

EVOLUTIONARY GROWTH AFTER MOVING TO COGNOPOLIS

Jaclyn Crowen

This article is a reflection of my experiences after moving to Brazil from Australia, revealing the challenges faced, the growth experienced and an exploration of the learnings had at the conscientiological campus in Cognopolis, Foz do Iguassu, Brazil.

In April of 2014, I moved from Australia to Brazil. In the time since much has happened, a lot of recycling and the readjustment of my life to a new reality. While there have been challenges and obstacles, there have also been many opportunities for growth and development. When I first arrived, I remember having an intuition that positive things I could not yet envisage would come my way and that I had made the right choice by moving to this optimized and potentialized holothosene of multi-dimensional self-learning and interassistance at Cognopolis.

Over time, I have observed that I have reached a better condition than when I first arrived, with greater stability and self-sustainability. Like any person who comes to a new place there is a period of adaption where you need to establish yourself in the new environment, develop professionally, socially, as well as in other ways to get to a sustainable level of living.

Following a close friend and fellow volunteer's suggestion, I decided to travel to Foz after a previous plan to live in another country was aborted. I wanted to think with the greatest amount of lucidity and discernment about what I wanted to do with my life, and if I would go back home to Australia or decide to go somewhere else. It was while I was doing an Acoplamentarium, a 3-day parapsychic course inside the CEAEC campus that a person I knew suggested that I live in Foz. It was as if a light bulb went off in my head. Of course, I could live here. Although I had previously spent 6 months in Foz in 2009, I had never thought about actually living here, but now it seemed like a very appealing idea. The idea continued to ferment in my mind, and then I took my decision.

After the honeymoon phase of being in a new place and the novelty of everything wore off, I entered my most challenging phase. Now I thought, I need to put the hard work in to make a life for myself. I thought of myself as a little kid who had to depend on others in order to communicate, to catch rides, and for those basic things needed when living in a new city, which I was completely ignorant about. Many times, I was very frustrated by the seemingly slow movement of my progress as I wanted everything in my life to be settled and stabilized right then and there.

On the other hand, I began to observe the level of support I was receiving from people around me. In particular, a few people went out of their way to help me in this beginning phase until I got on my feet. It was rather strange to have to depend on others after so many years of independence and as

soon as I could, I claimed my independence back. However, I will always be indebted to those people who helped me to adjust to a very different way of life here in Foz.

One issue I faced, which is common for people moving to a new country where they do not speak the same language, was my ability to speak a different language, in this case Portuguese. I did not want to make a mistake when speaking to others, and was very conscious that I was not able to communicate in the same way others did, becoming aware for the first time, that I had a very strong accent. It was peculiar, because in Australia, where everyone spoke in the same way as me, I did not stand out and therefore it was never an issue. Only when coming to live in Brazil did I become very aware of my different style of speaking compared to everyone else. Many times, I would opt to not say anything so as to not err in front of others. However, over time this left me feeling down. I even started to think that I was by nature a little antisocial and worried that people did not want to speak to me because I spoke so badly. But, it was mostly an outcome of the circumstances, and once I overcame this inhibition, and could speak a little better, I stopped feeling so insecure and spoke regardless of whether I made mistakes or not. When I met my evolutionary duo, he helped me a lot to improve my Portuguese and gain greater confidence, as he allowed me to make many mistakes without the slightest judgment. Nowadays, I notice that when giving English classes, some older students have the same issue and due to not wanting to look bad in front of others, do not say anything and stop attending. It is a challenge but it is something important to face and overcome, as it influences many other areas of your life.

I also began to become concerned about the fact that I was seen differently by other people. Before I was a tourist and therefore there was an expectation from both sides that you do not know anything and that you should be treated like a visitor. However, at times I was frustrated that I was still being treated by some of the local people as a tourist or foreigner, especially because I did not speak the language so well, and therefore a number of people assumed that I had just arrived and therefore treated me accordingly. They would say 'welcome', even after more than two years had passed. I am sorry to admit that I would also get upset at the numerous times when someone would try to speak English to me when I was trying so hard to speak in Portuguese to them. Could they not see that they were not helping me by speaking in English and making it even more difficult for me to integrate here? It was difficult for me to see that in fact they had the best of intentions and were trying to interact with me on my level, in my language.

