MIRROR

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Abstract. Using the tools of Applied Conscientiology, ordinary life experiences can be transformed into raw material for self-research. After a while, the consciousness will have at his/her disposal, an appropriate collection of data for various intraconsciential analyses. This article presents a case story where the author extracted material from her ongoing life experiences, for logical considerations towards evolution, avoiding some of the *traps* laid along the way. The author tries to exemplify how people, in the condition of actors and actresses, represent many roles along the day, and, by doing comparative analytical retrospectives of their actions and reactions, may find out solutions that are, under the evolutionary viewpoint, more intelligent than the precedents, improving in this way personal performance whenever new opportunities show up.

INTRODUCTION

This study refers to an everyday experience, re-evaluated and compared with parameters of Applied Conscientiology. It focuses on group inter-relation and considers the role played by consciousnesses in the condition of center points, generating both multidimensional and pluriexistential¹ communication. Communication imposes choices and decisions facing both perceptive and paraperceptive contexts of the consciousness.

Future facts are a constant interrogation mark. Facts experienced in the past, on the other hand, because they are known and relatively understood, serve as *universal key* whenever time has come to open up new territories. Today we make choices and take decisions based on the experiences we have.

The accumulated experiences add knowledge to the consciousness and are the result of the choices and decisions he or she once made. Through the obtained results, one can evaluate the quality of those experiences. This quality, depending on the individual willpower in each occasion, may be frequently improved.

Improving or widening up self-knowledge means constantly studying and interpreting new information, in order to respond to new questions that arise along the way. Self-knowledge widening, i.e. getting a bigger picture, varies from person to person and depends on personal lucidity and mental sharpness.

Directly or indirectly, we take an active part in the whole. Each context brings new occurrences, no matter the higher or lesser degree of our personal participation. Every happening we take part in makes new apprenticeship possible. The repetition of similar facts means that the lesson has not been satisfactorily learnt yet, the consciousness performance being still below an appropriate level.

A PERSONAL EXPERIENCE

Fact. The following narrative involves an occurrence that took place in the 1980's, in southern Brazil, inside a big multinational enterprise located near the city of Porto Alegre, capital of the state of Rio Grande do Sul.

Demand. A group of approximately 15 people, from now on called group A, moved to a newly constructed area and started to occupy approximately ten percent of this area. Day after day, for over a year, they stretched themselves into the usual common rooms such as bathrooms, dressing rooms and surroundings, even installing a mirror in the women's dressing room over a meter and a half high.

Demarcation. The territory demarcation, due to the absence of other users, was granted. The inter-relation between the group members was harmonic, balanced and synergetic; everyone cooperated with each other, resulting in a productive performance for the enterprise.

Invasion. In a later moment, nearly 150 people, whom we shall call, group B, started to occupy the remaining new area. For group A, that presence meant an abrupt and unwelcome invasion with regards to the use of the common space.

Friction. The sum of malicious comments and frequent denigrating complaints about one or another colleague, now looked upon as a rival, became the main issue. Fights about trivialities spread out embarrassingly.

Complaints. The complaints expressed the presence of both insecurity and selfishness of every member of the two groups, which reflected in their work. Whether consciously or not, they started to carry a degree of this contrariety along to their homes, bringing the problems back the next day. Even otherwise neutral characters involved themselves, taking position for one group and assimilating the discomfort felt by the complainants.

Fundament. In that atmosphere of discomfort, the mirror in the women's dressing room, belonging to the members of group A, was found broken one day. The accusations, offences, accesses of anger and self-defenses between the two groups multiplied the *friction points* to the point that no one could take it any longer.

Meetings. At that point, the group B supervisor started a series of meetings held in an isolated room, 12 people at a time, to gradually interpret with the whole team, what was going on in that place. The components, whether directly or indirectly involved, were given the opportunity to talk. A solution to the mirror problem and other frictions was sought by the team itself.

Analogy. Along the meetings, the waste of adrenalin and time to either feed up and/or to create inner discomfort and animosity was evidenced. The analogy with a snowball was employed, because the more it rolls down hill, the more it grows.

Way out. The objective was to administrate the incident with common sense, to stop *head frictions*, to modify the quality of inter-relation with neither sense of guilt nor humiliation. Replacing the mirror with a similar one, sharing out the costs among the members of the team, was the way out found at that time.

