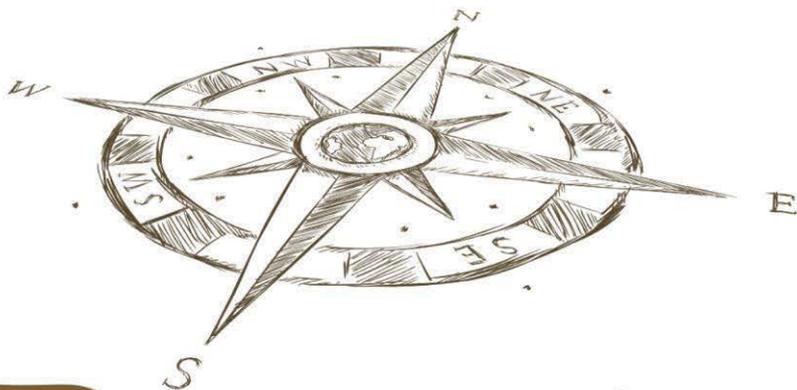


Waldo Vieira



Proexis Manual

Existential Program

PROEXIS MANUAL

WALDO VIEIRA, MD

PROEXIS MANUAL

Existential Program

2nd Edition

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2nd Print Edition

Original translation: Kevin de La Tour

Original editor: Simone de La Tour

Original proofreading: Alvaro Salgado, Pamela Hughes

Updated translation (2017): Jeffrey Lloyd

Copysetting (2017): Juliana Nicolau, Igor Cabral

Cover: Ernani Brito

Card Catalog Information

V658p	Vieira, Waldo, 1932-2015 Proexis manual : existential program. / Waldo Vieira ; [Original translation: Kevin de La Tour ; Updated translation (2017): Jeffrey Lloyd] ; 2nd. ed. -- Foz do Iguaçu : Editares, 2018. 200 p. Translation of: Manual da proéxis Includes bibliography. ISBN 978-85-8477-086-1 1. Conscienciology. 2. Proexiology. I. La Tour, Kevin de. II. Lloyd, Jeffrey. III. Título. CDD 133
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Tatiana Lopes CRB 9/1524



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TO THE READER:

Conscientiology. Conscientiology (the formal study of consciousness) indicates, with rationality and logic, 2 priority concepts for us all:

1. **Object.** Your *multidimensional consciousness* (personality, intelligent principle), when lucid, is the first and most important *object* for you to *research*, both theoretically and practically.

2. **Objective.** The comprehensive execution of *your human life's programming* is the first and most important *objective* for you to *accomplish* in theory and practice.

The Author

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01. PROEXIS

Definition. The personal *proexis* (*pro* + *exis*) is the specific existential programming of each intraphysical consciousness (conscin - see glossary) in their new life in this human dimension, that is planned before the somatic (physical) rebirth of consciousness, while still an extraphysical consciousness (consciex).

Synonymy. The following 9 expressions are used to characterize the existential program:

1. *Existential goal.*
2. *Existential orientation.*
3. *Existential planning.*
4. *Existential project.*
5. *Intraphysical objective.*
6. *Intraphysical task.*
7. *Life project.*
8. *Pre-intraphysical mandate.*
9. *Terrestrial mission.*

THE PROEXIS IS THE OBJECT OF STUDY IN PROEXOLOGY, A SPECIALTY OF CONSCIENIOLOGY.

Sub-specialties. Proexology studies, among others, the following 17 sub-specialties (see glossary for definitions): consciential abstentionism, consciential ectopia, consciential gestation, complexis, incomplexis, maximorexis, maxiproexis, minimorexis, miniproexis, morexis, multicomplexis, proexis, pre-intraphysical mandate, theorice (theory + practice), the binomial abnegation-morexis, the trinomial motivation-effort-perseverance, the trinomial proexis-complexis-morexis.

***THE CONSCIOUS PROEXIS
IS STILL A CONDITION ACHIEVED
BY A SMALL MINORITY OF HUMANITY.***

Destiny. The basic destiny - fundamental directives - of the conscins' life come already written in their biological, genetic and paragenetic (non-physical genetics) origins, included in this context are the intermissive course (the preparation prior to this physical life), innate ideas and the proexis. The details of human life nevertheless change all the time.

Determinism. Determinism in our life is basic but relative.

Freedom. Our conditional freedom of consciencial manifestation is always much greater than we think it is.

Variation. We are all born knowing many things - paragenetics and innate ideas - but the nature of our knowledge, experiences and the degree of evolutionary quality within the parameters of the proexis' experiences vary greatly.

Evolutionology. From the evolutionary condition of the pre-serenissimus (serenissimus is a consciousness who is about to end their cycle of physical rebirths) of today - common to all conscins who breathe on Earth - to the condition of the Evolutiologist, or Evolutionary Orientor (an consciex who coordinates existential programs), we will attain the permanintfree condition. In this way we achieve a certain level of versatility or polyvalence in terms of our consciencial talents and attributes.

Contract. Nonetheless, no one arrives in intraphysical life with an envelope in hand containing the details of the contract to be fulfilled in the current existence.

Order. No one receives a definitive written order, after a few decades of life, regarding what they came here to do.

***THE GREATEST GENIALITY IN A PROEXIS
IS TO KNOW HOW TO EMPLOY VARIOUS
CONSCIENTIAL ATTRIBUTES IN INTRA-
PHYSICAL LIFE, SIMULTANEOUSLY.***

Megafraternity. The more advanced or evolved an existential program, the greater is the degree of practiced mega-fraternity included in the planning of the intermissive course.

Objective. Regardless of your proexis, your objective will always be to become permanintfree, if you are not already in this state.

Permanintfreeness. It is important to consider that the condition of permanintfreeness can be achieved within one human lifetime.

History. The intelligent thing to do is to take advantage of the *History of acceleration* in which we are living, wherein modern civilization is offering greater evolutionary possibilities to the human personality than ever before.

02. CATEGORIES OF PROEXIS

THE EXECUTION OF AN EXISTENTIAL PROGRAM IS THE THEORETICAL AND PRACTICAL RESULT OF A HUMAN CONSCIOUSNESS' PRIORITIZATIONS.

Categories. There are diverse categories of existential programs, they are shaped according the nature, scope and other qualifications of thosenic realizations required of a conscin. The following are 6 such categories.

1. **Holokarmality.** In terms of holokarma, there are 3 categories of proexis:

A. **Egokarmic.** The excessively *personal* proexis, one influenced by the ego, the big-ego, the abdominal sub-brain (“belly-brain”) or infantile egocentrism and its consequences.

B. **Groupkarmic.** The *group proexis*, or that restricted to the groupkarma of one’s primary, secondary or other families and evolutionary groupings.

C. **Polykarmic.** The more evolved *polykarmic proexis* of non-remunerated work that is performed in solidarity for others, within the scope of megafraternity. It is always a maxiproexis.

2. **Intermissivity.** In regards to the intermissive course, there are 2 categories of proexis:

A. **Technical.** With the intermissive course recalled and applied in one’s acts.

B. **Instinctive.** Without an intermissive course developed in one’s most recent intermissive period.

3. **Evolutionary.** In regards to one’s evolutionary level, 4 levels of proexis exist for men and women:

A. **Vulgar.** That of a vulgar pre-serenissimus or *Homo sapiens*.

B. **Permanintfree.** That of a pre-serenissimus who has attained the permanintfree condition.

C. **Evolutiologist.** That of an evolutiologist or evolutionary orientor.

D. **Serenissimus.** That of a serenissimus or *Homo sapiens serenissimus*.

4. **Universality.** In terms of the scope of the conscin's manifestations, there are 2 categories of proexis:

A. **Individual.** The conscin when considered individually, in the category of egokarma.

B. **Groupal.** The conscin when considered as part of a group, in the categories of groupkarma and polykarma.

5. **Authenticity.** Regarding authenticity in its execution, there are 2 categories of proexis:

A. **Secret.** The proexis carried out diplomatically, or in secret.

B. **Explicit.** The proexis carried out explicitly or frankly.

***IN TERMS OF EVOLUTIONARY
SCOPE, THERE ARE 2 BASIC
CATEGORIES OF PROEXIS: THE
MINIPROEXIS AND THE MAXIPROEXIS.***

03. MINIPROEXIS

Definition. A *miniproexis* (*mini + pro + exis*) is the minimal, smaller, elementary, “*retail*” proexis. It is receptive in nature (oriented towards personal gain) and is dedicated to specifically individual (egokarmic) issues within one’s groupkarma. It is obviously a lesser evolutionary task.

Synonymy. The following 7 expressions illustrate some different types of miniproexises:

- A. *Egokarmic proexis.*
- B. *Elementary proexis.*
- C. *Infantile proexis.*
- D. *Lesser proexis.*
- E. *Receptive proexis.*
- F. *Restricted proexis.*
- G. *Retail proexis.*

Priorities. In miniproexises, intentionality and personal effort will more commonly convey the now physically mature individual towards the gradual implantation of priority tasks without traumatic mutations or *evolutionary rapes*.

**THOSE WHO ARE UNAWARE
OF THE PROEXIS, HAVE OBVIOUSLY
ONLY BEEN ASSIGNED AN
EGOKARMIC MINIPROEXIS.**

Competitiveness. In evolutionary endeavors, it is worthwhile to compete with oneself, thus allowing a greater efficiency in the execution of one’s evolutionary program and better ideas on a day-to-day basis.

Collections. All of us have work to accomplish on this planet. No one comes to this intraphysical dimension only to collect ties or antique cars. Nor does one come to play all the time.

Children. In general, children are still living in the beginning of the *preparatory* phase of the proexis. The majority of complexis (completion of a proexis) only occur in the *executive* phase of existential programs.

**THERE ARE MINIPROEXISES
THAT RELATE TO AN
INTRAPHYSICAL LIFE (LIFETIME),
SPECIFIC TO A CHILD.**

Apparition. No consciousness dies. The parents or guardians of a small child who passed through desoma (biological death) at a tender age, and are not guilty of causing this desoma, witness some type of apparition of that child as a consciex.

Desoma. The apparition, according to research, occurs within the first 12 months after the child's first desoma (biological death) when, as a consciex, they have passed through the second desoma (discarding of the dense, animal energies of one's energosoma or holochakra).

Extraphysical euphoria. This fact is evidence that the child's *miniproexis (relative to time)* was completed and that they, now a consciex, is enjoying euphorex and wants to comfort and alleviate their ex-parents or ex-guardians, sharing their well-being and happiness (euphorex) with them.

Abstensionism. Consciential abstentionism is the indifference, negligence, distancing from or a position of neutrality of a conscin in reference to their integrated maturity (holomaturity) and self-aware evolution.

Proexology. Consciential abstentionism directly affects the execution of the conscin's proexis, which is, for this reason, being studied in proexology.

Groupality. As a result of social mimicry (repetition of social behavior), consciential abstentionism can extend its paralyzing influence to a small social group, completely nullifying an entire team's project and even the group's proexis.

Self-mimicry. Unnecessary self-mimicry (repetition of personal behavior from past lives), due to self-disorganization or an absence of evolutionary continuism, is the major cause of personal incomplexis (failure to complete one's existential program) and, as a secondary effect, even the group's incomplexis (group-mimicry).

***UP TO A CERTAIN POINT,
CONSCIENTIAL ABSTENTIONISM
IS A TYPE OF FENCE SITTING IN
THIS STILL PATHOLOGICAL SOCIN.***

04. MAXIPROEXIS

Definition. A *maxiproexis* (*maxi + pro + exis*) is the greater, advanced, altruistic, maximal existential program that has a *wholesale* approach, and is consciously dedicated to the collective good.

Synonym. These 6 expressions characterize a maxiproexis:

- A. *Advanced proexis.*
- B. *Altruistic proexis.*
- C. *Ample proexis.*
- D. *Greater proexis.*
- E. *Megaproexis.*
- F. *Polykarmic proexis.*
- G. *Wholesale proexis.*

Leadership. The maxiproexis is that of the *evolutionary-leader-conscin*, who is operating within a specific, more universalistic and maxifraternal, groupkarmic, libertarian task.

Minipiece. In a unified, altruistic, assistantial task, a *conscin* represents a lucid, active, human minipiece (cog) within the maximechanism of the multidimensional team.

**A MAXIPROEXIS IS AN ALTERNATIVE
INTRAPHYSICAL DESTINY, DIFFERENT TO
THE EXISTENCE OF A VULGAR CONSCIN
FROM THE UNTHINKING MASSES.**

Polykarmality. Polykarmality, which goes beyond egokarmality and groupkarmality, inevitably enters into the execution of the maxiproexis, and is characterized by performance of the clarification task (*claritask*).

Truths. Strictly speaking, the claritask is the living of one's life according to leading edge relative truths in favor of humanity and parahumanity.

Groupality. Groupality is the condition of evolution in group, or the quality of a consciousness' (conscin or consciex) evolutionary group (groupkarma).

Groupal. Maxiproexises direct the individual towards group proexises or proexises executed by more than one conscin, established through cosmoethical consciential ties.

**ONLY THOSE WHO NO
LONGER ASK FOR THEMSELVES
ARE ASSIGNED TO EXECUTE
MAXIPROEXISES (BROAD SENSE).**

Sex-love. Just as the exercising of mature sexuality is neither sick, painful, disagreeable, sinful, prohibited, sordid nor dirty; the experience of romantic love is neither absurd, abnormal, disastrous, fantastical, insane, obsessing nor foolish.

Love. Pure romantic love is action, certainty, completeness, healthy complicity, paradise, pleasure, prodigality, wealth, tenderness and the ennoblement of the maxiproexis.

Code. The *Code of Personal Cosmoethics* is a relevant creation for a conscins' evolution and preparation for the execution of a greater proexis.

Prevention. This Code functions as an evolutionary prevention, vaccinating the individual against obstinacy or insistence in repeating those same age-old errors that we bring from the past.

Incorruptibility. When a conscin identifies their pathothosenes, *little venial sins* and self-corruptions, they are actually seeking the attainable status of personal incorruptibility.

Exam. In advanced intermissive courses, there are evolutionary work boards that make selections that use a type of entrance exam administered by evolutiologists.

Consciexes. These admission exams were created for the selection of the consciexes who are more apt to perform *specific proexises* on Earth.

Candidates. Dozens of consciexes apply to participate in these entrance exams, accepting the condition of being future minipieces (cogs) operating within the maximechanism of inter-consciential assistance.

Demands. Certain maxiproexises may require a macrosoma, ideological maxidissidence, consciential tri-endowments, the condition of being a consciential epicenter, multicomplexis, maximorexis, or even the permanintfree condition.

Sumo. For example: would a traditional (*sumotori*) practitioner of sumo (ancestral career) need hundreds of years of *multiexistential recycling* through continuous self-relays (see glossary) in order to get away from his miniproexises and achieve an maxiproexis?

**THE HELPERS ASSIST IN THE
MORE UNIVERSAL MAXIPROEXISES,
AS EMISSARIES OF THE
EVOLUTIONARY ORIENTORS.**

Megaproexis. Often, the details of a proexis are complex. A conscin can live a physical life without any kind of religion or without reading volume upon volume of mystical works, and, nevertheless be a completist of a megaproexis.

Evolution. The more evolved a consciousness is, the greater their capacity to perform a proexis. However, a proexis will become increasingly sophisticated and difficult to complete compared to that of a vulgar conscin.

05. RATIONAL LAWS OF THE PROEXIS

***THE PROEXIS IS REALIZED
IN EVERY MINUTE OF ONE'S
EXISTENCE, AS A RESULT OF
BIG, LITTLE THINGS.***

Principles. The essential premises or principles of more lucid consciousnesses' life programs on Earth obey logical and just directives that can be characterized as being rational laws of the proexis. 14 examples of such laws are alphabetically listed here:

Adaptability. The proexis is adaptable or changeable, being susceptible to renovations or amplifications, according to the complexity of its development and the extension of the consciential or intraphysical universe that comprises its tasks. Evolution signifies mutability and renovation.

Assistantiality. The executor of a proexis is the first consciousness to be assisted or to benefit from it. Any proexis coming from an evolutiologist constitutes a positive evolutionary undertaking.

Compatibility. Every proexis is compatible with the consciousness' temperament and is suited to the evolutionary level of their multimillenary experiential background.

Conscientiality. The consciex's level of conscientiality, net holokarmic balance or evolutionary record determines the degree of lucidity regarding the directives of their proexis a conscin.

Cosmoethicality. Every proexis is fundamentally cosmoethical in its premises and aims. The orientations coming from an evolutiologist are essentially cosmoethical.

Egokarmality. Even when based on polykarmality, every proexis first attends to the consciousness' egokarmality.

Evolutionality. The proexis depends on the evolutionary level or personal merit of the consciex. Evidently, not all consciousnesses receive a proexis in which every minute detail is planned in advance.

Exclusivity. Every proexis is unique, singular, personalized or exclusive to a determined consciousness.

**No 2 CONSCIOUSNESSES
RECEIVE 2 IDENTICAL PROEXISES
— NOT EVEN SIAMESE TWINS.**

Feasibility. Every proexis is entirely capable of being accomplished, with reasonable latitude given to a conscin depending on their evolutionary context and level of competence. Accomplishing a proexis may be complex and problematic, but it is never unrealizable. The outline of a proexis obviously does not contain unjust or unjustifiable clauses.

Groupkarmality. Each proexis receives some direct or indirect orientation from the groupkarma's evolutionary orientor, or evolutiologist. Every evolutionary group has hundreds of evolutiologists.

Interactivity. Proexises are not mutually exclusive. No proexis ceases to exist to give its place to another nor requires another to be eliminated in order for it to be concluded.

Intercooperativity. Existential programs, although extremely personal, are, paradoxically interdependent, to a degree, and they are not competitive. Quite to the contrary, they are intercooperative.

Nontransferability. Every proexis is personalized and nontransferable, being specifically customized to a certain consciousness. All substitution of tasks, in the evolutionary echelons of consciousnesses, adhere to this principle.

Uniqueness. Proexises are unique in their structural directives. Two proexises may be similar, but will never be identical in regards to their scope and objectives. 2 identical consciousnesses do not exist.

***EVERY PROEXIS FIRST
ADDRESSES THE CONSCIN'S OWN
EVOLUTION PER SE, EVEN WHEN
OPERATING WITHIN THE GROUPKARMA.***

06. PROEXIS TEST

***EVERY EXISTENTIAL PROGRAM
DEMANDS DAILY CULTIVATION,
BASEDON ONE NATURAL FACT:
NOT EVERYSEED GERMINATES.***

Test. Chapter 549 of the book “700 Conscientiology Experiments” is a test on the existential program and is reproduced here, in its general form, in order to clarify the subject.

Contrasts. Here are 30 contrasts, listed in order to allow you to identify the differences between an advanced proexis (first line) and an elementary proexis (second line):

01. A large investor in the personal proexis
A small investor in the personal proexis
02. Accomplisher of invexis and a maxiproexis
Only an accomplisher of recexis
03. Advanced Intermissive Course
Obvious basic Intermissive Course
04. An already lucidly universalistic conscin
A still common sectarian conscin
05. An *encephalic* brain conscin
An abdominal pseudobrain conscin
06. Bearer of healthy retrocognitions
Bearer of unhealthy retrocognitions
07. Conscin of an active evolutionary duo
Conscin without an evolutionary duo
08. Conscious polykarmic objectives
Mediocre groupkarmic objectives
09. Cosmic conscientiality
Tropospheric conscientiality

10. Cosmoethical conscientiality
Anticosmoethical conscientiality
11. Elevated level of lucid prioritisation
Lowest level of lucid prioritisation
12. Energosomatic flexibility (CEs)
Energosomatic inflexibility (CEs)
13. Follower of the consciential paradigm
Follower of the conventional paradigm
14. Greater holosomatic homeostasis
Lesser holosomatic homeostasis
15. Greater liberation from groupkarma
Noticeable groupkarmic interprison
16. High recuperation of personal cons
Low recuperation of personal cons
17. High valuation of human time
Low valuation of human time
18. Liberation from the consciential basement Adult
Prisoner of the consciential basement
19. Lucid consciential wholesaler
Mediocre consciential retailer
20. More multidimensional interests
Much more intraphysical interests
21. Non-conformist spirit (neophile)
Conformist spirit (neophobe)
22. Obvious consciential triendowment
Common consciential mono-endowment
23. Only necessary self-mimicry
Dispensable self-mimicry
24. Predominance of a strongtrait in conduct
Predominance of a weaktrait in conduct

***WE CAN NOT DEMAND
ADVANCED PERFORMANCE FROM
THOSE WHOHAVE AN ELEMENTARY
EXISTENTIAL PROGRAM TO EXECUTE.***

25. Rarer outbursts of immaturity
More frequent outbursts of immaturity
26. Self-conscious projectability (LP)
Still unconscious projectability
27. Self-critical energosomatic seduction
Sexochakral seduction without self-criticism
28. Thosenity loaded in the tho
Thosenity loaded in the sen
29. Undertaker of lucid clarification
Undertaker of primary consolation
30. Vanguard position in the groupkarma
Mediocre position in the groupkarma

Question. Are you aware of the intrinsic reality of your existential program? What is the exact type of your existential program?

***THE CORRECT EXECUTION OF
THE PROEXIS IS A THEORICAL
(THEORY + PRACTICE) RESULT
OF THE CONSCIN'S PRIORITIZATIONS.***

07. IDENTIFICATION OF THE PERSONAL PROEXIS

Questions. The following questions are opportune and extremely appropriate for everyone to ask themselves:

1. **Self-awareness.** Am I aware of my proexis?
2. **Indications.** Have I already encountered indications of my proexis in this life?
3. **Presupposition.** What is my supposed proexis?
4. **Preparation.** Am I on the path of my proexis?
5. **Schedule.** Am I on time in relation to my proexis?

Assistantiality. The more advanced one's intermissive course is, the greater the degree of concomitant interconscial assistance that is executed by the consciex in preparation for the upcoming intraphysical life, or rather, during the planning of their proexis.

**MILLIONS OF INDIVIDUALS ALL
OVER THE EARTH FEEL THEY
HAVE SOMETHING TO ACCOMPLISH
IN INTRAPHYSICAL LIFE.**

Evolutiologist. No evolutiologist or extraphysical, existential programmer recommends a proexis without having certainty it can be well completed, according to the evolutionary caliber and potentialities of that consciousness for whom it is prepared.

Limits. The entire planning of the proexis is objectively proposed to the consciex, who is the candidate for resoma (re-birth), and accords with the reasonable limits indicated by their evolutionary experiences.

Justifications. The plans of a proexis do not allow unbecoming justifications, excuses or any type of self-corruption in terms of its completion in the near future.

Marginality. On the other hand, no evolutiologist plans a proexis - which is always cosmoethical - in order for someone to come to physical life and be a drug dealer, a criminal or an antisocial being, belong to the Mafias of pathological Socin, or to take the life of another person.

Crimes. No famous crime or assassination of an eminent personality, or even an unknown individual, was induced through the planning of a proexis.

Suicide. The clauses established in a proexis or the demands related to its execution are never planned to induce anyone to commit suicide, the apex of pathological, intraphysical self-disorganization.

**WE CANNOT FORGET THAT THE LAYOUT
OF A PROEXIS IS STIPULATED IN
ACCORDANCE WITH THE CONSCIOUSNESS'
EVOLUTIONARY ENDURANCE.**

Melin. Nevertheless, melin can pathologically predispose a conscin towards the path of self-destruction - one of the worst and fundamental failures in intraphysical life.

Factors. When executing a positive *extraphysical* task, as part of an *intraphysical* proexis, the following 3 relevant factors influence the conscin, in decreasing order of importance:

1. **Health.** The regular condition of personal health.
2. **Self-discipline.** The habits of constant self-discipline.
3. **Money.** Available money, or relative, personal, financial security.

Conscin. Based on these and other factors, the day arrives when the conscin wants to know what they came to do in this world and sets off in search of the identification and correct direction of their existential program.

Technique. The technique for identification of one's personal proexis is always more effective when developed through basic, logical self-scrutinizing formulas of intraphysical registers or consciential self-evaluation.

***THE PROEXIS CAN BE IDENTIFIED
USING EITHER OF 2 FORMULAS: THE
PERSONAL TRAITS FORMULA AND
THE PERSONAL RECIPROCATION FORMULA.***

08. PERSONAL TRAITS FORMULA

Strongtraits. *First formula:* on a sheet of paper, in 2 columns, establish a comparison between your *strongtraits*, or talents, virtues and capacities, in the left column; and your *weaktraits*, or defects, bad habits and vices, in the right column.

Balance. Upon comparing, the net-balance of the potentialities that you have demonstrated until now in this human life is obtained.

Heterocriticism. When it is difficult to perform this comparison, it is better to give a sheet of paper to every person who is close to you, or to those in your social circle.

Request. This paper must include a completely sincere request for each to write down heterocriticisms of us, or what they think of our talents and defects, with the intention of improving our evolutionary conduct.

Computer. After this, if possible, the ideal would be to put the common denominators, or the observations repeated, into a computer, highlighting the percentages of the facets that are more evident about our personality.

