

PACKED WITH  
VERY USEFUL  
INFORMATION

# IAC's Essential Guide to Consciousness & Astral Projection



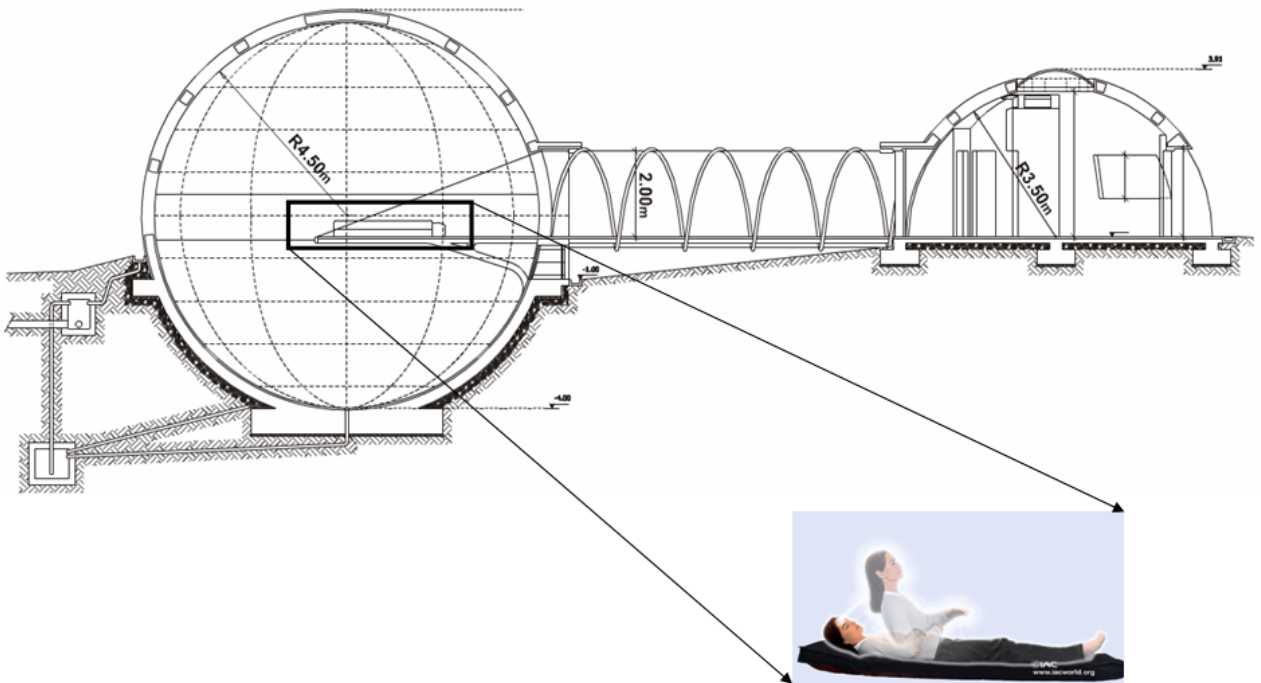
CONSCIOUSNESS DEVELOPMENT • OBE TECHNIQUES • PSYCHIC TRAINING

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# Introduction to Consciousness Research and OBEs



“ The true nature of the consciousness extends far beyond the boundaries of the physical brain ”

# The Consciential Sciences and Research

**Conscientiology is the science that studies the consciousness** (also popularly known as intelligent principle, soul, spirit or individual essence), taking into account all of its attributes, its capacity for parapsychic phenomena, and the fact that it has multiple lives and can manifest both inside and outside the physical body.

**Conscientiology differs from conventional sciences** in that its scientific foundation is based on a new, more advanced philosophical paradigm. Whilst conventional sciences consider reality to be tetra dimensional (physical only), conscientiology employs the consciential paradigm which acknowledges reality as multidimensional.

**The true nature of the consciousness extends far beyond the boundaries of the physical brain**, according to consciential sciences. This fact eludes the mainstream sciences, which consider consciousness to be generated by the physical brain, thus limiting themselves to materialistic research methodologies.

**Participative research is one of the main premises of conscientiology** as modern technology is still not sophisticated enough to detect the more subtle dimensions where the consciousness manifest itself. Participative research requires that the researcher be both the scientist and the object of study.

**Conscientiology relies on the inherent capacity of human being to leave the physical body with lucidity** in order to conduct scientific investigations in non-physical dimensions. The out-of-body experience is then the conscientiologist's main research tool as it provides opportunities to gather data from which conclusions about our multidimensional nature can be drawn.

**Projectiology is one of the more than 100 sub disciplines of conscientiology** and it is dedicated to the investigation of parapsychic phenomena, with emphasis on the out-of-body experience and the conscious use of bionenergy (chi, prana, vital energy, subtle energy). IAC research focuses on how to master and benefit from these phenomena.

# OBE: A Tool for Self-Research

**Although a fascinating experience in an of itself, the purpose of the out-of-body experience (or OBE) is to precipitate major personal evolution** by providing individuals with opportunities to perceive first-hand the invisible, yet real, non-physics dimension with which they interact all the time.

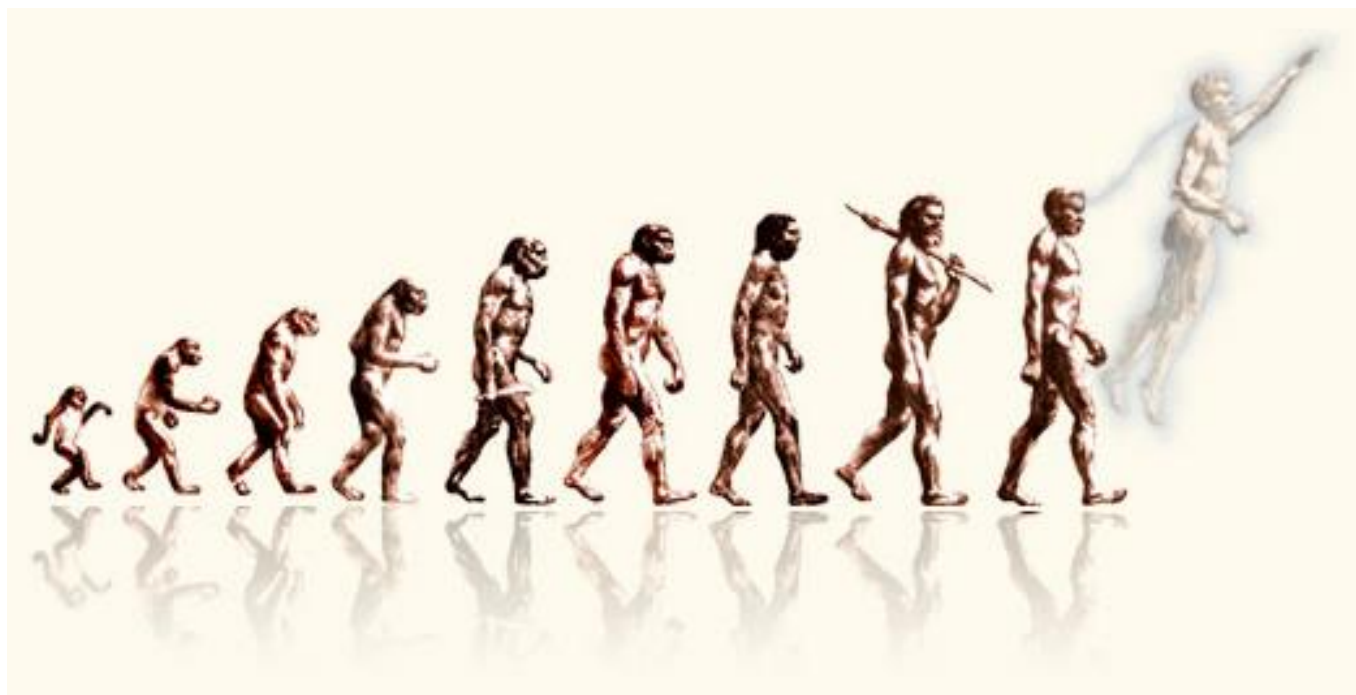
Some of the key benefits of the Out-of-Body Experience (OBE) are:

- Irrefutable personal evidence of life after death
- Excursions to places in both the physical and non-physical dimensions
- Encounters with persons (including friends and family) who have passed away
- Recall of the plan of action (purpose) for this life that was established prior to being born
- Increase of parapsychic abilities, extrasensory perceptions, energetic self-control and personal energetic defence
- Awareness of the energetic interactions with physical and non-physical individuals
- Assistance to those in need through the transmission of therapeutic energies while outside the body
- Direct communication with evolved non-physical individuals whose presence the great majority of people are not able to perceive
- Recall of past lives
- Expansion of self-knowledge and acceleration of the process of maturation of the consciousness



## CHAPTER 2

# Consciential Evolution: Personal Effort & Prioritization



“ Evolution requires change.  
Nothing evolves without  
change. ”

# Conscial Evolution: Personal Effort and Prioritization

**Evolution requires change. Nothing evolves without change.** In the case of human beings, the majority of changes depend on their will. It is important that one remains motivated to confront the intimate truth of his personal processes, which should be improved throughout the physical existences. It is possible to modify virtually everything in life.

Desire, a positive attitude, and disposition are necessary in order to overcome obstacles. Our "struggles" are in reality barriers resulting from sick patterns that we have inside ourselves, in our intra-conscial reality. As a consequence, these internal changes require personal efforts. The strength of the personality (ego?) comes about through centuries, in acts of determination and ethics which polish off the character.

**We are constructing our future with each second.** What we are living through now is a result of our patterns of thought, sentiments, and attitudes of our past — our thosenes. This obviously includes the past of this life and of our previous lives. Life is the way we make it – a product of what we ourselves generate and create. An indisputable reality: it does not matter where we go, we are always with ourselves. We can never succeed in running from ourselves. As a result of this, our lives are made in accordance with our intimate state. We can be in a beautiful and pleasant place, but if we are not internally satisfied, no external comfort can compensate. Living a happy life with nothing but wisdom and fraternity is a sign of higher evolution. Evolution is very democratic. The same rules apply to everybody.

**In general, people become overly involved in life, they start living like robots,** without taking charge of the direction which their existence is going. The great majority of the population is guided solely by life's intra-physical necessities, appointments and frivolous social engagements.



**Unfortunately, the great majority of the population on this planet does not have enough comprehension on multidimensional life,** evolution and the order of the universe. This lack of comprehension hinders them with living with wisdom and intelligently utilizing the positive opportunities that life offers. On this level, which is the most basic in human evolution, the individual lives in a more instinctive manner, guided by emotions. It is the condition we refer to as existential robotization. His life has become like a zombie's, without the performance of conscious projections. This personality is called the evolutionary para-comatose.

**The term evolutionary para-comatose signifies a person who is in a comatose state regarding its (potential for) evolution.** In other words, this person has no lucidity about its series of existences, nor the autonomy of its extra-physical life. They have no conscious projections at all. They have exclusively unconscious projections. This category is where possibly 90% of the population lies. These consciousnesses work in order to survive, procreate, and seek pleasures; but beyond this, there is no self-evolutionary awareness. In general, this group does not have experiences with relation to their past lives, or they do not admit they do. Others, even though believing in reincarnation, do not live in a manner which takes advantage of life to develop themselves, their surroundings and relationships, in order to make a better future for everybody.

**In this case, the objectives of the person revolve around egotistical and instinctive interests.** What happens with others is not as important. In other words, the individual has a preoccupation with his comfort, his money, his belongings, his family, his well-being, his beliefs, his power, etc. And these are the reasons that have motivated the wars in this planet. Fundamentally, prioritizations of this person are immediate, based on conquests which will only be useful in this life. They subconsciously do not believe that physical life will end, that everyone dies, and that it would be wiser to take advantage of life to better oneself from the inside. Thus, wherever we go, we take our development with us. It is possible for us to rid ourselves of many things, but not of our knowledge or who we are.