Transformation. With the consent and satisfaction of Group A components, the broken mirror was substituted. That attitude silenced "gossips", eliminated "the unsaid". That group crisis, generated by trivial and insignificant problems transformed into mini-catastrophes, had had its turn modified after that apparently small decision.

Reactions. Both groups acted in that theatre according to individual habits and behaviors. Whether directly or indirectly, they involved relatives, friends and/or people they knew in the case. By thinking, feeling and speaking, they externalized and provoked the most various reactions to themselves and to the consciousnesses energetically in tune with them.

How about you, have you ever experienced similar situations in your life?

Subtlety. The analysis of ordinary facts of everyday life, under the optics of Applied Conscientiology, makes it possible to widen one's view, whether on a very tangible reality, observable by naked eye or a more subtle reality. The following comparisons indicate some examples.

MATERIALISTIC REALITY AND THE CONSCIENTIOLOGICAL APPROACH

Conscientiological Approach. The conscientiological approach is to evaluate how Group inter-relations, the shade cast by little details and the creation of big "knots" lead to group inter-prisons.

Rapport. In this story, the *rapport* made by the working teams, in the form of network, of amplified reach if viewed under multidimensional and pluri-existential angles, indicated a diversity of energetic repercussions, ceaselessly active among them.

Domino effect. "Splashing drops" reached other daily, apparently isolated, events. As long as the main process persisted, the "domino effect" continued.

Dynamics. In the universe we live, prevailing processes, such as the dynamics of action-reaction, occurrence of synchronicities and energy mobilization, intertwine with each other in a network, losing neither the identities nor the origin of the incorporated emotions and sentiments, though. Both intra and extraphysical consciousnesses act and react energetically even at rest state. Life dynamics propels world's evolution.

Coming-and-Going. In this coming-and-going, human thoughts pullulate; interconnecting consciousnesses in-tune through the *rapport* they make anywhere they manifest themselves. These consciousnesses, on the limits of their lucidity, undergo success and failure, opening up ways, edifying, looking for better solutions or reformulating inferior ones, and so on.

Review. In the factual review indicated at the beginning, we have a theatre with various characters interacting with each other as they play their roles.

Do you already evaluate the quality of your acting and the objective of your role in the daily theatre? Do you use these opportunities to assist or to intrude? Do you think about the general welfare or only about self-benefit?

INTRA AND INTERCONSCIENTIAL COMMUNICATION

Interactions. Consciential relations, if viewed through the multidimensional and pluri-existential prism, involve 3 types of interactions: energetic, emotional and creative ones. Emotionality, psychic powers and intellectuality act before, during and after communication itself. By simply thosenating about a certain task, person or object, the consciousness produces an energetic and emotional interactive link.

Intraconsciential. Intraconsciential communication occurs either through self-observation, reflection or thosenic daydreaming toward oneself. In this relation, there is an emotional, multidimensional and pluri-existential energetic interaction, reverberating in the paraperceptive intraphysical consciousness' holosoma and/or parareactively provoking either a cosmoethical or an anticosmoethical behavior. The result of this behavior, whether it is satisfactory or not, may happen in the form of: a move; an idea; an emotion; a change of energy pattern; a self-corruption; a defense mechanism; among others.

Communication. The work executed within a group depend on communication between its members, may it be visual, energetic, spoken, written, telephatic or any other communication form accepted by intraphysical consciousnesses. The energy emitted by that communication, of multidimensional nature, spreads out in multiple directions at the same time. As a consequence, synchronicities will be generated, furthermore setting a pluri-existential *rapport*.

Interests. In the condition of protagonists, both intra and extraphysical consciousnesses act according to their individual evolutive level. Those consciousnesses, as much as they defend their own interests, provoke reactions that spread out and clash between each other.

Conflicts. The conflicts that occurred between the intraphysical consciousnesses of groups A and B, originated themselves in this way. Subtle causes, always active in the backstage, go unnoticed to the great majority of intraphysical consciousnesses.

Results. The consciousness, set as first priority, manifests itself intra and interconscientially through its own will. In a natural sequential movement, it thosenates, adding its intention and generating at the same time an action with holosomatic repercussion, which results may either be rewarding or not.

Questionings. Generally, the consciousness wants to know the reasons for the results, whether they stay below or above the expectations. These questionings may lead the consciousness to the condition of crisis.