I can say that, now after enough years have passed and I am now more fluent and speaking with greater confidence in Portuguese that it is less common for someone I do not know to speak to me in English. It is only when I sometimes make a mistake in Portuguese that this happens. Furthermore, I have developed a niche for myself as a native English speaker and realized that there is a strong demand for people to learn English, or have work translated, and I have come to accept and appreciate this role that spontaneously fell into my lap. Through this, I have embraced my difference and "foreignness" as I have come to recognize that it is part of my proaxis (existential program) and that people seek me out because of this difference, thus allowing me to assist more. Accepting my role and not thinking I need to be like everyone else has helped me enormously with integrating better in Foz.

In the first few years, I cannot say it was smooth sailing. At times, I was very frustrated with this perceived lack of comprehension from others towards me and my low productivity. I was seeing my weaknesses and inabilities more than my strengths and achievements. I was seeing a side of myself that I did not wish to see and thus I was more emotional and unbalanced. I was constantly sick and felt stressed. However, as it was my first time experiencing this I tended to think it might remain like this, however it doesn't; everything changes and if you continue working at something it eventually gets better. This was a big lesson to learn. In addition, I learned not to be so hard on myself when I was going through this challenging situation.

One of the biggest differences I saw between my old life back in Sydney and Foz was my level of productivity related to my proaxis. It took me more than three years to get back to the same level I had back in Sydney in which I could work efficiently in all the areas of my life that I believed were part of my proaxis. In the beginning I was focused more on solving the basic necessities of life, therefore the focus was more on survival. There was also a longer period of adaptation to the holothosenic form of the place, which included the culture, people, language, as well as getting used to the different rhythm in my life. I was now working as a teacher, which demanded greater energetic sustainability. I was also now volunteering in a different capacity, interacting with different people with different demands. Finally, I needed to energetically and extraphysically adapt to the environment where I was.

Now I realize it was an important transition to go through and that the skills and growth I gained during this phase of adaptation allowed me to reach a new level. The fact that I was able to reach the level previously had in Australia and overcome all the challenges and obstacles, means that I am now more resilient and able to face other challenges with greater competence. I think that the growth that happens when moving between places, when done for the right reasons, that is, when in alignment with one's proaxis, can have enormous benefits. Although it seems that the person took a step backwards, in fact, if the person is able to hold their ground and move past the obstacle, they have advanced from where they previously were.

However, for me to stay in Foz, I realized that it was important to work on recycling certain things, and although it is still a work in progress, I have taken steps to achieve greater self-sustainability.

The first thing I realized I had to do when I moved to Brazil, and the reality of the situation became strikingly apparent, was to drop all expectations that I had of my old life. This is not to say this was easy, because I had lived that life for more than 30 years and I was used to it. I had a reference of my life back in Australia in which I was familiar with the culture, society, government, city, rules and regulations that I could now no longer rely on. Reality was different and I had to accept this.

One of the biggest things, which has made me look at myself a little deeper and recycle certain aspects, is how other people saw me. As I was in a country where I was not a native, was not fluent in the language, was not always acting in the culturally appropriate way, and was at times unsure of things, I had to be okay with people thinking less of me and not assigning me the status that I had become accustomed to in Australia.

