

AUTO R I C E R C A

# Measurable attributes of the vibrational state technique

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## Abstract

When studying a phenomenon, establishing a measuring system that allows systemized and more objective comparisons and observations is desirable. Measuring bioenergetic and non-physical elements has proven to be a great challenge for researchers of the multidimensional reality of the consciousness and its paraphysiology. Thus, the Vibrational State (VS), one of the most fundamental resources of lucid parapsychic self-control, still awaits better studies of its modus operandi and effects. Within this line of reasoning, this paper presents a measuring system for the VS and its promoting technique, which has been used for over 5 years, referred to here as the Voluntary Energetic Longitudinal Oscillation (VELO). The discussions focus essentially on the descriptive and parametric elements of the VS (its attributes), which are identifiable also by external agents, allowing for a less subjective measure. It is anticipated that knowledge of these attributes will grant resources for a bio-feedback process, which will favor the control of the willful installation of the VS.

# 1 Introduction

The refined control of the technique for producing the personal phenomenon known as the *vibrational state* (VS) is among the most complex aspects of basic bioenergetic procedures. Nonetheless, the effort, dedication and time invested in reaching such control are, evolutionarily speaking, highly profitable, due to its multiple positive effects.

The VS leads individuals to a level of self-knowledge of their personal energetic condition that empowers them to identify details and subtleties of their energetic body. Consequently, it allows them to discern, instantaneously and with certainty, any changes that may occur in their own energy field, whether the changes were produced by themselves or generated by another consciousness or by another form of external interference.

Having real control of the technique for producing the VS, as well as frequently experiencing it, provides the consciousness with a type of ‘energetic control tower,’ which leads to the development of a multiplicity of bioenergetic aptitudes; thus, bestowing on the consciousness a proficiency to understand and produce a series of other personal bioenergetic and parapsychic phenomena.

The installation of the VS, whether by the consciousness’ direct control of his/her energetic interface (energy body) or originating in a spontaneous or intuitive fashion, can produce a preventative or curative bioenergetic asepsis of his/her energetic interface or aura. With time, this bioenergetic phenomenon also leads the consciousness to a more complete energetic balance, as well as to a more stable and permanent energetic self-defense and endurance.

The capacity of inducing such phenomenon willfully – in any condition, any place and at any moment, based on one’s actual bioenergetic self-control and direct action over one’s energetic interface – requires (1) knowledge of, (2) identification of, and (3) action upon certain key attributes involved in the application of the technique to produce the VS, which are discussed below.

The technique for inducing the VS, more commonly known as

*Closed Circuit of Energies, Closed Mobilization of Energies, or Closed Circulation of Energies* constitutes one of the most basic yet paradoxical bioenergetic procedures, since, on the one hand, it is extremely simple, but, on the other hand, it presents significant complexity to coordinate the elements involved.

Actually, this technique corresponds to a *cyclic longitudinal energetic mobilization* throughout the energetic interface or to a *longitudinal oscillation of energies*, which is performed in a willful fashion. This energetic procedure ‘organizes’ the spontaneous bioenergetic movements of different natures, frequencies, modes and patterns occurring in the practitioner’s energetic body, transforming them into a type of coherent stationary wave that encompasses the entire energetic body.

One *session* of the technique corresponds to a continuous mobilization of an energetic pulse in complete successive longitudinal *cycles* through the length of the energetic interface. These cycles, which comprise paths parahead-parafeet and parafeet-parahead, occur in an uninterrupted manner. At the end of each path (i.e., in the coronachakra or solechakras) a new ‘push’ is applied to the energetic pulse by the consciousness by means of the application of his/her *will*. The objective of such a procedure is to reach a point in which a cohesive and stable stationary wave is created.

It is not the objective of this article to teach how to move one’s energies, nor to explain what the VS is or describe its sensations or effects.<sup>1</sup> The purpose of this work is exclusively to state some of the main elements that need to be coordinated in order to reach an effective control of the Energetic Longitudinal Oscillation, as well as to propose a methodology for the study and measurement of the elements cited.

NOTE: To favor precision, didactics and the avoidance of ambiguities, this author proposes replacing the expression Closed Circulation of Energies (CCE) with *Voluntary Energetic Longitudinal Oscillation* (VELO), which will be used from now on in this article.

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<sup>1</sup> A description of the OLVE technique can be found in Alegretti’s and Sassoli de Bianchi’s articles, published in this volume.

### ***The VELO technique***

As stated above, the profound knowledge and control of the *Voluntary Energetic Longitudinal Oscillation* technique, provides the consciousness with the ability to install a VS in *any* circumstance, according to the desired type and level of intensity.