***THE BEST INDIVIDUALS FOR SUPPLYING
INDICATIONS REGARDING OUR SELF-
CORRUPTIONS ARE THOSE WHO WE
CONSIDER TO BE PROBLEMATIC.***

Explicit. Those who have conflicts with us or have raised questions with us regarding our points of view, ideas, affectivities or individual and group actions, will be more explicit in their criticisms.

Conscientiogram. A more interested individual researcher can, in terms of applying this first formula, employ the more sophisticated resources of the conscientiogram.

Conscientiometry. The conscientiogram is a technical work for performing advanced evaluative measurements of a consciousness' evolutionary level, a fundamental part of conscientiometry.

Self-knowledge. Upon knowing ourselves better we can accelerate our evolutionary conquests by determining which personal points we need to work on and what attributes we have.

Scars. Certain personal experiences firstly create abrasions and then scars in our conscial microuniverse (personal world).

Paragenetics. These scars compose, little by little, over many millennia, our extremely unique paragenetics.

***THE MORE EXPERIENCED AND
EVOLVED CONSCIOUSNESS IS THE
ONE WHO HAS MORE PARASCARS
IN THEIR HOLOSOMA.***

09. PERSONAL RECIPROCATION FORMULA

Key question. In each area of our existential program to be performed, there exists a key question that must be discovered, identified and answered by its executor.

Net-balance. In the net-balance of the existential program, the key question is: “Have I paid back what I have received in the school of Earth?”

Income. Thus the *second formula* arises: with a good amount of self-scrutiny, you establish a comparison between your *intrapysical income*, or all that you have received that is good in your human life in relation to your *personal reciprocation*.

Reciprocation. Personal reciprocation is that which you have directly and personally already given back for the betterment of the realities of the cosmos and its inhabitants.

THE NET-BALANCE BETWEEN WHAT YOU RECEIVED FROM AND RECIPROCATED TO LIFE PROVIDES THE DIRECTIVES FOR THE EXECUTION OF YOUR PROEXIS.

Obligations. Upon having your *initial directives*, you will work to improve the programming of your life in light of the 3 following categories of personal evolutionary duties or obligations:

1. **Realizations.** Obligations already accomplished.

Omissions. The obligations that have been omitted, forgotten, not perceived, or left for later, at the side of the road of human life.

Pending. Those obligations that are pending or are still to be executed from now on.

Recycling. The execution of any type of existential program requires periodic and continual recyclings or reviews regarding its details.

Tasks. At the current point of your existential self-evaluation, it is important to consider the 2 basic assistential tasks:

A. **Consoltask.** Consoltask (*consol + task*), is the primary personal or groupal consolation task.

B. **Claritask.** Claritask (*clari + task*), is the more evolved personal or groupal assistential clarification task.

Groupkarmality. In groupkarmality, a consciousness executing the consolation task gives expecting to get in return.

Polykarmality. In polykarmality, a consciousness executing the clarification task gives without expecting to get in return.

Wisdom. The wisdom of conscious solidarity is already a natural reward.

Binomial. In the *binomial impulse-calculation*, consoltask is based more on impulse (abdominal sub-brain, cardiochakra, psychosoma), and the claritask more on calculation (rationality, discernment, mentalsoma).

**WHICH OF THE 2 BASIC
ASSISTENTIAL TASKS PREDOMINATE
IN YOUR EXISTENTIAL PROGRAM:
THE CONSOLTASK OR THE CLARITASK?**

10. CHARACTERISTICS OF CONSOLTASK
--

***IT IS BETTER TO SEE
SOMEONE EXECUTING THE
CONSOLATION TASK THAN
NO FRATERNAL TASK AT ALL.***

Characteristics. The service of fraternal consolatory aid of one consciousness in favor of another, or others, presents at least 20 characteristics:

01. **Pleasing.** Compromises, offers palliatives and *pleases* everyone (simple work).

02. **Yes.** Says *yes* much more often than *no*, in all undertakings.

03. **Dependents.** Attends to those who still need to ask much more for themselves all the time.

04. **Hypocrisy.** Tries to cover up problems using sugar-coated postures, infantile parables and euphemisms with those individuals involved in the most diverse types of insincerities and hypocrisies.

05. **Easy.** Presents easy understanding, agreeable execution, and sympathetic performance with tangible, immediate and compensating results in everyday life.

06. **Quantification.** Supports itself through the passivity of the *inasses* and listens to public opinion, prioritizing the quantity of proselytism and indoctrination rendered.

07. **Emotionality.** Invariably utilizes individuals' desires, anxieties and feelings or animalized emotional bodies (*belly-brain*).

08. **Immaturities.** Dedicates itself to the form of things and the appearance of beings, with palliatives and consciencial emergencies, and is not selective in choosing the means to its ends.

09. **Absolutism.** Monopolizes the "truth" and employs absolute definitions, exalting mysticism.

10. **Demagogy.** Appeals to religious and political demagogues so that consciousnesses remain anesthetized in a consciential infancy, at a nursery school level of elementary knowledge.

11. **Existential series.** Promotes the theory of existential series but only exalts the consciex to the detriment of the human, who is a conscin, but also a multidimensional being.

12. **Inculcation.** Seeks to implant *sanctity* and salvationism, speaking with austerity, puritanisms, moralistic conventionalisms and *sugar-coated belly-brain-washing*.

13. **Illusion.** Lure with the concept of inner reform, but maintains slavery and promotes the illusion that one can achieve definitive self-evolution with only one intraphysical life.

14. **Crutches.** Employs all *psychological crutches* available, without explaining them, combating them, or offering the means by which individuals can liberate themselves from them.

15. **Manipulation.** Rehashes antiquated formulas in a sacramental tone, manipulating the human masses and maintaining them under unconscious psychological dependencies.

16. **Inhibitions.** Maintains individuals as inhibited listeners who do not express their ideas, for fear of not pleasing, and incapable of making continuous libertarian inquiries.

17. **Orthodoxy.** Emphasizes parochial, segregationist sectarianism, basing its actions in *intransigent orthodoxy*, in an egoistic and self-defensive purism.

18. **Numbness.** Makes the *people* constantly *feel much more* and think less, numbed in cults and myths, immaturities, adorations, gurulatro and all such stagings.

19. **Competition.** Concerns itself, in an insecure manner, with the endeavor of systematic, professional indoctrination, competing with the power of religions and philosophies.\

20. **Dogmatic.** Maintains untouchable taboos, using irrational dogmas and sacralizations.

**YOUR WILL, INTENTION
AND STRONGTRAITS DETERMINE
THE QUALITY OF THE REALIZA-
TION OF YOUR PROEXIS.**

11. CHARACTERISTICS OF CLARITASK

IT IS BETTER TO SEE OUR PARTNER EXECUTING THE CLARIFICATION TASK RATHER THAN THE CONSOLATION TASK.

Characteristics. Fraternal clarifying assistance performed by one consciousness towards others presents, at minimum, the following 20 characteristics:

01. **Complexity.** Always operating in the minority and against the flow, the clarification task elucidates facts, points out errors and offers more definitive evolutionary solutions (complex work).

02. **No.** Says *no* far more often than *yes* in all endeavors.

03. **Self-sufficient.** Befits those who no longer ask for themselves, only for others.

04. **Self-criticism.** Exalts self-criticism and defends themselves in justice far from hypocrisy.

05. **Difficulties.** Exhibits difficult understanding, less agreeable execution, and not-always-sympathetic performance without immediate results in everyday life.

06. **Qualification.** Supports itself through the active reactions of more mature individuals, independent of public opinion, prioritizing the quality of services rendered.

07. **Mentalsomatics.** Utilizes new ideas, discernment and the capacity of individuals to think freely, or rather, to have alert and active *mentalsomas*.

08. **Rationality.** Addresses itself to the essence of beings and factual contents through rationalized and non-repressive conscientious preventative techniques.

09. **Awakening.** Has its persuasive nature based on discernment - essentially the awakening of *evolutionary sleepers* of all types, anywhere.

10. **Holomaturity.** Dedicates itself to integral maturity of consciousness and *self-mastery of serenism* as goals. It is also selective about the means used to achieve its libertarian results.

11. **Seriexis.** Is focused on the intraphysical consciousness (conscin) and explains the *whys* and *hows* of things in order for each to be liberated from the repetitive cycle of seriexises.

12. **Truth.** While displaying leading-edge relative truth it demands nothing, talks of good nature and leisure while rejecting the conventions and temporalities of *Socin*.

13. **Evolutionality.** Always insists on the many successive and unavoidable existential sedations to come, and on the reasons why we must accelerate our consciential evolution.

14. **Crutches.** Employs only those *psychological crutches* that are inevitable in human life - all the while explaining them, combating them and offering means for liberation from them.

15. **Liberation.** Applies the formulas of psychological liberation and self-responsibility.

**THE CLARIFICATION TASK,
LIKE PENTA, ARE PROCEDURES
TO BE PERFORMED BY ADULTS.**

16. **Uninhibitedness.** Seeks the consensus of universal discernment through a summation of ideas in public debates, making individuals uninhibited regarding real life.

17. **Maxiuniversalism.** Supplies the motivated consciousness with the means for liberating him or herself from form, space and time, and finally arriving at maxiuniversalism, without an *"ivory tower"*.

18. **Experiments.** Conveys the individual to think for his or herself, in order to tame the animal instincts through personal experiments, thus substituting belief with direct knowledge.

19. **Self-mastery.** Dispenses with personality cults, gurus, excessive dependence and systematic indoctrinations.

20. **Self-knowledge.** Operates independently of dispensable theological and intermediary temporal empires, in the enduring work of greater self-knowledge.

***IN THE EVOLUTIOLOGY OF
CONSCIOUSNESS, THE CLARI-
FICATION TASK IS ALWAYS
A MORE ADVANCED UNDERTAKING.***

12. INSTRUMENTS FOR THE PROEXIS
--

***WE INTENSELY EXPERIENCE,
TODAY, AS NEVER BEFORE IN ANY
OF OUR PREVIOUS LIVES, THE
ACCELERATION OF HUMAN HISTORY.***

Evolution. The last 2 centuries have been evolutionarily more illuminating for *terrestrial conscientiality* than all the millenniums of human life in this School-hospital.

Stimuli. Sociological studies made in the United States of America in 1995 calculate that the average person in western society, receives a *daily* average of 65,000 *more* units of stimulation than an identical individual in the past century.

Abundance. We live in an age that provides a greater abundance, than in any other period of intraphysical life on this planet, of the following 3 categories of *nourishment for a conscin*:

1. **Energosomaticity.** Nourishment via interconsciential energies: holochakrality, multiple deprivations and thosenology.
2. **Somatics.** Nourishment of stomachs: hunger, soma and a more dignified healthy human existence and survival.
3. **Mentalsomatics.** Nourishment of the mentalsoma: acquisition of priority information for our body of discernment.

Culture. We have never been so *knowledgeable* about so many multiform things. There are more scholarly individuals today than in any other century in Human History.

Science. There are more scientists alive in the current phase of history than in the entire past of terrestrial beings. As *you know*, science is the *least imperfect* of all lines of human knowledge as it demands research and refutation with theories on leading edge relative truth.

Child. Specialists have compared IQ tests in various countries (1996), and have shown that the average intelligence of a child nowadays, is comparable to that of a near-genius from only *5 decades* ago.

Information. A 10-year-old child currently *knows more*, or has already received more information relevant to his or her life, than the entire body of information possessed by Galileo Galilei, one of the pioneers of Modern Science, in his lifetime.

Age. Intrapysical life has never been so propitious for consciential evolution as it is now. Three centuries ago, cities were extremely fortified citadels, whose inhabitants - *ourselves* - lived in a state of continuous war with each other. For this and other reasons, individuals rarely lived to the age of 30 in the beginning of the XIXth century.

Demographics. The terrestrial population has more than doubled (demographic explosion) from 1950, 2.5 billion people, to 2011, 7 billion human inhabitants breathing on the planet.

Encounters. Today, you encounter a greater number of persons in only 1 week than you could have met during a 50-year lifetime in the Middle Ages, assuming you would have lived that long.

Megafraternity. As we know, encountering others is an indispensable resource in the exercising of megafraternity, within the structure of consciential evolution. No one evolves alone.

***THE EARTH CURRENTLY PRESENTS
THE BEST ENVIRONMENT FOR THE
PRACTICE OF MEGAFRATERNITY BY
ALL CONSCIOUSNESSES.***

Contemporaneity. This is why our current life, being an *evolutionary critical high quality* one, has a value, for example, equivalent to 10 human lives, selected from the majority of those that we experienced in previous centuries.

Intelligence. Aside from the preceding exposition, no one, paradoxically, would affirm (and with good reason) that there exist, for example, 50 million intelligent, self-aware conscins who are developed beyond the unthinking masses (robexis), in the world in which we currently live. We are still not that far removed from the chimpanzee and gorilla.

Horror. The XXth Century is the greatest horror chamber that has existed in humanity (i.e., the First and Second World Wars, the Holocaust, armed regional conflicts). There have never existed so many people in need of cosmoethical conscientiality in this consciential dimension, awaiting solidarity in the unified execution of our proexis within the claritask and polykarmality.

Exclusions. Billions of consciousnesses (conscins and consciexes) are awaiting our unified assistance. Just as *social exclusion* exists in intraphysical society, where there is a great number of individuals who are excluded from social benefits, or those with *no land, no roof, no employment, no salary* and even with *no personal computer*, there also exists *parasocial exclusion*, in which we can include billions of *non-lucid* or parapsychotic post-mortems in the Paratropospheric Sociexes of this planet.

Thosenology. Let us nevertheless remain optimistic. It is especially relevant to consider that the thosene is the elementary instrument for the *manifestation of consciousness*.

**STRICTLY SPEAKING, THE
ELEMENTARY INSTRUMENT FOR THE
EXECUTION OF ONE'S PROEXIS IS,
LOGICALLY, THE ORTHOTHOSENE.**

Resources. There are always various resources or auxiliary instruments that we can use in order to establish the goals of an existential program and correctly complete it. Among the many that exist, we can point out the following 11, listed here in order of natural personal development:

A. **Discipline.** Evolutionary self-organization.

B. **Self-evaluation.** Conscientiometry or conscientimetric measurements.

C. **Institution.** Conscientiocentrism or the conscientiocentric institution.

D. **VS.** Mastery of the vibrational state (VS), providing self-cure and self-defense.

E. **Recycling.** Intraconsciential and existential recycling (see glossary).

F. **Invexis.** Existential inversion or invexis (see glossary).

G. **Duo.** Constitution of an evolutionary duo (see glossary).

H. **Wholesaling.** Employment of a consciential wholesale approach.

I. **Conscientiality.** Execution of consciential gestations (see glossary).

J. **Penta.** Execution of the daily personal energetic task or penta.

K. **Self-relays.** Consciential self-relays (see glossary).

01. **Self-organization.** Self-organization is the best way for a conscin to be anchored to completion of the proexis.

***EVOLUTIONARY SELF-ORGANIZATION IS
BASED ON ALL DISCIPLINARY PROCESSES
THAT ARE CAPABLE OF IMPOSING
GOOD HABITS ON THE INDIVIDUAL.***

Habits. Among a conscin's good habits it is always intelligent to include the creation and maintenance of a *personal intraphysical agenda*.

Agenda. There are 2 types of personal agenda:

A. **Old.** In a book, with written daily annotations.

B. **Modern.** In a computer program (typed in a personal laptop computer), the ideal process for those who have the financial resources.

02. **Conscientiometry.** The measurements of consciousness, through the techniques, methods and tests offered by conscientiometry, allow the establishment of positive bases for the mathematization of conscin with respect to its evolutionary dynamic.

CONSCIENTIOMETRIC MEASUREMENTS IMMENSELY FAVOR THE EXECUTION OF THE EXISTENTIAL PROGRAM.

Tests. As well as the above-mentioned Conscientiogram, the book “*700 Conscientiology Experiments*” presents 300 priority conscientimetric tests for the motivated individual.

03. **Conscientiocentrism.** A conscientiocentric institution that concentrates its objectives on consciousness, per se, and on its evolution, can contribute greatly towards the creation and the dynamics of the personal existential program’s execution, most notably in the case of the greater polykarmic existential program.

Institutions. Following are 3 examples of conscientiocentric institutions:

A. **Institute.** The International Institute of Projectiology and Conscientiology (IIPC).

B. **CEAEC.** The Center of Higher Studies of Conscientiology.

C. **ARACE.** The International Association for the Evolution of Consciousness.

Examples. Functioning as consciential cooperatives in Conscientiological Socin, based on employment and consciential ties, these institutions aim to serve as examples for conscientiological enterprises in this still pathological Socin.

Bond. The consciential bond is that which is established between consciousnesses and enterprises in intraphysical society,

in a self-aware, voluntary, polykarmic and more evolved manner than the employment bond.

Groupality. The objective of the consciencial bond is the practice of team spirit in the execution of clarification tasks and existential programs in group.

Dual. A simultaneous, dual, employment and consciencial bond can intentionally occur with the same collaborator in a singular consciencioentric enterprise.

04. **VS.** The VS or *vibrational state* is a technical condition for the maximal acceleration of the holochakra's (energetic parabody) consciencial energies, through the impulse of the will.

Self-defense. The vibrational state can help maintain personal health and interconsciencial self-defense within the conscin's holothosene, thus promoting the execution of their proexis.

Signs. One of the effects that the vibrational state predisposes is the identification of a person's *energetic and parapsychic signs* (energetic, intraconsciencial or animic and parapsychic signs), the self-aware employment of which can contribute greatly towards the execution of the individual proexis.

05. **Recexis.** Recexis or existential recycling is the technique for renovation of consciousness, without which it becomes impracticable to create the new undertakings that are adequate for better existential programs.

Recin. A natural effect of existential recycling is intraconsciencial recycling (recin) or the individual's, cosmoethical, inner reformation that begins with cerebral or neuronal renovation.

NEW SYNAPSES, OR NEURONAL CONNECTIONS, FACILITATE ADJUSTMENT OF THE PROEXIS WITH THE ACQUISITION OF ORIGINAL IDEAS.

Grecox. A grecox or group of existential recyclers promotes meetings and group exchanges, that objectify the execution of planned existential recycling.

Groupality. An existential recyclers' group can doubtless contribute towards the better execution of the individual existential program, whether it is groupkarmic or polykarmic in nature.

Revision. Periodic consciential self-evaluation does not generate any kind of demerit for the evaluator, but implies a re-viewing of social postures and personal concepts.

Errors. Self-evaluation helps to reveal our errors and omissions in order that they may be corrected, inevitably resulting in our embarking on new paths through existential recycling.

06. **Invexis.** Invexis or existential inversion is the technique of rationally anticipating evolutionary manifestations generally executed in the final period of intraphysical life by performing them in the initial period of adolescence or at a younger age.

Anticipation. These anticipated evolutionary acts or those that are developed prior to the biological maturity of the human body (soma), offer better results in the execution of our proexis.

Tool. Existential inversion is a tool or method that allows one to facilitate the completion of one's existential program. For the majority of young people, this should not be interpreted or understood as being the proexis, per se.

Invertor. The lucid existential invertor can be defined in the following manner: a conscin who initiates the execution of the proexis with self-awareness from early on.

Grinvex. The grinvex or group of existential invertors promotes meetings and group exchanges, that objectify the execution of planned existential inversions.

Youth. A grinvex can greatly contribute towards the successful execution of a youths' individual proexis, whether they be groupkarmic or polykarmic in nature.

07. **Duo.** An evolutionary duo is the condition in which 2 consciousnesses interact positively in *joint evolution*.

**THE EVOLUTIONARY DUO PERFORMS
ITS EVOLUTIONARY WORK BASED ON
THAT WHICH IS MOST PLEASURABLE IN
HUMAN LIFE: RECIPROCAL LOVE.**

Intercooperation. The evolutionary duo creates an existential condition of intercooperative evolution between two individuals. This condition provides the greatest aid for the simultaneous execution of both partners' existential program.

Joining. The joining of 2 lucid conscins inevitably also unites 2 pre-arranged proexises.

Mutuality. In the condition of evolutionary duo, each partner has to simultaneously analyze their own proexis as well as the proexises of both partners, in a reciprocal, incontestable, and mutually cooperative manner.

Contention. One of the natural sources of contention in the holothosene of an evolutionary duo that demands judicious adjustments and more serious concessions on both parts, is when one of the conscins has a *macrosoma*.

**A MACROSOMA IS CONS-
TITUTED, IN MANY CASES, TO
ATTAIN A GREATER PROEXIS
OR A MAXIPROEXIS.**

Conflict. If one of the partners has a regular *soma* for the execution of a lesser proexis, this can generate some conflict.

Seclusion. The *twofold loving seclusion* of an evolutionary duo, prepares 2 conscins for the ample practice of megafaternity starting *from home*, from within or from themselves.

Claritask. The love of an evolutionary duo only matures and becomes complete with the execution of the claritask, polykarmality and megafraternity, in the *group proexis* of 2 conscins.

Megafraternity. Megafraternity is absolute love, the condition of “post-graduate love”, a *less-imperfect imperfection* in the experience of intraphysical life.

08. **Wholesaling.** Consciential wholesaling is the system of personal behavior based on the consolidation of healthy consciential acts.

Signatures. In the experience of consciential wholesaling, we utilize our personal thosenology, without leaving negative, unhealthy or anticosmoethical traces or evolutionary rifts or gaps, wherever we passby leaving our *thosenic signatures* in our wake.

CONSCIENTIAL WHOLESALING IS A PERSONAL PHILOSOPHY, INTRAPHYSICAL POLICY, OR IDEAL PRACTICE FOR THE EXECUTION OF AN PROEXIS.

Retailing. Consciential wholesaling is superior to *consciential retailing*, which is an elementary system of individual behavior characterized by isolated, lesser consciential acts that have minimal productive or evolutionary results.

Effects. Consciential retailing is not sufficient for the generation of constructive repercussions within maxifraternity, nor does it create notable evolutionary effects in vulgar conscins with unsophisticated existential programs.

09. **Gestations.** Consciential gestations are the human consciousness’ useful evolutionary end-products, within the personal framework of more advanced programming.

Groupal. The more common groupal consciential gestations are those developed by an evolutionary duo, through works performed with the consciential clarification task.

10. **Penta.** Penta (*p + en + ta*) is the daily, multidimensional energetic task, that involves the permanent assistance of helpers and the technical transmission of consciential energies on the part of the human consciousness directly to consciex or projected conscins.

Supports. The majority of conscins are still in the intraphysical *pre-penta* phase, seeking to improve the quality of their personal holothosene and set the 4 fundamental pillars or supports of the proexis' edifice:

A. **Sentiment.** The support of sentiment or the affective-sexual life, constituting an evolutionary duo.

B. **Professionality.** The support of a profession or human survival without parasitism or dependency on other conscins.

C. **Intellectuality.** The support of lucid intellectuality or the mentalsoma.

D. **Bioenergetics.** The support of high-quality, personal, consciential energies, applied on a daily basis.

**LET US BE COSMOETHICALLY
EFFICIENT IN THE EXECUTION OF
OUR PROEXIS IN ORDER TO REPAY
THE HELPERS' ASSISTANCE.**

Assistance. The personal energetic tasks, performed in the normal waking state, for the rest of the practitioner's intraphysical life, tends to sustain the permanent extraphysical assistance and aid of the helpers.

Offiex. The practice of penta allows the correct execution of the proexis of the epicon-conscin, consciential epicenter or key operational conscin regarding the creation and maintenance of the extraphysical office or clinic (offiex).

11. **Self-relay.** Self-relay is the advanced condition in which a more lucid consciousness evolves by consecutively interweaving various intraphysical existences together.

Maxiproexises. Self-relay obviously offers extraordinary help in the execution of maxiproexises, through multiple somas, lives, societies and centuries.

Alternation. The ideal life is an alternating one, in which the conscin: is mainly concerned with, or occupies 75% of their consciential time with, intraphysical life, without discarding extrasomatic experiences; and occupies 25% of their consciential time with extraphysical life. This allows the individual to interlace the personal proexis with consciential self-relays, within the multiexistential cycle.

Interconnection. Through self-relay, or *existential continuity*, the evolving consciousness, together with the evolutiologist of their groupkarma, establishes a plan for the interweaving of the *interconnected proexises*.

Seriexis. These interconnected proexises act like links in a long chain (seriexis), within one's *multiexistential cycle*.

**DO YOU, AS A HUMAN BEING,
FEEL MORE OR LESS ADAPTED
TO THE ACTIVE EXECUTION
OF YOUR PROEXIS?**

Helper. In rare instances, a helper will make a suggestion or inform an assisted conscin about a clause in their existential program, when suggested by an evolutiologist.

13. **MACROSOMATICS**

Definition. The macrosoma (*macro + soma*) is a supercustomized soma (human body). It is a resource that exists only for the execution of a specific proexis that falls within 1 of 2 existing categories: a maxiproexis or a miniproexis.

Synonymy. These 2 expressions are synonymous with *macro-soma*: *super-tailor-made body*; *supercustomized body*.