In Australia, our group of volunteers was particularly small and each person was seen as a very valuable member of the group. When I came to Cognopolis with its conscientiological community of about 1000, which did not include the constant flow of visitors from various Brazilian cities, I had the sensation of feeling a little lost in the crowd. I was one of many, and a lot of them had been volunteering for many years and had been exposed to numerous ideas that I had not. While I had an excellent fundamental understanding of conscientiology, not being able to speak Portuguese obviously limited me in accessing this broader body of information. This was compounded by the fact that I did not speak the language and stumbled over my words, at least in the beginning. For a while, I was trying to play catch up and prove to others who I was. Eventually after much anxiety and tension and constantly running after something which was unattainable I one day had an insight of the pointlessness of this. All this comparing was completely contrary to evolutionary principles and my own personal proaxis. It was also ignoring my own limitations and rhythm. My natural pace is to always keep moving and adding this additional stress to my life only caused me to be constantly anxious and less efficient. I now try to work at my own pace.

Another invaluable lesson I learned was this idea of cooperation rather than competition. I was unconsciously comparing myself and competing with others. I remember having an experience where during penta I was projected out of the body and speaking to some friends who were explaining to me these concepts of anti-competition and cooperation. The penny dropped and I suddenly got it, how to see people and the world this way. It resolved everything. It is such an agreeable state to be in and it removes anxiety and reinforces your relationship with others. There is no room for competition with others. Only for helping others and for others to help us, as we all move along together in our evolution.

Another important idea, which was essential for me to apply to a greater level, was this idea of paradiplomacy. I had certain values, which I had picked up from my own culture, and I believed that they and their subsequent actions were the correct way of doing things. For example, in Australia there is a particular idea of what respect means. To be respectful there means respecting the privacy of others, serving the person that arrives first and remaining with them until the payment is made, respecting the road rules and the other drivers, not being too loud so as to affect others, arriving to meetings on time, or at least calling beforehand to advise the person of any change, and that children and adolescents should respect adults by being more considerate and respecting the rules, etc. However, in Brazil, at least in the small city of Foz, I was soon to find out that some people had a slightly different understanding of this value of respect. Rather than becoming irritated and expecting that others needed to treat me and others a certain way, I needed to respect that things were done differently and not impose on others and restrict their level of manifestation. Therefore, while not agreeing with everything, and of course respecting my own limits, people were not going to change no matter how much I wanted them to. As such, I needed to respect the pararights of the others as well as interact with them in a way that respected their right to do things differently, and in the way that they felt were best.

Being here in Foz, there is a myriad number of things on offer to help you advance your evolution, and the tendency, at least for me, is to go full throttle and take advantage of everything by doing

courses, dynamics, volunteering, giving classes and writing, in addition to working. However, what has become apparent over time is the need for there to be a balance. To do things, which are important to me, such as things that relax me and that I enjoy doing, taking time out for rest, breaks and holidays. That while I immensely enjoy everything related to conscientiology, it is something different and pertains to the realm of work. At some point, I was working so much, both morning and night to get things done, like a machine that I noticed my thosenity starting to change and become more rigid. This affected all my relationships particularly with my partner and students. I now recognize more clearly, what my limit is and try to make sure I do not force things too much.

Slowly over time, I was able to rebuild and construct many things, which were invaluable in helping me with this adaptation, which I have included below.

Stable physical base. For the first few years, I was living in an apartment and when I moved to live in a house, I noticed very soon afterwards what a difference this made to my life. This included living in a house with a garden ensuring regular contact with nature, more ample and comfortable surroundings and a place to study. Having my own study space was very important to me in that I was able to create an ideal optimized place to sit and do my work. Over time, my study area has generated a holothosene of study and work that is constantly reinforced over time.

Health. For me, this was one of the most important things to get right. I had always eaten healthily in Australia and knew where to find the best quality foods, including organic produce. When I arrived in Foz, I realized that many of these products were not so visibly available and it took time to adapt to cooking in a different way. For a long time I also ate out for both lunch and dinner, which was not ideal, and I observed that this took a toll on my health with reduced immunity. After a trip to Australia where I reconnected with my health conscious family and my former healthier routine, I recovered this and started to cook more at home. I also started to take advantage of an organic farm close by that sold cheap and fresh vegetables. I realized it was possible to eat just as well as back home and with some small adjustments I began to cook those foods that I used to cook. One thing that helped enormously was doing an intolerance test, which clearly showed exactly which foods I had an intolerance to. I was forced to make strong changes in my diet cutting out all foods that contained gluten and dairy for example, which made a big difference to my energy levels and overall health. Also important was incorporating regular weekly exercise, which included walking and Pilates.