## CHAPTER 3

# What is Astral Projection and How can you Experience it?



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““ *Most people separate at least some inches from the physical body every night when they go to sleep* ””

# What is Astral Projection and How Can you Experience it?

## What Exactly is Astral Projection?

Astral projection – also known as the Out-of-Body Experience or OBE for short – is a phenomenon where the consciousness (while directly manifesting in the subtle body also known as the astral body or psychosoma) exteriorises from the physical body remaining connected to the physical body by what is commonly referred to as the silver cord.

Symptoms and sensations often accompany an astral projection, particularly at the point of separation or disconnection, where some people have reported various phenomena including but not limited to vibrations, sounds of voices nearby, sleep-paralysis and a ‘buzzing’ sound in the head. All of these or a combination of them or even none of these phenomenon may occur. Everyone is unique.

## Types of Astral Projection

There are different types of astral projection, varying in quality depending on the level of lucidity and energetic control a person experiences. For an explanation of Out-of-Body Experience types, please see below:

### 1. Spontaneous projections or Out-of-Body Experiences

These are unplanned projections, often outside of the control of the person in question. These types of experiences happen when a person has a predisposition for a certain degree of bioenergetic (chi, prana) ‘looseness’. In other words, that their ‘energetic system’ (which is like the glue between their astral body and their physical body) is more like water and less like glue. In these types of projections, a person may simply be having a nap, or fall asleep at night, and while their body is sleeping, wake up to find themselves outside of their body, in their astral body or psychosoma, at times, even seeing their physical body sleeping.

## **2. Forced projections or Out-of-Body Experiences**

These sudden exits from the physical body can be caused by either a sudden shock or trauma to the body such as a vehicle crashing or some type of traumatic occurrence. Various accounts from individuals have included them suddenly finding themselves lucidly watching their still physical body from outside. In these instances, the astral body quite literally pops out of the physical and can be quite a surprise to the individual.

## **3. Unconscious projections**

Have you ever had a sinking feeling followed by being woken up with a jolt? Chances are you have just reconnected with your physical body after a separation or disconnection. Most people separate at least some inches from the physical body every night when they go to sleep. Usually, the subtle or astral body, hovers just above the physical one, remaining attached or connected to the body via the silver cord. This natural process allows us to recharge our astral body (our emotional vehicle – psychosoma) with the subtle energy it requires.

## **4. Semi-lucid projections**

A semi-lucid projection may leave you with mnemonic remnants of the experience. During the experience itself you may intersperse between projecting and dreaming and never really reach full lucidity and awareness. In a semi-lucid projection you may also lapse into a blackout or experience brief moments of lucidity during the experience followed by unrecalled, un-lucid or semi-lucid periods.

## **5. Fully lucid or conscious projections**

This is where a person is fully conscious and is the most productive kind of astral projection as the person is in control of their thoughts and energies and can make the most of the projective experience. A fully lucid projection may or may not include a conscious take off from the physical body however once projected the individual will be fully conscious with the heightened sensations and abilities of the subtle body (astral body or psychosoma).



## How can you Experience it?

Anyone can learn how to master the Out-of-Body experience, however, those starting to attempt astral projection will have varying levels of natural ability, and there are a range of factors that can aid or inhibit a projection from happening.

There are many techniques available focusing on different strengths. For instance some techniques rely on creativity and visualisation whereas others are more methodical. The best way to succeed is to persevere and find an Out-of-Body technique that works for you.

A good starting point to learning how to induce an Out-of-Body experience is to read as much as you can on the topic including techniques, benefits, common sensations and optimizations. This will immerse your mind in the idea of projection and saturate your thoughts and energies. Next, draw up a list of techniques that you think might suit you. Apply a single technique daily either when you go to sleep or at a time during the day if you prefer. You should try each technique for at least 14 attempts (although more or less will work for different people) before moving onto another technique.

It is helpful to keep an organized diary of your experiences and take note of all sensations or experiences that might arise. This will help you work out which techniques are working best for you.

# Benefits of Astral Projection



““ *When we find ourselves lucid outside the body we realize that death does not exist.* ””



# Benefits of Astral Projection

In our courses and conferences, one of the most common questions we get is on the topic of benefits of the out-of-body experiences. This experience, also known as astral projection, is very rich in terms of possibilities and benefits. For example, let us look at the most common cases:

**Access to other planes of reality** – The out-of-body experience permits one to reach other realities, or dimensions, beyond the physical plane. For example, we can go to the place where we used to live before entering into this present lifetime, and we can also see the place where we will go after the physical death.

**Encounters with other persons who have passed away** – Obviously, if it possible to visit these places, it is then also possible to meet and speak with persons whom have already passed away, including those who we knew in our life.

**Direct interview with the extraphysical guide** – These guides, also known as mentors, guardian angels, protectors, or simply helpers, are consciousnesses who live in the astral dimension, but accompany us with the goal of helping us. In general, the great majority of people today are not able to perceive the presence of these beings. If one leaves the body, one can see their helper and hold a discussion with him.

**Understanding of and loss of fear of death** - When we find ourselves lucid outside the body, we realize by ourselves, without any brain washing or mystic belief that death does not exist. Actually, outside the physical body, we will be exactly the same, with the same evolutionary level, except that we will not have the necessity to breathe, eat, etc. because these are functions exclusive to the physical, animal body. With the verifications made through personal experiences that death does not exist, one will completely lose their fear of death, since it will be proven that no one dies.

**Assistance of other consciousnesses** – With the knowledge and control acquired through out-of-body experiences (i.e. astral projection, astral travel), we learn to utilize our own energies in favor of other beings. This occurs through lucid and conscious transmission of therapeutic energies. This donation of energies can be made outside the body when one nears another with the intention of helping them.

**Recall of past lives** – With the accumulation of astral projections, the person begins to have spontaneous, healthy recollections of past lives. This information can help us know ourselves better, overcome certain traumas, self-cure certain illnesses, and expand our sense of fraternity and universalism.

**Increase of parapsychic abilities** – The control and experience that comes from projections naturally expands the psychic capacities or personal extrasensory perceptions.

**Identification of the purpose of one's personal life** – Discovering the main purpose of this life. Through a conscious projection, we can recall or identify our established mission for the current life.

**Acceleration of maturity and awakening** – With the knowledge of life gained through the study of astral dimensions, we increase our level of consciential maturity, also accelerating our spiritual evolution and avoiding the loss of one third of our life sleeping.

**Energetic equilibrium and energetic defenses** – The individual's energy field is at its strongest when it is expanded and at equilibrium. With this, the consciousness is more liberated from intruders, obsessions, or energetic intrusions that are many times suffered due to the energetic invasions of other extraphysical consciousnesses. This state of equilibrium with one's own energies produces many benefits in the physical and mental disposition and in the psychological equilibrium of persons. The equilibrium of the energetic field is a characteristic of our overall well-being, control of negative stress, increase in self-confidence and emotional balance, amplification of intellectual capacities, and expansion of self-knowledge. One can learn to manage and control one's own energies by applying different techniques and experiences.



## CHAPTER 5

# History of the Out-of-Body Experience



“ Astral travel is as natural as being human and as old as humanity. ”

# History of Out-of-Body Experiences

**We are always reflecting upon astral projections, its benefits, techniques, and consequences,** but we find it important to emphasize that this phenomenon, also known as astral travel, out-of-body experience, or conscious projection, is as natural as being human, and as old as humanity – perhaps even more ancient than this. Leaving the body is as natural as breathing or sleeping. It is part of life, and also of the less evolved life forms.

**Many people that leave their body, or have left their body, relate that they see their domestic animals,** like dogs, projected and active outside their bodies. If an animal today is able to leave its body, we can conclude that primitive men living in caves experimented with the same phenomenon.

**Throughout history, there is diverse documentation of astral projections.** These relations give us an idea of the universal character of this capacity of leaving the body. We will give some examples of cases, to expand the knowledge regarding this topic.

**For example, we will find that the more remote evidences appear in Ancient Egypt,** between 5,000 and 3,000 years ago. The Egyptian priests knew of the existence of the astral body. They called it the Kha and they left inscriptions and drawings on the rock walls of many temples and buildings, representing it as something subtle and light abandoning the physical body. During this time, the initiations were created, which were in fact trials of the individual and its capacity to leave the body and present him/herself partially or totally materialized in front of a group of persons.



**In Ancient Greece, we see references in the Temple of Eleusis**, in the writings of the philosophers Plato, Hermotimus of Clazomene, Herodotus, and in some reports of the historian Plutarch of Queroneia. Plutarch tells us of the story of Arisdeu, which took place in the 79th year of the first century. Arisdeu was a dishonest individual with a bad reputation in his community. He suffered an accident where he fell and hit his head against a rock, resulting in a coma which lasted a couple of days. During this coma, Arisdeu perceived himself outside his body. He found himself with his helper, or spiritual guide, and talked to her.

During this experience, Arisdeu also saw another dimension which was inhabited by consciousnesses with little equilibrium and stayed to examine them. Then, at a certain moment, he felt a force pulling him back inside his body. Arisdeu woke up in the physical plane at the moment in which he was about to be buried.

One can imagine the reaction of the community. Nevertheless, since this experience, Arisdeu changed his ethics, values, and behavior, transforming himself into a respected citizen valued in his community. Today we can clearly understand that he had a near-death-experience, which is actually becoming more and more common now.

**It is worthwhile to state that in the Bible there are various evidences of cases of conscious projections** such as in Ezequiel, III:14; Apocalypse of Juan, 1:10 and 11; 4:2; as well as in Epistles of Pablo of Tarsus (II Corynthios, 12:2).

**Continuing our history, we see that during the Middle Ages, due to the great repression of the Inquisition, the conscious projection was practiced**, studied, and known only within certain schools or secret societies. Likewise, after the end of the Inquisition, these esoteric and occult movements continued to hide information from the population, inclusively creating the basis for current myths and lies about the dangers of astral projections (out-of-body experiences), maintaining the old structure of power and hierarchy.

**In the 18th and 19th centuries, we had three great pioneers of this study that made the first efforts in popularizing astral projection** (astral travel), even publishing books on the subject. They were the Swedish philosopher Emmanuel Swedenborg; the French writer and novelist Honore de Balzac, with his story “Louis Lambert”; and the Frenchman Allan Kardec, creator of spiritism. Other names throughout history are: Apollonius of Tyana, Antonio of Padua, Padre Pío and Sai Baba.

**In truth, the most serious thing this discussion reveals to us is that the phenomenon of the out-of-body experience (astral projection) is ancient and universal.** We observe that different persons throughout history had experiences and continue to have them more and more. These experiences occur in persons independently of their culture, education, financial situation, religion, credo, sex, or age.

**The out-of-body experience is positive and beneficial.** Thus, it is important to stop the brain washings that have been done throughout the ages due to ignorance on the topic. Today there is a science, Projectiology, for the purpose of studying this phenomenon. Any person can develop its capacities, perceptions and self control, getting to the point of having a conscious astral projection.



# How to Astral Project for Beginners in 3 Easy Steps



““ *The amount of effort to reach a lucid Out-of-Body experience can change from person to person.* ””

# How to Astral Project for Beginners

**Astral projection is something that can be learned.** While the amount of effort to reach a lucid Out-of-Body experience can change from person to person, a bit of theory and selecting the right approach can make a world of difference.

This section is divided in three areas: the process, tips to help you get started and an overall look at the benefits that the OBE entails.

## THE PROCESS

### Out of Body Experience for Beginners in 3 Steps

#### Taking off

If you are trying to figure out how to astral project easily, the first thing you need to understand is how to produce the take-off. In other words, you need to learn how to relax the physical body to the point your psychosoma (astral body) is free to take off.