Macrosomatics. In macrosomatics, the science that studies the macrosoma, 2 fundamental types of macrosoma can be clearly distinguished, according to human gender:

A. **Woman.** The gynosoma (*gyno + soma*), or feminine human body or that body which is specific to women.

B. **Man.** The androsoma (*andro + soma*), or masculine body or that body which is specific to men.

THE GYNOSOMA, ENSLAVED TO SEX AND ITS CONSEQUENCES, HAS SABOTAGED THE MAXIPROEXISES OF LEGIONS OF WOMEN EVERYWHERE.

Prison. This can be translated as being the *double imprisonment* of consciousness to egokarma and groupkarma. It occurs far more frequently with women than men, due to the greater sophistication of the feminine psychological, hormonal and sexual mechanisms.

Aphrodisiacal. We cannot forget that, within human sexuality, the gynosoma is the aphrodisiacal body.

Menopause. Menopause causes legions of women to end up looking like dried up men towards the end of their human life.

Eunuchs. Worst of all, many of these women uselessly carry a *dead gynochakra* (*sexochakra*), that is to say: they become men, so to speak and, furthermore, eunuchs.

Sex. Practice of the vibrational state and daily sex, as well as the adequate use of hormones, can avoid this tragedy in the specified executive phase of life, or from 36 to 70 years of age.

Executive. The executive phase of human life generally consolidates the realization of the proexis, possibly being the most productive phase of the existential program, for both men and women.

Feminism. The feminist women's liberation movement, as well as female doctors, especially when *retired*, should concern themselves with menopause to a greater degree.

Solitary confinement. Is there a worse prison or solitary confinement than the period of menopause that, when complicated, affects, emaciates and prematurely kills millions of women in all countries, regardless of social class?

Vigor. In the period of fertile vigor, a woman can be freer than ever before, when she wishes to exalt, often erroneously, the power of her body over the consciousness.

***THE SOCIAL AND CIVIC POWER
OF THE GYNOSOMA OVER THE SOMA-
TIC CONSCIOUSNESS IS A REACTION
OF THE ABDOMINAL SUB-BRAIN.***

Prostitution. Unhappily, this social and political power of the gynosoma has been better known, since antiquity, through the exercise of the traditions of professional prostitution.

Half-dead. Finding herself in the menopausal period and without sexual vigor, a woman needs to be more discerning, alert and mature in order to confront her not uncommon condition of being energetically half-dead.

Mentalsoma. The menopausal period can be put to use in the emphasis of the feminine consciousness over her soma, a reaction which, in this case, is generated by the mentalsoma. This allows one to take advantage of this phase of the gynosoma's declining vitality.

Hormones. Chemical substances, including hormones and neurotransmitters, are extremely important in intraphysical life.

***ENDORPHIN, A NEUROTRANSMITTER,
IS A NATURALLY OCCURRING COCAINE
IN OUR BODY, THAT CAN EVEN
DEVELOP A DEPENDENCY OR ADDICTION.***

Marathons. Regarding endorphins, it is enough to see marathon fanatics, current medical and psychological patients, addicted to running 6 kilometers every day. On a day when they do not run, they become irritated and cranky.

14. PROEXIS AND GEOGRAPHY

Geography. We can divide the areas of conscins proexis' into 2 categories, relative to geography:

A. Countryside dwelling-conscins. The countryside - a natural laboratory of the traditional - allows the rural farmer a greater introspection together with nature.

B. City dwelling-conscins. The city - a vanguard artificial laboratory - permits, aside from all its inconveniences, the technological city dwelling-conscin a greater extroversion through the intensive communication and continued relationship with a greater number of individuals.

Laboratories. Both of these intraphysical laboratories facilitate the possibility for a consciousness to obtain greater hyperacuity and even become permanentfree, but the urban laboratory is always richer and more efficient for this purpose.

Modernity. The average urban citizen, at the end of the XXth Century, consumes several hundreds times the energy that a farmer used a century ago, and enjoys a much higher standard of health, nutrition and comfort than any *king* from that era.

**ALL THINGS ASIDE, ANY
CITY IS MORE OF A SELF-
-EVOLUTIONARY FRONT LINE
THAN THE COUNTRYSIDE.**

Urbanite. A conscin in a city (urbanite), on account of encountering a greater number of people every day, enjoys opportunities for ampler consciencial gestations.

Home. Domestic life - at home, in a house or apartment - predisposes a lucid conscin to introspection, reflection and intrasciencial self-evaluation. It is notably important in the execution of the proexis in a megacity or on the evolutionary front line.

Farmers. Even human gestations are simpler in the country, where children are raised by *mother nature*, often much like livestock, in a spontaneous, instinctive manner.

**ACCORDING TO THE PRINCIPLES OF
MODERN ECOLOGY, THE COUNTRYSIDE IS
NOT, MUST NOT AND CANNOT
BE THE MEGACITY'S BACKYARD.**

Nature. There are many heavy myths and taboos about nature, rural life and indigenous people, but the rural exodus is a daily phenomenon.

Arena. Nevertheless, evolutionary reality shows that the much criticized conglomeration of humans in the megalopolis or megacity is still the best arena for the acceleration of consciential evolution.

Anticity. The more intelligent option is to live in a city or megacity, as long as it is not an *anticity* that lacks security and a quality of life adequate for the good execution of our proexis.

Obsolescence. The following 15 intraphysical habits have become, or are becoming, obsolete in our current urban lives:

01. **Alcohol.** Discussing wines with total solemnity.
02. **Armor.** Wearing armor to defend oneself.
03. **Authors.** Reading Marx Nordau and other outdated authors.
04. **Carriage.** Riding in a horse-drawn carriage.
05. **Carts.** Using handcarts.
06. **Enigmas.** Writing enigmatic letters.
07. **Spittoon.** Spitting in cuspidors or spittoons.
08. **Little world.** Using a dialect belonging to your own *little world*.
09. **Kiosk.** Frequenting grandiose kiosks.
10. **Serenades.** Performing romantic serenades.
11. **Sonnets.** Writing sonnets.

12. **Smoking.** Defending cigarettes, cigars or nicotine.
13. **Pork skins.** Eating pork skins (cholesterol).
14. **Plays on words.** Creating plays on words.
15. **Urbanization.** Building narrow streets.

***NEOPHILIA, WHEN BASED
ON CONSCIENTIAL DISCERNMENT,
ONLY AIDS EVOLUTION
OF THE CONSCIOUSNESS.***

15. PROEXIS EXECUTION TECHNIQUE

Undertaking. All libertarian undertakings in the proexis and claritask exhibit 4 indispensable stages, in the following chronological order:

1. **Project.** The project is generally the easiest and quickest phase to be accomplished.
2. **Attempt.** Attempting of a preliminary accomplishment and the first steps.
3. **Realization.** The actual realization of the project.
4. **Maintenance.** Maintenance, the longest and most difficult phase of the undertaking.

Beginning. To begin an undertaking is merely to put it in gear, to take the first step, or make a superficial outline.

Roots. The maintenance of the undertaking is the most complex task because it lays roots in intraphysical-extraphysical life, with time creating a holothosene.

Constancy. Constancy or persistence in the work of a proexis provides an aura of calm and benevolence. Inflexibility, stubbornness, intransigence and radicalism *are not* the same as constancy.

Tasks. In the satisfactory, voluntary execution of the proexis, a consciousness has to clearly define the goals and personal tasks of the experiment's various stages, from the cradle to the grave.

***IN THE EXECUTION OF OUR
PROEXIS, WE HAVE TO CONSIDER
THE LIFE PROJECT AND THE DE-
VELOPMENT OF A NATURAL TIMELINE.***

Phases. In terms of a proexis' execution, human life can be divided into 2 technical phases:

A. **Preparation.** First, the *preparatory* phase, that spans from rebirth until 35 years of physical age.

B. **Execution.** Second, the *executive* phase from 36 to an average of 70 years of physical age.

Basement. In the preparatory phase, the conscin passes through the *consciential basement* and confronts formal education in the new terrestrial existence.

Profession. Still in the preparatory phase, the conscin prepares for a professional career, which is indispensable for financial self-sustenance devoid of parasitism of other persons, doctrines, businesses or the state.

Discernment. Only discernment permits the establishment of an exact delineation between personal, natural and hoped for ambition, and the adequate execution of directives of the individual's proexis, notably for those who have reached 35 years of age.

Trinomial. In the executive phase, the conscin should already have defined their destiny for the rest of the current life, doing what they like, within the *trinomial motivation-work-leisure*, and developing the existential program they came to complete. We all came to human life to evolve, albeit with good humor, and being happy in whatever we do.

***THE BROAD EXECUTION PHASE OF THE
EXISTENTIAL PROGRAM PRECEDES THE
DEACTIVATION OF THE HUMAN BODY,
FOR THE MAJORITY OF INDIVIDUALS.***

Prescriptions. The following are 5 technical prescriptions for success in the execution of one's proexis:

A. **Discipline.** Maintain personal discipline in daily conduct.

B. **Activity.** Avoid inactivity or a sedentary life.

C. **Conscientiality.** Seek the greatest mastery possible of the consciousness over the soma.

D. **Will.** Trust in your strong will, that is capable of permitting magnanimous decisions without doubts or vacillations.

E. **Friendships.** Eliminate *idle friendships* with those - *evolutionary tourists* - who only wish to have fun and ignore the principles of consciential evolution.

Evolution. Every existential program is established on the following 3 bases. It is important that the interested individual identify which of these characterizes their proexis:

A. **Register.** Acceleration of your own egokarmic evolution or the improvement of your *individual register*.

B. **Groupkarma.** Evolution of your groupkarma.

C. **Minipiece.** Performance of polykarmic works, with the conscin operating at a more advanced evolutionary level as a minipiece (small cog) within an assistential maximechanism.

WHAT ACTUALLY PROPELS YOUR LIFE PROGRAM: EGOKARMALITY, GROUPKARMA- LITY OR POLYKARMALITY?

Error. The best formula or the simplest and most practical ideal in the execution of one's existential program is for a conscin not to allow errors to occur.

Minifailures. However, many existential completists have learned from their own errors: 2 or 3 small failures can more deeply stimulate and challenge an individual to attain complexis.

Materthosene. In thosenology, the materthosene is the main idea or the master pillar; the thosenic synthesis or predominant thosene in a holothosene.

Self-criticism. Rationally speaking, if a conscin does not diagnose the materhosene that predominates in their personal holothosene - with a maximum of self-criticism in the current evolutionary period of intraphysicality, it will become more difficult for the individual to characterize the directives of their proexis and the bases of their recexis.

Strongtraits. Among individual patterns of conduct, postures or ideal strongtraits needed for a pre-serenissimus conscin to optimize efforts, potentialize performance and perform the proexis fairly well, taking maximum advantage of the evolutionary possibilities of 1 intraphysical life, we can emphasize the following 5 facets:

1. Form an evolutionary duo.
2. Sponsor consciential gestations.
3. Practice penta.
4. Achieve the condition of consciential epicentrism.
5. Promote periodic personal recexis in order to correct the path of your proexis' chronological development.

***EACH EVOLUTIONARY SUCCESS HAS
AS ITS PRICE A CERTAIN DEGREE
OF EFFORT, PERSEVERANCE AND
INDIVIDUAL PERFORMANCE.***

Moderation. In the natural rhythm of the development of the proexis, moderation, restraint, or discernment lie between neglect and precipitation.

16. THE “IS STILL NOT” TECHNIQUE

IT IS POINTLESS TO OPPOSE LEADING EDGE RELATIVE REALITY: SELF-CORRUPTION DOES NOT PROMOTE OUR INTERCONSCIENTIAL IMPROVEMENT.

Still. The “*is still not*” technique aptly expresses the evolutionary priorities for all those interested in making intelligent choices regarding the development of the proexis, the claritask, polykarmality and the positive balance of their personal holokarmic account.

Conditions. Here are 13 examples of the “*is still not*” technique:

01. **Self-relay.** The greatest tropospheric conscin *is still not* an alternating conscin.

02. **Wholesaling.** The greatest retailing *is still not* consciential wholesaling.

03. **Self-awareness.** The greatest lucid projection *is still not* multidimensional self-awareness.

04. **Science.** The greatest art *is still not* science, in terms of evolutionary realities.

05. **Permanintfree.** The greatest, most successful exorcism *is still not* consciential permanintfreeness.

06. **Discernment.** Foremost good sense *is still not* technical discernment.

07. **Duo.** The greatest passion between two individuals *is still not* a well constituted evolutionary duo.

08. **Fact.** The greatest theory *is still not* a proven fact.

09. **Hyperacuity.** The greatest of “Nobel winning qualities” *is still not* hyperacuity.

10. **Holomaturity.** The greatest empiricism *is still not* holomaturity.

11. **Realization.** The greatest discourse *is still not* reasonable realization.

12. **Claritask.** The greatest consoltask *is still not* claritask.

13. **Penta.** The greatest parapsychic passivity *is still not* penta.

Coherence. What is important is the authenticity of our evolutionary coherence in these 3 binomials: theorice (theory & practice), verbaction (verbalization & action) and confor (content & form).

**SELF-CORRUPTION IS TO STEAL
FROM OURSELVES: RICHNESS, LIBERTY,
TIME, HEALTH, SPACE, OPPORTUNITIES
AND CONSCIENTIAL ENERGIES.**

17. ANTIPROEXIS

Definition. The *antiproexis* is a personal condition of the conscin that manifests through one's acts, attitudes and postures against the rational execution of their existential programming.

Synonymy. Equivalent expression for *antiproexis*: *existential self-disorganization*.

THERE ARE INTRAPHYSICAL CONSCIOUSNESSES VICTIMS OF EXISTENTIAL ROBOTIZATION (ROBEXIS), WHO HAVE NEVER THOUGHT ABOUT THE PROEXIS.

Theory. Other *seated-on-the-fence* conscins theoretically discover the existence of the personal proexis and go no further.

Practice. Other more lucid and organized conscins live lives with the execution of their clearly-identified proexis in view.

Experience. The evolutionary results of the human experience of each of these conscins are extremely diverse, independent of the modalities of their paragenetics, genetics, mesological influences, formal education or the bases of their proexises.

Mesology. The mesological (environmental) influence is one of the most potent holothosenes in intraphysical life, capable of annulling talents and the proexises of legions of conscins.

Concessions. The majority of individuals who know their evolutionary path but are not able to realize it in a satisfactory manner, suffer some kind of intrusive influence from their acquaintances (conscins and consciexes).

Interprison. These intrusive influences are frequently due to unresolved issues in the conscin's recent past, within the condition of groupkarmic interprison.

Postures. Here is a list of 18 antiproexis postures, among innumerable others:

- A. Paragenetics.
- B. Intrudability (victimization).
- C. Lack of personal discernment.
- D. Hypomnesic syndrome.
- E. Personal de-education.
- F. Cultural *status*.
- G. Melin or intraphysical melancholy.
- H. Consciential regression to infancy.
- I. Personal neophobia.
- J. Holothosenic shock.
- K. *Seated-on-the-fence condition*.
- L. Perfectionism.
- M. Indecisiveness.
- N. Ignorance.
- O. Adoration of the abdominal sub-brain.
- P. Promiscuity.
- Q. Abortions.
- R. Cryogenics.

01. **Paragenetics.** consciousnesses with a relatively greater inner balance always bring with them, through innate ideas (paragenetics), the final proposal or the magnanimous objectives of their proexis.

***MANY PEOPLE AVOID ASSUMING THE
PRESSURE OF THE REALITY OF THEIR
INNATE IDEAS, ALIENATING THEMSELVES,
DUE TO FRANK SELF-CORRUPTION.***

02. **Intrudability.** Both ostensive and disguised intrudability (self-intrusion, first; heterointrusion, later), impede the ability of conscins to recycle their undertakings. Recycling would liberate them from repressions and inhibitions, allowing them to be free of, most notably, the following 5 conditions:

- A. **Money.** Monetary wealth (liquid assets).
- B. **Patrimony.** Assets or belongings (economics).
- C. **Information.** Cutting-edge privileged information.
- D. **Sociability.** Prestige or social *status*.
- E. **Power.** Temporal power.

Millionaires. Extraphysical intruders are the greatest specialists in fomenting the creation of sub-brained millionaires in all countries, thus annulling, not rarely, individual and groupal proexises.

**EXTRAPHYSICAL INTRUDERS,
GENERALLY, IGNORE THE
DETAILS OF OUR
EXISTENTIAL PROGRAM.**

Evidence. Only with the passage of time and the execution of the conscin's proexis, will evidence of leading edge relative truths arise and intruders subsequently will be able to identify the details of each individual's proexis.

Maxiproexis. Intruders more easily identify works intended by a conscin in cases of maxiproexises that clearly involve the defense of the claritask and polykarmality.

Small groups. In this context, the intruders arm themselves and, often, even form small groups of consciexes who are *satellites of intruders*, used in order to maintain their control over, in any way and at any cost, heavy interconsciential vampirizations.

Front. In certain holothosenes, the intruders form a type of *broad front of intrusion* against the clarification of their ignorant, vulnerable, human or tropospheric, energetic victims.

Mishaps. As you can see, intrusion-based parapsychic en route accidents can compromise the execution of a proexis, primarily when they reach a high level of intensity or frequency and thus impede the conscin's manifestations.

03. **Antidiscernment.** Thosenity, when derived directly from the abdominal sub-brain, is generally characterized by irrationality, antidiscernment and low self-esteem, which ends up generating *antiproexis* attitudes.

Victimization. Only *conscins half-baked*, in terms of evolution, become victims of antidiscernment, or rather: themselves.

Self-complacency. Within the directives of cosmoethics, when well understood, one must avoid *heterocomplacency*, signifying impunity, and *self-corruption*, signifying negligence, laziness or carelessness, which lead to existential incompleteness.

Results. Evolution and the intraphysical consciential performance are not based on an evaluation of the individual's proexis per se, but rather, on the evaluation of the results of the individual's proexis.

04. **Syndrome.** The *hypomnesia syndrome*, wherein a conscin partially forgets the directives of their path and tasks in human life, can be psychologically generated as a form of alienation from intraphysical duties in the execution of the proexis.

***IN THE HYPOMNESIA SYNDROME, THE
ATTITUDE OF ALIENATION CHARACTERIZES
A TYPE OF INSTINCTIVE OR
UNCONSCIOUS SELF-CORRUPTION.***

05. **De-education.** Even formal education, that greatly helps to improve so many of us, can be ambiguous and become transformed into a process of alienation for a conscin (de-education) from the execution and completion of their proexis.

06. **Status.** Many people obtain a university diploma and coast to the side of the road, away from the evolutionary path, under the effect of their new cultural, professional or economic *status* facilitated by graduation.

07. **Melin.** One's deep emotional bruises are eradicated or reduced with the elimination of melancholy (*melin*).

Prevention. The *prevention of melin* can be effected through the researching of one's own proexis, self-motivation and the execution of clarification tasks that have been neglected, within a personal search through the lasting practice of megafaternity.

08. **Regression.** When an individual exalts their childhood as being the best period of this human life, lamenting their adult life, it is because they are escaping from the unfinished, the frustration and the worst, through a mechanism of ego regression.

**INFANCY IS THE PREPARATION
PHASE. THE CHILD IS A HUMAN
CONSCIOUSNESS WHO IS STILL
RESTRICTED TO A HIGH DEGREE.**

Universalism. There are those who, having the intention to practice megafaternity, universalism, holism, transdisciplinarity and even polyglotism, bring together diverse yet apparently similar techniques from different lines of thought, that are, however, often, essentially contradictory.

Holothosene. This mentalsomatic and unifying work demands effort on the part of the neophilic conscin, in order to harmoniously join, compose, wed or amalgamate the different principles within the universe of leading edge relative truths or of a singular group holothosene.

Neophilia. Neophilia is the easy adaptation of a conscin to new situations, ambiances, things and occurrences.

Coherence. In conscientiology, neophilia is the personal predisposition towards evolutionary renovation, an obligation of a conscin to themselves, in order to remain coherent and without self-corruptions.

Motivation. Upon seeking to reposition themselves and assume new obligations stimulated by their neophilia, a conscin prepares themselves with great aptitude and motivation for the reasonable execution of their proexis.

MOTIVATION IS A HEALTHY LONGING FOR THE NEW (NEOPHILIA) THAT ACCELERATES THE EVOLUTIONARY WORK OF THE PROEXIS.

Simplism. The complexity of the consciential microuniverse explains why simple-minded neophobic conscins cannot tolerate a more advanced level of leading edge relative truths in any sector of consciousness research.

09. **Neophobia.** Neophobia is the fear of new or original things, precisely the opposite of neophilia.

10. **Shock.** For neophobic conscins, the sophisticated harmonization of evolved concepts constitutes a *shock of holothosenes* that often promotes intraconsciential instability and greater personal insecurity.

Schism. This shock of holothosenes can, ultimately, generate blatant dissidence regarding the ideas, creating a schism (gap) in the conscin relative to their karmic group.

Utopia. A dissidence or schism, in this case, can generate the experience of a utopia (alienation) in regards to execution of the proexis (claritask, polykarmality) in group.

11. **Jettison.** It is important, however, to rationally emphasize one fact regarding antiproexis manifestations in this context: what is not evolutionarily useful, is truly not useful and should be disregarded and jettisoned.

Seated-on-the-fence. It is of no use to try to camouflage or sugar-coat things, or childishly desire to please everyone.

Universalism. Universalism is not the same as being *seated-on-the-fence*.

12. **Perfectionism.** Absolute perfection does not exist in intraphysical life. The obvious consensus in terms of conscious evolution is that it is best to do things well.

Banalities. However, it is never ideal to waste time, energy and opportunities with perfectionist banalities.

News. There are at least 2 categories of perfectionism: theoretical and practical. In the end, both are dispensable and generally noxious.

Theory. Theoretical perfectionism is worst, and frequently is based on philosophical principles or elaborations.

PERFECTIONISM OBSTRUCTS THE FULL APPLICATION OF THEORICE AND TRAMPLES DYNAMISM IN THE PROEXIS' EXECUTION.

Parapsychologists. One of parapsychology's basic omissions is that parapsychologists ignore the details of their proexis. The majority seem to be entirely unconcerned with this issue.

Self-mimicry. The majority of parapsychologists unnecessarily repeat *ad nauseam* (mimicry) what previous researchers - the pioneers and their idols from the past - did in their field of research.

Inactivity. Many parapsychologists, upon losing the dynamism of their current human life through a lack of renovation, handicap the realization of their respective existential programs due to these dispensable self-mimicries.

Theorice. Other parapsychologists do not embrace theorice, the employment of their consciencial energies and parapsychism, remaining mere theoreticians in the role of non-participatory researchers, thus jeopardizing their proexises.

Consciexes. I am registering this *modality of antiproexis* here in the area of parapathological perfectionism in order to attend to requests made by consciexes encountered while I was projected, who were parapsychic researchers in England.

Pioneers. These pioneers illustrate 2 ectopic behaviors -self-mimicry and non-participation - both being less intelligent in terms of consciencial evolution.

Holomaturity. Generally, a conscin only acquires confidence in their progress towards a consciencial objective, in their

principles with integrity or the maintainance of personal coherence (verbaction) when they attain a higher level of holomaturity

**HOLOMATURITY IS EXPRESSED THROUGH
THE SATISFACTORY RECUPERATION
OF CONS, THE UNITS OF MEASURE-
MENT OF PERSONAL LUCIDITY.**

13. **Indecision.** Our predisposition to vacillations, indecisions, progressions and regressions become more obvious when the facts are analyzed over a longer period of time.

Facts. As examples of our incoherence and vacillation here are 4 concrete facts:

A. **Field.** First, a man works hard in the field in order to have the means to live in a megacity. Later, he works hard in order to leave the megacity and return to rural life or his native land.

B. **Gold.** First, a man works tirelessly in the mines to uncover the gold in the ground. Later, he works tirelessly to bury the gold he uncovered in banks' underground safe deposit boxes, where it remains without direct contact, as it was before when in the ground.

C. **Fame.** First, a 30 years old woman does everything she can to be famous and recognized wherever she goes. Later, when she is 60, she does everything she can in order to not be recognized, using dark glasses and disguises wherever she goes, thereby avoiding the public she once conquered.

D. **Age.** First, a woman does everything she can to hide her shame of being 40 years old. Half-a-century later, she does whatever she can to boast and tell everyone she is 90 years old.

Avoidance. It is intelligent to avoid progressions and regressions, vacillations and incoherences in our intraphysical life, seeking to execute our proexis in a straightforward manner, slowly and consistently, in order to achieve complexis.

14. **Ignorance.** Human immaturities could compose an encyclopedia. Examples of spontaneous, natural ignorance abound. Some are not categorized as illnesses, but are part of the evolution of the consciencial principle, just like these 3:

A. **Bats.** Bats think that night is day.

B. **Dogs.** Dogs chase cars.

C. **Man.** Primitive man has beliefs and is idolatrous.

**DANGEROUS OR RADICAL
SPORTS, OBVIOUSLY, ARE NOT
INCLUDED IN THE EVOLUTIONARY
PLANNING OF A PROEXIS.**

Abuses. Many on Earth still live without any existential plan and abuse their bodies, slumbering under the command of their *abdominal sub-brain*, just like our subhuman evolutionary colleagues: the lion, hyena or wolf, for example.