Crisis. Crisis may be an opportunity of self-confrontation regarding the unsatisfactory results and unchain intra-consciential recycling. Or, in case the consciousness avoids self-confrontation, it remains stagnated in recurrent crises.

Contagion. Group A got in crisis at the time of sharing common physical space inside the company. Its elements, although they were harmonically united because they shared the same way of thinking, they had no sufficient power to block the entrance of elements from group B.

Holothosene. The holothosene of discontent, present in the day-to-day, clouded the judgment of the less prepared ones, "involving" both groups. The roots from a recent or remote past of those consciousnesses came up.

Whenever reencounters happen, old consciential inter-prisons evidence themselves.

Pressure. The individuals of both groups suffered the holothosenic pressure and wished it to change. However, by lack of lucidity, they continued feeding back that holothosene and amplifying it more and more.

Sustainability. Sustainability with assistantial disposition turns negative holothosenes bearable with less contamination, along way the process of interconsciential assistance.

TRASH CANE X ROTTEN ORANGE

Situation. In the practical example, individuals from groups A and B were in direct conflict, complaining, making ill comments among them about colleagues and suffering with the low quality

energy from the ambiance. They wanted to change, they sought for solution.

Trash cane. In the course of it, some listened and accepted ill complaints from some colleagues. While those behaved like “trash canes”- out of innocence, “twisted solidarity or support” or lack of discernment, in doing so, they contaminated themselves with the negative pattern, wasting opportunities to practice interconsciential assistance and the clarification task.

THE POLLUTING CONSCIOUSNESS, ILLUSTRATIVELY NAMED “ROTTEN ORANGE”, ONCE GAINING “SUPPORT” FROM SOMEONE ELSE, REINFORCES ITS ANTI-EVOLUTIONARY LIFE STYLE. AND THE “SOLIDARY” ONE BECOMES ITS ACCOMPLICE.

Intraphysical gossip. To be unsupportive to gossips without letting one self contaminate, cosmoethically speaking, means to recognize and reject the denigrating conversation from the “rotten orange” intraphysical consciousness.

Concept. In other words, “trash cane”, or intraphysical consciousness-deposit of someone other’s pathosenes, is someone who let him or her self energetically contaminate while he or she listens, without discernment or questioning other consciousnesses making negative comments and complaints.

WHY INTER-RELATIONS ARE IMPORTANT?

“Without inter-relations, no one makes interconsciential assistance” (Waldo Vieira, 2003).

Communication. Communication between consciousnesses (either intra and extraphysical) is useful to understand others and to be understood by them in any dimension. Both inter and intraconsciential relations depend upon this.

Thosene. The communication begins its process with thosene. The thosene may be verbalized, either in an oral or in a written way. The continuous process of communication between consciousnesses carries and brings information through thosenic energy. The energy moves around, carrying along its informative load.

Simplify. Once one starts to correctly decode self-thosenes, self-knowledge deepens and both intra and inter-relation becomes easier. The inherent complexity from the multidimensional world of consciential relationships starts to open up and simplify itself.

Interaction. We interact all the time with the cosmos. Understanding the consequences of those interactions builds firm and sound foundations for self-knowledge. Self-knowledge can be broadened from daily life experiences, and consolidated from practice.

Relation. The consciential relation starts itself from continuous communication between intraphysical consciousnesses, between intra and extraphysical consciousnesses and between extraphysical consciousnesses by means of thosenes commanded by will.

Action. The communication, whether it is spoken, written, energetic, corporal, a sign, telepathic, or behavioral one, whether it is direct or indirect, echoes multidimensionally from its thosenic action. By means of such communication, the consciousness either assist or is assisted, either intrudes or gets intrusion, either cleans up traces or produces inter-prisons all the time.

Acceleration. In order to accelerate its personal evolution, the consciousness may use its free will to identify anticosmoethical thosenes, replacing worse actions for better ones.

Did you ever think about where and how to find out little mental self-corruptions?

Health. As the results of everyday actions, right and wrong deeds appear. Consciousness manifestation is a result of what it thosenates. Thosenic health qualifies the energy consciousness emits and contributes to the improvement of Planet's energetic pattern.

Self-assistance. Inter or intra-consciential relation has the property of presenting what is intrinsic to the consciousness. The existent and active pluri-existential traits form up the individual's consciential complexity. So understanding the meaning of relationship as to improve oneself, leads to self-assistance.