Aside from the relaxation of the physical body, you will need to have the equivalent “relaxation” of your energosoma (energy body). Knowing how to unblock your chakras and achieve a better distribution of energies throughout the energosoma can be a great help in this process. Ideally, you should achieve a state with your energies that will produce a slight expansion of your energosoma. Since the energosoma is the “glue” between the physical body and the psychosoma (astral body), you will be in a better condition to take off.

Unblocking chakras and expanding the energies are not absolutely necessary conditions to produce a lucid OBE, however, working on it can greatly increase your chances for take-off.

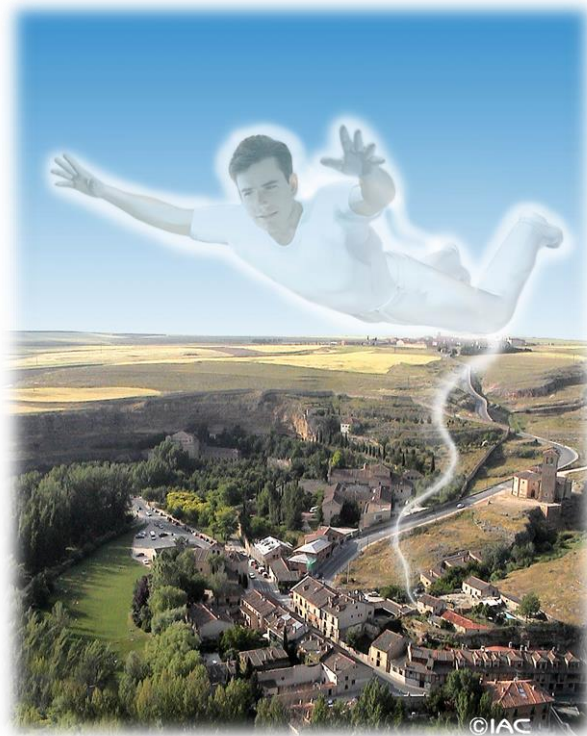
Blocked areas in your energosoma can keep your astral body “glued” to the physical body. For example, you could get to the point of relaxation where you feel your legs and arms floating, and even get the head of the psychosoma to move around a bit, but feel as if there was a weight on top of the chest that keeps you inside the body.



## Staying Lucid During Take Off

On the process of learning how to achieve astral projection, lucidity is paramount. Being lucid means to be aware, cognizant, making sense of the information we receive from the environment around us consistently with how we do it in the waking state. We can say that lucidity means to be “awake” however we do not use that word in order to avoid confusion with the state of our physical body.

Our physical body can be awake or asleep. We, as consciousness, can be lucid or not. So the trick to astral project is to put the physical body to sleep but to stay lucid. The consciousness is not the physical body and therefore does not need to sleep.





## **Recalling your Out-of-Body Experience**

The third element needed while learning how to do astral projection is to remember the experience after it happens. This is usually not the part that requires the most amount of information and training.

**When you are outside the body, everything you experience is captured by you “extraphysical brain” (or parabrains) in your astral body** (or psychosoma). Because of that, when you go back to the physical body a transfer of information needs to happen from this parabrains to the physical brain. This is the essence of the recall process.

**There are things you can do before the projection to help with the recall.** Self-suggestion is one technique you can use before your OBE attempt. This recall technique consists in repeating a phrase to yourself a few times. Repeating it five or ten times is typically effective. If you can say it out loud and do it after you have achieved some relaxation, even better. The sentence should be simple and direct, something like “I will get out of my body with lucidity and remember everything when I come back”. It is important to pay attention to what you are saying and say it “with energy” and with confidence.

**During the OBE you can try to repeat names of people and places that you learn,** and also tell yourself that you will remember those names after you wake up. Coming back to the physical body by your own decision usually helps with a more controlled reconnection and with the overall transfer of information to the physical brain. An important factor on remembering your astral projection experience is to wake up slowly and to keep your attention on the recall process as you reconnect. If you wake up abruptly, after a loud alarm goes off, and quickly move to switch it off, you would reduce your chances of recall.

**The ideal scenario for recall is based on a slow reconnection process.** Those kinds of alarms that increase the volume slowly can help in this regard. You should ask yourself if you recall anything from the period your physical body was asleep before making any movements.

## CHAPTER 7

# Your Existential Program



“*The Existential Program is also known as “life mission”, “life purpose” or “life plan”.*”

# Existential Program

**Existential Program is the plan of actions for this life that one does before being born.** This concept is also known as "life mission", "life purpose" or "life plan".

Sometimes we have an impression of emptiness in our lives or feel a recurring sensation that we have something to do, but are not able to identify what it is or what we must do. These sensations can be a signal of an existential program.

**Our existential program entails actions that:**

- Promote our intimate development,
- Solve past karmic debts,
- Balance certain life situations, and
- Contributes to the evolution of other consciousnesses.

**Are our decisions in life coherent with our existential program?**

The completing of our existential program is essential for our evolution. Nevertheless, some people strive to complete their task, while others fail and waste the opportunity that life presents to them.



## CHAPTER 8

# About Us



“ The International Academy of Consciousness is a non-profit organization dedicated to consciousness studies. ”

# About Us

**The International Academy of Consciousness (IAC) is a non-profit organization dedicated to consciousness studies.**

The IAC is committed to the investigation of the consciousness, its capacity to manifest outside of the physical body and a comprehensive associated range of parapsychic phenomena.

Demystifying these phenomena and clarifying the misconceptions often related to them empower individuals to understand and develop their own parapsychic abilities, allowing them to exercise greater control over their lives.

**The Courses delivered by the IAC's offices around the world** offer participants a combination of information and practical training that allows them to understand and experience life beyond the physical body. First-hand experience of the non-physical reality brings about a paradigm shift and a greater understanding of one's purpose in this life.

**The IA employs a cosmoethical and universalistic approach** in the dissemination of its studies. Participants are given the tools with which they can increase their awareness of their multidimensional nature. Central to the work is the principle embodied in the phrase:

*Be Lucid.*

*Question everything and everyone.*

*Experiment. Ponder.*

**The underlying intention behind all IAC research and educational activities** is to provide assistance to those interested in deepening their knowledge of these subjects.



# Courses

All of the IAC's offices regularly hold free lectures which give an overview of the Consciousness Development Program and an introduction to the fundamental ideas related to the evolution of the consciousness and the out-of-body experience.

## Core Courses

### The Consciousness Development Program (CDP)

The CDP is the IAC's main curricular course. Delivered in four modules over forty hours, the CDP blends a wealth of technical, scientific and extraphysical knowledge with practical, experiential activities including guided attempts to provoke lucid out-of-body experiences using a variety of specially developed techniques.

### Advanced CDP Courses

Three-day advanced courses are available to students who have completed the CDP module 4.

*CDP - Advanced 1: Self-Knowledge* focuses on self-awareness through self-assessment with emphasis on the identification of one's existential program and reprioritization of one's life.

*CDP - Advanced 2: Assistantial Energetic Field* is a bioenergetic immersion that brings the extraphysical dimension into closer proximity to the physical dimension, allowing participants to more easily perceive and experience a range of phenomena.



## **VIP Training**

A private course carefully tailored to suit individual participant's needs, providing him/her with improved opportunities to experience OBEs, expand pshychic abillities and master bioenergies. The course takes place at the IAC Campus, located in a peaceful country area which offers and ideal environment as well as consciential laboratories such as the Projectarium.

## **Non-Core Courses**

### **Short Thematic Courses**

These courses, usually presented over three hours, give an overview of a specific theme, focusing on the essential aspets. They provide participants with a less formal oppportunity to explore areas of personal interest.

### **Immersion Workshops and Courses**

A number of immersive residential workshops of interactive courses of several days' duration are held on a regular basis. One such example is the *Projective Field* workshop, which aims to provide participants with optimized conditions known to facilitate conscious out-of-body experiences.

Other type of immersion courses include *Goal: Intrusionlessness*, delivered in four modules that combine technical theory and personal energetic coaching over a period of 9 months, and *Mentalsomatic Gestation*, a 60-hour course that assists in the execution of the existential program of the conscientiology scientist-researcher-writer.

### **Accreditation Course**

Upon completion of a specified number of accredited courses, students will be awarded a Certificate in Conscientiology. To qualify, they must accumulate 120 points from the core courses and 120 points from the non-core courses for a total of 240 points. The points must be accumulated within a four-year time frame.



# Research Campus

The IAC Research Campus is nestled among 250.000m<sup>2</sup> of cork and oak tree groves near the town of Evoramonte, in the bucolic Alentejo region of Portugal. The center is dedicated to conducting consciousness research using a blend of traditional and multidimensional methodologies, and presenting and debating findings. It provides an optimized infrastructure for scientific symposia and conferences, for major educational events and workshops, and also for personal experimentation by individuals wishing to have parapsychic experiences and increase their multidimensional self-awareness.

A key feature of the complex is its innovative, leading-edge consciential laboratories, each designed to provide an ideal environment for self-experimentation and research on a specific theme. Consciential laboratories may facilitate parapsychic experiences even for individuals with no history of such experiences.

Self-experimentation engages the individual as the study's subject matter, and also as its researcher, observing and analyzing their own parapsychic experiences. Hence, this approach to experimentation is in line with the consciential paradigm, which establishes that direct experience is the best way to study consciousness, especially due to the lack of instruments to investigate elements that are not physical.



# Research Campus

**Many of the laboratories features spherical architectural designs that have proven ideal** for activities involving energies and multidimensional phenomena. A specialized energetic-informational field is established within each laboratory that reinforces the laboratory's theme or objective. That field is further reinforced with each incremental experimentation session, thus enhancing outcomes over time.

**A noteworthy laboratory is the Projectarium**, a remarkable spherical building with a diameter of 9 meters (30 feet) that is dedicated to facilitating out-of-body experiences.

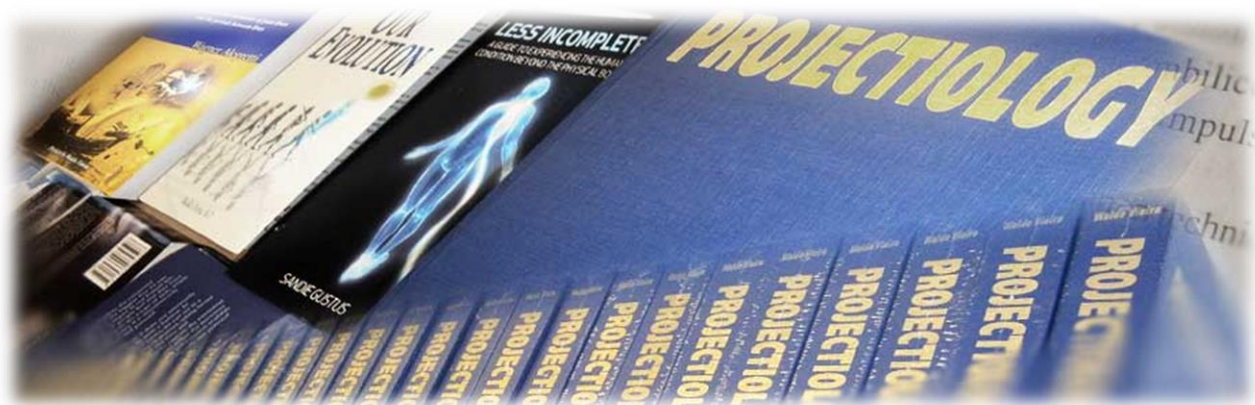


As one of several distinctive design elements incorporated into the Projectarium to enhance experiential outcomes, self-experimenters will lie on a suspended platform in the center of the sphere, giving them the sense of being in a void. Results to date have been very encouraging.

In addition, the Campus features the Cosmoconscientiarium, dedicated to producing expansion of lucidity and cosmoconsciousness experiences, which is a sensorially isolated semi-sphere 8 meters (26 feet) in diameter, equipped with supporting devices, such as a miniplanetarium that projects the sky onto the dome aimed at aiding the experimenter to disconnect from day-to-day terrestrial and intraphysical matters.

