

Self-scientific Gesconography

Gesconografia Autocientífica

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Abstract:

This paper addresses the importance of publishing self-research gescons qualified by self-scientificity for the consciential paradigm. To start discussing the *technical development of the cosmovision of this topic*, in this case, *self-scientific gesconography*, the author based herself on the analysis of seven conscientiological specialties. This analysis highlights the role of claritaskal and theatical writing in self-research for self-evolution, whether through the enhancement of recins or through interassistance. Furthermore, the analysis indicates the relevance of a *self-scientific gescon* in multiexistential self-relay, in the groupkarmic process of building the science conscientiology, and for the start of polykarmic assistance.

Resumo:

Este artigo aborda a importância para o paradigma consciential das publicações de gescons autopesquisísticas, qualificadas pela autocientificidade. Para o início do *desenvolvimento técnico da cosmovisão do tema*, neste caso da *gesconografia autocientífica*, a autora fundamentou-se na análise de 7 especialidades conscienciológicas. Tal análise evidencia o papel da escrita tarística e teática das pesquisas sobre si mesmo para a auto-evolução, seja pela potencialização das recins ou pela interassistência. Além disso, denota a relevância da *gescon autocientífica* no autorrevezamento multiexistencial, no processo grupocármico da construção da ciência Conscientiologia e no início da assistência policármica.

Resumen:

Este artículo aborda la importancia, para el paradigma consciential, de las publicaciones de gescones autoinvestigativas, cualificadas por la autocientificidad. Para el inicio del *desarrollo técnico de la cosmovisión del tema*, en este caso de la *gesconografía autocientífica*, la autora se fundamenta en el análisis de 7 especialidades conscienciológicas. Este análisis evidencia el papel de la escritura tarística y teática de las investigaciones sobre sí mismo para la autoevolución, sea por la potencialización de las recines o por la interassistencia. Además, denota la relevancia de la *gescon autocientífica* en el autorrelevamiento multiexistencial, en el proceso grupocármico de la construcción de la ciencia Conscientiología y en el inicio de la asistencia policármica.

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INTRODUCTION

Self-researchology. One of the pillars of conscientiology is self-research, “the study of oneself with all the evolutionary consequences arising therefrom, where the researcher, man or woman, is at the same time the object, the experimenter, the subject, the voluntary self-guineapig, and the field of research” (Vieira, 2003, p. 1,095), with self-researchology being synonymous with conscientiology, according to the same author (2023, p. 5,627).

Self-scientificity. For the consciential paradigm, self-research publications are important for the consolidation of the science of conscientiology and a means of providing claritaskal assistance. The more self-scientific the conscin is in their self-research process, the greater the chances their production being of quality. Furthermore, according to Vieira (2023, p. 28,557), the unit of measurement of self-scientificity is recin. Therefore, self-scientificity is also an optimizing element in the evolution of consciousness, since the more recins, the more self-scientific consciousnesses becomes.

Construction. Considering the relevance of the *trinomial: self-research–self-scientificity–gesconography*, it is possible to construct the definition of *self-scientific gesconography* based on the meaning of self-research gesconography and self-scientificity.

Self-research gesconography is the graphothosenic production developed based on self-research of oneself, authors included, exposing their personal labcon in a direct or indirect way, providing claritaskal self and heteroassistance (Kauati, 2023, p. 17,248).

Self-scientificity is the quality of self-knowledge and the systematic and theatical way of acquiring it, without beliefs or dogmatism, obtained through continuous investigation of one's own consciousness, with a multidimensional, multivehicular, multiexistential, cosmoethical, and pro-evolutionary approach, using self-research and conscientiometric techniques, with methodological rigor (Kauati, 2023, p. 3,685).

Definition. *Self-scientific gesconography* is a graphothosenic production developed based on research of oneself, carried out systematically and theatically, without beliefs or dogmatism, providing claritaskal self and heteroassistance, based on the clear explanation of the application and results obtained with the self-research techniques used.

Importance. Graphoclaritask promoted through a self-scientific gescon is optimized by the quality of the clarification provided by the clear explanation of the methods, techniques, and instruments used by the researcher, thus facilitating the reader's self-experimentation.