Web. The synchronistic energetic consciential web has a myriad of ramifications and inter-connections for the limited view of the whole of a single consciousness. It keeps generating, ceaselessly either visible synchronicities, or subtle and even imperceptible ones. *The holothosene emitted conveys the energetic message without mistaking the address.*

INTRAPHYSICAL CONSCIOUSNESSES / NECESSITIES/EXPECTATIONS / SELF-KNOWLEDGE

Formation. Personal intraphysical relationships have, didactically speaking, three basic formation elements – people, needs and expectations on how to supply those needs, whence:

A. Intraphysical consciousnesses:

1. Are complex beings in evolution.
2. They have good and bad traits.
3. Sometimes, they are doing something.
4. Sometimes, they are waiting for something to be done.

B. Needs:

1. May be real or not.

C. Expectations on how to supply those needs:

1. Are created based on reality or not.
2. They are set by other people.
3. They are set by ourselves.

Instruments. Inter-relations can be an instrument for the process of maturation of evolution, once they function as "mirrors" to the consciousness helping self-confrontation and showing ways to solve our difficulties.

Contaminations. The consciousness may contaminate itself, from the exchanging process of inter-relations, that is to say, mixing itself up with the identity of others, losing its personal reference.

Differentiation. Identity differentiation is when there is no contamination. That is to say, whenever someone exchanges positions with someone else, feeling what one feels (sympathetic assimilation) and interpreting it without contaminating him or her self (exemption). In other words, without losing self-reference.

Self-knowledge. Contamination is inversely proportional to intellectual, emotional and psychic self-knowledge degree. Amplifying self-knowledge means lowering relationships' contamination levels.

Dynamic link. Perceptions, paraperceptions, thoughts and individual emotions seem integrated and melt into one same and determined moment of consciousness manifestation. Everything finds itself dynamically linked together.

Complex. The contact of the person with him or herself (intra-conscial contact), with no intermediate, allows the perception of everything going on in his or her conscious world. One can reach its own individual complex acting and reacting in a continuous manner, both to itself and to outer world.

DAILY FRICTIONS

Intentions. “Head frictions” of the kind occurred between groups A and B are frequent whenever people share the same space for any reason. Self-reflection about the energetic effects of those frictions and their backstage intentions before action becomes indispensable to avoid anti-**evolutionary** traces.

Discernment. In everyday life, regardless of physical presence, consciousness interacts with and reacts to thosenes. Therefore, ability to be on stage or backstage (Assistential Theatre) demands sharpness and permanent discernment to develop.

IN THOSE DAYLY FRICTIONS FREQUENT IN ANY RELATIONSHIP, WE EITHER PLAY ROLES OR ADJUDICATE THEM, WHETHER WILLINGLY OR NOT. THESE ARE OPPORTUNITIES THAT PRESENT THEMSELVES FOR ADJUSTMENTS AND MUTUAL APPRENTICESHIP.

Differentiation. Lucid role-play improves the consciousness ability to differentiate; otherwise, it tends to generate or increase pathological links over dependency and/or karmic bonds.

Traces. Whenever the consciousness plays its role, even unwillingly, the traces left behind bond it to other consciousnesses generating, this way, inter-prisons.

Inter-prisons. Inter-prison only disappears when the situation has been harmonized by the elements who participated of the scene.

Self-image. Personal experiences indicate what the consciousness is, not what it imagines to be. However, what he or she imagines to be, represents his or her self-image. If the consciousness finds itself perfect, special, so it will perceive itself. Maximum sincerity applied on the analysis of concrete facts experienced allows of one's perception of its own behavioral reality.

Essence. The apprenticeship laboratory called interaction yields informal conversations, without masks, that can bring the consciousness towards its real “self”, revealing its essence, which is what matters.

Mirrors. It is assumed that whoever the consciousness interacts with are mirrors, because through them, if there is a satisfactory lucidity level, it is possible to see its real image, not the imaginary one.

Perception. By perceiving reality, changes start to take place (effected), either over mini laboratorial surgeries, or profound surgeries - *impact therapy* - within the limits one can stand without

undergoing "evolutionary rape".

Did you ever permit yourself such approaches?

"UNSAID"

Imposition. The characters belonging to group A of our example were bound to a situation impossible to be changed. The common use space was being occupied in an inappropriate way according to the company's rules and contrarily to those characters' personal wishes.