Beyond the aforementioned, a number of other consciential laboratories are available, all focusing on topics that help catalize individual's awareness and evolution via firsthand experience of multidimensional reality. Examples include the Phytolab, a wood structure built on a tree aimed at facilitating direct experiences with phytoenergies, the natural immanent energy of plants. These laboratories are the first of their type in the world.

# Further Resources



“*The IAC conducts both formal and informal research on psychic experiences and phenomena*”

# Further Resources

## Free seminar

[uk.iacworld.org/iac-free-seminars](http://uk.iacworld.org/iac-free-seminars)

## Astral Projection videos

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## Journal of Conscientiology


[uk.iacworld.org/the-journal-of-conscientiology](http://uk.iacworld.org/the-journal-of-conscientiology)







## Astral projection Q&A

[uk.iacworld.org/the-obe-magazine-qas](http://uk.iacworld.org/the-obe-magazine-qas)

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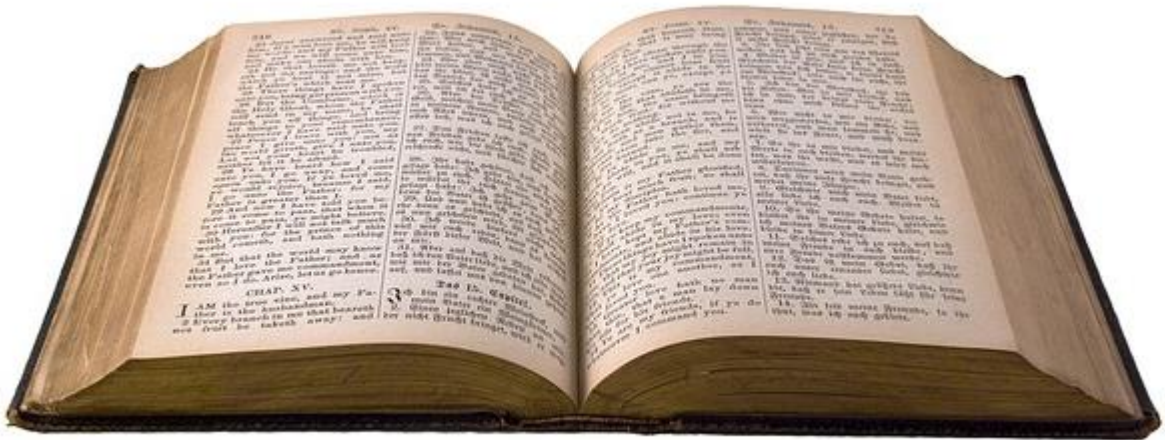
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# CHAPTER 11

# Glossary of Terms



“ All the terms explained. ”



# Glossary of Terms

The following is a listing of 340 conscientiological terms, compound words, expressions and their technical equivalents.

**Abdominal brain** – The umbilicochakra (center of consciential energy located above the navel), when unconsciously selected by the intraphysical consciousness, who is still fairly unevolved, as the basis of his/her manifestations. The belly-brain, gut brain, abdominal brain, abdominal pseudo-brain, or abdominal sub-brain, is the gray eminence of the natural, encephalic brain (coronochakra and frontochakra); an indefensible obstacle to conscious self-evolution.

**Admiration-disagreement binomial** – The posture of an intraphysical consciousness who is mature in regard to consciential evolution, knows how to live in peaceful coexistence with another intraphysical consciousness who he/she loves and admires, but with whose points of view, opinions and positions he/she is not always in 100% agreement.

**Advanced existential program** – The existential program of the intraphysical consciousness who is an evolutionary leader, within a specific libertarian groupkarmic task that is more universalistic and polykarmic in nature. This individual acts as a lucid, minicog within a maximechanism of the multidimensional team.

**Altered state of consciousness** – See xenophrenia.

**Alternant intraphysical preserenissimus** – The intraphysical consciousness who is capable, from time to time, of simultaneously living consciously in the ordinary, physical waking state, as well as projected in extraphysical dimensions.

**Androchakra (andro + chakra)** – A man's sexochakra.

**Androsoma (andro + soma)** – The masculine human body, or the soma specific to a man.

**Androthosene** (andro + tho + sen + e) – The thosene specific to the primitive male intraphysical consciousness or the macho man. Compound word: andro + thosene.

**Animism** (Latin: animus, soul) – The set of intracorporeal and extracorporeal phenomena produced by the intraphysical consciousness without external interference. For example, the phenomenon of lucid projection induced by one's own will.

**Antithosene** (anti + tho + sen + e) – The antagonistic thosene, common in refutations, omniquestioning, and productive debates.

**Artifacts** of knowledge – Intellectual tools; resources used by the consciousness to store, retrieve or process information, such as books, computers and the internet.

**Assistential** – Related to or denoting assistance. An assistential task is universalistic, cosmoethical, fraternal and should ideally be clarifying (clarification task) instead of consoling (consolation task). Nonstandard expression: assistential.

**Assistential** – Related to or denoting assistance. An assistential task is universalistic, cosmoethical, fraternal and should ideally be clarifying (clarification task) instead of consoling (consolation task). Nonstandard expression: assistential.

**Assisted lucid projection** – The projection wherein the intraphysical consciousness finds him/herself to be directly assisted, during the experiment, by a helper which is almost always an expert in lucid projectability.

**Auric coupling** – Interfusion of the holochakral energies between two or more consciousnesses; interfusion of energosomas. Synonym: energetic coupling.

**Barathrosphere** (Greek: bárathon [abyss] + sphâira [sphere]) – Pathological extraphysical dimensions on the Earth's paratroposphere, where communities of anticosmoethical, parapsychotic, and disturbed extraphysical consciousness are based. Synonyms: barathrum, gehenna, umbrae, limbo, dismal dimension, netherworld, intrusionsphere.

**Belly-brain** – See abdominal brain.

**Biothosene** (bio + tho + sen + e) – The thosene specific to the human or intraphysical consciousness.

**Bithanatosis** – The deactivation and discarding of the energosoma after the first desoma, including removal of the remaining energetic connections of the holochakra in the psychosoma; second death; second desoma.

**Blind guide** – The amoral or inexperienced consciousness which helps another consciousness – in an anticosmoethical manner, according to its momentary egotistic interests – to the detriment of others. Analogy: amaurotic guide; pseudo guide; wrong guide; immature guide.

**Bradythosene** (brady + tho + sen + e) – The thosene having a sluggish flow, pertaining to the bradypsychic human consciousness.

**Cardiochakra** (cardio + chakra) – The fourth basic chakra, the influential agent in the emotionality of the intraphysical consciousness which vitalizes the heart and lungs. Also known as the heart chakra.

**Chakra** – A vortex or defined field of consciential energy, the totality of which basically constitutes the holochakra or the energosoma (energetic parabody inside the body). Note: the word chakra is one of our critical neologistic limits. We have not encountered another single international word that is more adequate, or apt, to put in its place and eliminate the philosophical preconception that exists with respect to this term (as well as its derivations and cognates). What is above all important, in this context, is conceptual content and not linguistic form.

**Chirosoma** (chiro + soma) – The soma considered specifically in terms of the use of the hands or manual labor.

**Clarification task** – The advanced assistential task of elucidation or clarification which can be performed individually or in group. Plural: clarification tasks.

**Coincidence** – The state of alignment of the vehicles (holosoma) of manifestation of the consciousness.

**Communicology** – The area or subdiscipline of conscientiology that studies all natures and forms of communicability of the consciousness, including interconsciential communication between consciential dimensions, considering lucid consciential projectability and the “entire” consciousness (holosoma, holobiography, holomemory).

**Con** – The hypothetical unit of measurement of the level of lucidity of the intraphysical or extraphysical consciousness.

**Confor** (con + for) – The interaction of content (idea, essence) with form (presentation, language) in the processes of interconsciential communication (communicology).

**Conscientese** – The non-symbolic telepathic or mental idiom that is the native language of highly evolved communities within the extraphysical dimension, as well as the mental dimension.

**Consciential amentia** – The condition of the consciousness which is incapable of thinking with reasonable mental balance.

**Consciential basement** – The phase of infantile and adolescent manifestation of the intraphysical consciousness up to adulthood, characterized by a predominance of more primitive weak traits of the multivehicular, multiexistential and multimillenary consciousness.

**Consciential bond** – The cosmoethical, self-lucid, voluntary and polykarmic link between a volunteer and an institution. The consciential bond goes beyond the employment bond.

**Consciential co-epicenter** – The helper that works with an intraphysical consciousness who is a veteran consciential epicenter in his/her personal energetic task (penta). This helper can work as a colleague in the daily practices of penta as well as in the assistance continuously provided to extraphysical consciousnesses which are brought to the epicenter’s extraphysical clinic.

**Consciential concentration** – The direct, unwavering, focusing of the consciousness’ senses, consciential attributes, will and intention upon a singular object.

**Consciential continuism** – The condition of wholeness – without gaps – in the continuity of consciential life, through opportune foresight and evolutionary self-relay. In other words, the incessant linking of the experience of the present moment to immediately prior and subsequent experiences, in a cohesive and unified whole, with neither interruption in continuity nor stanchied consciential experiences.

**Consciential ectopia** – Unsatisfactory execution of one’s existential program in an eccentric, dislocated manner, outside the programming chosen for one’s own intraphysical life.

**Consciential energy** – The immanent energy that the consciousness employs in its general manifestations; the ene of thosene. Abbreviation: CE.

**Consciential epicenter** – The key intraphysical consciousness of operational epicentrism who becomes a fulcrum of interdimensional lucidity, assistantiality and constructiveness through the extraphysical clinic. Directly related to penta or the personal energetic task.

**Consciential era** – That era in which average intraphysical consciousnesses find themselves sufficiently evolved, through the impacts, redefinitions and revolutions created through their experiences of lucid projectability, implanting self-conscientiality first and foremost.

**Consciential eunuch** – The intraphysical consciousness who is conscientially castrated and manipulated by sectarians, domesticators of satisfied robots, the modern slaves pertaining to the unthinking masses.

**Consciential gestation** – Useful evolutionary productivity, on the part of the human consciousness, within the framework of the personal works of his/her existential program.

**Consciential hyperspaces** – Extraphysical consciential dimensions.

**Consciential laboratory** – Building with harmonious planning of its intraphysical, bioenergetic and extraphysical characteristics, designed to optimize comfort and conditions that may facilitate parapsychic experiences. Besides the physical aspects planned, in the non-physical dimension, an energetic-informational field (holothosene) specific to the theme of each laboratory is installed. Thus, the more the building is used, the stronger its holothosene and effects. This specialized arrangement creates a multidimensional chamber, providing opportunity for deep self-research.

**Consciential micro-universe** – The consciousness when considered as a whole, including all of its attributes, thosenes and manifestations during its evolution. The microcosm of the consciousness in relation to the macrocosm of the universe.

**Consciential monoendowment** – Intraphysical life under the pressure of constant intrusion by ill beings. This is experienced by mediocre intraphysical consciousnesses having few talents and no versatility.

**Consciential paracoma** – The state of extraphysical coma of a projected intraphysical consciousness who invariably remains unconscious, therefore having no recall of extraphysical events.

**Consciential paradigm** – Leading-theory of conscientiology, based upon the consciousness itself.

**Consciential restriction** – Restriction of the consciousness due to the process of manifestation in the physical state, in which one's natural level of awareness is reduced.

**Consciential retailing** – The rudimentary system of individual behavior characterized by lesser, isolated consciential actions having a minimum of productive results or great evolutionary effects.

**Consciential scaffolding** – Dispensable psychological or physiological crutches used by the consciousness.

**Consciential self-bilocation** (Latin: bis, two; and locus, place) – The act whereby an intraphysical projector encounters and contemplates his/her own human body (soma) face-to-face, when the consciousness is outside the soma, headquartered in another vehicle of consciential manifestation.