Motivation. The author was motivated to research *self-scientific gesconography* to take this topic into account as a self-evolution maximizing tool, for at least the following seven reasons:

1. **Autonomy.** Development of evolutionary autonomy.
2. **Self-relay.** Written work facilitates existential self-relay.
3. **Cognition.** Development of cognition about oneself and the cosmos through self-research and theoretical studies.
4. **Interassistance.** Self and hetero claritask promoted by a graphogescon, which could prove to be the beginning of polykarmic assistance.
5. **Positioning.** Multidimensional positioning of experience in the consciential paradigm.
6. **Recin.** Enhancement of recins through self-research techniques and methods.
7. **Theorice.** Favouring the recording in the brain, and possibly in the parabrains, of the theorice of self-research being done in a scientific way, through writing.

Science. As an evolutionary tool, *self-scientific gesconography* is still little explored from a scientific point of view in conscientiology, or other sciences, and one way to expand the cognition on the subject is through analysis from different perspectives, for example, through the eyes of different conscientiological specialties.

Methodology. The author conducted a preliminary study on *self-scientific gesconography* from the perspective of seven conscientiological specialties. Theoretical research and *ex-post-facto* analysis were carried out based on the

author's experience, especially in writing of the book *Síndrome do Impostor: Superação pela Autocientificidade* (Impostor Syndrome: Overcoming it with Self-scientificity) (Kauati, 2017), and also research on gesconography and self-scientificity.

Objective. The purpose of this paper is to highlight the importance for the consencial paradigm of publishing self-research gescons, applying self-scientificity.

Organization. The paper is structured in to seven topics, corresponding to the seven specialties that underpin this work, in the following order: 1. Self-experimentology; 2. Self-researchology; 3. Self-cognitiology; 4. Theatiology; 5. Paratechnology; 6. Gesconographology; 7. Interassistantiology.

I. SELF-EXPERIMENTOLOGY

Definition. *Self-experimentology* is the science applied to the studies or experimental research of the consciousness itself and of its vehicles of manifestation, based on observations of phenomena, facts, or para-facts, using or not intraphysical equipment for measurement and records (Kauati, 2017, p. 28).

Self-experimentology. From the perspective of self-experimentology, *self-scientific gesconography* requires planned experimentation, since from a scientific point of view and considering the consencial paradigm, it is necessary to qualify 99% of the practice of self-research, going beyond simple experiences lacking planning or technicity.

Self-research is the “study or research of one’s own consciousness by itself and of itself, with 1% theory and 99% practice, using techniques and instruments available in the consencial microuniverse and in the Cosmos, in which it is an observer, investigator, guineapig, agent, and participant of its own experiments aiming at self-evolution” (Kauati, 2023, p. 5,421).

Self-experimenter. According to Zaslavsky (2021, p. 438), the experience is purposely promoted and focuses on components with the specific intention of knowing, the experiment being non-spontaneous and, according to Paludeto (2007, p. 172), the researcher plans to promote the control and optimization of variables predisposing to a deeper and more advanced experimentation. In other words, self-experimentation is of paramount importance for the self-scientist.

The smartest research is the more planned research (Vieira, 1997, p. 55).

Planning. From the point of view of *self-scientific gesconography*, the author plans the experiments, considers the techniques and instruments to be used and makes notes in an organized manner for inclusion in their book, as self-research takes place.

II. SELF-RESEARCHOLOGY

Definition. “*Self-researchology* is the science applied to the studies or research of consciousness itself, by itself, using all available research instruments, at the same time in the consencial microuniverse and in the Cosmos” (Vieira, 2023, p. 5,625).

Classification. Considering self-researchology, authors Kauati, Nahas, and Oliveira (2022, p. 141 and 142) have defined two types of self-research based on the primary purpose:

1. **Primary purpose:** self-cognition.

Identifying self-research is the study of oneself, seeking to investigate, evaluate or measure facets of personal manifestation by conducting consciential anamnesis, in order to get to know oneself or promote a deeper understanding of one's intraconscientiality.

2. **Primary purpose:** intraconsciential recycling.

Recyclogenic self-research is the study of oneself, seeking to qualify, rectify, or overcome a certain nuance of the personal manifestation in order to effect self-renewal, promote, or sustain a thosenic neopattern.

