

INTERASSISTANCE IN AFRICA

Jeffrey Lloyd

I lived alone in Africa for an extended period (129 days) in a new environment, accompanied by very few personal items, and where essentially each day had the same structure, diet, timings, - commitments and involved encounters with the same people in the same contexts. Although this may sound tedious, it provided a profound opportunity to discern nuances within my own manifestation and in the external environment. In this manner, an elaboration of self and heteroconscientuality and self and interassistance was facilitated.

Previously I had only thought superficially about Africa, but during an energization as part of Conscius' *Jornada de Consciencimetrologia* (6 July 2014) an extraphysical helper telepathically asked me if I wanted more responsibility. In response I said I could assume more if it was necessary. A brief conversation ensued and ended with the word "AFRICA" clearly appearing in my mental screen. Quite surprised, upon returning to my chair I began to consider how I could connect more to the extra-physical and intraphysical work required, whatever that may be. 3 days later (9 July 2014) I received an urgent request from an old work colleague asking me if I had availability to accept a short term assignment in Africa, specifically in Cape Town, South Africa. Obviously, I accepted and a unique educational and interassistential opportunity began to unfold.

As mentioned, of the 129 days I spent in Cape Town the vast majority were exceptionally similar, at least from the perspective of my intraphysical schedule. Other noteworthy characteristics of the experience were:

Quiet. A quiet ground floor hotel apartment in a semi-rural neighbourhood.

Solitude. Being alone in the apartment for all but 2 weeks.

People. Encountering the same hotel staff and the same work colleagues at essentially the same times, every day.

Roads. Driving the same way to work at essentially the same time, every day.

Tasks. Performed the same tasks at work.

No energetic rubbish. No personal energetic rubbish was present. Only a minimum of personal effects were taken to South Africa.

You may see how together all of these provided a relatively clean canvas on which parapsychic experiences could be more clearly discerned.

SURVIVAL.

One of the major influences we experience in life is that of the misology, or cultural environment. From among the myriad of holothosenes encountered in Africa, ranging from desperation to

superstition to renewal to arrogance to happiness, the most potent I felt and therefore the most influential was that of *survival*.

Intermingling with these holothosenes led to a number of personal changes and realizations, the most dramatic physical change was a substantial change in corporal weight, increasing from 95kgs to 104kgs. I half-jokingly say that my body thought it was going to starve and needed to build up a larger reserve. The reality may not be so far from this idea. In a response to this more palpable holothosene of survival that exists on the African continent, my holosomatic reaction could well have been one of eating more. Although logically I did not need to eat as much as I did, I typically felt hungry and the Hotel's room service and buffet breakfast did not help the situation.

BIOENERGIES.

There is also another logical explanation for this weight gain, one that involves a holosomatic reaction to frequent and intense Exteriorisations of ectoplasm while in Africa. Over the period I experienced approximately 65 prolonged sessions of Exteriorisation of ectoplasm. With a session lasting from a couple of hours to more than 4 hours on numerous occasions.

In addition, it took one month for my penta to “settle down”. What I mean with this is that the intensity of the penta sessions, the level of demand for energy and the degree of dis coincidence entered into was consistently greater over the first month than normal.

So, the high demand for bioenergy was very clear, and despite the sensations that accompanied the Exteriorisation it did not disturb my intraphysical efforts or attention in any way. And, as you can image, it was a pleasure to be of assistance.

SELF-RECONCILIATION.

Beyond the bioenergetic aspects it seems the helpers used this clean slate and new context to stimulate specific recollections of my past in this life, assisting in the process of expanding my self-understanding and self-reconciliation. Numerous examples of this have been identified and detailed in an article written by this researcher in Conscius's Journal, *Glasnost*. One “coincidence” that I initially banalized and largely ignored, a colleague's ringtone, has subsequently led to a more accurate self-diagnosis on an important aspect of my adolescence (consciential basement), releasing denser energies from the cardiochakra's area and generating relief in my psychosphere.

INTERPERSONAL MOMENTS.

Reflecting now it is worth mentioning some of the most special interpersonal moments I shared with others include meeting a young man in Windhoek, Namibia, who I strongly suspect is an intermissivist; chatting with a positive lady at work who dedicates free time to helping those in lower socio-economic groups; joking with people at work - regardless of whether colleagues, managers, or the cleaning staff; and exploring the surrounding countryside with my partner/evolutionary duo Magali.

INTRACONSCIENTIAL DEVELOPMENT

Based on this new clean personal environment and in conjunction with the interaction between external organization and self-organization, it was observed that these highly structured days facilitated various perceptions and personal developments such as:

Bait. Clearer perception of the condition of Assistential Bait.

Bibliotinerancy. Although a seemingly simple activity, the presence of an extraphysical helper was obvious when engaged in the activity of donating books to local libraries, which made me reflect on the depth, importance and future consequences of the task.

Energies. Clearer perception of energies in general.

Holothosenes. Clearer perception of personal or collective holothosenes.

Identification. Faster identification of the day's holothosene.

Self-reconciliation. Further development of my level of self-reconciliation, intimate pacification and acceptance of my past and my actions that I did not like at the time I performed them. This self-reconciliation deepened my personal level of self-deintrusion and simultaneously enhanced the strength of my internal locus of control.

Xenothosenes. Clearer perception of xenothosenes, development of the ability to discriminate between my thosenity and hetero xenothosenity and the influence of holothosenes I was connected to. In many cases this discrimination was possible because of a difference in the cosmoethical quality of the thosenes perceived. Self-knowledge and a Personal Code of Cosmoethics helping in this instance.

SUMMARY

In the professional environment the interassistential rapport and empathy based on consistent good humour, good intentions, openness, willingness to confront the most difficult cases and the best of personal discernment opened the door to deeper trust, interassistance and sincere friendship.

Overall the space, time and multidimensional context experienced, in combination with the conscientiological tasks performed while in Africa, facilitated a great deal of reflection, recycling and intimate satisfaction even though it opened a large number of questions about this current life and past lives. The realizations obtained and recyclings initiated, especially in relation to the fundamental keys of self-organisation, self-discipline and self-reconciliation, have proved important to improve energetic discrimination, personal holosomatic homeostasis and in contributing to an expansion of one's cosmovision and desire to ask less for oneself and more for others.

ADDENDUM - TOURISM OPTIONS.

Cape Town. In my opinion one of the few cities that deserves a weeklong visit, almost regardless of the time of the year. The number of interesting sites and major natural features to explore are well above the average. I alone, and together with Magali, enjoyed numerous experiences in this area and can thoroughly recommend it to anyone interested.

Namibia. A huge and sparsely populated country. One colonized by Germans, invaded by South Africans and now recuperating and slowly building a mostly harmonious society. The country is mostly desert but still features some of the most impressive, barren scenery and distinctive tribal peoples you can find - but you will have to drive, or be driven, a very long way to enjoy the best bits.

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