Resentment. Hatred, resentment, lamentations and hypersensitivity - the great inhibitors of team spirit, belonging to subhuman animals - are always elementary, primitive and atavistic manifestations of emotion.

Parapathologies. Strictly speaking, resentments are derived from the parapathologies of the psychosoma, with energosomatic and somatic reflexes that are totally antiproexis in nature.

Inexperience. The socin in which we live still acts with a reasonable degree of pathology due to our, its component parts, ignorance or evolutionary inexperience. This fact touches all sectors of human life, even the area of Economics.

Success. Not everyone who has achieved personal, human success has an advanced proexis. There are legions of millionaires who are victims of lamentable ambivalence, and simultaneously suffer from and practice intraphysical intrusion.

Drugs. It is sad and regrettable to note that thousands of conscins addicted to drugs know that they are committing a slow

suicide and, nevertheless, use escapism as a self-corrupt justification of preferring a short human life to the tedium of old age, the suffering of cancer or the problems arising from a stroke. These individuals have no notion of the proexis.

Happiness. A conscin who has done a good job of completing their existential mandate feels happier the longer they live. Old age, for example, can be the most joyful period of a man or woman's earthly existence.

15. **Adoration.** The adoration, deification or gurultry that many conscins engage in, constitutes the error of escaping personal responsibility regarding their own evolution.

Self-evaluation. By adoring a being who one considers to have greater qualities and potentialities, the individual presumes that they are exempt from performing evolutionary self-evaluations and free from their obligations, hence passing their personal responsibilities to another.

**ADORATION IS AN INFANTILE REACTION,
CHARACTERISTIC OF THE CONSCIENTIAL
BASEMENT, AND IT GENERATES DEVIATIONS
IN THE PERSONAL PROEXIS.**

16. **Promiscuity.** Many promiscuous sexual relationships occur with the unsuspected participation of ill consciences or those who are in lack of consciential energies.

Resomas. In this way spurious and inopportune intraphysical resomas or rebirths occur, these have exclusively intrusive causes or are only due to interconsciencial intrusions.

Affairs. Due to the sexual promiscuity they represent, the practice of having "*one night stands*" and *brief affairs devoid of obligation*, characteristic of contemporary youth, can result in an antiproexis condition.

17. **Abortion.** These cases need to be analyzed as rationally as possible when addressing the issue of intentional abortions.

18. **Cryogenics.** A group of wealthy and optimistic individuals, not accepting of the future desoma (biological death), who were, to a certain point, robotized by technology, decided to bet on the future, paying 120 thousand dollars each and ceding their lifeless bodies to cryogenics.

Freezer. The cadavers of these conscins are frozen and conserved in a type of *freezer* or sarcophagus, composed of an aluminum capsule housed within a steel cylinder.

Foundations. In the United States of America, there are 4 foundations dedicated to cryogenic processes, the technique that cools and maintains the bodies frozen, in this case the deactivated somas of conscins buried in the aluminum capsules.

Members. Extraphysical facts show that the conscins who are members of these foundations, in charge of cryogenic processes, have not experienced consciencial openness in their existences through the occurrence of impactful lucid projections.

Embarrassment. This being the case, these consciences, upon returning to be consciexes, through the consciencial shock of the desoma, will obviously suffer manifest embarrassment with the reality they will encounter with respect to their extraphysical survival.

Melex. Some of these consciexes, when more lucid and with greater self-criticism, will obviously go through *melex*, upon recognizing their *consciencial ectopic* condition in relation to their proexis.

CRYOGENICS, WITH ALL ITS TECHNOLOGICAL APPARATUS, IS THE ULTIMATE ACT OF IGNORANCE IN TERMS OF CONSCIENCIAL MULTIDIMENSIONALITY.

Apotheosis. Cryogenics is the frustrating and embarrassing apotheosis of an incomplete proexis (incomplexis), crowned by an illusory bouquet of artificial flowers.

18. PROEXIS AND CONSCIENTIAL ECTOPIA

Definition. *Consciential ectopia* is the unsatisfactory execution of an existential program (proexis) - one being performed in an eccentric, dislocated manner far removed from the life project chosen during one's intermissive period to facilitate development of the human consciousness' (conscin's) intraphysical life.

Synonymy. These 2 expressions are equivalent to consciential ectopia: *alienation from proexis; dislocation of the proexis.*

Adjustment. If one had prepared appropriately, they will now perform a role in a social condition that fits their temperament and aptitudes, within a well adjusted social atmosphere or holothosene.

Dislocation. If this does not occur, they will feel dislocated, performing an *ectopic proexis*, one that is off target, removed from the locale or in conditions different from those recommended, planned and, in many cases, chosen by the individual themselves.

Anomaly. Ectopia presents itself in many forms, being an anomalous situation or far from the conditions the conscin hoped for. The proexis is supposed to serve as a nest that should have been built by the individual as their shelter, but instead was neglected.

LEGIONS OF CONSCINS LIVE UNDER THE COMMAND OF THE CEREBELLUM - AN ECTOPIA - AND NOT THE CEREBRUM, FOR EXAMPLE: A BOXER.

Conditions. On the subject of ectopia, each human personality finds themselves in 1 of 2 conditions regarding the programming of human life:

A. **Adequacy.** Relatively happy with an adequate or topical proexis.

B. **Inadequate.** Permanently frustrated with an inadequate, dislocated or ectopic proexis.

Causes. Many factors of terrestrial life serve as causes for the functional dislocation of a proexis; including the following 10:

A. **Sociability.** An agitated social life.

C. **Company.** Bad company.

D. **Exoticism.** Strange doctrines.

E. **Routines.** Stagnating routines.

F. **Stagnation.** Personal accommodations.

G. **Retailing.** Consciential retailing.

H. **Accidents.** Accidents due to negligence.

I. **Neophobia.** Neophobia or fear of the new.

J. **Intrusion.** Sabotage triggered by extraphysical intruders.

K. **Factionalism.** Factionalism of the person's or group's *own little world.*

***THE PERFORMANCE OF CONSOLTASK
CAN BE AN INTRAPHYSICAL ECTOPIA
REGARDING AN ADVANCED PROEXIS
INVOLVED WITH CLARITASK.***

Recycling. Recexis, or existential recycling, is the only resource available to, intelligently, abort a dislocated proexis, in the sense of a conscin restarting everything when already in the executive or exemplifying phase of life.

Belief. Deep within themselves, a conscin, upon admitting a faith or belief, acknowledges that the idol of adoration, that greater consciousness or being, will take care of them and will thus exempt them from obligations, installing a consciential ectopia in their proexis.

Procreation. There are women who are induced, beyond the instinctive forces of genetics or procreation, to have a child, without this having been extraphysically included in their intermissive course or proexis.

HOMOSEXUALITY AND LESBIAN- ISM CAN BE CONSIDERED SEXOSO- MATIC ECTOPIAS REGARDING THE HUMAN GENUS.

Causes. According to preceding observations, consciential ectopia can be caused by, among other things, adoration, consol-task and cryogenics; subsequently generating a dislocated proexis and melex.

Alienation. Following are 12 types of ectopic consciential gestations, or alienating tasks, for rational analysis and logical avoidance in the performance of a proexis:

01. **Self-mimicry.** Personal complacency with repetitive and dispensable self-mimicry instead of executing the new tasks of one's healthy, previously planned, *topical proexis*.

02. **Groupkarma.** Incurable subjection - interprison - to the conscins of one's own groupkarma without completing the already planned polykarmic tasks.

03. **Intraphysicality.** Excessive personal (social) commitments with intraphysical existence - somatics - to the detriment of a program of multidimensional tasks.

04. **Mediumism.** Submission to the routines of an animic-mediumistic group instead of the accomplishment of the personal, isolated tasks of penta (daily personal energetic task).

05. **Mysticism.** The development of a personal proexis based on a mystical doctrine that is foreign to one's pre-established program in the area of research, logical refutation and leading edge relative truths of conventional newtonian-cartesian science.

06. **Morality.** Permanence within the universe of human morality, without cosmoethical thosenes, which triggers faint and morally decadent proexises.

07. **Basement.** Remaining stationary in the condition of the consciential basement instead of performing the services programmed in one's most recent intermissive course.

08. **Projectability.** The experience of only spontaneous conscious projections, instead of conscious projections induced by the projector's iron clad will.

09. **Recexis.** The tardy realization of recexis - an imposition - instead of the program pre-established by choice, in the correct period and time, through invexis. The dislocated proexis should be intelligently aborted (recexis), in the same manner as a tubal (ectopic) pregnancy.

10. **Sectarianism.** The erroneous focusing of personal efforts within the limitations of sectarianism (factionalism, *one's own little world*), instead of practicing the possible maximum universalism.

11. **Consoltask.** Attachment to the ease of the consoltask instead of the more difficult and less agreeable development of the claritask, due to the fact that consoltask is an ectopia with regards to an advanced proexis.

12. **Retailing.** Exiting towards the roadside of a retailing approach in one's conduct, instead of remaining on the more evolved, self-aware, *consciential wholesaling* path.

**ONE OF THE WORST,
ECTOPIC, HUMAN PRISONS
IS A BELIEF SYSTEM,
THEY CASTRATE A PROEXIS.**

19. IDEOLOGICAL DISSIDENCE

Dissidence. Dissidence is the act of dissenting, like a group of corporate members who separate from a corporation due to a difference of opinion.

Synonymy. These 3 expressions are equivalent to dissidence: *secession; schism; dissension.*

Conscientiology. In conscientiology, dissidence is an inevitable consequence of theorice (theory + practice) and verbaction (verbalization + action) of leading edge relative truths or the practice of assistantial clarification tasks.

Growth. In the performance and completion of a proexis, and notably a maxiproexis, leading edge relative truths never bring one harmony and peace, but rather, for many people, healthy stress and growing crises.

Groupkarma. Growing crises inevitably generate ideological dissidents as a side-effect, beyond the performance, intervention or even the efforts and assistantial dedication to personalities within the groupkarmic.

Dissident. The dissident, strictly speaking, is not our enemy, but a conscin who democratically disagrees with our ideas and statements; a natural positioning that we must respect.

**A DISSIDENT IS OUR ATYPICAL
COLLABORATOR. WHO DISTANCES
THEMSELVES TO GIVE US PASSAGE,
HELPS OUR WORK.**

Cosmoethic. It is important, however, to point out that the problem that triggers the most dissidence, within the group work of conscientiology, is that least recognized by the dissidents themselves: the cosmoethic.

Friendship. Cosmoethically, ideological dissidence should not and can not affect true friendship.

Ideologies. Honestly, friendship has to rise above ideological agreements and disagreements.

Education. The evolutionary education of consciousness puts leading edge relative truths, little by little, above individuals.

Deficient. We know that legions of conscins, *consciential deficientes* - including many categories of ideological dissidents - use limiting mechanisms their entire life that are social, cultural and mesological inheritances, without reaching a reasonable depression.

**CONSCIENTIAL DEFICIENTS
CRYSTALLIZE THEIR LIFE IN SACRALI-
ZATION, STAYING IN THEIR OWN
LITTLE WORLD AND IN ROBEXIS.**

Respect. Above all, however, cosmoethics suggests that we respect the evolutionary level of all beings, without forcing them to accept one or another of our points of view, whether it is correct or wrong, evolved or anachronistic.

Thosenity. This posture characterizes an exact union between affectivity and discernment within the conscin's micro-universe, or rather, a greater balance between the *tho* and *sen* of our lucid thosenity in interconsciential dealings.

Conflicts. With comprehension of this cosmoethical conduct, the conscin no longer suffers 3 types of conflicts:

1. **Discrimination.** Discriminating against others.
2. **Susceptibilities.** Cultivating disaffection, lamentations and susceptibilities.
3. **Reprisals.** Maintaining ideas of jealousy and urges for reprisals.

Incivility. In general, when dissidence is based on incivility, rudeness or evolutionary inexperience, it is the form of disagreement that causes misunderstandings.

Separation. Not rarely, it is very difficult for a rude conscin to maintain an adequate level of team spirit in group work.

Rudeness. In these cases of rudeness, it can be much better for both parties for the person to leave: both for the one who leaves and for those who stay.

Help. Thus, we can conclude that not all dissidence is negative but, in many cases, it is just the opposite, serving as a source of help for the continuation of a greater work and the diffusion of leading edge relative truths in development.

**WE CAN CONSTANTLY DISAGREE
WITH A CONSCIN AND, AT THE
SAME TIME, COOPERATE AND
LEARN MUCH FROM THEM.**

Binomial. The *binomial admiration-disagreement* is the posture of a conscin who is mature regarding consciential evolution, who knows how to live in peaceful coexistence with another, whom he or she loves, admires and, at the same time, does not agree always or 100% with the other's points of view, opinions or positions.

Ambiguity. Within the admiration-disagreement binomial occurs the *cosmoethical ambiguity* of the *intelligent union of opposites*, a natural and advanced openness to experience universalism and maxifraternity.

Discrimination. We cannot live with holomaturity if we radically discriminate against pre-serenissimus conscins, who are still as imperfect as we are, *always* being 100% in favor of some individuals and 100% against others.

Infantility. This posture characterizes the definitive, extreme dissidence of intransigence that lacks universalism, in the manner of a preemptive affirmation of infantile regression: "Either we play my way, or I won't play anymore."

Admiration. A conscin who has the greatest fraternal comprehension for someone can love and admire that individual, while also directly imposing fair restrictions upon them, and not always agreeing with them, without incurring any spurious, anticosmoethical ambiguity or *indecisiveness*.

Research. The processes of debates, inquiries, refutations and rational research of conscientiology - leading edge relative truths - demands a refined posture of living the *peaceful coexistence* of the binomial admiration-disagreement, on the part of the conscientiologist.

Institution. In the processes of ideological dissidence within a conscientiocentric institution, where one works for leading edge relative truths, claritask and polykarmality, it is important to consider 2 types of disagreement:

- A. **Individual.** Individual dissidence.
- B. **Joint.** Joint dissidence.

***IN INDIVIDUAL DISSIDENCE, WE CAN
HIGHLIGHT THE PROFESSIONAL,
ANTICOSMOETHICAL, MERCANTILIST
DISSIDENT WHO HAS NO TEAM SPIRIT.***

Spy. The professional dissident who gets close to and interacts with a scientific institution, for example - in the manner of an industrial spy - with the singular objective of becoming informed or appropriating its curriculum and techniques and, later, creating or adapting, in their own way, an institution, that is generally centered around the person or *big ego* (a maxipiece, as opposed to a minipiece), competing with and depreciating the original institution, thus *sullyng the plate from which they have eaten*.

Consequences. *Joint dissidences* are capable of generating miniproexises and maxiproexises on an individual or group level, as well as individual or group antiproexises and incomplexises, and triggering groupkarmic inseparability.

Categories. Joint dissidences can be classified into at least 3 categories:

A. **Marriage.** When a husband decides to leave a team and his wife goes with him, or vice-versa.

B. **Progeny.** When an individual leaves and their mother, father, or both, follow together.

C. **Society.** When someone associates with another collaborator in order to form a society and the 2 members leave.

Qualification. We can also classify dissidence into 2 categories, regarding its extent and qualification: mini and maxidissidence.

A. **Minidissidence.** Minidissidence is provoked through the conscin's *limitation* in terms of their acceptance and practice of leading edge relative truths, exposing personal impotence or incompetence. This is a restricted ideological dissidence.

B. **Maxidissidence.** Maxidissidence is generated by a *greater renovation* of the conscin, upon finding themselves situated above the average of the team working on the evolutionary tasks. This is *sensu latu* ideological dissidence.

**THOSE WHO REMAIN ALONE OR
ISOLATED ARE DOING AS THEY WISH,
AND MAYBE PRACTICING, AT THE VERY
LEAST, THE VICE OF OMISSION.**

Retaker. An ideological retaker is that *ex-ideological minidissenter* conscin, who returns to be an activist, militant or collaborator, to experience the set of leading edge relative truths, or the support from a conscientiocentric institution, with the intent to reassume their role, or to return to their personal work with the claritask, conscinial gestations, or proaxis, which they had abandoned midway.

20. PROEXIS AND MINIDISSIDENCE

Limit. Minidissidence within a work team shows the maximum limit of the conscin's possible realizations in their current human context, within the proexis, or *miniproexis*.

Pressure. In this context, the human personality does not have the capacity to withstand the pressure from the experience of the body of new ideas or the recyclic renovations of their life.

Egocentricity. An example of minidissidence is generated through cosmoethics that demands a still egocentric, evolutionarily infantile conscin, live with team spirit.

Minimechanism. This egocentric conscin, disturbed by their own abdominal sub-brain, becomes their own staff of one - a maxi-piece or minimechanism - and, unable to undergo the renovation, separate from the group in order to cultivate their own big ego.

IDEOLOGICAL MINIDISSIDENCE CAN BE: REGRESSIVE OR SELF-MIMICAL AND STATIONARY OR STAGNATING.

Syndrome. *Regressive* minidissidence leads one to the *Swedenborg syndrome*, leaving, for example, a rational, scientific or mentalsomatic path in order to embrace some mystical task restricted to the abdominal sub-brain.

Breadth. *Stationary* minidissidence is that of the individual who leaves a team researching leading edge relative truths in order to complacently perform only what they were able to understand, assimilate and endure, within the limits of their *evolutionary breadth* or personalism.

Claritask. An example of maxidissidence is the conscious and *healthy* departure of a conscin from a group performing

sectarian consolation tasks, consoltask, in order to apply their efforts together with another team that performs universalistic clarification tasks, claritask, in the execution of a *maxiproexis*.

Progressive. In ideological maxidissidence, which is always progressive or evolutionary, a conscin seeks to practice leading edge relative truths.

Realities. Leading edge realities are always refutable and ephemeral, thus they do not permit a conscin to regress or become stationary in any determined part of their evolutionary path, if they do not wish to.

Self-corruption. In the execution of the claritask in group, the dissident separates due to a well defined and specific limitation in each case, almost always in order to not have to confront and eradicate their old anticosmoethical self-corruption.

Intersection. The healthy dissident, in an existential maxi-program, chooses another direction upon encountering an intersection in a lazy and carefree intraphysical life, preferring a laborious and organized multidimensional life.

**MINIDISSIDENTS WHO FALL INTO
ANTIQUATED AND DISPENSABLE
SELF-MIMICRY FOSSILIZE
THEMSELVES IN INCOMPLEXIS.**

Conscientiocentrism. The more correct a conscientiocentric institution is, the more it will accentuate 2 opposing facts within itself, in terms of collaborators and minidissidents:

A. **Collaborator.** It is very easy to encounter a sickly collaborator.

B. **Minidissident.** It is very difficult to find a relatively healthy minidissident.

Comparison. Let us seek to didactically compare 2 opposites.

Maximechanism. The following are traits from the profile of a healthy collaborator:

- A. **Integration.** Seeks integral leading edge relative truths.
- B. **Polykarmality.** Brings a predominately polykarmic ego.
- C. **Minipiece.** Transforms themselves into a *minipiece* within the assistantial *maximechanism*.
- D. **Assistentiality.** Shows a predisposition to be an *intrap-physical helper*.
- E. **Cosmoethic.** Sincerely lives with the cosmoethic at the fore of their assistantial service.
- F. **Groupality.** Presents authentic experience of team spirit within a *well-administrated proexis*.

Minimechanism. The following are traits from the profile of a somewhat ill minidissident:

- A. **Limitation.** Predominately egokarmic; is partisan regarding leading edge relative truths limited by desires (apriorism and preconceptions).
- B. **Egokarmality.** Evidences an *big ego* that is equal to or greater than the egos that compose the team.
- C. **Maxipiece.** Transforms themselves into a *maxipiece* within an assistantial *minimechanism*.
- D. **Intrudability.** Exhibits a predisposition to being an *intrapysical intruder*.
- E. **Anticosmoethical.** Covertly lives an anticosmoethical life, seeking a *life in the peace of the desert*.
- F. **Ectopia.** Develops the lived experience of exalted ego-centric behavior within an *ectopic proexis*.

**COSMOETHICS DOES NOT LIMIT JUST
AND CORRECT ACTIONS. THE MORE
FREE CONSCIOUSNESSES ARE SLAVES
OF THE COSMOETHIC.**

21. CONSCIENTIAL TRIENDOWMENT

Definition. *Intraconsciential tri-endowment* is the quality of joining the 3 talents most useful to a conscientiologist: intellectuality, parapsychism and communicability, in that order.

Synonymy. An expression equivalent to *intraconsciential triendowment*: *consciential triple-endowment*.

**EVERYONE HAS AT LEAST
11 TYPES OF INTELLIGENCE
ABLE TO BE DEVELOPED
IN THEIR LIFE ON EARTH.**

Types. Here is a list of the human's 11 basic intelligences:

01. **Communicative.**
02. **Contextual.**
03. **Corporal.**
04. **Experimental.**
05. **Internal.**
06. **Linguistic.**
07. **Logical.**
08. **Musical.**
09. **Parapsychic.**
10. **Personal.**
11. **Spatial.**

Aptitudes. Every more lucid personality has to seek to identify and develop their strongtraits, and ascertain which intelligence(s) should be put to use in order to execute their proexis.

Sterile. In physical life there are sterile consciousnesses who do not develop any talent and live very comfortable and accomplished lives, in evolutionary mediocrity, as satisfied robots in *robexis*.

Robexis. The prior, instinctive or unconscious existential programming - without a lucid proexis - generally turns a vulgar conscin into one more animal or evolutionary automaton.

Evolutiology. The victim of robexis ignores their consciential evolutionary level and is unaware of the details and planning based on the evolutionary file and arranged with the Evolutiologist or Evolutionary Orientor.

Precarious. Unfortunately, this precarious robexis condition still predominates in contemporary humanity, which consists of 6 billion human beings (Base year: 2000).

**THE MAJORITY OF CITIZENS
STILL EXHIBIT ONLY ONE
NOTABLE TALENT, BEING MERELY
CONSCIENTIALLY MONOENDOWED.**

Celebrated. Some of these monoendowed people, having developed only one intelligence, arrive at enormous notoriety; some even become highly celebrated individuals or giants among Human History.

Triendowed. Others seek to develop more than one talent, which brings out underlying attributes in innate or inherent multi-millennial and paragenetic versatility, sometimes even achieving consciential triendowment.

Collaborators. The International Institute of Projectiology and Conscientiology continues to seek, identify and invite those personalities with potential super-endowment, capable of simultaneously playing up to 3 intelligences.

Consciousness. In all its years of operation, IIPC has sought to select *triendowed consciousnesses* as they are more able to run its administration, education, itinerancy and research departments, precisely because of the *consciousness itself*.

Evolution. There are 3 intelligences that are more practical for the dynamic of the evolution of our consciousnesses, at our

current evolutionary levels, these form the triendowment that we seek: intellectuality or internal intelligence; parapsychism; and communicability.

**WHICH TYPES OF INTELLIGENCE
DO YOU RECOGNIZE AS HAVING
MORE DEVELOPED? WHAT IS YOUR
GREATEST INTELLIGENCE?**

22. INTELLECTUALITY IN THE PROEXIS

NO HUMAN EDUCATION IS COMPLETE WITHOUT FULL SELF-AWARENESS OF THE PRIORITY GOALS OF ONE'S OWN PROEXIS.

Essential. A superior intellect is not everything. Of what value is *intellectual brilliance* if a conscin disastrously fails in the essential of their own evolution? Is it worth being a Nobel prize laureate who creates missiles?

Variables. In the amplification of intellectuality or in the *serious* investment in personal, generalist, multidisciplinary culture, we must intelligently address the following 8 variables of personality:

- A. **Career.** A professional career.
- L. **Diploma.** A formal diploma.
- M. **Polyglotism.** Polyglotism.
- N. **Autodidactism.** Autodidactism.
- O. **Library.** A personal library.
- P. **Self-criticism.** Permanent self-criticism.
- Q. **Heterocriticism.** Cosmoethical heterocriticism.
- R. **Artefacts.** Essential artefacts of knowledge.

University. For a youth aware of invexis and the proexis, university life is merely a rite of passage between one transitory intraphysical condition and another of greater intraphysical consciential maturity.

Research. In school, youths try to learn how to learn, to study the method of study, to amplify the cerebral dictionary in

order to access the holomemory, and create inventions by re-searching original ideas.

Career. Above all, a university student will seek to obtain a diploma in order to establish a career and become a competent professional.

Corporatism. It is most intelligent for a young student of the consciousness not to expose themselves too much, in order to not create problems for themselves. It is also best not to become too deeply engaged in superficial and transitory movements that exist within the holothosene of universities.

Seduction. These movements attempt to seduce and involve promising youth in the useless attempt to renew the unrenewable, when the issues are stratified in the politics, philosophy and blind corporatism of a conventional university.

Conscientiality. A youth's mentality or conscientiality should allow them to rise above this period of formal study, in preparation for the execution of their more advanced proexis, without them being concerned about proselytizing or indoctrinating new friends.

Paradigms. While a student, defending paradigm shifts against, for example, narrow-minded or fossilized professionals, becomes secondary.