Phases. Regardless of the type of self-research, for didactical proposes, Kauati, Lima & Pigozzo (2021, p. 351) state that self-research can be divided into five phases, listed below in logical order:

1. **Selecting a topic.**
2. **Delimitation of the self-research.**
3. **Bibliographic review.**
4. **Self-experimentation.**
5. **Self-analysis.**

Misalignment. According to Kauati, Nahas, and Oliveira (2022, p. 140), in self-research, the method of self-experimentation prevails as a priority (Zaslavsky, 2019, p. 147 to 158), whose definition is given by Zaslavsky (2020, p. 437): “*conscientiological self-experimentation* is the scientific method characterized by the self-evolutionary testing of consciential variables in a controlled vehicle misalignment”.

Characteristics. In addition to the relationship between self-experimentology and self-researchology, illustrating the importance of studying the multispecialties of the subject of this paper, in the verbet *Autopesquisologia* (Self-researchology) (Vieira, 2023, p. 5,625 and 5,628), of the 46 structuring facets of conscientiological self-research, seven specialties are cited as being synonymous, as listed below in alphabetical order:

1. **Conscientiology:** the science of sciences, strictly speaking, synonymous with self-researchology due to the neoparadigm by which the consciousness is the object of its own research.
2. **Omniresearchology:** synonymous with self-researchology in the field of cosmovisiology.
3. **Self-cognitiology:** synonymous with self-researchology in the field of intraconscientiology.
4. **Self-conscientiometry:** synonymous with self-researchology in the field of conscientiometry.
5. **Self-conscientiotherapy:** synonymous with self-researchology in physical and mental health.
6. **Self-experimentology:** synonymous with self-researchology in the area of methodology of individual research.
7. **Self-thosenology:** synonymous with self-researchology in the field thosenology. The thosenology laboratory is the *Self-researcharium*.

Disciplinarity. Kauati, Lima & Pigozzo (2021) reinforced that self-research permeates all conscientiological specialties because, according to the researcher Vieira (2023, p. 5,627), conscientiology is, strictly speaking, synonymous with self-researchology, therefore, it is interdisciplinary and multidisciplinary.

Definition. These same authors define *interdisciplinarity of self-researchology* as “property or characteristic of the science that studies personal consciousness itself and by itself, using all available research instruments, including various disciplines capable of providing diverse and convergent information, expanding the self-research approach” (Kauati, Lima & Pigozzo, 2021, p. 347 and 348).

Intelligence. *Self-scientific gesconography* can be carried out from the perspective of any specialty of conscientiology, and the self-researcher can use the various tools of this science. It is smart to study oneself from the angle of your own personal conscientiological specialty, taking advantage of the *know-how*.

III. SELF-COGNITIOLOGY

Definition. *Self-cognitiology* is the science applied to the studies and research of self-knowledge, theatrical capture, and self-aware experience of the realities and pararealities of oneself, that is, of the consencial microuniverse inserted in the Cosmos.

Identification. As mentioned above, one of the types of self-research is identification, which has as its primary purpose self-cognition. For this reason alone, self-cognitiology is already related to self-researchology and the theme of *self-scientific gesconography*. Moreover, self-scientificity falls within the specialty of self-cognitiology.

Quality. It is worth emphasizing that self-scientificity can, in addition to representing the quality of self-knowledge, also be considered as a trait of the consciousness.

Recyclogenic. Recyclogenic self-research is also related to self-cognitiology as recins are enhanced by self-cognition, and the entire process of this type of self-research expands knowledge about oneself.

Qualification. In order to qualify *self-scientific gesconography*, we can observe Table 1, which presents the comparison between pseudo-self-scientificity and self-scientificity, and was originally proposed by Kauati (2023, p. 3,689) in the *Autocientificidade* (Self-scientificity) verbet for the *Encyclopaedia of Conscientiology*, listed below in alphabetical order.