Impotence. As to the impotence feeling of that group, anger and indignation were a natural reaction. Fear, on the other hand, installed itself automatically, once they did not know how to deal with that impotence.

Mask. The fact described above shows mood alteration on regular situations masking the real frustration after the loss of space, considered exclusive to a little minority. This minority, by means of its gruntings, discharged their emotions held due to the loss. Showing the real reasons for the suffering at the time of sharing space would have seemed childish. Therefore the mechanism of releasing accumulated emotions over any silly incident had been used.

EDM. The ego defense mechanisms were buffering the original cause of the problem, allowing irrational emotional states to act. However, the latent unsaid continued to irradiate intruding energy.

"Unsaid". A large part of the problems arise from the disagreements not openly manifested by consciousness, but kept to itself instead. These problems are created, whether consciously or not, each time "archived" disagreements are thosenically accessed. At this time, the *rapport* by affinity with the "gray" energetic field (pathothosenic) is made, potentializing it. The connecting channel only disappears whenever the unsaid have been brought to "light" and so deactivated.

Theatre. With mind sharpness and lucidity, without inebriating oneself with the theme itself, one can perceive a determined "assistantial theatrical" scene at the moment of its occurrence. On those opportunities, making sure one is not biased, discerning what the case requires, one can conduct and intervention on another consciousness, helping it to leave the anti-evolutionary turmoil.

Intervention. Also, by intervening on their own energetic "gray" fields, it favors intraconsciential renovations regarding self-behavior. The consciousness evolutionarily qualifies them. From that moment on, one can better understand those who live in similar conditions. The own example will serve as aid at the moment of hetero-assistance.

EMOTION AND INTER-RELATIONS

Emotions. Both emotions and sentiments are neutral if considered isolatedly. The energy of both intra and inter-relations brings up sentiments, giving a personalized meaning to them and producing all sort of personal emotions.

Degree. The holosomatic perceptions of the produced sensations determine its degree of depth and any particular meaning that some fact or recollection of related circumstances might bring up.

Buffering. Masking sentiment or emotional dishonesty in inter-relations originates from either self-corruptions or self-defense mechanisms used to protect one self from suffering. This kind of covering generates a paradox, because it generates the opposite, it escalates.

Transparence. Expressing the true sentiment, which is latent, in the appropriate moment, provides healthy coexistence, free from self-deceits. As transparence prevails, fear disappears.

Expression. The expression of what one feels, when made in appropriate and rational manner, maintains one's emotional health, so necessary to a serene life. In other words, *expressing means to have good timing and courage to let someone else know what we feel.*

Assistance. Opportunities to evolutionary apprenticeship appear constantly. Seizing them to turn inter-relations into enriching life experiences requires discernment. Anger, resentment, despair, insecurities, fear, among others are anti-evolutionary emotions in the counter-flow hetero and self-assistance. Life may present harsh and aggressive issues that can be turned into self-research material. One needs to surpass reptilian sub cerebral yoke to conduct universal and unconditional assistance.

SELF-EVALUATION

"The consciential micro-universe is the empire to be conquered by us all" (Waldo Vieira, 2003).

Flux. Due to the continuous dynamics of the individual consciousness manifestation flux, the present personal experiences are getting added to those of the past with no discontinuity, becoming a continuous existential succession.

Dynamics. The process' dynamics is constantly incorporating ideas, representations, sentiments and tendencies, which are ceaselessly developing, transforming and recomposing themselves.

Monologue. Self-study on Intraconsciential matters is a kind of monologue, and needs a sequence of facts for each investigation. "Pictures" taken show frozen moments in time, each one unique and different from the former one. Self-knowledge depends on self-evaluation reliability.

Self-observation. Collecting data and information about factual daily self-experiences, from inward or outward, helps to determine the basic elements for self-evaluation. Perceptive and paraperceptive self-observation are to identify critical and/or problematical existential situations, which might need adjustment.

Notes. Among other items, thosenic vices from the environment and socio-cultural and familial holothosene; the theorice on multidimensional experiences; why and when a specific weak trait manifests, as well as its *modus operandi* deserve to be observed and recorded in your day-to-day life.

Self-evaluation. Self-evaluation can be done through either elaborated or subjective techniques focusing the individual in an integral or partial form, either within a specific activity or his or her behavior.