Diploma. These (paradigm shifts) should be developed with dedication, after graduation, with the diploma in hand and professional authority having been conquered through workplace experience.

***EVEN WITHOUT BEING CERTAIN
OF ANYTHING, UNSATISFIED WITH
ITSELF AND CONSTANTLY REMAKING
ITSELF, SCIENCE PROGRESSES.***

Stigmas. It is important, in the proexis, to consider the conscin's formal education, keeping in mind 2 stigmas that can be generated by a university and which should be avoided:

A. Dropping out. Dropping out of a basic program that has been started, whether in the beginning or middle of accrued university credits, with the subsequent loss of opportunities for the rest of one's human life, creating a stigma of inferiority and inefficiency.

B. Superiority. The conscin who obtains a diploma and is stigmatized by the pragmatic intraphysical superiority of being a professional and economic profit, before the evolved development of conscientiality, claritask and polykarmality.

Autodidactism. Despite all the preceding considerations, what matters most is the lifelong, uninterrupted autodidactism of the executor of the proexis, with the intent to stay up-to-date and theoretical regarding advanced knowledge in their area.

Reading. Self-education implies the maintenance of uninterrupted and varied research and selective reading over a period of decades.

Polyglotism. Within intellectuality and the proexis, the conscin will ideally know 2 languages, aside from their native tongue.

Language. We should opt to be universalistic and polyglots, without however ignoring the cultivation of our native language.

Dictionary. We will always have a richer, more dynamic cerebral dictionary in our native tongue, due to genetics and the mesological influences that act on and in our consciential microuniverse.

Library. The library is a place where a normal, *rushed* person's time is *wasted*.

**THERE ARE 1 DAY BOOKS WRITTEN
FOR BOOKSTORES. THERE ARE
1 CENTURY BOOKS THAT WERE
WRITTEN FOR LIBRARY CONSULTATION.**

Abnegation. Sincerity, authenticity, honesty and abnegation are the simple and most intelligent conditions that allow a consciousness to progress in their evolution and the fulfillment of their proexis.

Conduct. There is a fundamental cosmoethical behaviour valid for regulating the preliminary principles of megafraternity: *do not be manipulated nor manipulate other consciousnesses.*

Criticism. Knowledge can only progress through criticism, or rather: self-criticism and heterocriticism.

Self-criticism. Self-criticism permits a conscin to eliminate self-corruption and bad intentions in the current existence. This provides a firm foundation for the adequate execution of the proexis.

Deceit. Deceit, *the intent to harm someone*, or the conscious, self-corrupt and anticosmoethical act, brings the perpetrator a series of at least 5 *holokarmic pressures*, in the following chronological order:

- A. **Suspicion:** remorse, egokarma.
- B. **Rumor:** various types of heterocriticisms.
- C. **Public opinion:** persecution, parapsychic mishaps.
- D. **Accusations:** conscientization, melin.
- E. **Justice:** atonement, groupkarma.

Heterocriticisms. The value of the work performed by a conscientiologist with leading edge relative truths can be measured by the vigor, frequency and quantity of the heterocriticisms they receive.

**ONE SINCERE HETEROCRITICISM
(BITING COMMENTARY) IS WORTH
MORE TO OUR EVOLUTION THAN
1,000 EULOGIES (HOT AIR).**

Neosynapses. A reduction in heterocriticism shows one is neither creating nor disseminating new ideas capable of generating evolutionarily liberating neosynapses.

Growth. An absence of heterocriticism generates no growth crises, which otherwise occur due to the healthy stressing of the ideological self-defenses of those predisposed targeted conscins.

Artefacts. From among the numerous artefacts of knowledge or mentalsomatic tools available to the executor of the proexis, we can emphasise these 12 categories:

- A. Books.
- S. Diskettes. (CD-ROMs).
- T. Personal organizer.
- U. Diary of experiences.
- V. Reference books.
- W. Dictionaries.
- X. Encyclopedias.
- Y. Periodicals.
- Z. Clippings.
- AA. *E-mail*.
- BB. Multimedia.
- CC. Files in one's personal *laptop*.

**OFTEN, ONE REFERENCE
BOOK ALONE IS WORTH
A SHELF FULL OF BOOKS
IN A LIBRARY.**

Dictionary. A dictionary of similar or analogous ideas, overcomes the failures of hypomnesia or a weak memory. The ideal is to acquire the habit of regularly consulting them in our intellectual works.

Biomemory. The analog dictionary is an aid to the mentalsoma's attributes, an optional attachment or peripheral of the bio-memory, the restricted memory of our cerebrum.

Youths. All dictionaries should be emphatically dedicated, above all, to youths.

Minivocabulary. The cerebral memory of young men and women have smaller lexical units available - or only a minivocabulary.

Reserve. It is ideal for the conscin to maintain a reserve of consciential potentialities (consciential microuniverse) in order to maintain holosomatic homeostasis.

Prevention. An opportune reserve of mentalsomatic potentialities avoids mental stress, *surmenage*, nervous breakdown, blockages and bioenergetic imbalances.

Percentage. In the execution of the proexis, it is best to use up to 90% of the one's possible consciential attributes, always knowing how and when to use (or not to use) them.

Attributes. The consciential attributes mentioned here, are the elaboration of thought, memory, imagination, and the association and comparison of ideas.

**SLAVES OF THE ORTHODOXY
IN VOGUE, OR THE FADS OF
SOCIN, DO NOT EVOLVE
WITHIN PROEXIOLOGY.**

23. MENTALSOMATICS

Definition. Mentalsomatics (*mental + soma + ics*) is the area of specialization in consciology that studies the mental-soma, the parabody of discernment.

Maxiproexis. Intellectuality (mentalsomatics) is of primary importance in modern life, and notably, in the execution of the proexis of any consciousness, particularly when this individual develops a maxiproexis.

THE TRINOMIAL RATIONALITY- -DISCERNMENT-HOLOMATURITY REPRESENTS HOMEOSTASIS IN THE EMPLOYMENT OF THE MENTALSOMA.

Foundation. This mentalsomatic trinomial is the ideal foundation for all major decisions, the time line and execution of the lucid conscin's proexis, serving to open the path to complexis and morexis.

Periods. The development of personal mentalsomatics, in an intraphysical life, can be divided into 2 distinct and inevitable chronological periods:

A. **Acquisition.** Intellectual acquisition or mentalsomatic sowing.

B. **Harvesting.** *Intellectual reaping* or mentalsomatic harvesting.

Sowing. At first, the conscin-youth (conscial restriction - see glossary) works on acquiring (sowing) in the preparatory phase of the proexis, with only 10%, for example, of their own knowledge (paragenetics, potentialities, innate ideas).

Holotheca. In this case, the youth utilizes 90% of their holotheca, still in formation, which they seek to diligently compose, transferring their findings and research to the mentalsoma's permanent daily register.

Harvesting. After decades of heavy cultural investment, now in the executive phase of the proexis, the mature conscin (having hyperacuity) works to *harvest* their intellectual fruits, with 90% of their resources (intrapysical memory, cerebral dictionary, holomemory, association of ideas).

Artefacts. In the harvesting phase, the mature individual utilizes only 10% of their holotheca which is composed of thousands of *artefacts of knowledge* that has now been transferred to the mentalsoma and are almost dispensable.

Lucidity. In this context an interconnection between invexis and penta occurs in lucid conscins, in two forms:

A. **Invexis.** Intellectual acquisition - investment (sowing) in oneself - is the intrapysical period dominated by invexis.

B. **Penta.** Intellectual *reaping* - harvesting performed in favor of others - is the intrapysical period dominated by penta.

Strongtraits. Upon the attainment of the above-mentioned requisites, it is important to consider the natural acquisition of 4 strongtraits:

A. **Synthesis.** Reasonable powers of intellectual synthesis.

B. **Heuristic.** Development of a heuristic sense of originality.

C. **Curiosity.** Healthy curiosity characteristic of science.

D. **Picturesqueness.** *Feeling* regarding picturesqueness.

**EVERY FACTIOUS HUMAN DOCTRINE,
WITHOUT EXCEPTION, IS A LEASH
FOR THE EGO THAT IMPOSES A STRAIGHT-
JACKET ON THE MENTALSOMA.**

24. PARAPSYCHISM IN THE PROEXIS

Paraperceptions. Every person possesses some degree of energetic and parapsychic perception. These paraperceptions are capable of being consciously and voluntarily developed, without limits.

Instrument. Parapsychism (psychic capacities), when developed in a healthy manner, only helps an individual, like an additional instrument, in the intra and extraphysical progress, including the execution of any category of proexis.

Past. If, in the current life, a conscin feels more self-realized with their proexis, they do not enjoy dwelling upon the details of their previous life. They remember it, however, and are capable of researching it using retrocognitions that include past experiences which are discordant with current ones.

Prioritization. It is extremely important to prioritize the best and most current items on our evolutionary path.

Approaches. In the development of parapsychism, we need to address the following 4 fundamental variables:

1. **VS.** Vibrational state (VS).
2. **Cosmoethics.** Permanent cosmoethics.
3. **Deintrudability.** Deintrudability.
4. **Penta.** Daily penta (personal energetic task).

THE VIBRATIONAL STATE IS THE TECHNIQUE TO MAXIMALLY ACCELERATE THE ENERGIES OF THE ENERGOSOMA, THROUGH THE IMPULSE OF THE WILL.

Cosmoethics. The cosmoethic (*cosmo + ethic*) is that ethic or reflection upon the multidimensional cosmic morality that de-

finer consciential holomaturity, which is beyond intraphysical, social morality exhibited by any human labels or categories.

***IN INTERCONSCIENTIAL DEINTRUD-
ABILITY, WE MUST ADDRESS
SELF-DEINTRUDABILITY AND
HETERO-DEINTRUDABILITY.***

Penta. Penta (*p + en + ta*) is the multidimensional, daily, personal energetic task that involves the permanent assistance of helpers and the technical transmission of consciential energies (CEs), by a human consciousness (conscin), directly to consciences or projected conscins.

Clauses. Penta practices are highly discipline producing, being performed in the waking state and without intraphysical witnesses.

Megachallenge. The most challenging aspect of the penta practices is that it is performed for the rest of the practitioner's human life.

Assistance. Through assistance to others, the conscin can regulate the bases of support for the completion of the proexis' clauses, regardless of their nature.

Prophylaxis. Some talents are ideal for the conscin to withstand mishaps, interconsciential intrusions, and intrusive stigmas that are eventual and inevitable in this still pathological Socin.

Strongtraits. These 6 strongtraits are specifically suited to the practice of ongoing, communicative, assistential parapsychism:

A. **Veteran.** The practice of penta by a mature veteran.

B. **Universalism.** A temperament that allows the conscin to live without discriminating against others and to have an advanced universalistic spirit, without any autocratic nature.

C. **Health.** Enjoy a relatively prolonged state of good health.

D. **Family.** Have an adequate family life, with relative personal independence.

E. **Affectivity.** Maintain a stable monogamous affective-sex life devoid of chronic deficiency.

F. **Scholarship.** Not depend on formal or university studies that are unfinished.

***THERE IS A CRITICAL POINT AT
WHICH INTRUDABILITY BECOMES
UNBEARABLE AND THE INTRUDER CEASES
THE ANTICOSMOETHICAL PRACTICES.***

25. CONSCIENTIAL ENERGIES

Definition. The *energosoma* (*energo* + *soma*), or holo-chakra, is the consciousness' (conscin) energetic parabody.

Synonymy. The following 3 expressions are equivalent to *energosoma*:

- A. *Bioplasmic parabody.*
- B. *Counterbody.*
- C. *Energetic parabody.*

THE UNDERSTANDING AND LUCID USE OF ONE'S ENERGOSOMA SHOULD BE A PRIORITY AT OUR CURRENT EVOLUTIONARY LEVEL.

Energy. Consciential energy (CE) is the immanent energy which a consciousness employs in their general manifestations.

Ene. Consciential energy comprises the *ene* of thosene.

Flexibility. Consciential energy possesses characteristics that need to be clearly distinguished by the conscin in order for them to develop greater flexibility in their energosoma.

Characteristics. Here are 10 categories of consciential energies, according to their specific characteristics:

- A. **Source:** will, being, decision, local of the origin of flow.
- B. **Potency:** intensity, pressure, and intelligent control of energy.
- C. **Rhythm:** intermittent flow, continuous flow.
- D. **Dynamic:** movement, instability of the flow, velocity of the flow.
- E. **Direction:** perception, directed transmission, directed reception.

- F. **Object:** person, cure, hostility, aggressivity.
- G. **Target:** specific location, particular organ.
- H. **Quality:** agreeable, disagreeable; healthy, sick; curative, causing illness; defensive, attacking.
- I. **Lucidity:** unconscious, semiconscious, conscious.
- J. **Supply:** intermittent, continuous (pregnant mother-fetus).

Conscientization. Conscientization of the methodology, classification and types of employment of consciencial energies helps greatly in the improvement of the intra and extraphysical assistance that we seek to offer consciousnesses in the execution of our proeixises.

Bioenergetics. According to bioenergetics, consciencial or personal energies, conscins can be classified into 6 categories, for example, in terms of the donation and reception of energetic flows:

- A. **Balance.** Balanced positive donors (health).
- B. **Decompensation.** Decompensated negative donors.
- C. **Vampirization.** Vampirizing negative receivers.
- D. **Blockages.** Blocked positive receivers.
- E. **Egoism.** Egoistic closed and defensive.
- F. **Unconscious.** Unconscious neutralizers.

Health. As you can see, only the first category is reasonably healthy. In terms of consciencial balance, the others all present some manner of often not perceived or detected restriction.

***NO ONE KNOWS EXACTLY WHEN
THEY WILL NEED TO DEPLOY AN
EMERGENCY INTERDIMENSIONAL
ENERGETIC RESOURCE.***

Scholarship. An illiterate person can be a good artisan or competently perform a manual task.

**A CONSCIN WITH LITTLE EDUCATION
CAN MASTER THEIR OWN CONSCIENTIAL
ENERGIES, INDEPENDENT OF HAVING
LIMITED KNOWLEDGE.**

Space-time. Strictly speaking, consciential energy is not influenced by the factors of space nor time, or rather, space-time.

Conditioning. However, the reactions of our personal psychology, our repressions and conditionings, influence our lived experiences with energies.

Loss. The loss of the use of consciential energy is the same as the loss of time or opportunities that have already passed.

Discipline. The best is for a conscin to better organize and discipline their energies, with the intent of more usefully applying them from now on.

Energyspring. Energyspring (*ener + spring*) is an energetic springtime, a personal condition that lasts some time and represents the apogee of healthy, constructive consciential energies.

Duo. *Energyspring by two* is the energetic springtime of an evolutionary duo, who truly love each other and have mastered the applications of healthy consciential energies, with complete lucidity.

Dynamization. *Energyspring by two* dynamizes the execution of the existential programs *of the two* partners of the evolutionary duo, through consciential gestations *by two*.

Penta. If a novice penta practitioner exteriorizes consciential energies 25 times per minute, during 50 minutes, they will achieve at least 1,250 exteriorizations per day.

Decade. With the continuation of this task over time, they will achieve a total of 37,500 exteriorizations per month; 450,000 exteriorizations per year; and 4,500,000 exteriorizations in a decade.

Soma. This fact illustrates that the soma is a powerful machine for the exteriorization of preventative and therapeutic

energies. This helps enormously in the execution of any type of proaxis.

***WE DONATE OUR CONSCIENTIAL ENERGY
AS WE WOULD THROW A CUP OF WATER
INTO THE SEA: ALWAYS CONTRIBUTE,
EVEN IF ONLY A SMALL AMOUNT.***

26. COMMUNICABILITY IN THE PROEXIS

WITHOUT INTERCONSCIENTIAL COMMUNICATION, EVOLUTION OF THE CONSCIOUSNESS IS NOT POSSIBLE.

Era. We currently live in an era of interconsciential communication, the likes of which has never occurred with human beings in any epoch or society.

Fossilization. Who does not communicate becomes fossilized in their own egocentricity (egokarma), in any sector of human inquiry.

Complexity. Completion of any existential program becomes impracticable without communicability, which is becoming increasingly complex.

Forms. A conscin's broader communicability can become amplified in the following 4 forms:

1. **Writing.** In writing, we cannot forget imagery, discourse and analysis intellectual processes that, today, are used with the aid of a personal *laptop*.

2. **Speaking.** In speaking, it is important to emphasize warmth, colloquialisms, eloquence and rhetoric.

3. **Bioenergetics.** In bioenergetics, it is important to consider the processes of energy in classes, energetic fields and interconsciential self-defenses.

4. **Parapsychism.** In parapsychism, it is important to emphasize pangraphy (sophisticated multimodal automatic writing) and lucid projectability.

Science. What quality is better for us to direct our proexis with: the exercise of communication through art or the exercise of communication through science?

Art. Generally, a work of art from various areas - including the visual arts, film, photography, literature, music, theater and television - can merely be an escape by the conscin from the execution of their true, more demanding and laborious, proexis.

***FOR A CONSCIN ART
CAN REPRESENT A DIS-
PENSABLE SELF-MIMICRY AND
AN ECTOPIC SELF-RELAY.***

Utilization. The same effort, time, energies and thosenes that we invest in artistic messages are better utilized and offer more productive results in our evolutionary acceleration, when applied to scientific research.

27. COMMUNICATIVE PROJECTABILITY

States. Certain altered states of consciousness, including healthy retrocognitions, can offer precise and precious indications that allow a conscin to identify and discover the details of their proexis and amplify interconscial communicability.

THE THEORICE (THEORY + PRACTICE) OF PROJECTIOLOGY IS AN EXTRAOR- DINARY RESOURCE FOR DEEPLY UNDERSTANDING OUR PROEXIS.

Projectability. The ideal, for the recollection of one's proexis, is to develop the processes of conscious projection, expand lucid awareness while outside the body, access one's holomemory and install healthy retrocognitions.

Channeling. Can human intermediation, mediumship or channeling between conscial dimensions be executed on a scientific basis? Clearly it can.

Interference. Nevertheless, it is extremely difficult to obtain mediumship of an adequately trustworthy level, due to the many points of emotional interference between consciexes and conscins.

Mystification. The intermediary of emotions between conscins and consciexes favors self-corruption, mystification and manipulation of needy conscins, with political intentions, or secretive or anticosmoethical motives of group domination.

Fascination. In the end, anticosmoethical mediumship predisposes something even worse: fascination of a group who are exploited and abused by religions and sects that have mediumistic and syncretic foundations.

Reliability. It is possible that, in the future, we will find a more trustworthy process of intermediation between the consciencial dimensions, beyond vulgar conscins or physical instruments, machines and fallible and manipulatable apparatuses.

Today. So far, until today, the lucid projectability of individuals still presents fewer errors in multidimensional communicability for motivated conscins.

***UPON RESOMATING, A CONSCIEX EXHIBITS
A DISCARDABLE WRAPPING, THE SOMA;
AND AN ALWAYS “RETURNABLE”
ESSENCE, THE CONSCIOUSNESS.***

28. PROEXIS AND TIME

Assistance. How do you, experimenter, spend your time in intraphysical life: In assistance towards others, or only on yourself?

Time. When analyzing what is useful for us in terms of the evolutionary path, it is important to attentively consider the factor of time.

Claritask. Time is an evolved condition when we understand it well. It is a variable far more healthy than harmful, because it satisfactorily executes the clarification task (claritask) over us.

Cure. Time, silence and the desoma cure all intraphysical disturbances.

Minute. For any consciousness the value of a minute is the qualitative intensity of the experience lived.

Evolution. In terms of consciential evolution, 5 minutes can be worth 1 decade.

Age. Five minutes in the life of a 20-year-old conscin do not have the same value as 5 minutes when, that same conscin, is 60 years old.

Phases. Five minutes lived during the preparatory phase of one's human life or proexis, from 1 to 35 years of age, for example, do not have the same value or weight as 5 minutes lived by that conscin in the executive phase, from 36 to 70 years of age.

Evaluation. It is always important to evaluate whether our 5 minutes today really are worth 5 minutes, or if they are worth more or less than this.

**ACCORDING TO CONSCIENTOLOGY,
TIME IS A VALUABLE AND USEFUL
UNIT OF EVOLUTIONARY MEASURE
FOR A LUCID CONSCIOUSNESS.**

Self-organization. The ambiguity of time demands that we establish solid standard-behavior in order to take advantage of the uniformity of minutes. Evolutionary self-organization arises from this.

Condition. An existential condition, or even a personal posture, can be useful, adequate and fine today, but entirely outdated, negative or harmful for ourself and others tomorrow.

Foresight. Only our foresight, with an all encompassing vision in terms of space and time, can accelerate the correct execution of our proexis.

***THE PAST-PRESENT IS THE EVOLUTIO-
NARY MOMENT OF NEOPHOBIC. THE
PRESENT-FUTURE IS THE EVOLUTIONARY
MOMENT OF THE NEOPHILIC.***

Present. A child lives in the present, in order to survive by breathing, in a condition imposed by the implacable intraphysical restriction.

Infancy. Infancy is the worst period of coercion exercised over the consciousness by human life, and occurs during the preparatory phase for the fulfilment of the proexis.

Future. The adult (woman or man) lives in the future, because the present is already their immediate future.

Maturity. Having already recuperated a greater number of units of lucidity (cons) and being prepared for the execution of their proexis, the adult lives at the apex of their holomaturity.

Cons. It is important to emphasize that, for the majority of conscins, accessing one's personal proexis depends on a reasonable recuperation of cons.

Holomaturity. Holomaturity joins together 5 relevant factors:

1. **Biology.** The biological maturity of your soma.
2. **Psychology.** The psychological maturity of your brain.

3. **Integral.** The integral development of your holomemory.
4. **Intelligences.** The multiple intelligences you possess.
5. **Egos.** The well-defined employment of your egos.

***MANY PEOPLE OF ADVANCED AGE
LIVE IN THE PAST, WITH RECOLLEC-
TIONS OR NOSTALGIA PREDOMINAT-
ING IN THEIR LUCIDITY.***

Fruits. Having already either completed the proexis or not (complexis or incomplexis, morexis or melin), an older person prepares to gather the fruits of their efforts in yet another step taken on the School-Hospital of Earth, in a new post-desomatic intermissive period.

Epicon. A permanentfree or lucid epicon conscin simultaneously lives, regardless of age, in these 3 time periods with the 3 accompanying parapsychic implications:

A. **Past:** retrocognitions.

B. **Present:** simulcognitions or parapsychic knowledge of facts that occur at that precise moment, but at a distance from the perceiver.

C. **Future:** precognitions.

Trinomial. The trinomial resomas-retrocognitions-precognitions is the most effective process for the evolutionary acceleration of our resomas in series (seriexis), within the personal multiexistential cycle.

Retrocognitions. Healthy, numerous, consecutive, *cultural* retrocognitions, aid the conscin to open, within themselves, an ample intraconscinial universe, as they distinguish details characteristic of diverse egos and intelligences they have assumed in different areas, over the millennia, similar to these 14:

- A. **Anthropology.** Human bodies (Anthropology).
- B. **Sexosomatics.** Both human genders (Sexology).
- C. **Eugenics.** The human species (Eugenics).
- D. **Genetics.** Genetic inheritances (Genetics).
- E. **Paragenetics.** Personal inheritances (Paragenetics).
- F. **Sociology.** Social groups (Sociology).
- G. **Geography.** Locations (Human Geography).
- H. **Culture.** Cultural patrimony (Culture).
- I. **Linguistics.** Languages and dialects (Linguistics).
- J. **Work.** Professions or occupations (Work).
- K. **History.** Epochs (human history).
- L. **Desomatics.** Types of desoma (Desomatics or Thanatology).
- M. **Thosenology.** Mentalities (Thosenology).
- N. **Evolutionology.** Evolutionary levels (Evolutionology).

Elimination. Retrocognitions, when experienced extraphysically, for example, by a projector, facilitate the elimination of 2 inconveniences:

1. **Seriexis.** Instinctive seriexises, without self-lucid planning.
2. **Self-mimicry.** Accomodated repetition of dispensable intraphysical experiences (outdated self-mimicry), that pour in from our past, through paragenetics.

***EVERY INTRAPHYSICAL ENVIRONMENT
IS A STAGE FOR DIVERSE MULTIDIMENSIONAL AUDIENCES, INCLUDING
PARATROPOSPHERIC CONSCIEXES.***

Precognitions. Extraphysical precognitions, for example, experienced by a projected projector, permit the conscin 2 conquests:

1. **Preparation.** Anticipated awareness, in the here-and-now, of the details of the preparation of one's next human existence, within a *planned seriexis*.

2. **Future.** The self-aware experiencing of the principle that the present is the immediate *future*, within the execution of the already identified proexis being performed.

Self-relay. The repetition (recurrence) of personal specifications, or traits peculiar and common to these different egos, permit the conscin to identify, beyond appearances, the basic structural lines of their own self-relays in similar consecutive proexises.

Complexity. The lucid epicon has diverse memories (holo-memory), employs more than one mode of intelligence (intellectuality, parapsychism, communicability), and participates in various conscinial dimensions (multidimensionality).