TABLE 1 – PSEUDO-SELF-SCIENTIFICITY / SELF-SCIENTIFICITY COMPARISON

No.	Pseudo-self-scientificity	Self-scientificity
01.	Absence of self-research methods	Self-research methods and paramethods
02.	Absolute self-certainties	Relative self-certainties
03.	Cardiochakrality	Coronochakrality
04.	Conventional laboratory	Conscientiological laboratory
05.	Eventual serendipity	Heuristic corridor
06.	Hetero-healing illusion	Self-healing
07.	Idolatry	<i>Binomial: admiration-discordance</i>
08.	Minigescon	Megagescon
09.	Parapsichology	Conscientiology
10.	Prevalence of hetero-experimentation	Prevalence of self-experimentation
11.	Prevalence of hetero-parapsychism	Prevalence of self-parapsychism
12.	Rational belief	Disbelief
13.	Rationalization of feelings	Mentalsomatic analysis of feelings
14.	Self-consoltask	Self-claritask
15.	Theory or practice	Theorice

Efficiency. Self-research improves self-cognition, and vice versa, regardless of whether it is identifying or recyclogenic. From the perspective of self-cognitiology, self-scientificity optimizes the self-research process, especially if self-claritask is considered, that is, self-clarification based on conscientiological research.

Self-claritask. The written work that clarifies self-research helps the author's cognition, due to the need to apply more rationality and logic to *translate* to readers the reasoning used in the self-research process, that is, self-scientificity qualifying the graphic gescon.

IV. THEATICOLOGY

Definition. “*Theaticology* is the science applied to the detailed study of a conscin’s understanding of the technique of living, with the 1% of theory, or *conscientiological holophilosophy*, and 99% of practice, or *evolutionary self-experience*, in human existence, with the consequent achievement of their existential program (proexis)” (Vieira, 2023, p. 31,977).

Theaticology. According to Theaticology, nothing replaces personal effort. In the context of self-researchology, it is best to apply the same equation in the long term: 1% of hetero-research, the centripetal theory, and 99% of self-research – the centrifugal personal experience (Vieira, 2023, p. 5,628).

Focus. The importance of theorice in self-research is explicit in the following definition by Kauati (2023, p. 5,421):

Self-research is the study or research of one’s own consciousness, by itself and of itself, with 1% theory and 99% practice, using techniques and instruments available in the consciential micro-universe and in the Cosmos, in which the consciousness is the observer, investigator, guineapig, agent, and participant in personal experiments aimed at self-evolution.

Theorice. The *trinomial: self-research–self-scientificity–gesconography* optimizes the process of self-evolution, not only because of the recins it promotes, but also with the quality of claritask provided through the theatrical example of researching into oneself, under the multidimensional and multiexistential paradigm, in a scientific and parascientific manner, free from beliefs or dogmatism.

V. PARATECHNOLOGY

Definition. “*Paratechnology* is the specialty of conscientiology applied to the study of consciousness technology within the approaches of the ‘whole’ personality and its consequences, employing all specific methodology for the expansion of self-knowledge of the conscin, including projective techniques in general” (Vieira, 2003, p. 115).

Importance. By the very definition of *self-scientific gesconography*, one can see the importance of the conscientiological techniques to carry out self-research and be more assistantial, by describing to the reader the step-by-step process of studying oneself and one’s recins.

Steps. According to *paratechnology, self-scientific gesconography* as described by Kauati (2022, p. 81 to 83), as a *technique of self-scientific gesconographic production*, is applied in four steps, as follows:

1. **Topic.** Choose the topic of self-research according to evolutionary needs. It may be a strongtrait to be assumed, an absentrait to be developed, or a weaktrait to be overcome.
2. **References.** Write about the subject based on extensive research on the topic in different lines of thought, for example, medicine, psychology, and philosophy, in addition to conscientiology, with the aim of obtaining cosmovision on the topic.
3. **Experimentation.** Apply existing or self-created self-research techniques, taking as many notes as possible, aiming for self-recycling.
4. **Finalization.** Make public the descriptions of the techniques you used and the results obtained, through the writing of a paper, verbet, or book.

Qualification. The *technique of self-scientific gesconographic production* can be applied in conjunction with the *self-deintruding gescon technique*:

“The *self-deintruding gescon technique* is the writing of a conscientiological book addressing the research of the self-mega-weaktrait, a priority topic for its author, chosen with self-discernment to maximize self-deintrusion and self-recycling in the evolutionary moment” (Haymann, 2012, p. 8).

Paratechnogenia. To dynamize consciential evolution, in addition to using self-research techniques, paratechnogenia, that is, the creation of paratechniques or multidimensional conscientiological techniques (Kauati, Nachbar & Quites, 2013, p. 230), is an important process for the development of the science conscientiology.