**Consciential self-relay** – The advanced condition in which the consciousness evolves by consecutively interweaving one intraphysical existence with another (connected existential programs), in the manner of the links of a chain (existential seriation), within one's multiexistential cycle (holobiography).

**Consciential tri-endowment** – Quality of the three conjugated talents most useful to a conscientologist: intellectuality, parapsychism and communicability.

**Consciential wholesaling** – The behavior of an individual characterized by a tendency to approach consciential acts in a comprehensive or wholesale manner, not leaving negative evolutionary loose ends or gaps behind.

**Conscientiocentric institution** – The institution that centralizes its objectives on the consciousness and its evolution, based on consciential bond (standard conduct) and employment bond (exception conduct).  
Synonym: conscientiocentric organization (CO).

**Conscientiocentric organization** – See conscientiocentric institution.

**Conscientiocentrism** – The social philosophy that concentrates its objectives on the consciousness itself and its evolution. Conscientiocentrism is a subject covered by conscientiocentrolgy, the subdiscipline of conscientiology that studies the creation and maintenance of the conscientiocentric institution based on consciential and employment bonds – like a consciential cooperative – in conscientiological intraphysical society.

**Conscientiogram** – The technical plan for measuring the evolutionary level of the consciousness; the consciential megatest having Homo sapiens serenissimus as a model – serenissimus being responsible for a positive egokarmic account. The conscientiogram is the basic instrument employed in conscientiometric tests.

**Conscientiologist** – The intraphysical consciousness who is engaged in the continued study and objective experimentation in the field of conscientiological research. The conscientiologist operates as an agent of evolutionary renovation (retrocognitive agent), in the libertarian work of consciousnesses in general.

**Conscientiology** – The science that studies the consciousness in an integral, holosomatic, multidimensional, multimillenary, multiexistential manner and, above all, according to its reactions in regard to immanent energy (IE), consciential energy (CE) and its multiple states.

**Conscientiometry** – The discipline or area that studies conscientiological (of the consciousness) measurements, using the resources and methods offered by conscientiology, that are capable of establishing the possible bases for the mathematicization of the consciousness. Main instrument: the conscientiogram.

**Conscientiotherapy** – The subdiscipline that studies the treatment, relief or remission of disturbances of the consciousness, executed through the resources and techniques derived from conscientiology.

**Consciousness, the** – The individual essence or intelligent principle in constant evolution. In conscientiology the word consciousness (as in “the consciousness”) is considered to be synonymous with mind, ego, intelligent principle, and others, and is not being used to refer to a state of consciousness. Outworn synonyms: soul, spirit.

**Consolation task** – Elementary, personal or group, assistential task of consolation.

**Contrathosene (contra + tho + sen + e)** – The intraconsciential thosene of the intraphysical consciousness; mute mental refutation; mental word; mute thosene; a type of intrathosene.

**Co-projector** – The helper who works with the intraphysical consciousness in the development of his/her lucid, assisted consciential projections.

**Coronochakra** (corono + chakra) – The chakra in the area of the sinciput, crowning the holochakra; crown chakra.

**Cosmoconscientiarium** (Greek: cosmos [the universe] + Latin: conscientia [knowledge within oneself] and -arium [a place for]) – Consciential laboratory dedicated to facilitate expansion of awareness, personal experiences of the cosmoconsciousness phenomenon, and experiences of projection via the mentalsoma.

**Cosmoconsciousness** – The consciousness' inner perception of the cosmos, of life and the order of the universe, in an indescribable intellectual and cosmoethical exaltation. In this condition, the consciousness senses the living presence of the universe and becomes one with it, in an indivisible unit. Interconsciential communication occurs in this singular condition.

**Cosmoethical mimicry** – The productive social impulse of imitating the evolved forebears of the intraphysical consciousness.

**Cosmoethicality** – The cosmoethical quality of the consciousness.

**Cosmoethics (cosmo + ethics)** – The ethics or reflection upon cosmic, multidimensional morality, or the cosmic moral code, which defines holomaturity. Cosmoethics surpasses social, intraphysical morals or those morals presented within any human classification. It is a subdiscipline of conscientiology.

**Cosmothosene** (cosmo + tho + sen + e) – The thosene specific to conscientese or the state of cosmoconsciousness; the form of communication of conscientese.

**Co-therapist** – The helper that works together with the intraphysical consciousness conscientiotherapist during the assistential technical procedures of conscientiotherapy that are applied to his/her patients.

**Co-thosene** (co + tho + sen + e) – The specific thosene of “co-choice” of the collective actions, for example, of those praying in a group and of crowds. A personal thosene aligned to the thosenes of a group, without reflection, implying groupthink or complicity. Thosene characteristic to crowds and religious events.

**Counterbody** – The same as the energosoma or holochakra, the specific vehicle of the intraphysical consciousness' consciential energy.

**Daydream** – The fanciful story created by the imagination during the ordinary, physical waking state of the human consciousness.

**Dermatologies of the consciousness** – The compound expression attributed to the conventional, physicalist sciences that are subordinated to the Newtonian-Cartesian, mechanistic paradigm and focus their research only upon the soma, because they do not avail themselves of the instrumentation necessary for direct, technical investigation of the consciousness itself; dermatologies of the intraphysical consciousness; periconsciential sciences.

**Desoma** (de + soma) – Somatic deactivation, impending and inevitable for all intraphysical consciousnesses; final projection; first death; biological death; monothanatos. First desoma, or simply desoma, is the deactivation of the human body or soma. Second desoma is the deactivation of the holochakra. Third desoma is the deactivation of the psychosoma.

**Desomatics** – The study of the physical context of desoma and of the psychological, social and medicolegal contexts related to deactivation of the soma. It is a subdiscipline of conscientiology.



**Despertology** – Despertology is the area of conscientiology that studies the intrusionless condition or the evolutionary, consciential quality of the intrusion-free consciousness, who no longer suffers from pathological interconsciential intrusions and their harmful evolutionary consequences. It is a field of conscientimetry (holomaturology).

**Destructive macro-PK** – Harmful PK (psychokinesis) capable of causing injuries to the intraphysical consciousness. Destructive macro-PK can even prove fatal to the soma.

**Discoincidence** – The state of non-alignment of the vehicles of manifestation of the consciousness (holosoma).

**Domiciliary holothosene** – The holothosene specific to the intraphysical consciousness' physical base, energetically shielded bedroom and extraphysical clinic.

**Dream** – The natural consciential state which is intermediary between the ordinary, physical waking state and natural sleep. Dreams are characterized by a set of ideas and images that present themselves to the consciousness. The afflictive dream that has the effect of agitation, anguish and oppression is termed: nightmare; night terror; nightmarish hallucination.

**Egokarma (ego + karma)** – The principle of cause and effect active in the evolution of the consciousness, when centered exclusively on the ego itself. The state wherein free will is restricted by infantile egocentrism.

**Egothosene** (ego + tho + sen + e) – The same as self-thosene; the unit of measurement of consciential egotism according to conscientiology or, more precisely, according to conscientimetry.

**Empraxis** – Acronym for energetic multidimensional praxis. A practical activity or session that is administered to deliver a deep bioenergetic work and multidimensional experience. Empraxis provides an opportunity for a theory to become a firsthand experience. In turn, the experience brought about by the empraxis grants to the individual the possibility of confirming, testing or furthering a given consciential concept.

**Energetic dimension** – The energetic dimension of consciousnesses; the holochakral dimension; the energosomatic dimension; the three-and-a-half dimension. The natural dimension of the energosoma.

**Energetic harassment** – see intrusion.

**Energetic maxispringtime** – The condition of a maximized or prolonged energetic springtime.

**Energetic minispringtime** – The condition of a minimal or ephemeral energetic springtime.

**Energetic springtime** – The more-or-less long-lasting personal condition wherein one's consciential energies exhibit an optimal, healthy, constructive profile.

**Energetic springtime by two** – The energetic springtime of the evolutionary duo, the partners of which truly love each other and control the application of healthy consciential energy with complete lucidity, building their existential programs through consciential gestations.

**Energivorous** – See energivorous consciousness.

**Energivorous consciousness** – Energy consuming or energy draining consciousness; in reference to intruder(s).

**Energosoma** - The energetic parabody of the human consciousness. The energosoma forms a junction between the soma and the psychosoma, acting as a point of connection through which consciential energy flows from one consciential vehicle to the other. Also referred to as holochakra.

**Energosomatic coupling** – See auric coupling.

**Energosomatic existence** – Intrapysical life or the lifetime of the human consciousness. Also referred to as holochakral existence.

**Energosomatic seduction** – The energetic action of one consciousness upon another (or others) with a more or less conscious intention of domination. Also referred to as holochakral seduction.

**Enumerology** – The didactic technique of processing texts based on informative self-critiquing.

**Evolutient** – The consciousness that is in the process of evolution and utilizing the services of a conscientiotherapist to further this process. Outworn synonym: patient.

**Evolutiologist** – The consciousness which assists in the intelligent coordination of the existential program, or the consciential evolution of one or more consciousnesses of the same karmic group. The evolutionary condition between the petifree consciousness and serenissimus. A more adequate expression than evolutionary orienter.

**Evolutiology** – The subdiscipline of conscientiology that studies the evolution of the consciousness, which is addressed in a high-quality, integral manner. This subject is specifically related to the evolutiologist or evolutionary orienter.

**Evolutionary duo** – Two consciousnesses that interact positively in joint evolution; the existential condition of cooperative evolutivity of a male and female human consciousness, who coexist in a close and intimate long-term relationship.

**Evolutionary orienter** – See evolutiologist.

**Existential completism** – The condition wherein the existential program of the human consciousness is complete.

**Existential incompletism** – The condition wherein the existential program of the human consciousness is incomplete.

**Existential inversion** – An advanced evolutionary technique consisting of inverting sociocultural values and projects in human life. It is based upon the prioritization of and the full-time dedication to the execution of the existential program, beginning at a young age.

**Existential inverter** – The intrapysical consciousness who is inclined to execute existential inversion in intrapysical life.

**Existential invertibility** – The quality of the intrapysical execution of existential inversion.

**Existential maximoratorium** – The condition of the greater existential moratorium which is given to an existential completist. It is an addition to one's completed existential program. It is therefore the execution of a healthy extension to an existential mandate that has been concluded.

**Existential maxiprogram** – The maximal existential program having a wholesale approach, or targeting the execution of tasks of applied universalism and maxifraternity with polykarmic bases.

**Existential minimoratorium** – The condition of the lesser existential moratorium or one which happens to the incompletist intraphysical consciousness in order for him/her to compensate for a holokarmic deficit (deficit-based) or to achieve the condition of existential completism regarding his/her existential program. It is therefore the finishing of a still incomplete existential mandate.

**Existential miniprogram** – The minimum, retail-oriented, existential program targeting the execution of a minimal, groupkarmic task.

**Existential moratorium** – An extension of (a complement to) intraphysical life which is provided to select intraphysical consciousnesses according to their holokarmic merit. The existential moratorium can be either deficit-based (lesser), an existential minimoratorium; or can be profit-based (greater), an existential maximoratorium, with regard to the results of the individual's existential program.

**Existential moratoriumist** – One who receives an existential moratorium; moratoriumist.

**Existential multicompletism** – Existential completism obtained through the execution of various existential programs in diverse consecutive intraphysical lives (existential seriation).

**Existential program** – The plan of actions for the current intraphysical life that an individual devises, prior to birth, supported by his/her evolutiologist, aimed to achieve the greatest holokarmic and evolutionary outcome possible within his/her lifetime.

**Existential recyclability** – The quality of the intraphysical execution of existential recycling.

**Existential recycler** – The intraphysical consciousness who is inclined to execute existential recycling.

**Existential recycling** – The evolutionary technique in which the intraphysical consciousness adopts a new set of values and priorities in his/her life, enabling the execution of the existential program.