Pet. One thing that helped me establish myself and start to develop roots in Foz was the day I found my dog, Pippa. While walking some friends' dogs I came across a very small puppy, almost completely hidden from view by the tall grass. My first reaction was anger that anyone could abandon something so small and defenseless. I spent the night taking almost a hundred ticks off her, and we bonded. I found her 4 months after I arrived and she kept me company for the first phase while I was undergoing a more serious period of adaptation. After moving in with my evolutionary duo and his three cats, we ended up with a happy family of four pets.

Evolutionary duo. Having an evolutionary duo helped me enormously with this phase of adaptation, which included the mutual exchange of intimate affection. A partner, besides enjoying the time

spent together, is someone who you can talk to, depend on and be depended on in those more challenging times, thus providing a solid anchor and support. It also means facilitating each other's growth and development.

Friends and family. An important part of living a full and meaningful life is one's social relations. This is something, which I was never good at maintaining in Australia, and while I always formed strong friendships with people over the years, I had the tendency, when moving to a different phase in my life, to let friendships dwindle. However, in Foz, I have gained more and more insight into the importance of friendships and for the mutual exchange of affection. This is especially the case for many of us intermissivists living in Foz who do not have a family network, and in fact act as a surrogate family to each other. Over the years, I have developed a small but growing number of close friendships with people, which has helped me to positively deepen my roots in Foz. In addition, I have come to appreciate the effort put into maintaining a relationship with my family and closest friends back home.

Work. Another change that I have recently experienced was a change of mindset concerning my work. In Australia, I had just recently finished a master degree and had plans to establish myself as an urban designer. When I arrived in Foz, due to the high demand for Native English speakers, work as a teacher sort of fell into my lap. I always had the idea that one day I will study and do something interesting in Foz. At the same time, I was constantly thinking about leaving my work as a teacher and was often irritable with my students. The work seemed too challenging and I told myself that I did not understand the Brazilian school culture to be a good teacher. My style was more formal, respecting the teacher, not talking during class, etc. However, obviously some of the students thought and did otherwise. After speaking to a friend who specializes in orienting people in their professions, I realized that even though I had not planned to enter into this line of work, and perhaps was not something I would have necessarily sought out, it was something that I could possibly invest my time and energy in, at least for now. I did not need to spend years studying another career and just refine what I already had. As such, this new perspective made me accept the current situation more. I changed my view on how I related to my students as I realized that in a way I had been distancing myself from them. Therefore, this new outlook coupled with dropping my expectations, performing more energetic exercises and some assistance in penta, has helped me to better relate to the students and them to me. While this trait of irritability still emerges from time to time, I have noticed an overall difference in my relationship with my Brazilian students.

Volunteering. In Australia, I greatly enjoyed the volunteering work there and I missed it when I arrived. It was more straightforward in the sense that there was one option and it revolved around supporting the conscientiological office, marketing and giving classes, as well as occasionally producing articles. When arriving at Cognopolis, I was suddenly overwhelmed with the number of choices I had. I needed to decide which conscientiocentric institution best suited me, and knowing that by saying yes to one you are saying no to another. You only have a limited amount of resources, time and energy and you have to choose carefully.

On the other hand, there were a greater amount of opportunities and if chosen well, could help you to specialize and deepen your area of expertise in a certain area, therefore better qualifying your

assistance. For me, after having a parapsychic perception that my specialty was parasociology I decided to become a volunteer in Consecutivus, an institution that studies the consciousness over past lives. I decided to invest more in understanding about past lives and their influence on the consciousness today, also known as the science of seriexology. It has been an immensely rewarding experience in which I have discovered more about who I was, which groups and civilizations I was part of, etc. It has also helped me to better understand myself now, my way of being, help to realign myself better with what I need to do in this life and finally, reinforce my understanding of which groups I came here to assist.