Minipiece. It is no longer important to this self-aware human epicon whether they are intraphysical or extraphysical. They are more concerned with the quality of their complex performance as a minipiece within the assistantial, interconscinial maximechanism.

**WHEN WE PROGRAM OURSELVES,
WITH FORESIGHT, WE DEMONSTRATE
OUR MAXIMAL DISCERNMENT
RELATIVE TO TIME.**

Categories. Strictly speaking, we can rationally classify a proexis into 3 distinct categories, with regards to the time of execution:

1. **On time.** A proexis that is up-to-date, current or on time.
2. **Late.** A proexis that is late or behind schedule.
3. **Ahead of schedule.** A proexis that is ahead of schedule.

Recyclers. A proexis that is behind schedule should be carefully considered, particularly by all types of existential recyclers.

Invertors. A proexis that is ahead of schedule should be carefully considered, particularly by lucid existential invertors, as an evolutionary potentiality that is at hand.

***THE EXECUTION OF A PROEXIS
CAN BE PERFORMED IN 3 STAGES:
THE SHORT-TERM, THE MEDIUM-TERM
AND THE LONG-TERM.***

29. SHORT-TERM ACCOMPLISHMENTS

IN EACH STAGE OF THE COMPLETION OF A PROEXIS, BOTH THE PRIMARY AND SECONDARY GOALS SHOULD BE CONSIDERED.

Urgency. In the short-term, it is of primary importance for the conscin to *master the vibrational state*.

Discipline. Without the vibrational state, it becomes difficult to efficiently execute a more advanced proexis with discipline and without spurious interference.

Key. The vibrational state is the energetic key to the conscin's life, which is an indirect, entirely energetic existence that manifests through the 2 characteristically energetic bodies: the energosoma and the soma.

Anticipation. As a pre-serenissimus, a conscin aims to get as close as possible to permanentfreeness. At this point it is necessary to plan and do everything, in advance, in attain this condition.

30. MEDIUM-TERM ACCOMPLISHMENTS

Practicality. In the meticulous medium-term planning of a proexis, practical variables or experiential conditions need to be included, such as the following 3 indispensable goals:

1. **Assistanciality.** The lived experience of interconsciential assistanciality.
2. **Penta.** The practice of penta (personal energetic task).
3. **Epicon.** Becoming a lucid consciential epicenter.

**ONE PEACEFUL, CERTAIN AND SOUND
BENEFIT IS WORTH MORE THAN
1,000 BENEFITS THAT MAY
BECOME LIABILITIES.**

31. LONG-TERM ACCOMPLISHMENTS

Ambitions. In the long-term phase, in which secondary, but indispensable, goals predominate, one should foresee the consciousness' greater and healthier evolutionary ambitions.

Conquests. After much practice, a conscin will be a veteran penta practitioner, have an offlex, may have attained permanentfreeness and high quality parapsychic experiences, including projections of continuous consciousness.

Longevity. The average human being is preparing to surpass the 1-century barrier of intraphysical existence, arriving at the last third of life in a condition where a *4-generation family* becomes commonplace: parent, child, grandchild, and great grandchild.

AS A RESULT OF HUMAN LONGEVITY, IN THE NEAR FUTURE PROEXISES WILL SOON BE OF PROGRESSIVELY LONGER DURATION.

Strongtraits. According to current thanatology or desomatic research, the majority of centenarian conscins have 3 characteristic strongtraits:

1. **Harmony.** A sense of harmony.
2. **Will.** Will power.
3. **Adjustment.** An ability to adjust.

Self-organization. It is worth inserting the strongtraits of these long-lived individuals into our self-organization, and consequently, in the development of the execution of our proexis

during the intraphysical stage (lifetime), or in our long-term life accomplishments.

***THE FINAL RESULT OF OUR
PROEXIS CAN BE THE ATTAINMENT
OF COMPLEXIS, INCOMPLEXIS
OR MULTICOMPLEXIS.***

32. COMPLEXIS

Definition. *Complexis* is the contentment resulting from the satisfactory execution of the behavior, manifestations and works of a human consciousness' proexis, as was previously planned during the intermissive period.

Synonymy. Equivalent expressions for *complexis*: *existential completism*; *existential completeness*,

Projects. Existential completism is the crowning achievement of all the conscin's personal efforts and is only reached through the good administration of the individual's *life projects*.

Level. A human consciousness is an existential completist if they completed their proexis, whether a lesser or greater one, within the correct path, directive, sector and level which they had been assigned.

Euphorin. Completion of the proexis generates intraphysical euphoria or euphorin.

Euphorex. As well as generating euphorin in the conscin's *intraphysical life*, complexis can provoke euphorex (extraphysical euphoria) in one's *intermissive life*, after the desoma, in the intermissive period.

ATTAINMENT OF COMPLEXIS, AT THE END OF HUMAN LIFE, IS A PREREQUISITE TO ENJOY EUPHOREX IN THE INTERMISSION.

Demand. Strictly speaking, no one is going to ask a consciex, who has recently left human life, to pay for the faults and/or omissions regarding the execution of their proexis.

Experience. Within their own microuniverse, the consciex extraphysically senses and experiences, at least, these 3 conditions:

A. **Balance.** Sees the healthy or pathological results of what they did in their recent human life.

B. **Thosenity.** Perceives the comfortable or uncomfortable quality of their thosenity through their energies.

C. **Cosmoethics.** Detects their intraconsciential level of cosmoethics.

Self-demand. However, there are intraconsciential self-demands.

Heterodemands. Generalized heterodemands do not exist - except in excessively pathological cases involving extraphysical intrusion related to existential incompletists who *realized zero percent* of their proexis.

Code. The attainment of complexis depends on the conscin's relationship with their evolutionary group and the constitution of a practical, *code of personal principles* for living on Earth and successfully executing their proexis.

Interdependence. Regardless of its inevitability, consciential interdependence should not impede us doing what is necessary in terms of our proexis.

Amounts. Complexis is not a result of heroic acts, but of small portions of sacrifice and service in favor of the common good.

Group. Interdependence between consciousnesses helps greatly, being indispensable for the realization of proexises in group.

Untransferable. A *groupal proexis* does not signify transference of a proexis from father to son or mother to daughter. A proexis is, above all, always specific and untransferable. However, a natural interdependency occurs between conscins, in order for them to live on Earth. Also *polykarmic proexises* exist, which depend upon a group of conscins.

**THERE EXISTS EXISTENTIAL
COMPLETISTS WHO ARE ENTIRELY
UNAWARE OF THE CLAUSES
OF THEIR MINIPROEXIS.**

Instinct. Legions of people live and work in a practically spontaneous manner, in an automatic and parainstinctive way, without being aware of their options.

Professionals. Here are 2 examples of common existential completists, who are professionals in socin:

1. **Surgeon.** The successful surgeon with decades of social service given.

2. **Writer.** The devoted conventional writer who, as an intellectual, has received all awards in their field.

Consoltask. Here are 3 well known examples of completists regarding the consoltask:

A. Albert Schweitzer (1875-1975): Protestantism.

B. Mother Theresa (1910-1997): Catholicism.

C. Francisco (“Chico”) Xavier (1910-2002): Spiritism.

***IN ORDER TO ACHIEVE EXISTENTIAL
COMPLETISM, IT IS BEST,
FOR EXAMPLE, TO LIVE FOR
IDEAS AND NOT FOR MONEY.***

Half-way. If one does things by halves it will take them twice as long to be an existential completist.

Daily. Completism every day gradually composes completism of an entire life.

Prize. The prize of an existential completist is to choose a better, future, human body - a macrosoma - for the next multiexistential evolutionary period.

Macrosoma. Beyond a certain evolutionary level, a super-customized human body, or macrosoma, is much more intrinsically connected to holokarmic processes related to an evolutiologist than we can imagine.

Research. Both the macrosoma and evolutiologists merit greater research attention from all of us.

***THE ATTAINMENT OF COMPLEXIS, IN
THE PREVIOUS LIFE, IS A NATURAL
PREREQUISITE FOR THE ACQUISITION
OF A MACROSOMA IN THE NEXT LIFE.***

Cosmoethics. A conscin only attains complexis, in relation to certain evolved proexises, if they develop immense, healthy, cosmoethical ambition. This ambition acts within their consciential microuniverse.

Well-being. The complete realization of the proexis is indisputably relevant to the conscin's subjective well-being, today, and as a consciex, tomorrow.

Directives. Nevertheless, merely knowing the fundamental directives of one's own life is still insufficient and does not predispose this feeling of well-being.

Challenge. For a lucid consciousness, after an advanced level of the evolution of holomaturity, the challenge of the proexis is much more significant and relevant than the intraphysical euphoria (euphorin) of complexis.

Question. It is worth the effort for a recycling conscin to pragmatically ask and respond to the following question: "What do I crave more, the intraphysical euphoria of existential completism, *tomorrow*, or the challenge of executing my proexis, *today*?"

Effects. Complexis generates multiplicative effects on consciential evolution with positive results such as these 6: morexis, maxiproexis, multicomplexis, macrosoma, maxiproexis and the permanintfreeness.

Trinomial. The *trinomial motivation-effort-perseverance* is an indispensable practical posture for all conscins who seek to prioritize the attainment of complexis.

***AN INTELLIGENT EVOLUTIONARY
DUO IS COMPOSED IN ORDER FOR
THE COUPLE TO SEEK THE EXECUTION
OF COMPLEXIS TOGETHER.***

33. *INCOMPLEXIS*

Definition. *Incomplexis* (*in + comple + exis*) is the frustrating, chronic, uncomfortable condition of the incomplete, unsatisfactory execution of the human consciousness' proexis, which had been planned during their intermissive period.

Synonymy. The following 3 expressions are equivalent to *incomplexis*:

- A. *Evolutionary non-compliance.*
- B. *Semicomplexis.*
- C. *Limited complexis.*

Maturity. An individual unrealized in their proexis, having not succeeded in completing the greater tasks that they proposed they execute in the most important period of adult life, suffers the condition of existential incompleteness.

Evidence. It is worth emphasizing an apparently banal fact here: consciential maturity develops when a conscin switches from news magazines to science magazines.

Unfinished. An existential incompleteness is one who did not do everything and left *unfinished* business in their human life.

Disinterest. This frequently occurs because the social being, involved in material life, is not interested in knowing what they really came to do in human life. Thus, they only unconsciously or instinctively sense and identify the undertakings or duties they proposed in the intermissive period.

***INCOMPLEXIS CAN CAUSE
THE DEACTIVATION OF THE HUMAN
BODY, BEFORE THE SUITABLE TIME,
THROUGH A PREMATURE DESOMA.***

Antiproexis. Antiproexis attitudes can obviously provoke incomplexis.

Causes. Erroneous thoughts are responsible for the majority of cases of incomplexis, which begin when conscins do not know how to ask the correct questions regarding their destiny, intraphysical life and proexis.

Mentalsoma. Erroneous thoughts constitute cases of thosenic or mentalsomatic parapathology.

Nature. The nature of existential incompletisms is extraordinarily varied.

Extremes. Here are 10 embarrassing examples of plain incompletist conscins, who represent cases of extreme incomplexis. There is apparently no hope for these negligent or disorganized individuals:

1. **Archbishop.** The cigar smoking archbishop.
2. **Bodybuilder.** The obese bodybuilder.
3. **Chancellor.** The monoglot chancellor.
4. **Dietitian.** The dietitian who weighs 160kg.
5. **Firefighter.** The pyromaniac firefighter.
6. **Journalist.** The illiterate journalist.
7. **Nobelist.** The paedophile nobelist.
8. **Nun.** The pregnant nun.
9. **Pulmonologist.** The smoking pulmonologist.
10. **Psychiatrist.** The nail-biting psychiatrist.

***AN APPARENTLY SIMPLE FACTOR
OF SELF-DISORGANIZATION CAN
INDICATE AN UNNOTICED
INCOMPLEXIS IN PROGRESS.***

Common. Unfortunately, the more ostensive professional existential incompletists are the most common, for example, these 3:

A. **Businessperson.** The businessperson who becomes a drug trafficker.

B. **Driver.** The driver who becomes a highway assassin.

C. **Politician.** The politician who enters into dirty dealings.

Money. Who seeks to live for money instead of for ideas, has a greater tendency to fall into incomplexis.

Responsibility. Conscins who have, for example, a great facility for writing, also have to face the enormous assistantial responsibility they have towards others.

Assistance. Those who have good writing skills can help others more than an average person, through written communications and, for this, are capable of having a greater permanence in space and time.

Write. Those who write well and do not write anything for others who are semi-literate, inexperienced and less cultured, will often, eventually, find themselves with an incomplete proexis.

Test-question. At this point, it is worth asking the pertinent test-question: "What have we done with the talents of our formal education?"

***IF THE GREATEST TRIUMPH OF
HUMAN CONSCIOUSNESS IS COMPLEXIS,
THEIR GREATEST WEAKNESS,
LOGICALLY, IS INCOMPLEXIS.***

Melin. Non-fulfillment of one's existential programme generates the consciential state of intraphysical melancholy or melin.

Crisis. The so-called *mid-life crisis in one's 40's* is a type of melin that generally strikes conscins who feel their incomplexis.

Melex. Incomplexis and melin (*intraphysical melancholy*) generate melex (*extraphysical melancholy*), after the desoma of the conscin.

Choices. Incomplexis generates melex, for example, when a consciousness discovers that they spent their intraphysical life

making wrong choices, victimizing themselves with an ectopic proexis.

Parapathology. The refined sensitivity of a consciousness goes beyond the energosoma and the psychosoma. This can be illustrated by 3 facts, among others, that are observed in the parapathology of the holosoma:

A. **Parascar.** When a consciousness commits a deficitary omission of consequence, a *parascar* is produced in its consciential microuniverse.

B. **Fissure.** A veritable *fissure in the personality* brings an *energetic hole* (decompensation) in the energosoma.

C. **Mutilation.** Incomplexis is equivalent to a temporary *mutilation of the mentalsoma*.

**GENERALLY, MAKING A MISTAKE IS LIKE
FROWNING: THEY BOTH TAKE MUCH
MORE EFFORT AND ENERGY THAN DOING
THINGS CORRECTLY OR SMILING.**

Categories. In terms of its immediate effects, incomplexis can be rationally classified into 2 categories:

1. **Personal.** When incomplexis predisposes only one consciousness towards melex (egokarma).
2. **Groupal.** When complexis predisposes an evolutionary group of consciousnesses towards melex (groupkarma).

Akrasia. The word *akrasia* comes from the Greek word signifying “absence of force” or the “absence of self-control” of a weak will. This is one of the factors most responsible for innumerable failures (incomplexis) in the execution of a proexis in this intraphysical dimension.

Desomatics. In desomatics, we observe that *charismatic artists* are generally among the conscins, in human life, that are most pressured by the influence of the abdominal sub-brain, the

cardiochakra (heart chakra) and interconsciential intrusions. They are often elevated - through the instrument of modern mass communication - from poverty and material deprivation of all types, to the glitter of fame and fleeting *stardom*,

Art. It is for this reason that many artists with the most noteworthy of talents, reputed megastars and role models, are predisposed to en route parapsychic mishaps or self-destructive tendencies (abdominal sub-brain), and had their intraphysical lives cut short, tragically and prematurely desomating, leaving their mourning public behind (unthinking masses, robexis).

Casuistic. Here are 7 examples, selected from many, of artistic personalities who are intensely remembered and mourned:

1. Elvis Presley, a key figure in the international popular music revolution, 1935-1977, age 42.
2. Isadora Duncan, a pioneer of modern dance, 1878-1927, age 49.
3. James Dean, an icon of the youth in his era, 1931-1955, age 24.
4. Jimi Hendrix, an electric guitar genius, 1942-1970, age 28.
5. John Lennon, the first Beatle, 1940-1980, age 40.
6. Marilyn Monroe, Hollywood's mega-sex symbol, 1926-1962, age 36.
7. Rudolph Valentino, the great lover of the silent screen, 1895-1926, age 31.

Athletes. Although lesser in quantity, athletes also desoma (die) prematurely in tragic circumstances. For example: *Ayrton Senna*, the Formula 1 megachampion, 1960-1994, age 34.

Politics. Even less in number, politicians also desoma prematurely in tragic contexts. For example: *Martin Luther King*, the civil rights martyr, 1929-1968, age 39.

Proexiology. In proexiology, the principal question to be answered in conscientiological research, in this context, is: Which of these personalities left human life as incompletists while - if it was the case - in the process of executing a consolation task oriented miniproexis?

Evolutiology. An extraphysical evolutiologist is, doubtless, the consciousness best suited to answer this question regarding each of these personalities, with their lives being meticulously analyzed, *de per si*.

34. MULTICOMPLEXIS

Definition. *Multicomplexis* (*multi + compl + exis*) is existential completion, or complexis, attained through the execution of various proexises in various consecutive intraphysical lives (*seriexis*).

Synonymy. An equivalent expression for *multicomplexis*: *sensu lato complexis*.

Permanintfreeness. After a consciousness attains the permanintfree condition, they tend to exhibit multicomplexis, which composes the multicompletist condition.

THE EXISTENTIAL MULTICOMPLETIST IS A CONSCIOUSNESS WHO HAS SATISFACTORILY EXECUTED MORE THAN ONE PROEXIS.

Self-relay. *Multicomplexis* occurs when there is an assistantial connection between the consciousness' proexises, through consecutive self-relays related to, at least, these 5 conditions:

- A. **Life.** In more than 1 life.
- B. **Somatics.** In more than 1 human body.
- C. **Energosomaticity.** In more than 1 energetic body.
- D. **Chronology.** In more than 1 epoch.
- E. **Intraphysiology.** In more than 1 socin.

Multicompletists. Existential multicompletists already exist, scattered throughout various sectors of social life on Earth, in certain areas of science, education, art and politics.

Questions. Do you, the reader, consider yourself a completist? Are you preparing yourself to be a multicompletist? Could you be a multicompletist? Do you know a multicompletist?

Self-organization. Self-organization, not rarely down to the smallest detail, is indispensable to attain multicomplexis.

Test-question. If one wishes to know if their personal organization is at a good level, they only need to answer the following test-question: “Do the drawers of the cabinet under my bathroom sink have a written list of the contents?”

Behavior. It is rational to consider that centuries old behavioral patterns, within an Socin or a traditional social holothosene, will also require, in certain cases, *multiexistential recyclings*, through the self-relays and ongoing multicomplexis. This will allow a consciousness, by themselves, to achieve the broader intrasciential openness that we currently seek through Consciology. Consider these 5 examples of multiseccular behavioural patterns:

1. **Alcoholism.**
2. **Bullfighting.**
3. **Monarchy.**
4. **Smoking.**
5. **Sumo wrestling.**

***IN THE INTERMISSIVE COURSE,
THE CONSCIEX STUDIES THE
AUTOBIOGRAPHY OF THEIR MOST
RECENT INCOMPLEXIS (OR COMPLEXIS).***

35. MOREXIS

Definition. The *morexis* (*mor + exis*), or *existential moratorium*, is a complement to one's human life, granted to the deserving human consciousness due to their fraternal efforts and performance.

Objective. The objective of a morexis is to offer conditions that allow a consciousness to clear up omissions or to seek to reasonably execute unfinished tasks.

Postponement. A morexis represents a positive postponement of the deactivation of the human body through a delayed desoma.

Gaps. When an individual examines the directives of their proexis in greater detail, they might discover gaps or fundamental omissions in the structure of the execution of all of their tasks. At this point, they may receive a morexis.

Trophy. If complexis is the diploma of human life, morexis is a conscin's trophy.

Euphorin. Euphorin is the ideal condition that predisposes the acquisition of a positive existential moratorium.

***AN EXISTENTIAL MORATORIUM
PRESENTS 2 LOGICALLY DISTINCT
CATEGORIES: MINIMOREXIS
AND MAXIMOREXIS.***

36. *MINIMOREXIS*

Definition. The morexis can be based on a deficit – a lesser – a *minimorexis* (*mini + mor + exis*), specific to existential incompletism.

Synonymy. Expressions equivalent to *minimorexis*: *deficitary existential moratorium*; *restricted morexis*.

Self-help. In the case of a *minimorexis*, the *incompletist* conscin is mostly being helped, as they receive a complementary period of human existence in order to complete 100% of what remains undone.

Deficit. This denotes an opportunity to compensate for one's *holokarmic deficit* (deficitary base) or to achieve the condition of complexis regarding one's proexis, the finishing of an incomplete intraphysical mandate.

Oversight. Incompletism, in this case, occurs through personal imprudence or a lack of an overall perception of one's own actions during the decades of human life.

***IN OUR HUMAN ACTS,
GENERALLY EITHER DISCERNMENT
OR CARELESSNESS PREDOMINATES.
WHICH PREVAILS IN YOU?***

37. MAXIMOREXIS

Definition. The morexis can show itself as being based on a surplus regarding existential completism – a greater – a *maximorexis* (*maxi + mor + exis*) that has a wholesale approach, or is the granting of an *honour due to the merit* of complexis.

Synonymy. Here are 4 expressions equivalent to *maximorexis*:

- A. *Honour due to existential merit.*
- B. *Megamorexis.*
- C. *Surplus existential moratorium.*
- D. *Sensu lato morexis.*

Polykarmality. The maximorexis is a healthy *addition*, a bonus, in terms of the results of one's life program, in the practice of universalism and maxifraternity with polykarmic foundations.

**EVERY CONSCIN NEEDS OTHERS.
A LEADER-CONSCIN NEEDS OTHERS
MUCH MORE IN ACCORDANCE WITH
THEIR PERSONAL TALENTS.**

Heterohelp. In a maximorexis, which is superior to a minimorexis in every sense, a *completist* conscin helps more than they are helped.

Surplus. In a maximorexis, a conscin receives a complementary period of human existence in order to expand upon what they have already well and completely accomplished (*holokarmic surplus*).

Evolutiologist. In either of the 2 categories, a morexis is the result of a direct, cosmoethical intercession by the evolutiologist, or evolutionary orientor, of the conscin's karmic group.

Recycling. Two or three morexises can occur, and can include the physiological recycling of the moratorist's soma.

Macrosomas. The physiological recycling of the soma is obviously more likely to occur for those with a macrosoma.

Groupal. Beyond this there are very rare cases of a groupal morexis, within the evolutionary grouping of minipieces involved in the interconsciential, multidimensional, assistantial maximechanism.

Future. It is hoped that, in the near future, group morexises become more common and include individuals with macrosomas.

Effort. In order to manifest these realities in intraphysical life, your proexis, your complexis and your morexis, it is important that you rely greatly on your personal efforts in the here-and-now.

Heroism. There is silent heroism behind every maximorexis.

Neophobia. A maximorexis increases the efficiency in completing the task and can provoke *involuntary evolutionary rapes* upon neophobic conscins who are in the evolutionary echelons around their periphery.

**THE COMPLEMENT OF TIME
PROVIDED IN AN EXISTENTIAL
MORATORIUM VARIES FROM DAYS
AND MONTHS TO EVEN DECADES.**

Binomial. The *binomial abnegation-maximorexis* is the most intelligent solution for the execution of any category of proexis. Strictly speaking, there is no maxiproexis without abnegation on the behalf of the conscin.

Trinomial. The *trinomial proexis-complexis-maximorexis* is the beginning, middle and end of the abnegating conscin's entire concentrated effort (realization) on this school that is Earth,

in their role as an outstanding student, *honours student*, conscious assistential minipiece, or lucid epicon or completist - independent of the level of their existential program.

***THE BASIC LAW OF INTERCONSCIEN-
TIAL ASSISTANCE: THE LESS ILL OR
MORE EXPERIENCED, HELP THE
MORE ILL OR LESS EXPERIENCED.***

38. EVOLUTIONARY PREREQUISITES

Universe. The realities of the universe exist and act independent of our level of discernment or the depth of our understanding of Humanity's leading edge relative truths.

IGNORING A PROBLEM, AS SMALL AS IT MAYBE, DOES NOT BRING THE IGNORANT CONSCIOUS- NESS INTIMATE SECURITY.

Prerequisites. For example, here are 11 fundamental prerequisites that need to be gradually conquered by the individual, and that allow them to achieve new evolutionary levels:

01. **Sub-humanity.** Being a sub-human is a prerequisite to becoming human.

02. **Preserenissimus.** Being a pre-serenissimus is a prerequisite to becoming a permanentfree being.

03. **Permanentfreeness.** Being permanentfree is a prerequisite to becoming an evolutiologist.

04. **Evolutiology.** Being an evolutiologist is a prerequisite to becoming a Serenissimus.

05. **Serenism.** Being a serenissimus is a prerequisite to becoming a Free Consciousness (FC).

06. **Consolation.** Having performed the consoltask is a prerequisite to executing the claritask.

07. **Retailing.** Having practiced consciential retailing is a prerequisite to performing consciential wholesaling.

08. **Groupkarmality.** Having experienced groupkarmality is a prerequisite to experiencing polykarmality.

09. **Miniproexis.** Having completed a miniproexis is a prerequisite to receiving the responsibility of a **maxiproexis**.

10. **Complexis.** Having achieved complexis is a prerequisite to enjoying euphorex.

11. **Macrosoma.** Having achieved complexis is a prerequisite to receive a macrosoma.