Instruments. Within paratechnology, it is important to highlight the use of appropriate instruments to apply self-research techniques. According to Kauati, Lima & Pigozzo (2021, p. 350), “the *self-research instrument* is the tool, device, or material used to conduct self-research, the most common being record and analysis spreadsheets, in addition to self-assessment questionnaires”.

Technicity. Technicity is a fundamental element for any science. For *self-scientific gesconography*, in particular, two subgroups of techniques – the self-research and the gesconographic ones – are essential for the reader to be able to replicate the graphed experiments.

VI. GESCONOGRAPHY

Curriculum. The item in the *curriculum* that will necessarily result in an increase in the balance of the *Personal Evolutionary File* is the **conscientiological book** (Vieira, 2019, p. 669).

Definition. For this author, *gesconography* is the science applied to the studies, specific knowledge, systematic and technical insights, and research into graphothosenic production that provides claritaskal self and hetero-assistance.

Effect. According to Nahas (2021, p. 17), “the conscientiological book is a watershed for the consciousness, as it modifies its intraconscientiality, can have a recyclogenic effect, and mainly be a source of discoveries”. The possible recyclogeny resulting from graphic gescon is reinforced if it is self-researched and even more so, if it is self-scientific, as it helps the author to promote the change of ancient-old thosenic habits, whether mystical, religious, or of a materialistic scientist.

Writing. Considering self-research enhanced by the writing of scientific papers and claritaskal books, a self-scientific graphic gescon can be optimized through the following eight steps, listed below in didactic order (Kauati, 2022):

1. **Topic.** Choose a self-research topic identical to that of the book to be written.
2. **Study.** Literature review and theoretical study aiming to understand the subject.
3. **Writing 1.** Writing the theory and references studied, helping to improve cognition on the subject and clarify the consciexes.
4. **Planning.** Selection and planning of the applications of self-research techniques and instruments, including the creation of neotechniques, if necessary.
5. **Writing 2.** Writing about the chosen self-research techniques and instruments, defining and describing them adequately, assisting the researcher in understanding the resources to be used.
6. **Experiment.** Carrying out experiments.
7. **Writing 3.** Writing to explain the experiments and the findings.
8. **Closing.** Completion of the work.

Gesconography. According to gesconographology, a self-scientific graphed gescon should include, for example, seven items, listed below in logical order, extracted from the paper *Gesconografia Autopsiquisística* (Self-Research Gesconography) (Kauati, 2021, p. 5):

1. **Theorice.** Theoretical examples.
2. **Technicity.** Description of the techniques and methods used.
3. **Theory.** Theory underlying the self-experiments.
4. **Self-experimentation.** Experiments conducted.
5. **Parapsychism.** Not only the facts, but also the parafacts.
6. **Results.** Self-research findings and analyses.
7. **References.** Bibliographical references.

Thematology. It is smart to combine self-research with gesconography and, according to Vieira (2019, p. 1,907): “if you have not yet found the topic for the book you intend to write, how about writing precisely about this subject: the ideal choice, in this modern world, among the **omnipresent dispersions** hampering consciencial evolution”.

Concomitance. It is important to emphasize that in self-scientific gesconography, writing occurs in parallel with self-research, enhancing the process, as the expansion of cognition promoted by the need to write a claritaskal text qualifies the author’s own research. Furthermore, it increases the hovering above one’s personal labcon, improving reflection and analysis of experiments and findings, reinforcing the self-research theorice and the connection with the book’s topic.

VII. INTERASSISTANTIOLOGY

Megagoal. The smartest megagoal of the book you are writing should be claritask (Vieira, 2019, p. 1,257).

Definition. “*Interassistantiology* is the specialty of conscientiology applied to the studies and research of the techniques of assistance, protection, support, and interconsciencial help, notably the effects on the holosomatic and multimillennial consciousness considered as a whole, with a view to holomaturity or the work of lucid solidarity between consciousnesses on the open path to megafaternity” (Vieira, 2023, p. 19,910).

Interassistance. According to interassistantiology, *self-scientific gesconography* is high-level claritaskal interassistance, as it is an advanced graphothosenic production of a scientific nature, containing techniques and methods used in self-research, exposing the researcher’s personal labcon.