Estimation. The self-evaluation in the form of a subjective self-estimation within either personal evaluating criteria or elaborated ones, estimating his or her own behavior regarding performance, conduct, among other variants, becomes a reference value, which in turn depends on the test's reliability.

Objective. Regulating one's own performance with regard to a specific paradigm may be the initial objective proposed. Formulating self-scrutiny depends on knowing the prognosis, inventory and the diagnosis of oneself.

Validation. Self-evaluation validation depends on taking decision based on the conclusions obtained through self-conscientiometry.

Misunderstanding. Misunderstanding motivations and personal problems invalidates self-evaluative process.

SYNERGY

Competition. Both groups, A and B, disregarded the team rhythm for a while. The attitude of their components was egotistic and competitive. There was no space left for those of contrary opinion. On that tune, everyone loses.

Resources. The reversion of that process only happens after overcoming some intraconsciential difficulties. From that moment on, both imagination and personal experience's resources can be turned into synergetic pro-evolutionary results.

Synergy. Synergy is the resulting effect from various agents (acting jointly) of the same type of action, which value should surpass the sum of each one, in the case they had acted individually. The sum of the group endeavor goes over the simple $1 + 1 = 2$ to $1 + 1 > 2$.

Differential. The simple adoption of better practices either after one's own personal experience or after the shared collective experience, in a variegated and comprehensive portfolio of individualities, generates the synergy. The main differential is that, if adequately taken profit of, can geometrically potentialize the efforts of the individuals of a group.

Exchange. The secret of success through the exchange of personal experiences lays precisely on the way of sharing the array of wide self-knowledge within the network of relationships, making available new values to everybody.

Summary. In short, synergy means cooperative work starting once a team meeting is made, perpetuating itself as long as there is commitment.

Ways. There are two ways in the process of leveraging from synergy: the internal way, turned to reeducation processes and intra-consciential recyclings, and an external one, that seeks to share the improvements obtained through self-performance by means of a strategic and qualified action between the components from the evolutionary group.

Feedback. Bearing in mind, furthermore, the convergence of interests that bonds people, the ideal would be to multiply this synergy to every process. Coordinating actions to maximize opportunities and appropriately explore the inter-relations within a multidimensional, global view, amplifies the synergetic process, in a cycle that feeds itself back.

Transparency. Synergy and cooperation, with the due transparency, the results of this integration should be brought to the group knowledge and, as long as the limitations of the involved keep being excelled, everybody may grow together.

Commitment. By overruling vanity, ambition, selfishness and overcoming undesirable emotions, the group develops into a flexible and productive team, turning itself up into an ideal system for maintaining commitment. Statements like "*I alone will solve the matter*" will tend to disappear; letting no

pathothosenic “gray” zones motivate any noxious competitive interaction.

Attitudes. It is the sheer cooperative attitudes in the day-to-day that brings synergy to those who want to share personal evolutionary success, because they are open to listen, feel and learn how to practice team work.

CONCLUSION

Distortion. *A broken mirror shows images with no irregularities. By perceiving both inner and outer world through a broken mirror, the reality of facts is distorted.*

Personal experience. This author, a Conscienciology’s researcher since 1996, has reproduced here a personal experience, making possible to show some shades of everyday life, happened in the form of a “marathon”.

Reflections. By means of associative considerations based on those shades, subtle implications from microscopic attitudes, apparently harmless, can be found. They serve to show better evolutionary pathways towards similar attitudes that can appear in everyone’s life. By not repeating anti-evolutionary attitudes, with frustration or useless results, one can simplify his or her daily life experience, rendering it more satisfactory.

Avoidances. Overcoming similar situations from the beginning eliminates tiredness and suffering, concerning the conflicts they cause. This way, the intruding energy neither amplifies nor propagates itself, not contaminating the environments where we interact.

Homeostasis. Increasing holosomatic health depends on the quality of both micro and macro-administration, as well as on the role-playing occurring inside the daily, experiential, multidimensional theatre. Its healthy and adequate management, when composed by healthy thoughts, levels up personal attitudes positively. The obscure becomes clear, the complex becomes simple, the difficult becomes easy, the doubtful becomes determined, the puzzle ceases to be a riddle, the emotional becomes mentalsomatic.

We find ourselves inserted in humanity’s holothosene. What is the quality of your contribution in this thosenic mass?

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