***THE PRIORITIZATION OF CONSCIENTIAL
CULTURE IS MUCH MORE IMPORTANT
THAN MONEY OR TEMPORAL POWER
FOR CONSCINS.***

39. MINIMUMS AND MAXIMUMS

Conditions. It is important for the interested researcher, at this point in their research, to consider the details that characterize intra and extraconsciential evolutionary conditions, in terms of the multiple possibilities for the development and completion of their existential program.

Panorama. An instructive and exhaustive listing of minimal and maximal talents (mini and megaweaktraits or mini and megastrongtraits) is provided here, in a didactic manner, as a panorama for self-evaluation.

Minitraits. Consciential minitraits are characterized by 13 (or more) intra and extraconsciential conditions:

- A. Initial condition.
- B. Lesser (minor).
- C. Elementary.
- D. Simplistic.
- E. Retailer.
- F. Recipient.
- G. Egokarmic/groupkarmic.
- H. Dependence.
- I. Factionalism.
- J. Maxipiece/minimechanism.
- K. Quantitative.
- L. Sub-brain (still deficitary).
- M. Limited.

***IT IS WORTH POINTING OUT THAT
A CONSCIENTIAL MINITRAIT DOES NOT
ALWAYS REPRESENT A WEAKTRAIT:
IT CAN BE A PRE-STRONGTRAIT.***

Maxitraits. Consciential maxitraits are characterized by 13 (or more) intra and extraconsciential conditions:

- A. Advanced condition.
- B. Greater (major).
- C. Superior.
- D. Complex.
- E. Wholesaler.
- F. Donator.
- G. Groupkarmic/polykarmic.
- H. Self-sufficiency.
- I. Maxifraternity.
- J. Minicog/maximechanism.
- K. Qualitative.
- L. Mentalsomatic (already in a surplus).
- M. Sensu lato.

**CONSCIENTIAL DEREPRESSION BEGINS
IN THE SOMA AND, THROUGH SELF-
ORGANIZATION, PROCEEDS UNTIL IT
REACHES THE MENTALSOMA.**

Miniconquests. Here are 10 personal conquests within the universe of manifestations with minitraits:

- A. **Miniproexis:** consoltask, retailing, groupkarmality.
- B. **Minisoma:** somaticity, common soma.
- C. **Miniendowment:** consciential monoendowment.
- D. **Miniconscientiality:** consciential retailing.
- E. **Minicommunication:** mediumship, channeling.
- F. **Minitask:** consoltask.
- G. **Minidissidence:** personal limitation, neophobia.
- H. **Minicomplexis:** miniproexis, consoltask.
- I. **Minimorexis:** egokarmality.
- J. **Minievolution:** merely preserenissimus.

Maxiconquests. Here are 10 personal conquests within the universe of manifestations with maxitraits:

- A. **Maxiproexis:** claritask, wholesaling, polykarmality.
- B. **Maxisoma:** somaticity, macrosoma.
- C. **Maxiendowment:** consciential triendowment (or more).
- D. **Maxiconscientiality:** consciential wholesaling.
- E. **Maxicommunication:** lucid projectability.
- F. **Maxitask:** clarification task.
- G. **Maxidissidence:** personal renovation, neophilia.
- H. **Maxicomplexis:** maxiproexis, claritask.
- I. **Maximorexis:** polykarmality.
- J. **Maxievolution:** permanintfree (or more, in the future).

***PARAGENETICS IS THE ACCUMULATION
OF SCARS - CLOSED WOUNDS
- IN THE MENTALSOMA OF THE
CONSCIEX REBORN ON EARTH.***

40. PERMANINTFREENESS

Definition. *Permanintfreeness* is the consciential evolutionary quality of the individual who is totally-*permanently-intrusionfree* and is completely aware of their condition with regards to assistantial tasks rendered towards other consciousnesses.

ATTAINING PERMANINTFREENESS DURING ONE'S LIFE IS, GENERALLY, INDISPENSABLE FOR THE EXECUTION OF A MORE ADVANCED MAXIPROEXIS.

Evolution. The permanintfree condition is the next evolutionary step for a preserenissimus conscin, whether they are an existential recycler or inventor, a penta practitioner or an epicon.

Strongtraits. Here are 7 strongtraits characteristic of a permanintfree being:

1. **VS.** Installs a high quality vibrational state, or prophylactic VS, when and where they wish, sensing and discriminating their consciential energies.

2. **Self-defense.** Maintains an uninterrupted condition of energetic self-defense within their consciential microuniverse, through the experience of energetic, intraconsciential and parapsychic signals. Thus, the individual will be able to detect the presence of healthy and ill consciousnesses where they live and wherever they go, harmonizing what they can everywhere.

3. **Liberation.** No longer suffers unconscious interconsciential mini-intrusions, even though living on the front line of interpersonal human experiences.

4. **Self-cure.** Effects the self-cure of mini-illnesses or small inconveniences common to a human being.

5. **Epicon.** Has an inevitably obvious energetic presence wherever they go, as a epicon.

6. **Penta.** Practices penta daily.

7. **Assistantiality.** Lucidly cooperates, without trauma, in intra and extraphysical assistantial bait, in favor of other consciousnesses.

***THE GREATEST ACHIEVEMENT OF
AN EXECUTOR OF A PROEXIS IS TO
TRANSCEND THE FORCES THAT SHAPE
THEIR INTRAPHYSICAL LIFE.***

GLOSSARY OF CONSCIENIOLOGY

Observations. Listed here are 300 denominations, composed words, expressions and their technical equivalents from Conscientiology utilised in this book.

Abdominal sub-brain – The *umbilicochakra* (centre of consciential energy located above the navel), when unconsciously selected by a conscin, who is still at a mediocre stage of evolution, as the basis of their manifestations. The *belly-brain*, *abdominal brain*, *abdominal pseudobrain*, or *abdominal subbrain*, is a *parody* of the natural, encephalic brain (coronochakra and frontochakra); an indefensible embarrassment or megaweaktrait in conscious self-evolution.

Admiration-disagreement binomial – Posture of the evolutionary mature conscin, who already knows how to live in peaceful coexistence with another conscin whom he or she loves and admires, but with whose points of view, opinions and courses of action, they do not always 100% agree with.

Advanced proexis – Existential programme of the conscin, evolutionary leader, within the libertarian task specific of the group-karma that is more universalist and polykarmic, where they are a *minipiece* in the multidimensional team's *maximechanism*.

Agendex (*agend + ex*) – Extraphysical *agenda* or the written list of priority extraphysical consciential targets - beings, places or ideas-, which the projected projector, tries to gradually attain, in a chronological manner, establishing intelligent schemas for self-development.

Alternating intraphysical pre-serenissimus – Conscin capable of consciously living, at the same time, in the ordinary physical waking state and projected, from time to time, in the extraphysical dimension.

Androchakra (*andro + chakra*) - The male's sexochakra.

Androsoma (*andro + soma*) - The male human body or that specific to a man.

Androthosene (*andro + thosene*) - Thosene specific to the primitive male conscin or the macho man.

Animism (Latin: *animus*, soul) - The set of phenomena intra and extra-corporeal produced by the conscin, without external interferences, such as, the phenomenon of the conscious projection induced by one's will power.

Anthosene (*anti + thosene*) - The antagonistic thosene, common in refutations, omniquestionings and productive debates.

Aphrodisiacal feminine sexosoma - The soma of the woman, considered specifically regarding sex (gender), when in plastic conditions capable of acting as an aphrodisiac. Refer to *Gynosoma*.

Apparition amongst the living - Apparition of the consciousness of the projected human projector to intraphysical consciousnesses.

Assisted conscious projection - A projection in which the conscin sees themselves being assisted during the experiment, in a direct manner, by a helper, almost always an expert in lucid project-ability (LP).

Assistex (pl. assistexes) - extraphysical assister.

Auric coupling - Interfusion of the energosomatic energies between 2 or more consciousnesses.

binomial lucidity-recollection - Set of 2 indispensable conditions for the intraphysical consciousness to obtain a completely satisfactory lucid projection out of the body.

Biothosene (*bio + thosene*) - The thosene specific to a conscin.

Bithanatosis - Deactivation and discarding of the energosoma, after the physical death, including the removal of the residual energetic connections of the energosoma in the psychosoma; *second death*; second desoma.

Blind guide - An amoral or inexperienced consciousness acting in an anti-cosmoethical way towards other consciousnesses, following their egoic interests of the moment, to the detriment of others.

Bradythosene (*brady + thosene*) - The thosene with a slow flow, typical of the bradypsychic conscin.

Cardiochakra (*cardio + chakra*) - The fourth basic chakra; the agent that influences the emotion of the conscin. Vitalizes the heart and lungs.

Chakra - Nucleus or limited field of consciential energy whose complete set essentially constitutes the energosoma or holochakra, the energetic parabody within the soma. The energosoma forms a junction with the psychosoma, acting as a connection point through which CE, consciential energy, flows from one consciential vehicle to another.

Chirosoma (*chiro + soma*) - The soma considered specifically with respect to the application of the hands or manual labour.

Claritask - Advanced personal or group task of enlightenment or clarification.

Complexis (*comple + exis*) - Existential completism or the condition of existential fulfilment (completion) of the conscin's existential programme.

Con - *Hypothetical unit of measurement* of the level of lucidity of a conscin or consciex.

Confor (*con + for*) - Interaction of content (idea, essence) with the form (appearance, language) in the interconsciential communication processes (Conformaticology; Communicology).

Consciex (*consci + ex*) - *Extraphysical consciousness*; paracitizen of the extraphysical society. Synonym outdated through usage: *discarnate*. Plural: consciexes.

Conscientese - Non-symbolic telepathic language, native to the consciential dimension of very evolved extraphysical societies.

Consciential basement - Phase of infantile and adolescent manifestation of the conscin, until reaching the adult period, characterised by the more primitive *weaktraits* of the multivehicular, multiexistential and multimillennial consciousness.

Consciential bond - Cosmoethical, lucid, voluntary and polykarmic link between a person and a particular institution. The consciential bond goes beyond the employment bond.

Consciential concentration - State of direct focus upon a single object without deviation of the senses, consciential attributes, will and intention of the consciousness.

Consciential continuism - Condition of wholeness - without gaps - in the continuity of consciential life through the providential prevision and evolutionary self-relay, or in other words: the linking of the current experience to the experience immediately before and after, incessantly, in a cohesive and unified whole, without discontinuity or abrupt consciential experiences.

Consciential dementia - Condition of a consciousness incapable of thinking with reasonable mental equilibrium.

Consciential ectopia - Unsatisfactory execution of the existential program, in an eccentric and displaced manner, out of the programmed itinerary chosen for the intraphysical life.

Consciential Energy (CE) - Immanent Energy which the consciousness uses in their general manifestation; it is the ene of the thosene.

Consciential era - The era in which the average conscin will be sufficiently evolved, through impacts, redefinitions and revolutions created through the experience of lucid projectability (LP), at which point the implantation of self-conscientiality takes place.

Consciential eunuch - Conscin castrated and conscientially manipulated by sectarians, domesticators of *satisfied robots*, modern slaves of the unthinking mass.

Consciential gestation - Evolutionary productivity, useful, for the conscin, within the frame of the personal deeds of the existential program.

Consciential hyperspaces - Extraphysical consciential dimensions.

Consciential microuniverse - The consciousness as a whole, the sum total of all its attributes, thosenes, and manifestations in the development of its evolution. The microcosmos of the consciousness in relation to the macrocosmos of the Universe.

Consciential monoendowment - Intraphysical life under the pressure of constant intrusions by sick beings experienced by the mediocre conscin, with few talents, and without versatility.

Consciential paracomatose - Extraphysical state of coma of a conscin when projected. Specifically one who remains invariably unconscious and therefore without extraphysical recollections.

Consciential paradigm - *Leading theory of Conscientiology* based on the actual consciousness and its attributes.

Consciential retailing - A rudimentary system of individual behaviour characterized by lesser, isolated consciential actions having a minimum of productive results or important evolutionary effects.

Consciential scaffolding - Dispensable psychological or physiological *crutches*.

Consciential self-bilocation (Latin: *bis*, two and *locus*, place) - The act of the intraphysical projector finding and contemplating their own human body (soma) face to face, while their consciousness is out of the body occupying another vehicle of consciential manifestation.

Consciential triendowment - Quality of the 3 talents most useful to a conscientiologist combined: intellectuality, parapsychism and communicability; consciential tricapacity.

Consciential wholesaling - Individual behaviour system characterized by the intent of taking the consciential acts together as a whole, thoroughly, without leaving behind any negative evolutionary traces or gaps.

Conscientiocentric institution (CI) - An Institution which centralizes its objectives on the consciousness itself and its evolution, like the International Institute of Projectiology and Conscientiology (IIPC); a consciential cooperative, within the Conscientiological Socin, having consciential and employment bonds at its basis.

Conscientiocentrism - Social philosophy that concentrates its objectives in the consciousness itself and in its evolution. Conscientiocentrism is a subject covered by conscientiocentrolology, the area of conscientiology which studies the establishment and maintenance of a conscientiocentric institution, in the mode of a consciential cooperative, based on consciential and employment bonds, within the conscientiological socin (Cognopolis; International Conscientiological Cosmoethical Community, ICCCC).

Conscientiogram - Technical form for evaluating the evolutionary level of a consciousness; it is the consciential megatest whose model is the *Homo sapiens serenissimus*, the consciousness responsible for a positive egokarmic account.

Conscientiologist - Conscin committed to permanent study and objective experimentation within the research fields of conscientiology. The conscientiologist acts as an agent of evolutionary renovations (*retrocognitive agent*), in the libertarian work of the consciousness in general.

Conscientiology - Science which studies the consciousness in an integral, holosomatic, multidimensional, multimillennial and multiexistential manner, and, above all, according to its reactions with immanent energies, consciential energies as well as in its multiple states.

Conscientiometry - Discipline which studies conscientiological measurements through the resources and methods offered by Conscientiology, capable of establishing a possible basis of the *mathematization of the consciousness*. Principle instrument: Conscientiogram.

Conscientiotherapy - Treatment, relief or remission of the disturbances of the consciousness executed through resources and techniques derived from Conscientiology.

Conscin (*consc + in*) - Intrapysical consciousness; a human personality; a citizen of the intrapysical society. Synonyms outdated through usage: *incarnate*. Plural: *conscins*.

Conscious Projection - Projection of the conscin out of the body; extracorporeal experience.

Consotask (*conso + task*) - Consolation task or the primary-level personal or group assistantial task of consolation.

Contrabody - Same as the energosoma, the specific vehicle of Consciential Energy (CE), of the conscin.

Contrathosene (*contra + thosene*) - The *intraconsciential* thosene of the conscin; a mute mental refutation; a mental word; a mute thosene; a specific type of *intrathosene*.

Co-projector - Helper dedicated to working together with the conscin in the development of lucid, assisted consciential projections (Projectiology).

Coronochakra (*corono + chakra*) - The chakra in the sinciput area, the *crown* of the energosoma or holochakra.

Cosmoconsciousness - Condition or internal perception of the consciousness of the cosmos, of life and of the order of the

universe, in an intellectual and cosmoethical exaltation that is impossible to describe, when the consciousness feels the life presence of the universe and becomes one with it, in an *indivisible unit*. There is interconsciential communication in this extraordinary condition.

Cosmoethical mimicry - Productive social impulse of imitation of evolved ancestors. Not to be confused with the parathological, mystical, cult of ancestors.

Cosmoethicality - consciousness' cosmoethical quality.

Cosmoethics (*cosmo + ethics*) - Ethics or reflection upon the multidimensional, cosmic moral, which defines holomaturity, situated beyond the intraphysical social moral, or the moral which presents itself with any human label.

Cosmothosene (*cosmo + thosene*) - Thosene specific to conscientese or the state of cosmoconsciousness; communication through the means of conscientese.

Co-therapy - Helper dedicated together with the conscientiotherapeutic conscin in the development of technical, assistantial procedures of conscientiotherapy and of evolutients (OIC).

Cothosene (*co + thosene*) - Thosene of the specific cooption of a chorus, praying group or crowds.

Counterthosene (*counter + thosene*) - Intraconsciential thosene of the conscin; mute mental refutation; the mute thosene; a type of intrathosene.

Daydream - Fantastic plot created by the imagination during the ordinary physical waking state of the conscin; imagery.

Dermatologies of the consciousness - Compound expression attributed to the conventional physicalist sciences, subordinated to the mechanistic *newtoniancartesian paradigm*, which focuses their research uniquely on the soma because they do not possess the necessary instruments for the technical, direct investigation of the consciousness itself; dermatologies of the conscin.

Desoma (*de + soma*) - Somatic deactivation, near and inevitable for all conscins; final projection, *first death*, biological death, monothanatos. Desoma or more specifically *first desoma* is the deactivation of the human body or soma. *Second desoma* is the deactivation of the energosoma. *Third desoma* is the deactivation of the psychosoma.

Destructive Macro-PK - Harmful PK (*psychokinesis*), capable of causing injury to the conscin, that could even be fatal to the soma.

Dimener (*dim + ener*) - Energetic dimension of the consciousnesses; energosomatic dimension; *three and a half* dimension. The natural dimension of the energosoma.

Domicile holothosene - Physical base; energetically shielded bedroom; extraphysical clinic (*offiex*).

Dream - Intermediate natural consciential state between the ordinary physical waking state and natural sleep, characterized by a set of ideas and images that present themselves to the consciousness. The bad dream which has as an effect of agitation, anguish and oppression during its development, receives the names: *nightmare, nocturnal terror or nightmarish hallucination*.

Egokarma (*ego + karma*) - *Principle of cause and effect*, acting on the evolution of the consciousness, when exclusively centred on the ego itself. State of free will tied to childish egocentrism.

Egothosene (*ego + thosene*) - The same as self-thosene; the *unit of measurement of consciential egotism*, according to Conscientiology, or more appropriately, Conscientiometry.

Energetic coupling - Interfusion of the energosomatic energies between 2 or more consciousnesses.

Energetic intrusion - Invasion of a consciousness by another through the CEs (consciential energy) or the energosoma (holochakra).

Energosoma (*energo + soma*) - Energetic parabody of the conscin; holochakra.

Energosomatic existence - Intrapysical or human life of the conscin.

Energosomatic intrusion - Invasion of a conscin by another through the energosoma (holochakra); energetic intrusion; energosomatic intrusion.

Energosomatic looseness - Condition of relative freedom of action of the energetic parabody of the conscin, with respect to the psychosoma and the soma.

Energosomatic seduction - Energetic action, with the more or less conscious intention, of a consciousness to dominate another or others.

Energosomaticity - Quality of the manifestations of the conscin derived from the energosoma.

Energspring (*ener + spring*) - Energetic springtime; personal condition, more or less long-lasting, of a peak level of healthy and constructive consciential energies (CEs)

Energspring by two - Energetic springtime of the evolutionary duo, in which the partners truly love each other and fully dominate the application of their healthy consciential energies (CEs), with full lucidity, constructing their existential programme through consciential gestations.

Enumerology - Didactic technique of elaboration and processing of text centred on the techniques of informative self-criticism and listing.

Epicon (*epi + con*) - Consciential epicenter, key conscin for the operation of epicentrism, who becomes a fulcrum of lucidity, assistantiality and interdimensional constructiveness, through the offiex or extraphysical clinic. It has a direct relation with penta (Pentaology). Plural: *epicons*.

Euphorex (*euphor + ex*) - Condition of extraphysical euphoria, after somatic deactivation, generated through the reasonable completion of the existential programme; *postmortem* euphoria; paraeuphoria; post-desomatic euphoria. Euphorex can affect the lucidly projected person.

Euphorin (*euphor + in*) - Condition of intraphysical euphoria, prior to somatic deactivation, generated through the reasonable completion of the existential programme; *premortem* euphoria. Ideal predisposing condition for a positive maxiexistential moratorium.

Evolutionary duo - Two consciousnesses who interact positively in joint evolution; existential condition of evolutionary cooperation by two.

Evolutionary Orientor (Evolutiologist) - Consciousness who coadjutates the intelligent coordination of the proexis, or of the consciential evolution of one or more consciousnesses, in the

same groupkarma. The evolutionary condition between the permanintfree and the serenissimus (Homo sapiens serenissimus). According to the Thesaurus of Conscientiology this expression is more appropriate than evolutionary orienter.

Existential inverter - Conscin who executes existential inversion in the intraphysical life.

Existential recycler - Conscin who disposes themselves to the execution of reexis.

Existential self-mimicry - Imitation by a conscin, of life occurrences or past experiences, from the current life or from previous existences.

Extraphysical - Relative to that which is outside, or beyond the *intraphysical* or human state; a consciential state *less* physical than the body.

Extraphysical approach - Contact of one consciousness with another in the extraphysical dimensions.

Extraphysical catatonia - Fixed condition of the conscin, when projected, who maintains stereotyped, repeated and generally useless or dispensable extraphysical acts with respect to their evolution.

Extraphysical community - Parapopulation group or life in common and meeting of consciexes in an extraphysical dimension.

Extraphysical helper - Consciex who aids and assists a conscin or various conscins; extraphysical benefactor. Equivalent archaic expressions, worn out and antiquated through continuous usage: *guardian angel; angel of light; spiritual guide; mentor*.

Extraphysical marauding - Action of a group of energivorous consciexes, including extraphysical blind guides, in paratropospheric dimensions for the purpose of vampirising conscins. It usually happens surrounding celebrations or during intraphysical events which gather persons prone to collective intrusive victimization through consciential energies.

Extraphysical monitoring - Condition of assistance performed by healthy consciexes in favour of a balanced conscin, when they perform the also balanced task of consolation or clarification. It occurs with the consciousness who acts as a minipiece in the assistantial maximechanism.

Extraphysical precognition (Latin: *pre*, before; *cognoscere*, to know) - The perceptive faculty through which the consciousness, fully projected outside the human body, becomes aware of unknown upcoming facts, as well as objects, scenes and distant forms, in the immediate or distant future.

Extraphysical romance - Set of acts through which a conscin maintains a positive and healthy romance, while out of the body.

Free consciex (FC) (Latin: *con* + *scientia*, with knowledge) - A consciousness, or more specifically a consciex, who definitively freed themselves (deactivated) from the psychosoma or emotional parabody, and from the connections of the seriexises. It is situated after the *Homo sapiens serenissimus* in the *evolutionary scale's* hierarchy.

Geoenergy (*geo* + *energy*) - Immanent energy (IE) from the ground and the earth absorbed by the conscin through the *prekundalini*. Archaic expression: *telluric energy*.

Golden Cord - Supposed energetic element - similar to a remote control - which maintains the mentalsoma connected to the para-brain of the psychosoma.

Graphothosene (*grapho* + *thosene*) - The conscin's *those-nic signature*.

Grececx (*gr* + *rec* + *ex*) - Group of existential recyclers; intraphysical reunion and experience, together, in-group, with the objective of experiencing a planned existential recycling. Plural: *grecexes*.

Grinvex (*gr* + *inve* + *ex*) - Group of existential invertors; intraphysical reunion and experience, together, in-group, with the objective of experiencing a planned existential inversion. Plural: *grinvexes*.

Groupality - Quality of the evolutionary group of the consciousness; condition of evolution in group.

Groupkarma (*group* + *karma*) - *Principle of cause and effect* acting in the evolution of the consciousness, when centred on the evolutionary group. State of individual free will linked to the evolutionary group.

Groupkarmic course - Set of stages of the consciousness within the conscinial evolutionary group.

Groupkarmic interprison - Condition of groupkarmic inseparability of the consciential evolutionary principle or consciousness, generally still pathological, on this planet.

Groupthosene (*group + thosene*) - The sectarian, corporatist and antipolykarmic thosene; a groupthosene can also be constructive.

Gynochakra (*gyno + chakra*) - The woman's sexochakra (Gynosomatics).

Gynosoma (*gyno + soma*) - The feminine human body or body specific to a woman, specialized in the animal reproduction of the intraphysical life of the consciousness; the aphrodisiac body.

Gynothosene (*gyno + thosene*) - The thosene specific to feminine language and communicability.

Hallucination (Latin: hallucinatory, err) - Apparent perception of an external object not present at the moment; mental error in the perception of the senses without a foundation in any objective reality.

Heterothosene (*hetero + thosene*) - The thosene of others in relation to the researcher.

Holokarma (*holo + karma*) - Reunion of the three types of consciential actions and reactions - egokarma, groupkarma, and polykarma - within the *principle of cause and effect* acting on the evolution of the consciousness.

Holomaturity (*holo + maturity*) - Condition of the conscin's integrated maturity - biological, psychological, holosomatic and multidimensional.

Holomemory (*holo + memory*) - Causal memory, composed, multi-millennial, multi-existential, implacable, uninterrupted, personal, which retains all the facts relative to the consciousness; multi-memory; polymemory.

Hologasm (*holo + orgasm*) - Holosomatic orgasm; maximum level of ecstasy generated by the energies of the entire holosoma.

Holosoma (*holo + soma*) - Set of vehicles of manifestation of the consciousness: soma, energosoma, psychosoma and mentalsoma; and from the consciex: psychosoma and mentalsoma.