At the same time, my special focus has been on expanding conscientiology to the world, and as there is such a massive amount of information that is still only available in Portuguese, the role of a growing number of conscientiologists is to translate, making this knowledge accessible to others. Besides translating books into English, I volunteer in a group that is producing a thesaurus of which more than 2500 entries are currently being translated. I am also holding weekly English classes helping people to improve their English and knowledge of conscientiology, thus enable them to teach classes in English outside of Brazil, or better receive tourists at CEAEC. Over time, there are more opportunities arising, partnerships are being forged, and joint activities are being developed between people outside of Brazil and within. Only this year, the first International event of its kind will be held in Strasbourg, France, which is believed to be attracting up to 300 people.

Penta. Another positive thing that happened to me was starting penta. Probably for the first year, I struggled with things, a constant low immunity and always feeling exhausted. However, after the first year, something began to change, and things started to flow a little better. I had more capacity for thinking about others and my immunity improved (also because I changed my diet and started cooking more at home) however, I think each factor positively contributed to the other and to this change.

Energy. With the positive change that started occurring through penta, I started to become increasingly aware of the positive benefits of moving energy. Actually, for a long period I neglected moving energy in a more constant and efficient way. However, over this past year I am feeling more lucid about this process and its real benefits. One of the biggest changes is a reduction in irritability, which I can say without a doubt had a relation with energetic intoxication.

Dynamics. Over the years, I was involved in energetic activities of assistance, also known here in Foz as a parapsychic dynamic. During these dynamics, various energetic and parapsychic activities including clairvoyance occurs in a group, where you donate energy for assistance to projected and extraphysical consciousnesses and you receive assistance as well. I have also developed my parapsychism over time, which invariably has helped my life outside the dynamic.

All of the above things have jointly contributed to my process of adaptation here in Foz. These changes are unperceived at the time, however over time can be observed in the feeling of general well-being that I experience here, a reduction in the number of crises and a greater level of productivity I am able to sustain.

Only by immigrating to another country did I become aware of a number of my strengths. This included having a set of skills that reflected my international mindset and defining more clearly my role to contribute in an interassistential way to the international activities of conscientiology.

In this life, since the age of 19, I have already done lots of traveling, including visiting the United States twice, New Zealand, China, Lebanon, Israel, England, Portugal, Germany, Argentina and Paraguay. This year I will travel to France. However, I only really became aware that I had an international mindset when I migrated to Brazil.

Through my self-research of past lives, I began to uncover that it was not the first time I had immigrated to another country and that in fact I had been doing this for a number of lives, revealing it as a strong aspect of my personality. While still not 100% confirmed, I discovered that my last three lives were related to the holothosene of travel and migration. In my last life, I emigrated from Russia to the United States, in the life before that I emigrated from England to Australia and in the possible third last life I traveled from Germany to study in the Netherlands. Another factor, which has resulted in me becoming more aware of these favorable traits related to migration and traveling is being part of the Jewish group, not only in this life but also over a number of past lives. The Jewish group spent over 2000 years experiencing a very high level of migration.

A course I did which contributed to this awareness was *Identification of the Retrocode*. The retrocode is that particular idea which represents the sum total of everything the consciousness did in their past lives until now, which can be positive, neutral or negative. During the course, I identified my retrocode as being connected with going to a new place and bringing new information, and changing what is there. It has a strong relationship with migration and reurbanization.

All of this made me reflect on the number of lives I migrated from one place to another, from one country to another, or one culture to another. What kind of skills did I pick up from these travels that gave me the set of skills I possess today? Also, all this information has helped me to more strongly assume the characteristics I have within myself and how I can qualify them even more going forward.

As such, I include here a number of skills that have helped me to adjust more easily to Brazil.