**Existential robotization** – The condition of a tropospheric intraphysical consciousness who is excessively enslaved by intraphysicality or four-dimensionality.

**Existential self-mimicry** – Imitation on the part of the intraphysical consciousness of his/her own experiences or past experiences, whether they pertain to his/her current intraphysical life or previous intraphysical lives.

**Existential seriation** – 1. Evolutionary existential sequencing of the consciousness; successive existences; intraphysical rebirths in series. 2. Human or intraphysical life. Synonym outworn and exhausted by excessive use; reincarnation; this archaic word no longer serves those more serious individuals dedicated to leading-edge consciousness research.

**Extraphysical** – Relative to that which is outside, or beyond, the intraphysical or human state; the consciential state less physical than the soma.

**Extraphysical agenda** – A written list of high-priority extraphysical, consciential targets – beings, places or ideas – that the projected projector seeks to gradually reach, in a chronological manner, establishing intelligent plans for its own development.

**Extraphysical approach** – The contacting of one consciousness by another consciousness in the extraphysical dimensions.

**Extraphysical catatonia** – The fixed condition wherein a projected intraphysical consciousness performs repeated stereotypical acts that are generally useless or dispensable in terms of its evolution.

**Extraphysical clinic** – The extraphysical treatment center of the intraphysical epicenter (penta practitioner). The resources and extraphysical installations of the extraphysical clinic are numerous and remarkable. The extraphysical clinic is a domiciliary holothosene.

**Extraphysical community** – A group of extraphysical consciousnesses living together in an extraphysical dimension.

**Extraphysical consciousness** – The paracitizen of an extraphysical society; a consciousness which no longer has a soma. Outworn synonym: discarnate.

**Extraphysical euphoria** – The condition of euphoria experienced after somatic deactivation, generated due to the reasonably satisfactory completion of the existential program; post-mortem euphoria; para-euphoria; postsomatic euphoria.

**Extraphysical gang raid** – The action of a group of energivorous extraphysical consciousnesses, including extraphysical blind-guides, in the paratropospheric dimensions, with the objective of vampirizing the intraphysical consciousnesses in the environments of intraphysical celebrations or events which gather persons who are predisposed to the condition of collective victimization through consciential energies.

**Extraphysical melancholy** – The condition of extraphysical, postsomatic or post-mortem melancholy due to the unsatisfactory execution of the existential program; paramelancholy.

**Extraphysical monitoring** – The condition wherein assistance is provided by healthy extraphysical consciousnesses to a balanced intraphysical consciousness, while that intraphysical consciousness is performing balanced tasks of consolation or clarification.

**Extraphysical precognition** (Latin: pre, before; cognoscere, to know) – The perceptive faculty through which the consciousness, while fully projected outside the human body, becomes aware of unknown upcoming facts, as well as objects, scenes and distant forms in the future.

**Extraphysical romance** – The set of acts whereby an intraphysical consciousness dates or maintains a healthy or positive romantic relationship while projected outside the body.

**Extraphysical society** – Society of extraphysical consciousnesses.

**Free consciousness** (Latin: con + scientia, with knowledge) – The consciousness – or, more precisely: the extraphysical consciousness – which has definitively freed itself (deactivation) from the psychosoma or emotional parabody and the series of lifetimes. The free consciousness is situated in the evolutionary hierarchy above Homo sapiens serenissimus. Abbreviation: FC.

**Geoenergy** (*geo + energy*) – Immanent energy (IE) deriving from the soil or earth and absorbed by the intraphysical consciousness through the *pre-kundalini*. Archaic expression: *telluric energy*.

**Golden cord** – The alleged energetic element – similar to a remote control – that maintains the mentalsoma connected to the parabrain of the psychosoma.

**Graphothosene** (*grapho + tho + sen + e*) – The *thosenic signature* of the human or intraphysical consciousness.

**Group of existential inverters** – The intraphysical meeting and personal experience of existential inverters with the aim of attaining the experience of planned existential inversions.

**Group of existential recyclers** – The intraphysical meeting and personal experience of existential recyclers with the aim of attaining the experience of planned existential recyclings.

**Groupality** – The quality of the evolutionary group of the consciousness; the condition of evolutivity in group.

**Groupkarma** (*group + karma*) – The principle of cause and effect active in the evolution of the consciousness, when centered in the evolutionary group. The state of individual free will, when connected to the evolutionary group.

**Groupkarmic course** – The set of the consciousness' levels within the evolutionary consciential group.

**Groupkarmic interprison** – The [anti-evolutionary] condition of groupkarmic inseparability of the consciousness in relation to the whole or part of his/her evolutionary group. A condition brought about by the rise of 'dense' karmic links with the reminder of such group.

**Groupthosene** (*group + tho + sen + e*) – The sectarian, corporatist and antipolykarmic thosene; however, the groupthosene can also be constructive.

**Gynochakra** (*gyno + chakra*) – A woman's sexochakra.

**Gynosoma** (*gyno + soma*) – The female human body, or that which is specific to a woman, specialized in the animal reproduction of the intraphysical life of the intraphysical consciousness.

**Gynothosene** (*gyno + tho + sen + e*) – The thosene specific to feminine language and communicability.

**Hallucination** (Latin: *hallucinari*, to err) – The apparent perception of an external object that is not present at the moment; mental error in the perception of the senses, which is baseless in an objective reality.

**Helper** – The extraphysical consciousness which is auxiliary to one or more intraphysical consciousnesses; extraphysical benefactor; consciousness who lucidly exercise advanced multidimensional interconsiential assistance. Archaic equivalent expressions that have been outworn through continued use: *guardian angel*; *angel of light*; *guide*; *mentor*; *spirit guide*.

**Heterointrusion** – Negative thosenic influence of a consciousness upon another. See *intrusion*.

**Heterothosene** (*hetero + tho + sen + e*) – The thosene of another in relation to ourselves.

**Holoarchive** – A mega-collection consisting of books, periodicals, multimedia, and other artifacts of knowledge that support research and study. Also: *holotheca*.

**Holobiography** – The multidimensional, multiexistential personal history of the consciousness.

**Holochakra (holo + chakra)** – See energosoma.

**Holochakral existence** – See *energosomatic existence*.

**Holochakral seduction** – See *energosomatic seduction*.

**Holochakrality** – The quality of the manifestations of the intraphysical consciousness deriving from the holochakra or energetic body.

**Holokarma** (*holo + karma*) – The grouping of the three types of consciential actions and reactions – egokarma, groupkarma and polykarma – within the principles of cause and effect, that are active in the evolution of the consciousness.

**Holomaturity** (*holo + maturity*) – The condition of integrated maturity – biological, psychological, holosomatic and multidimensional – of the human consciousness.

**Holomemory** (*holo + memory*) – The causal, compound, multimillenary, multiexistential, implacable, uninterrupted, personal memory that retains all facts relative to the consciousness; multimemory; polymemory.

**Holo-orgasm** (*holo + orgasm*) – Holosomatic orgasm; maximum ecstasy generated by the energies of the entire holosoma.

**Holosoma** (*holo + soma*) – The set of vehicles of manifestation of the intraphysical consciousness: soma, energosoma, psychosoma and mentalsoma; and of the extraphysical consciousness: psychosoma and mentalsoma.

**Holosomatic homeostasis** – The integrated, healthy state of the holosoma's harmony.

**Holosomatic interfusion** – The state of maximal sympathetic assimilation between two consciousnesses.

**Holosomatics** – The specific study of the holosoma. It is a subdiscipline of conscientiology.

**Holotheca** – A multidimedia collection of artifacts of knowledge; multiple theca. See: *holoarchive*.

**Holothosene** (*holo + tho + sen + e*) – Aggregated or consolidated thosenes.

**Homo sapiens serenissimus** – The consciousness which is integrally experiencing the condition of lucid serenism. The *Homo sapiens serenissimus* is the most evolved level of consciousness who still reborn, being, therefore, in its final evolutionary stages in the intraphysical dimension. Popular synonym: *serenissimus*.



**Homothosene** (*homo + tho + sen + e*) – The thosene of telepathic transmission and reception; the *unit of measurement* in telepathy, according to conscientiometry.

**Hyperacuity** – The quality of maximum lucidity of the intraphysical consciousness, achieved through the recuperation – to the maximum degree possible – of cons.

**Hypert hosene** (*hyper + tho + sen + e*) – Heuristic thosene; original idea of a discovery; neophilic thosene; *unit of measurement* of invention, according to conscientiometry.

**Hypnagogy** (Greek: *hipnos*, sleep; and *agogos*, leader, bringer) – The transitional twilight 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) – The transitional condition of natural sleep, introductory to physical awakening, during the semi-sleep state that precedes the act of awakening. This state is characterized by oneiric images with auditory effects and hallucinatory visions that continue after awakening. It is an altered state of consciousness.

**Hypothosene** (*hypo + tho + sen + e*) – The same as protohosene or phytohosene.

**Immanent energy** – Energy that is primary, vibratory, essential, multiform, impersonal, diffuse and dispersed in all objects or *realities* of the universe, in an omnipotent fashion. Immanent energy has still not been tamed by the human consciousness. It is too subtle to be discovered and detected by existing technological equipment. Abbreviation: IE.

**Immobiliarium** (*im* [not, variant of *in*]; Latin: *mobilis* [mobile] and *-arium* [a place for]) – Consciential laboratory dedicated to carrying out of the waking physical immobility technique.

**Incomplete couple** – The couple composed of a man and a woman who do *not* form an intimate couple (a couple that practices the complete sex act), but who, nevertheless, maintain strong affectionate ties.

**Integrated maturity** – The state of a more evolved consciential maturity, beyond biological (physical) or mental (psychological) maturity; holomaturity.

**Interconsciential climate** – The condition of multi-understanding in an interconsciential encounter, established through similar thosenes, especially those *with an emphasis* on consciential energies. There are interconsciential climates, *mini-climates* and *maxi-climates*.

**Interdimensionality** – Interaction, interrelation or interconsciential communication between intraphysical and extraphysical dimensions.

**Intermissibility** – The quality of the period of intermission between two intraphysical lives of a consciousness.

**Intermission** – The extraphysical period of the consciousness between two of its physical lives; intermissive period.

**Intermissive course** – The set of disciplines and theoretical and practical experiences administered to an extraphysical consciousness during the period of consciential intermission. This course occurs when one has achieved a certain evolutionary level within one's cycle of personal existences. The intermissive course objectifies consciential completism (existential completism) of the upcoming intraphysical life.

**Inter-vivos apparition** – Appearance of the consciousness of the projected human projector to intraphysical consciousnesses.

**Intraconsciential compensation** – The conscientiometric technique based upon the greater use of a consciential attribute that is more developed (strong trait) over another, or other less developed consciential attributes (weak traits) in the micro-universe of the intraphysical consciousness.

**Intraconsciential recycling** – Intraphysical, existential, *intraconsciential* recycling or the cerebral renovation of the intraphysical consciousness through the creation of new synapses or interneuronal connections. The newly created synapses are capable of allowing the adjustment of the existential program, execution of existential recycling, existential inversion, the acquisition of new ideas, neothosenes, hyperthosenes and other neophilic conquests of the self-motivated human consciousness.

**Intraconscientiality** – The quality of the manifestations specific to the intimacy of the consciousness.

**Intraphysical assistant** – The intraphysical guardian of the projector's inactive human body that is emptied of the consciousness during lucid projection.

**Intraphysical consciousness** – Human personality; citizen of intraphysical society. Outworn synonym: incarnate.

**Intraphysical euphoria** – The condition of euphoria experienced before somatic deactivation that is generated by the reasonably satisfactory completion of the existential program; *pre-mortem* euphoria. The ideal condition predisposing one to have a positive existential moratorium.