Holosomatic homeostasis - Healthy integrated state of harmony of the holosoma.

Holosomatic interfusion - State of maximum assyms between 2 consciousnesses.

Holosomatic intrusion - Invasion of a consciousness by another through the entire holosoma.

Holosomatics - Specific study of the holosoma.

Holothosene (*holo* + *thosene*) - Thosenes aggregated or consolidated. Outdated synonym: *egregora*. This word generates resistance in a large range of serious science readers.

Homo sapiens serenissimus - Consciousness experiencing the full extent of the integral condition of lucid serenism. Synonym in common use: *Serenissimus*.

Homothosene (*homo* + *thosene*) - The thosene of telepathic emission and reception; the *unit of measurement* of telepathy, according to Conscientiometry.

Hyperacuity - Quality of maximum lucidity of the conscin attained through the recuperation of cons.

Hyperthosene (*hyper* + *thosene*) - The heuristic thosene; the original idea of the discovery; the neophilic thosene; the *unit of measurement of the invention*, according to conscientiometry.

Hypnagogy (Greek: *hipnos*, sleep; and *agogós*, conductor) - Transitional condition of the consciousness between the ordinary physical waking state and the state of natural sleep. It is an altered state of consciousness.

Hypnopompy (Greek: *hipnos*, sleep; and *pompikós*, procession) - Transitional condition between natural sleep and the physical waking state; the semi-asleep state which precedes the act of waking up, characterized by oneiric images with auditory effects and hallucinatory visions which last until awakening. It is an altered state of consciousness.

Hypothosene (*hypo* + *thosene*) - The same as the *protothosene* or the *phytothosene*.

Immanent Energy (IE) - Primary, vibrational, essential, multiform and impersonal energy diffused and dispersed throughout all the objects or *realities* of the universe, in an omnipotent

manner. It remains untamed by the human consciousness, and is too subtle to be discovered and detected by technological instruments (Base year: 2006).

Incomplete couple - A pair composed by a man and a woman who do not actually compose an intimate couple or perform the complete sexual act, but do nonetheless maintain strong affective ties.

Incomplexis (*in + complexis*) - Existential condition of a conscin with an incomplete existential programme.

Integrated maturity - State of more evolved consciencial maturity, beyond the biological or physical maturity, and of the mental or psychological; holomaturity.

Interconsciencial climate - Condition of multi-understanding during an interconsciencial meeting, established through an affinity of thosenes, especially charged in the CEs or consciencial energies.

Interconsciencial intrusion - Action exerted by one consciousness over another.

Intermissibility - Quality of the intermissive period of a consciousness.

Intermission - Extraphysical period of the consciousness between 2 of their personal human lives.

Intermissive course - Set of disciplines and theoretical experiences administered to the consciex, after a certain evolutionary level, during the period of consciencial intermission, within the *cycle of personal existences*. The objective of the intermissive course is consciencial completism in the next human life.

Intervivos Apparition - Apparition of the consciousness of a projected human projector to conscins.

Intraconsciencial compensation - Conscienciometric technique based on the use of one's maximum consciencial attribute or most developed trait (strongtrait) to overcome the less developed consciencial attributes (weaktraits) of one's consciencial microuniverse.

Intraconscienciality - Quality of the specific intimate manifestations of the consciousness; the central megafocus of self-conscienciality.

Intraphysicality - Condition of the conscin's intraphysical human life, or existence.

Intrathosene (*intra + thosene*) - *Intraconsciential thosene* of the conscin.

Intrusion - Sick interconsciential thosenic intrusion. Equivalent anachronistic worn out expression: possession; there are numerous conscins who defend themselves against this word.

Intrusive Stigma - An always dramatic, generally pathological, failure or evolutionary defeat, usually stemming from consciential self-obsession that generates melin or melex. It often results in parapsychic accidents for oneself or those most close or loved consciousnesses.

Invexability - Quality of the execution of existential inversion.

Invexis (*inv + exis*) - *Technique of existential inversion* performed by a conscin.

Locked existence - Human existence without the occurrence of CPs; tropospheric human life with only vegetative, unconscious projections, characteristic of the state of evolutionary para-coma; locked serial existence.

Lucid Projectability (LP) - Lucid projective, paraphysiological quality of the consciousness, capable of discoincidence or taking the vehicles of manifestation out of the condition of alignment, including through the impulsion of the will power.

Lucidity-recollection binomial - Set of 2 indispensable conditions for the conscin to obtain a completely satisfactory lucid projection out of the body.

Macrosoma (*macro + soma*) - Extraordinary or *super-customized* soma for the execution of a specific existential programme, from Paragenetic, Psychosomatic and Holomnemonic.

Maxienerspring (*maxi + enerspring*) - Condition of a prolonged or maximum energetic springtime.

Maxifraternity - Most evolved universalistic interconsciential condition, founded on the pure fraternity of a self-unforgiving and hetero-forgiving consciousness, an inevitable goal in the evolution of all consciousnesses.

Maximorexis (*maxi + mor + exis*) - Condition of a larger existential morexis or one that comes to the conscin who is a *completist*, in the quality of an add-on or addendum (on the basis of a surplus), with respect to the existential completion of their proexis; therefore, the execution of a *healthy extra* to a concluded existential mandate.

Maxiproexis (*maxi + proexis*) - Maximum existential program, *wholesale*, or with the intent of executing the task in relation to the experience of universalism and maxifraternity, with a polykarmic basis. The maxiproexis essentially depends on the groupkarma (groupkarmality).

Maxithosene (*maxi + tho + sen + ene*) - The thosene peculiar to the FCs or Free Consciex.

Megagoal - The greatest objective of the consciousness' self-evolution.

Megapower - The evolved condition of the consciousness' magnum cosmoethical lucidity.

Megastrongtrait - The maximum strongtrait of the consciousness.

Megathosene (*mega + thosene*) - Same as orthothosene.

Megaweaktrait - The maximum weaktrait of the consciousness.

Melex (*mel + ex*) - Condition of *extraphysical melancholy*, or post-desomatic or *postmortem* melancholy; paramelancholy.

Melin (*mel + in*) - Condition of *intrapysical melancholy* or *premortem* melancholy.

Mental projective target - Predetermined target which the conscin wishes to reach through will power, intention, mentalization and decision, once lucid outside their physical body.

Mentalsoma (*mental + soma*) - Mental body; the *parabody* of self-discernment of the consciousness. Extraphysical tool of consciexes and conscins. Plural: *mentalsomas*.

Mentalsomatic cycle - The cycle or evolutionary course of the consciousness which begins with the newly attained condition of FC, or Free Consciex, in which the psychosoma is definitively deactivated (third death) and the consciousness lives exclusively with the mentalsoma.

Metasoma (*meta + soma*) - Same as the psychosoma, extraphysical instrument of consciexes and conscins.

Minienerspring (*mini + enerspring*) - Condition of the minimal or ephemeral energetic springtime.

Minimorexis (*mini + morexis*) - Condition of a smaller scale existential moratorium or one that comes to the *incomplete* conscin in order to make up their *holokarmic deficit* (deficit bases) or to conclude the condition of existential completion with respect to its existential programme; therefore the completion of a still uncompleted and deficitary existential mandate.

Miniproexis (*mini + proexis*) - Minimal existential program, *retail like*, or with the objective of executing a minimal task, still groupkarmic and not polykarmic.

Minithosene (*mini + thosene*) - The thosene specific to a child sometimes as a result of the brain still in development.

Mnemonic intrusion - Collision of the intrusive memory of a consciex over the cerebral memory of a conscin (*paramnesia*).

Mnemosoma (*mnemo + soma*) -The soma considered specifically with respect to the memory of the consciousness in all its forms.

Monothanatos - Same as the *desoma*; *first death*.

Monothosene (*mono + thosene*) - The repetitive thosene; mono-ideism; the fixed idea; the mental echo; *rethosene*.

Morexis (*mor + exis*) - Condition of the existential moratorium, or a complement to the intraphysical life, given to certain consciousnesses based on their holokarmic merit. The morexis can be based on a deficit - smaller - minimorexis; or a surplus - larger - maximorexis, with respect to the results of the proexis.

Morphothosene (*morpho + thosene*) - The thought or set of thoughts when united and expressing themselves in some fashion, as a *form*. Archaic expression, no longer used: *thoughtform*. The accumulation of morphothosenes composes the consciousnesses' holothosene.

Multicomplexis (*multi + complexis*) - Existential multi-completism or complexis obtained through the execution of various existential programmes (proexis) in diverse, consecutive intraphysical lives (Serixology).

Multidimensional self-awareness (MS) - Condition of mature lucidity of the conscin with respect to life in the evolved state of multidimensionality, attained through LP, or lucid projection.

Multiexistential cycle - The system or condition of continuous alternating cycles, at our average evolutionary level, with a period of intraphysical rebirth (a serial existence) followed by an extraphysical or intermissive period, post somatic deactivation.

Near Death Experience (NDE) - Involuntary or forced projective occurrence that is experienced by the conscin in critical human circumstances. The NDE is common among terminal patients, dying patients and survivors of clinical death.

Neophilia - Easy adaptation of the conscin to new situations, things and occurrences. The opposite is neophobia.

Neothosene (*neo + thosene*) - The thosene of the conscin when it manifests through new synapses or interneuronal connections, capable of creating recin or intraconscinial recycling; the *unit of measurement* of conscinial renovation, according to consciology or more appropriately consciometry.

Offix (*offi + ex*) - Extraphysical clinic of an intraphysical epicon. The extraphysical resources and installations of the offix are multiple and surprising. A domiciliary holothosene, however personal.

Oneirothosene (*oneiro + thosene*) - The same as the pathothosene.

Orgasmic aura (Latin: *aura*, breath of air) - Energosomatic energy of the *facies sexualis* of the man or woman at the exact moment of orgasm or climax of the sexual act.

Orthothosene (*ortho + thosene*) - The thosene that is correct or cosmoethical, pertaining to conscinial holomaturity; according to Consciometry, it is the *unit of measurement* of practical cosmoethics.

Pangraphy - Sophisticated and embracing multimodal para-psyche writing.

Para - Prefix that means *beyond*, or *besides*, as in *parabrain*. It also means *extraphysical* in the context of Consciology.

Parabrain - Extraphysical brain of the psychosoma of the consciousness in the extraphysical state (consciex), intraphysical (conscin) and projected, when through the psychosoma.

Paragenetics - The genetics relative to the inheritances of the consciousness, through the psychosoma, of lives prior to the human embryo.

Paraman - Consciex with the visual appearance of a man or a projected male conscin. Synonym, an aged expression worn out through excessive usage: male spiritual entity.

Parapathology - Pathology of the vehicles of manifestation of the consciousness, excluding the human body or soma.

Paraphysiology - Physiology of the vehicles of manifestation of the consciousness, excluding the human body or soma.

Parapsychic accident - Physical or psychological disturbance caused through sick energetic, interconscinial influences, generally of extraphysical or multidimensional origins.

Parapsychic signaletics - Existence, identification and self-conscious usage of the animic, parapsychic and personal energetic signals that all conscins possess.

Parapsychophysical repercussions - Reactions between two vehicles of conscinial manifestation, during the act of coming into contact with one another. This applies to the different vehicles of one consciousness, or between similar vehicles of two or more consciousness. Such repercussions can be intraphysical or extraphysical.

Parasaniary encapsulation - Temporary assistantial isolation and energetic annulment of thosenic manifestations of one or more sick conscins or consciexes - notably energetic, intrusive or those related to intrusion. It is analogous to the sanitary isolation that exists in hospitals for the treatment of patients with infectious and contagious diseases or high levels of radioactivity or toxic contamination.

Parathosene (*para + thosene*) - Thosene specific to a consciex.

Parawoman - Consciex with a visual appearance of a woman or an intraphysical female consciousness. Synonym, an aged expression worn out through excessive usage: female spiritual entity.

Passes to the dark - Popular expression for the daily, technical transmission of consciencial energies, or CEs, by a conscin with the permanent assistance of helpers, directly to consciences or a conscin projected or in the ordinary physical waking state. Technical expression: *penta* (personal energetic task).

Pathothosene (*patho + thosene*) - The pathological thosene or consciencial insanity; *mental peccadillo*; pathological will; sick intention; *cerebral rumination*.

Penile aura - Sexochakral energy around the penis, particularly when erect. It is noticeable by anyone motivated, especially through a self-examination by a man when sexually excited.

Penta (*pe + en + ta*) - Multidimensional, daily, personal energetic task. The individual who performs penta receives continuous assistance from the helpers on a long-term basis or for the rest of their life. Popular expression: passes to the dark.

Permanintfree (*perman + int + free*) - Intrapysical being or conscin that is totally and permanently intrusion free. They are fully aware of their quality of intrusionfreeness.

Permanintfreeness - Consciencial quality of the permanint-free.

Personal experience - Practical, personal, direct and non-transferable experimentation of the conscin along their evolutionary path.

Personal principles - Set of values and initiatives chosen by the consciousness that guide their consciencial life. It is based on holomaturity, multidimensionality and experienced cosmoethics.

Phenomena concomitant to CP - That which occurs in the *spacetime continuum* or not, but simultaneously with the development of the experience of the conscious projection, in a spontaneous and unexpected fashion.

Phenomena concomitant to the CP - That which occurs in the space-time continuum or not, but simultaneously with the development of the experience of the conscious projection, in a spontaneous and unexpected fashion.

Physical base - The safe place, chosen by the conscin to leave the inanimate or resting body, while projecting themselves

into other consciencial dimensions beyond the body. It is the projectogenic holothosene in the home and presents a direct relation to: the energetically shielded bedroom, penta, the epicon, the of-flex, the *projectarium*, the *precognitarium* and the *retrocognitarium*.

Phytothosene (*phyto + thosene*) - The rudimentary thosene of a plant; the *lexical unit* of a plant, according to Conscientiology.

Podosoma (*podo + soma*) - The soma considered specifically with respect to the application of the feet, or work occurring with the feet, for example, that of a soccer player.

Polykarma (*poly + karma*) - *Principle of cause and effect* acting in the evolution of the consciousness, when centred in the sense and experience of cosmic maxi-fraternity, beyond the ego-karma and groupkarma. Polykarma frees the consciousness from groupkarmic interprison.

Post-desomatic intermission - The extraphysical period of the consciousness immediately after their somatic deactivation or desoma (death).

Precognitarium - The physical base technically prepared for the production of precognitive CPs (conscious projections).

Precognition (Latin: *pre*, before; *cognoscere*, to know) - Perceptive faculty through which the consciousness, completely projected out of the human body, becomes aware of indeterminate facts, including objects, distant scenes and forms, regarding the future.

Precouple - Initial preliminary condition of practical human sexuality within intraphysical society.

Pre-intraphysical mandate - Existential programme for the human life planned before the intraphysical rebirth of the consciousness; proexis.

Prekundalini - Secondary plantochakra. There are two plantochakras in the holosoma of the conscin. An expression peculiar to conscientiology.

Pre-serenissimus - A conscin or consciex, who does not yet live with lucid serenism.

Presomatic intermission - The extraphysical period of the consciousness prior to their intraphysical rebirth.

Primothosene (*primo + thosene*) - The same as the *primary cause of the universe*; the first composed thought. There is no plural form for this noun.

Proexis (*pro + exis*) - The existential programme specific to each conscin in their serial existence.

Projectarium - Physical base technically prepared for the production of CPs.

Projectiocriticism - Science of projectiological criticism. It is a specialty of conscientiology.

Projectiography - Technical study of projectiologic accounts.

Projectiology (Latin: *projectio*, projection; Greek: *logos*, treatise) - Science that studies the projections of the consciousness and its effects, including the projection of CEs out of the holosoma.

Projectiotherapy - The science of the depurations and therapies derived from the researches and techniques of projectiology.

Projective phenomena - Parapsychic occurrence specific within the context of the research of projectiology, a specialty of conscientiology.

Projective recess - The existential phase of the conscin characterized by the spontaneous cessation – almost always temporary – of lucid projective experiences, within a sequence of intensive experiments.

Protothosene (*proto + thosene*) - The most rudimentary tho-sene; the same as the phytothosene or hypothosene.

Psychosoma (Greek: *psykhé*, soul; *soma*, body) - The emotional parabody of the consciousness; the objective body of the conscin.

Psychosomatic intrusion - Invasion of a consciousness by another through emotionality, or through the psychosoma.

Recexibility - The quality of the intraphysical execution of existential recycling (recexis).

Recexis (*rec + exis*) - *Technique of existential recycling* performed by the conscin.

Recin (*rec + in*) - The intraphysical, existential, *intraconsci-* ential recycling or the cerebral renovation of the conscin through

the creation of new synapses or interneuronal connections capable of allowing for an adjustment of the existential program, the execution of reexis, invexis, the acquisition of new ideas, neothosenes, hyperthosenes and other neophilic conquests of the self-motivated conscin.

Rethosene (re + thosene) - The repeated thosene. The same as the *monothosene*, fixed idea or monoideism.

Retrocognitarium - The physical base technically prepared for the production of retrocognitive CPs.

Retrocognition (Latin: *retro*, rear, *cognoscere*, to know) - The perceptive faculty through which the conscin becomes aware of facts, scenes, forms, objects, success and experiences belonging to the distant past, commonly related to their holomemory.

Retrothosene (*retro* + *thosene*) - The thosene specific to self retrocognitions; the same as the mnemotechnics' *engrama*; the *unit of measurement* of the retrocognition, according to consciometriology.

Robexis (*rob* + *exis*) - Existential robotization; the condition of the tropospheric conscin, excessively intraphysically or quadridimensionally enslaved.

Self-conscientiality - The quality of the level of self-knowledge the actual consciousness has; megaknowledge; self-cognition.

Self-mimicry - The consciential quality of existential self-mimicry.

Self-projection - The intentional, or provoked by will power, exit of the conscin into another consciential dimension, through the mentalsoma or psychosoma.

Self-thosene (*self* + *thosene*) - The thosene of the actual consciousness.

Self-unforgiver - A conscin who, in their self-discipline, does not forgive themselves with respect to errors and omissions, with the purpose of eliminating their conscious self-corruptions. This healthy condition should come before the equally healthy condition of *heteroforgiver*, a sincere, *universal forgiver* of all beings, forever. *This is a basic principle of megabrotherhood or the cosmoethic.*

Semiconscious projection - Oneiric experience in which the projected conscin realizes they are partially lucid, in an uncontrolled fashion. It is not an ideal conscious projection; a lucid dream.

Sene (*sen + ene*) - Sentiment and consciential energy.

Serenissimus - The popular name for Homo sapiens serenissimus. Plural: *serenissimi*.

Seriality - Quality of the consciousness subjected to serial existence or the succession of human lives.

Seriexis (*seri + exis*) - 1. The consciousness' evolutionary existential seriation; successive existences; the series of intraphysical rebirths. 2. Human or intraphysical life. Synonym, an aged expression worn out through excessive usage: *reincarnation*; this archaic word no longer reaches the serious people dedicated to the leading edge research of consciousness. Plural: *seriexises*.

Sexochakra (*sexo + chakra*) - The basic root or sexual chakra of the conscin. Old expression related to the CE of this chakra: *Kundalini (the serpentine fire)*.

Sexosomatology - Specific study of the soma with respect to the sex, or sexosoma, and its relations with the conscin, be it a man or a woman.

Sexothosene (*sexo + thosene*) - The sexual fantasy; according to Sexosomatology and Conscientiometrology it is the *unit of measurement* of mental adultery.

Sexsoma (*sex + soma*) - The soma when considered specifically in relation to its sex.

Sleep - The natural resting state in humans and higher animals especially characterized by the normal and periodic suppression of regular perceptual activity and voluntary movements, by relaxing the senses and muscles, through the reduction of circulatory and respiratory frequencies, and even dream activity, during which the body recovers from fatigue.

Sociex (*soci + ex*) - Extraphysical society or of the consciexes. Plural: *sociexes*.

Socin (*soci + in*) - Intraphysical society or of the conscins; Human society. Plural: *socins*.

Soma - Human body, the body of the individual from the Kingdom: *Animalia*, Branch: *Chordata*, Class: *Mammalia*, Order:

Primates, Family: *Hominidae*, Genus: *Homo*, Species: *Homo sapiens*, the most elevated level of animal on this planet; in spite of the exposed, most rustic vehicle of the conscin's holosoma.

Spermatic intrusion - Introduction of the man's sperm into the woman's sexosoma, during the sexual act.

State of suspended animation - The state in which the conscin has temporarily suspended the cellular body's vital and essential functions, later returning to its normal physiological conditions, in certain cases no damage to the individual's health occurs, cells survive in a state of human metabolic hibernation.

Strongtrait - The strong point or trait of a conscin's personality; a positive component in the structure of one's consciential universe that propels the consciousness' evolution.

Sub-thosene (*sub + thosene*) - Thosene charged with consciential energy from the abdominal sub-brain, most notably the energy from the umbilical-chakra; the *unit of measurement* of the abdominal sub-brain, according to Somatology and Conscientiometry.

Symas (*sym + as*) - Sympathetic assimilation; Sympathetic assimilation of CEs, or consciential energies, through the will power, usually with the decoding of the set of thosenes of the other consciousness or consciousnesses.

Symdeas (*sym + deas*) - Sympathetic deassimilation; Sympathetic deassimilation of CEs, or consciential energies, practiced through the impulsion of the willpower, normally through the VE or vibrational state.

Tachythosene (*tachy + thosene*) - The fast flow of thosenes, characteristic of the tachypsyche conscin.

Telethosene (*tele + thosene*) - Same as homothosene.

Theorice (*theor + ice*) - Experience of both theory (1%) and practice (99%) on the part of the conscin or consciex.

Thosen (*tho + sen*) - Thought and sentiment.

Thosenator - Instrument through which the consciousness manifests its thoughts and actions. In the specific case of the conscin the fundamental thosenator is the soma.

Thosene (*tho + sen + ene*) - The unit of practical manifestation of the consciousness, according to conscientiology, which

considers the thought or idea (concept), the sentiment or emotion, and the CE (consciential energy) as whole, in an indivisible fashion.

Thosenic intrusion - Invasion of one consciousness by another through the mentalsoma.

Thosenity - The quality of someone's thosenic consciousness.

Trithanatose - Deactivation and discarding of the psychosoma by the consciousness, *Homo sapiens serenissimus* entering the condition of free consciousness (FC); *third desoma*.

Umbilicalchakra (*umbilical + chakra*) - Chakra located above the navel. Related to the (abdominal) physiology and parapsychology of the conscin.

Universalism - Set of ideas derived from the universality of the basic laws of nature and the universe. As a result of our natural evolution universalism inevitably becomes the dominant philosophy of consciousness; cosmism.

Vehicle of consciousness - Instrument or body that enables the consciousness to manifest in the intraphysical (conscin) and extraphysical dimensions.

Verbaction (*verb + action*) - Coherent interaction between *what is said* and *what is done* by a consciousness; result of one's words being ratified by one's actions.

Vibrational State (VS) - The technical condition of the dynamization of the energosoma's energies through the impulsion of the will.

Virus of intraphysical society - Any social *weak* trait in the intraphysical life of a human consciousness.

Volitional intrusion - The invasion of the will of a consciousness over another through heterosuggestion, heterohypnosis or external induction.

Waking Discoincidence - The parapsychic condition of the conscin - projector - in which it becomes aware of the psychosoma out of the state of coincidence, during the full physical vigil, without feeling completely integrated to the body, generating an intensification of the paraperception and of energetic and parapsychic phenomena.

Weaktrait - The weak point or trait of a conscin's personality; a negative component of the structure of one's consciential universe that the individual is not yet able to overcome.

Xenophobia (Greek: *xenos*, strange; *phrem*, mind) - The state of human consciousness outside of the waking state's normal pattern, induced by physical, physiological, psychological, pharmacological or psychic agents.

Xenothosene (*xeno* + *thosene*) - The intrusive thosene of an intruder in the occurrences of thosenic intrusion; *mental wedge*; the *unit of measurement* of interconsciential intrusion, according to Thosenology and Conscientiometry.

Zoothosene (*zoo* + *thosene*) - The thosene of an unaware subhuman animal; the *unit of measurement* of a sub-human animal's consciential principle, according to thosenology and Conscientiometry.

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CONSCIENCIOCENTRIC INSTITUTIONS (CIS)
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CIs. The Conscientiocentric Institutions – CIs – are organizations whose purposes, methodologies of work and organizational models are based in the *Consciential Paradigm*. The main activity of the CIs is to support the evolution of the consciousnesses through the *clarifying task* guided by the *cutting edge relative truths*, found in researches in the field of the Science Conscientiology and its specialties.

Volunteer. Every Conscientiocentric Institution is an independent association, of private character, non-profit and maintained predominantly by volunteer work of teachers, researchers, administrators and professionals of several areas.

CCCI. The set of Conscientiocentric Institutions and Conscientiology's volunteers in the planet composes the *International Cosmoethical Conscientiological Community* which currently consists of 25 CIs.

AIEC – ASSOCIAÇÃO INTERNACIONAL PARA EXPANSÃO DA CONSCIENCILOGIA
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