Effects. It is difficult to measure the assistance made with a book, as in addition to the number of sales, there are live events, courses, and productions done before and after publishing it, such as the writing and defence of verbets for the *Encyclopaedia of Conscientiology*, and scientific papers. Reinforcing this idea, Nahas (2021, p. 14) states that the “predisposition of a conscientiological author to assist and be assisted opens up new fields of interassistance for which one may not be aware of their breadth in just one intraphysical lifetime”.

Graphoassistantiology. At this point, it is worth bringing the definition of *graphoassistantiology*: “specialty of conscientiology applied to the research of advanced interassistantiality promoted by parascientific and liberating writing, under the aegis of the consciencial paradigm and the principle of disbelief (PD)” (Cover, 2023, p. 17,442).

Self-assistance. The writing process promotes self-clarification through the expansion of cognition, resulting from the need to explain one’s own research process to others.

By-products. With the work in progress, a useful resource is the publication of by-products to test the target-audience and provide assistance without waiting for the book to be published. Verbets for the *Encyclopaedia of Conscientiology* and scientific papers are good examples of this. We would recommend prioritizing publications with in-person presentations, as interactions resulting for the presentation provide important information or feedback for the author.

Recinology. Furthermore, such publications on the same topic as the book optimize self-research and, hypothetically, the author's primary recycling is linked to the audience, those who need to be clarified, based on the researcher's example. If consciousnesses require specific claritask, this may be due to past mistaken examples, relating to graphothosenology, self-researchology, and interassistantiology.

Gescon. "A book is a personal demand aimed at the population's demand due to the multiexistential self-relay" (Vieira, 2019, p. 1,069).

FINAL CONSIDERATIONS

Relevance. Considering the importance of scientific production in the development of a science, and the fact that self-research is fundamental in the consciential paradigm, it is logical that self-scientific graphic gescons, with self-scientificity are highly relevant, deserving further in-depth studies on the subject.

Science. It is worth clarifying that theoretical research and graphic gescons on specialties are important for the construction of the science of conscientiology, being complementary to self-scientific gescons that are theatrical and validate the theories.

Cosmovision. In this article, seven specialties were studied as examples, but the more integrated they are in the analysis, the more the view of the subject will expand and the knowledge of the subject will be deepened from different angles.

Qualification. When carrying out this multi-specialty study, the author realized that it is possible to evaluate the self-scientific gesconographic quality by analysing each of the seven specialties presented in the paper. Here is a question for each one:

1. **Self-cognotiology.** Does this paper present evidence of the author's cognitive distortions?
2. **Self-experimentology.** Were the author's experiments planned?
3. **Self-researchology.** What is the level of self-scientificity of the self-research conducted by the author?
4. **Gesconographology.** Was writing carried out as a tool to optimize self-research?
5. **Interassistantiology.** Is her book assistantial, or is it just the result of the author's egoic process?
6. **Paratechnology.** What is the level of technicity of the self-research?
7. **Theaticology.** What is the level of the author's theaticity?

Analysis. The conscientiological multispecialty analysis of a topic can be structured as a technique for developing cosmovision and expanding cognition, not only about the subject, but on conscientiology itself.

Interparadigms. Within each specialty, it is valid to study different paradigms. In the case of self-scientific gesconography, interparadigmatic extrapolation is recommended (See Kauati, 2016, p. 11 to 21). However, it is recommended to be cautious not to make hasty transpositions, that is, not to "hastily and thoughtlessly use a certain construct, theoretical or practical, in a context other than the original one, considering only formal similarity or isomorphism, generating content distortions or fallacies", as Zaslavsky emphasized (2023, p. 33,219).

Continuity. The proposal to continue this work is to deepen the studies according to the seven conscientiological specialties presented here and, also, to expand this quantity, followed by the analysis of other self-scientific gesconographic productions.

Self-overcoming. The intelligent thing to do is for an author, even a veteran author, try and leave their conscientiological books obsolete still in this intraphysical lifetime, particularly the first books they published (Vieira, 2019, p. 302).

SELF-SCIENTIFIC GESCONOGRAPHY IS AN IMPORTANT EVOLUTION OPTIMIZER. IT IS SMART TO DEVELOP A COSMOVISION OF THE TOPIC THROUGH CONSCIENTIOLOGICAL MULTISPECIALTIES QUALIFYING ONE'S GESCONS.

Questionology. Have you, reader, ever tried self-scientific gesconographic production? If so, what were your evolutionary benefits?

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