**Intraphysical melancholy** – The condition of intraphysical or *pre-mortem* melancholy generated by incompleteness of the existential program.

**Intraphysical society** – The society of intraphysical consciousnesses; human society.

**Intraphysicality** – The condition of human, intraphysical life, or of the existence of the human consciousness.

**Intrathosene** (*intra + tho + sen + e*) – The *intraconsciential* thosene of the human consciousness.

**Intruder** – The perturbed, ill, needy, non-lucid, anticosmoethical consciousness; especially an extraphysical consciousness when performing a thosenic intrusion upon an intraphysical consciousness.

**Intrusion** – Negative thosenic influence upon a consciousness. *Heterointrusion* or interconscial intrusion: invasion of a consciousness by another; this can be through conscial energies or thosenes, via the energosoma, psychosoma and/or mentalsoma. Synonyms: conscial intrusion, possession, psychic influence, psychic attack, conscial harassment, extraphysical bullying. *Self-intrusion* or intraconscial intrusion: process of self-contamination or self-harm. Synonyms: self-sabotage, negative self-hypnosis.

**Intrusion-free consciousness** – See *intrusionless consciousness*.

**Intrusionless consciousness** – The consciousness who is permanently and totally free of intrusion, and is completely self-aware of being in this condition, as well as all aspects that derive from it. Synonym: intrusion-free consciousness.

**Intrusionlessness** – The condition of being free of negative thosenic influence, or free of any type of intrusive influence multidimensionally speaking.

**Intrusive stigma** – An evolutionary failure or derailing that is always dramatic and generally pathological, generally stemming from conscial self-obcaecation. This process generates either intraphysical or extraphysical melancholy and often results in parapsychic accidents.

**Intrusiveness** – Ill, interconscial thosenic intrusion. Archaic equivalent expression: *obsession*; many intraphysical consciousnesses are defensive regarding this word.

**Joint projection** – An experience outside the human body in which two or more projected intraphysical consciousnesses participate.

**Karma** – Set of natural universal laws of cause and effect that guide the evolution of the consciousness, operating as a basic evolutionary self-regulating mechanism of energetic and cosmoethical balance. Note: The word *karma* is another of our *critical neologistic limits*. We have not encountered another single, international, word that is more adequate, or appropriate, to put in its place and combat the *philosophical preconception* that exists with respect to this term (as well as its derivations and cognates). What is above all important, in this context, is *conceptual content* and *notlinguistic form*.

**Karmic link** – invisible, indissociable energetic connection established between a consciousness with other consciousnesses, places, events, objects, and ideas.

**Locked existence** – Human experience or lifetime without the production of lucid projections; tropospheric human life with only unconscious, vegetative projections that are characteristic of the state of evolutionary paracoma; locked lifetime.

**Looseness of the energosoma** – The condition of relative freedom of action of the energosoma (or holochakra) of the intraphysical consciousness, relative to the psychosoma and soma.

**Looseness of the holochakra** – See *looseness of the energosoma*.

**Lucid projectability** – The lucid, projective parapsychological quality of the consciousness that is capable of provoking its disincidence or taking its vehicles of manifestation out from the alignment of its holosoma, even through the impulsion of its willpower.

**Lucid projection** – Projection of the intraphysical consciousness beyond the soma; extracorporeal experience; out-of-body experience (OBE). Abbreviation: LP.

**Lucidity-recall binomial** – The set of the two conditions that are indispensable to the intraphysical consciousness for his/her achievement of a fully satisfactory lucid projection (outside the soma).

**Macrosoma** (*macro + soma*) – The soma that is *super-customized* for the execution of a specific existential program.

**Materthosene** (*mater + tho + sen + e*) – The mother-idea or matrix for the complete development of a thesis, theory or analysis, the *leitmotif*, major pillar or predominant thosene in a holothosene.

**Maxifraternity** – The most evolved, universalistic, interconsciential condition that is based on pure fraternity on the part of a self-unforgiving and heteroforgiving consciousness. Maxifraternity is an inevitable goal in the evolution of all consciousnesses. Synonym: megafraternity.

**Maxithosene** (*maxi + tho + sen + e*) – The thosene specific to free consciousnesses.

**Megagoal** – The consciousness' greater self-evolutionary objective.

**Megapower** – The evolved condition of great, cosmoethical lucidity of the consciousness.

**Mega-strong-trait** – The maximal strong trait of the consciousness.

**Megathosene** – See *orthothosene*.

**Mega-weak-trait** – The maximal weak trait of the consciousness.

**Mentalsoma** (*mental + soma*) – Mental body; *parabody* of discernment of the consciousness.

**Mentalsomatic Cycle** – The evolutionary course or cycle particular to consciousnesses who are in the 'free consciousness' condition and manifest solely via the mentalsoma, having, therefore, permanently deactivated their psychosoma (3<sup>rd</sup> desoma).

**Metasoma** (*meta + soma*) – The same as psychosoma, the extraphysical instrument of extraphysical and intraphysical consciousnesses.

**Minithosene** (*mini + tho + sen + e*) – The thosene specific to the child, sometimes due to his/her still developing brain.

**Mnemonic intrusion** – The collision of the intrusive memory of an intrusive extraphysical consciousness upon the cerebral memory or biometry of an intraphysical consciousness who is suffering from intrusion (*para-amnesia*).

**Mnemosoma** (*mnemo + soma*) – The soma, when considered specifically in relation to the consciousness' memory, in all of its forms.

**Monothanatos** – Same as *desoma*; *first desoma*.

**Monothosene** (*mono + tho + sen + e*) – Repetitive thosene; monoideism; fixed idea; mental echo; *rethosene*.

**Morphothosene** (*morpho + tho + sen + e*) – A thought or a set of thoughts when gathered and expressed, in some manner, as a *form*. Archaic expression now in disuse: *thought-form*. The accumulation of morphothosenes composes the holothosene.

**Multidimensional self-awareness** – Condition where the intraphysical consciousness manifests mature lucidity regarding advanced multidimensional life, being such a condition reached through experiencing lucid projectability. Abbreviation: MA.

**Multiexistential Cycle** – System or condition of continuous alternation from one period of resoma (birth) and intraphysical life with another period of desoma (passing out, somatic deactivation) or intermission. Such a condition is characteristic to our evolutionary level.

**Multi-existential cycle** – The system or condition – at our current, average evolutionary level – of continuous alternation of one period of intraphysical rebirth (*lifetime*) with another extraphysical post-somatic deactivation period (*intermission*).

**Near-death experience (NDE)** – Projective occurrences that are involuntary or forced due to critical human circumstances of the human consciousness, common in cases of patients with terminal illnesses and survivors of clinical death.

**Neophilia** – The ready adaptation of the intraphysical consciousness to new situations, things and occurrences. The opposite of neophobia.

**Neothosene** (*neo + tho + sen + e*) – The thosene of the intraphysical consciousness when manifesting using new synapses or interneuronal connections, capable of generating *intraconsciential* recycling; *unit of measurement* of consciential renovation, according to conscientiology or, more precisely, conscientimetry.

**Oneirothosene** – (*oneiro + tho + sen + e*) – The same as pathothosene.

**Orgastic aura** (Latin: *aura*, wisp of air) – The holochakral energy of *facies sexualis* of the man or woman at the precise moment of sexual orgasm or the climax of the sex act.

**Orthothosene** (*ortho + tho + sen + e*) – The correct or cosmoethical thosenes, typical of the consciential holomaturity; the measuring unity of the individual practical cosmoethics as per conscientimetric studies. Also: *megathosene*.

**Pangraphy** – Ample and sophisticated multimodal parapsychic writing.

**Para** – The prefix that signifies *beyond* or *beside*, as in *parabrain*. It also signifies *extraphysical*.

**Parabrain** – The extraphysical brain of the psychosoma of the consciousness in the extraphysical (extraphysical consciousness), intraphysical (intraphysical consciousness) and projected (when projected in the psychosoma) states.

**Paragenetics** – The genetics restricted to the inheritance of the consciousness, received through the psychosoma, from the previous life to the human embryo. It is a subdiscipline of conscientiology.

**Paraman** – The extraphysical consciousness having the appearance of a man or a projected male intraphysical consciousness. Synonymous expression outworn through use: male spiritual entity.

**Parapathology** – Pathology of the vehicles of manifestation of the consciousness, excluding the human body or soma. It is a subdiscipline of conscientiology.

**Paraphysiology** – Physiology of the vehicles of manifestation of the consciousness, excluding the human body or soma. It is a subdiscipline of conscientiology.

**Parapsychic** – That which is paranormal or multidimensional in nature.

**Parapsychic accident** – Physical or psychological disturbance generated by sick energetic, interconsciential influences, generally of an extraphysical or multidimensional origin.

**Parapsychic signage** – The existence, identification and self-aware use of the energetic, animic, parapsychic and extremely personal signs (indicators) that every intraphysical consciousness possesses.

**Parapsychism** – Parapsychic capacities of the consciousness.

**Parapsychophysical repercussions** – Reactions between two vehicles of consciential manifestation, when they come into contact with each other. This can occur between different vehicles of one consciousness or between similar vehicles of two or more consciousnesses. These repercussions can be intraphysical and extraphysical.

**Parasaniary encapsulation** – Assistential isolation and the temporary, energetic annulment of thosenic manifestations – notably energetic or intrusive ones – from one or more ill intraphysical and/or extraphysical consciousness, in the manner of sanitary isolation (quarantine) wards in hospitals for infectious and contagious illnesses with patients who present a high potential for disease, radioactive or toxic contamination.

**Parathosene** (*para + tho + sen + e*) – The thosene specific to the extraphysical consciousness.

**Paratroposphere** (Para + Greek: *tropos* [that which turns]; and *sphaira* [sphere]) – Extraphysical environment or sphere that coincides with the intraphysical environment. Dimension adjacent to the Earth's crust, which has the attribute of reflecting morphothosenes (thought forms) imprinted on it. It is a plastic, and fluid non-physical environment, apparently omnipresent. Synonyms: immediate extraphysical environment, crustal dimension, cortical extraphysical layer, paracrust, extraphysical crust, paraterrestrial cortex, paratropospheric plane.

**Parawoman** – The extraphysical consciousness having the appearance of a woman or a projected female intraphysical consciousness. Synonymous expression outworn through use: female spiritual entity.

**Pathothosene** (*patho + tho + sen + e*) – The pathological thosene or the thosene of consciential dementia; *mental peccadillo*; pathological will; sick intention; *cerebral rumination*.



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**Penile aura** – The sexochakral energy around the penis, notably when in erection, perceivable by any motivated individual, especially by the sexually excited man.

**Penta** (*p + ene + ta*) – The multidimensional, daily, personal energetic task that receives continuous assistance from the helpers on a long-term basis or for the rest of one's life. Outworn expression: *passes-to-the-void*.

**Personal experience** (PE) – Practical, personal, direct, non-transferable experimentation of the intraphysical consciousness on his/her evolutionary way.

**Personal principles** – The set of guiding values and initiatives of consciential life which are chosen by the consciousness based upon holomaturity, multidimensionality and applied cosmoethics.

**Petifree** – Acronym for “permanent, total intrusionless consciousness.” Nonstandard expression. See *intrusionless consciousness*.

**Petifreeness** – See *intrusionlessness*.

**Phenomenon concomitant with LP** – That which occurs either inside or outside of the time-space *continuum*, but does so simultaneously with the experience of the lucid projection, in a spontaneous and unexpected manner.

**Physical base** – The safe location, chosen by the intraphysical consciousness for leaving the soma stationary or resting while lucidly projecting to other, external, consciential dimensions; *duodrome*. A domiciliary projectiogenic holothosene. It is directly related to: the energetically shielded chamber; penta; consciential epicenter; extraphysical clinic; *projectarium*; *precognitarium*; and *retrocognitarium*.