Adaptability. This is the ability of getting used to different and changing circumstances, making the best of the situation and being resilient. In my case, I came to Brazil largely on an impulse as my previous situation had changed. I only had two suitcases and very little money. I did not speak the language and had to start from scratch. Now four years on, I have greatly improved my situation financially, linguistically, affectionately, socially, culturally, and of course politically, thus gaining permanent resident status and all the benefits and relief that go with this legal status.

Detachment. This is the ability to put all one's focus in the place one is residing, not feeling homesick, and starting afresh with new connections to the place and people that live there. I noticed that in comparison to many people I know, when I go to a new place whether for travel or to live, I manage to completely focus on living my life there, do not experience homesickness, and almost forget the people and places I have left behind. I realized that it has helped me in successfully establishing myself in

Foz however at the same time; I need to make sure that I put effort into regularly maintaining certain important groupkarmic links with my family.

Frugality. The ability to save or live with very little, thus making the most out of the little you have, whether money or objects. When I first arrived in Brazil, I stayed at a friend's house for 10 days, then two months in another person's house before moving to a shared house where for a while I slept on a mattress on the floor. I ate less food to make ends meet as I was earning very little money.

Neophilia. An openness to new things, new cultures and different ways of thinking and behaving. While I love different cultures and all things different, I did have some trouble with reconciling certain values picked up from my own culture with those of the Brazilian culture. In order to understand the culture better, I researched about the differences between cultures and gave talks and workshops on the subject.

Since I moved to Brazil, I have noticed that the culture has influenced me in a positive way. While these cultural aspects are generalizations and not everyone in Brazil has these traits, they are still tendencies and are my experience as a foreigner, in which I make comparisons between the Australian and Brazilian cultures. Thus to end this article I would like to discuss some positive aspects of the Brazilian culture which have helped in my personal recycling.

Happiness. I observed that the supermarket employees at the end of the night appeared happy and were laughing and joking with each other. I am not sure if this is the case across all of Brazil however, this is something that struck me as different to the Australian culture. Only in pleasant circumstances, will people be joking. What is there to joke about working as a sales assistant in a low status job? However, here people can be in a seemingly menial or unpleasant situation and yet make the most of it, still managing to joke and not complain. Another situation I encountered was when I rode the bus with no air conditioning on a day with 40-degree heat. Yet, remarkably, even though everyone was profusely sweating, people were still in a good mood. I could not believe it! This is something very positive about the Brazilian culture. I know that this aspect has helped to mellow me out a bit and am no longer so irritable in disagreeable situations.

Femininity. The Brazilian culture has more defined gender roles for men and women, and women take greater care in their personal appearance. In Australia, the gender roles are a lot more relaxed and women have greater flexibility to dress in a more casual way. This has its pros and cons. When I first came to Brazil, I strongly noticed this difference. Over time, I started to become more interested in putting greater effort in my personal appearance and realizing that it makes a difference to how people interact with you, as well as your level of self-confidence. Also taking greater care in your appearance is something that I have come to appreciate more through the act of self-nurturing.

Conviviality. One thing that I think is nice about the Brazilian culture is this greater openness with people. When interacting with groups of people, the preciseness of what you say is less important than the fact that you say it and engage with the group. This has helped me to open up a lot more as I know that the person that I am talking to will be more receptive.

In short, the level of growth I experienced is much greater than if I had stayed in the same place and culture where I was raised. Moving to another place, at least once in your life, especially for evolutionary reasons, then making it your home and putting all your efforts into establishing your life there in a more permanent way is an essential evolutionary skill to develop and will positively permeate to all other areas of your life.

Jaclyn Cowen, 37 years old, lives in Foz do Iguassu, Brazil. She has a Bachelor's degree in Urban Planning and a Master's degree in Urban Design. Jaclyn has been a volunteer of conscientiology since 2007, a conscientiology teacher since 2010 and is currently a volunteer of Consecutivus, ISIC and CINEO. She is a verbetographer and penta practitioner. Email: jaclyn.cowen@gmail.com