**Phytolab** (Greek: *phyton* [plant] + *lab* [laboratory]) – Consciential laboratory aimed at facilitating individual's rapport with nature and identification of immanent energies, namely phytoenergies. The lab is constructed elevated above the ground, enveloped by the tree branches. Except for minimal and unavoidable presence of metal (e.g., nails and screws), this lab utilizes only plant materials, such as wood and cotton. The integrity of the tree is maintained and a photovoltaic panel is used so as to greatly reduce effects of electromagnetic fields, hence, allowing for maximum immersion in nature's energies..

**Phytothosene** (*phyto + tho + sen + e*) – The rudimentary thosene of a plant; the lexical unit of a plant, according to conscientiology.

**Podosoma** (*podo + soma*) – The soma, when considered specifically in regard to the application of the feet or work performed with the feet, as in the case of a soccer player.

**Polykarma** (*poly + karma*) – The principle of cause and effect, active in the evolution of the consciousness, when centered in the sense of and the experience of cosmic maxifraternity, beyond egokarma and groupkarma.

**Polykarmality** – The quality of the polykarmic manifestations of the consciousness.

**Postsomatic intermission** – The extraphysical period of the consciousness immediately following somatic deactivation.

**Precognitarium** – The physical base which is technically prepared for the production of precognitive lucid projections.

**Pre-couple** – The preliminary, initial or flirting stage of human sexuality, a practice within intraphysical society.

**Pre-intraphysical mandate** – The existential program for human life, planned before the intraphysical rebirth of the consciousness; existential program.

**Prekundalini** – The secondary plantar (sole of the foot) chakra. There are two plantochakras in the holosoma of the intraphysical consciousness. This is an expression pertaining to conscientiology.

**Pre-serenissimus** – The intraphysical or extraphysical consciousness that does not yet live a life of lucid serenity.

**Presomatic intermission** – The extraphysical period of the consciousness immediately preceding its intraphysical rebirth.

**Primothosene** (*primo + tho + sen + e*) – The same as the *primary cause of the universe*; the first compound thought. This term has no plural form.

**Projectarium** (Latin: *projectum* [throw forth] and *-arium* [a place for]) – Consciential laboratory dedicated to facilitate personal experiences of conscious projections or out-of-body experiences. The physical base that is technically prepared for the production of projections of the consciousness.

**Projectiocritique** – Critiquing performed with a projectiological perspective. It is a subdiscipline of conscientiology.

**Projectiography** – The technical study of projectiological registers. It is a subdiscipline of conscientiology.

**Projectiology** (Latin: *projectio*, projection; Greek: *logos*, treatise) – The science that studies projections of the consciousness and their effects, including projections of consciential energies outward from the holosoma. It is a subdiscipline of conscientiology.

**Projectiotherapy** – The science of the prophylaxes and therapies derived from the research and techniques of projectiology.

**Projective mental target** – The predetermined goal that an intraphysical consciousness plans to reach using the will, intention, mental focus and decision, upon finding itself lucid outside the body.

**Projective phenomenon** – The specific parapsychic occurrence within the scope of projectiology research.

**Projective recess** – The existential phase of the intraphysical consciousness characterized by the spontaneous cessation – almost always temporary – of lucid projective experiences, within a sequence of intensive experiences.

**Protothosene** (*proto + tho + sen + e*) – The more rudimentary thosene; the same as phytothosene or hypothosene.

**Psychosoma** (Greek: *psyche*, soul; *soma*, body) – Vehicle of manifestation of the consciousness in the extraphysical dimensions. The emotional parabody of the consciousness; the extraphysical *objective body* of the intraphysical consciousness. Outworn expression: astral body.

**Rethosene** (*re + tho + sen + e*) – The repeated thosene. The same as *monothosene*, fixed idea, or monoideism.

**Retrocognitarium** (retrocognition + Latin: -arium [a place for]) – The physical base which is technically prepared for the production of retrocognitions or retrocognitive lucid projections.

**Retrocognition** (Latin: *retro*, back; *cognoscere*, to know) – The perceptive faculty through which the intraphysical consciousness becomes aware of facts, scenes, forms, objects, successes and experiences that pertain to a time in the distant past. These issues are commonly related to one's holomemory.

**Retrothosene** (*retro + tho + sen + e*) – The thosene specific to self-retrocognitions; the same as the *engram* of mnemotechnics; the *unit of measurement* of retrocognitions, according to conscientiometry.

**Self-conscientiality** – The quality of the level of self-knowledge on the part of the consciousness; megaknowledge.

**Self-intrusion** – Intraconsciential process whereby the consciousness “intrudes” upon itself (i.e., contaminates itself) through obsessive or pathological thosenes. See also *intrusion*.

**Self-mimeticity**– The consciential quality of existential self-mimicry.

**Self-projection** – Departure of the intraphysical consciousness to another consciential dimension in the mentalsoma or the psychosoma, when intentional or provoked by the will.

**Self-thosene** (self + tho + sen + e) – The thosene of the consciousness itself.

**Self-unforgiver** – The intraphysical consciousness who, in the individual's self-discipline, does not pardon his/her own errors or omissions, in order to eliminate conscious self-corruption. This healthy condition is contrary to the likewise healthy condition of heteroforgiver, a sincere universal forgiver of all beings, forever – a basic principle of maxifraternity.

**Semilucid projection** (SLP) – The oneiric experience in which the projected intraphysical consciousness finds itself to be partially lucid, in a disordered manner. It is not an ideal consciential projection; lucid dream.

**Sene** (*sen + e*) – Sentiment and consciential energy.

**Serenissimus** – Popular name for *Homo sapiens serenissimus*.

**Seriality** – The quality of the consciousness subjected to existential seriation (rebirth cycle).

**Sexochakra** (*sex + o + chakra*) – The root or basic sexual chakra of the human consciousness. An ancient expression related to the consciential energy of this chakra: *kundalini* (*the serpentine fire*).

**Sexosoma** (*sex + o + soma*) – The soma when considered specifically in relation to its sex.

**Sexosomatics** – The specific study of the soma in regard to its sex, or sexosoma, and its relations with the intraphysical consciousness, whether male or female. It is a subdiscipline of conscientiology.

**Sexothosene** (*sex + o + tho + sen + e*) – The sexual fantasy; the *unit of measurement* of mental adultery, according to conscientiometry.

**Shielded chamber** – The energetically defended and extraphysically “aseptic” private room in a house or apartment, especially a bedroom; intrusion-proof bedroom.

**Silver cord** – The energetic connection between the soma and the psychosoma which is present in a projection of the consciousness, resulting from the energosomatic energies.

**Sleep** – The natural state of rest in humans and superior animals that is especially characterized by the normal and periodic suppression of perceptive activity, voluntary motor activity and daily interpersonal exchanges, through the relaxation of the senses and muscles, a reduction in the heart and respiratory rates, as well as by oneiric activity, during which the organism recuperates from fatigue.

**Soma** – Human body; physical body. The body of the individual of the *Animal* kingdom, *Chordata* phylum, *Mammiferous* class, *Primate* order, *Hominidae* family, *Homo* genus, and *Homo sapiens* species, being the most elevated level of animal on this planet; nonetheless, this is the most rudimentary vehicle of the holosoma of the human consciousness.

**Spermatic intrusion** – The introduction of a man’s sperm into a woman’s sexosoma during the sex act.

**State of suspended animation** – That state in which the essential vital functions of the cellular body of the intraphysical consciousness are temporarily suspended, whereupon its normal physiological conditions later return. In certain cases, this occurs without any damage being done to one’s personal health, the cells surviving in a metabolism of human hibernation.

**Strong trait** – The strong trait of the personality of the intraphysical consciousness; the positive component of the structure of the consciencial micro-universe that impels the evolution of the consciousness.

**Subthosene** (*sub + tho + sen + e*) – The thosene having an emphasis on consciencial energy restricted to the abdominal brain, notably energy of the umbilicochakra; the *unit of measurement* of the abdominal brain, according to conscientiometry.

**Sympathetic assimilation** – The willful assimilation of consciencial energies. This condition is often accompanied by the decoding of a set of the thosenes of one or more consciousness.

**Sympathetic de-assimilation** – Cessation of sympathetic assimilation of consciencial energies performed through the impulsion of one's will, normally by installing the vibrational state (VS).

**Tachythosene** (*tachy + tho + sen + e*) – The rapid flowing thosene, pertaining to the tachypsychic (quick-thinking) intraphysical consciousness.

**Telethosene** (*tele + tho + sen + e*) – The same as homothosene.

**Theorice** (*theor + ice*) – The experience of combined theory and practice, on the part of the intraphysical or extraphysical consciousness.

**Thosen** (*tho + sen*) – Thought and sentiment.

**Thosene** (*tho + sen + e*) – The practical unit of manifestation of the consciousness, according to conscientiology, that considers thought or idea (concept), sentiment or emotion, and CE (consciencial energy), as being three inseparable elements.

**Thosener** – The instrument through which the consciousness manifests its thoughts and acts. In the specific case of the intraphysical consciousness, the fundamental thosener is the soma.

**Thosenity** – The quality of one's thosenic awareness.

**Thosenization** – The process whereby the consciousness generates thosenes.

**Total, permanent intrusionless consciousness.** The intraphysical consciousness who is permanently and totally free of intrusion, and is completely self-aware of being in this condition as well as of all aspects that derive from it. Most used expressions to refer to this condition: intrusionless individual; intrusion-free consciousness. See *intrusionlessness*.

**Trithanatosi** – The deactivation and discarding of the psychosoma with the subsequent entrance of the consciousness of the *Homo sapiens serenissimus* into the condition of free consciousness (FC); *third desoma*.

**Umbilicochakra** (*umbilic + o + chakra*) – The umbilical chakra (located above the navel) or that chakra related to the (abdominal) physiology and parapsychology of the human consciousness.

**Universalism** – The set of ideas derived from the universality of the basic laws of nature and the universe which, through the natural evolution of the consciousness, inevitably becomes its dominant philosophy; cosmism.

**Vehicle of the consciousness** – The instrument or body through which the consciousness manifests in intraphysicality (intraphysical consciousness) and in the extraphysical dimensions (projected intraphysical consciousness and extraphysical consciousness). Also: *Vehicle of manifestation of the consciousness*.

**Verbaction** (*verb + action*) – The practical interaction of what is said and done in the coherent behavior of the consciousness; a result of one's word being ratified by example through the testimonies experienced by the intraphysical consciousness.

**Vibrational state** – The technical condition of the maximal dynamization of the energies of the energosoma, through the impulsion of the will. Abbreviation: VS.

**Virus of intraphysical society** – Any social weak trait in the intraphysical life of the human consciousness.

**Volitional intrusion** – Invasion of the will of one consciousness upon another by way of heterosuggestion or heterohypnosis.

**Waking dis coincidence** – The parapsychic condition of the intraphysical consciousness projector in which one perceives that the psychosoma is outside the state of coincidence, while in the full ordinary, physical waking state, without feeling completely integrated in the soma. This generates the intensification of paraperceptions and energetic and parapsychic phenomena. Synonym: waking non-alignment.

**Weak trait** – The weak trait of the personality of the intraphysical consciousness; the negative component of the structure of the consciential micro-universe that the consciousness has still not been able to discard or rid itself of.

**Xenophrenia** (Greek: *xenos*, strange; *phrem*, mind) – The state of the human consciousness outside the normal pattern of the ordinary, physical waking state, induced by physical, physiological, psychological, pharmacological or parapsychic agents; altered state of consciousness.

**Xenothosene** (*xeno + tho + sen + e*) – The intrusive thosene of the intruder in the occurrences of thosenic intrusion or intrusiveness; *mental wedge*; *unit of measurement* of interconsciential intrusion, according to conscientiometry.

**Zoothosene** (*zoo + tho + sen + e*) – The thosene of the sub-human animal lacking self-conscientiality; *unit of measurement* of the consciential principle of the sub-human animal, according to conscientiometry.



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