In this technique individuals utilize their will and bioenergetic mastery to generate a longitudinal energetic pulse. However, the propagation of this pulse from one extremity to the other of the energetic body (which, in the majority of the cases, is coinciding with the soma) does not happen spontaneously, nor is it affected only by the normal 'resistance' of the energetic pathways.

Just like generating the energetic pulse, the maintenance of its propagation also has to be performed by the consciousness, as it requires employment of the same attributes and self-mastery applied in the initial production of this pulse. In this energetic maneuver, the pulse is synchronized via a specific type of paramotor coordination.

Therefore, without the consciousness' constant attention on and appropriate follow-up of the energetic pulse's flow throughout the energetic interface, such pulse normally loses coherence or dissipates, leading to energetic results other than the VS, or even producing no results at all.

The propagation of this bioenergetic pulse and the maintenance of the resulting oscillation depend on several mental and energetic attributes, which are the central focus of this work and are discussed in the section 'Basic Attributes for the Development of the VS' below.

## **2 Terminological clarification concerning the VS**

### ***Historical perspective and correction of the trajectory***

Due to the natural human tendency of trying to look for more synthetic and simple ways of referring to a phenomenon, it became customary among members of the conscientiological community of researchers and students to refer to the complete process of the

voluntary energetic longitudinal oscillation (or the closed circuit of energies) simply as ‘VS.’

Individuals commonly say they will “do a VS” when actually they will make an attempt to mobilize their energy (VELO) aiming at installing the VS. Their session of bioenergetic exercise may or may not have a satisfactory result regarding the level and quality of the energetic mobilization, depending on the person’s self-control over the attributes involved in the technique.

Although this condition is (or developed as being) only a ‘way of saying it,’ as time goes by it starts to foment basic misconceptions, mainly due to the fact that beginners in the energetic technique or students of conscientiology hear “to do a VS” instead of “to do the technique that has the objective of producing the VS.”

It is important to highlight that when performing the technique to reach the VS, it is not implicit that the VS will definitely be reached. Hence, considering the result from the VELO technique could be or could not be the production of the VS, the question to ask when inquiring about the results of the practical energetic training – during a class, for example – should be, firstly, whether the person “was able to perform the VELO satisfactorily” and, secondly, “what was the result achieved”. So, the question should not simply be whether the practitioner “installed the VS.”

Asking students about results in the form of “how was your vibrational state?” predisposes the listeners to misconceptions about the VS and gives them the impression that reaching the VS at will is something trivial, superficial, and expected to be reached quickly and with ease.

Another area of error stems from this condition: taking personal results normally reached with the VELO – still imperfect – as being already the maximum level of personal energetic effect possible. This misconception favors a common self-corrupt pattern of speaking a lot about doing the VS without, however, applying the necessary effort to control the attributes of the VELO that will allow the installation and the complete mastery of the actual vibrational state.

It is not uncommon to find people who, in fact, have never reached a VS and do not understand what type of vibration or repercussion corresponds to this phenomenon. N.B.: *Not every vibration is a vibrational state.*

### ***Terminology used in this article***

In an attempt to look for clearer language to communicate the concepts presented in this study, the author ‘borrows’ basic expressions and concepts from other fields (conceptual migration), mainly from physics.

However, various attributes of the VS (and of the VELO) discussed here generate and suffer effects of multidimensional complexity. Thus, such expressions do not always have an exact conceptual equivalent to allow for a direct, precise and unequivocal terminological migration from physics to bioenergetics. Consequently, in this article, the use of some common expressions from the field of physics does not imply their linear and direct equivalence to the multidimensional-energetic context applied here.

Hence, all effort will be made in this work to provide commentaries and details about each attribute discussed, aiming to elucidate its exact context, concept, and definition.<sup>2</sup>

## **3 Methodology for measuring energetic attributes: history**

### ***Bases of experimentation and measurement***

The experience from the bioenergetic and parapsychic evaluations of participants of the IAC’s course called *Goal: Intrusionlessness*, developed and presented by Wagner Alegretti and the author, allowed for the devising, experimenting and testing of a methodology for measuring an individual’s bioenergetic capacity.

The observations made through such bioenergetic-parapsychic evaluations resulted in the study called *Bases for the Energogram and*

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<sup>2</sup> To favor the clarity and understandability of this study, the expressions that refer to attributes of performing the VS appear in italics. For example, the word ‘depth’ can appear without italics, having, therefore, its common meaning/significance; or it can be italicized, making clear to the reader that, beyond its common usage (acceptation), it remits to the concept of the attribute *depth* discussed in the article. Obviously, other expressions that grammatically or conceptually require italics (e.g., foreign expressions) will also be italicized.

*Despertogram*, which was presented in 2005 at the *Jornada de Despertologia* (Despertology Meeting) organized by the CHSC in the city of Foz do Iguaçu, Brazil. At this conference, the project plan, the basic parameters of this methodology, the practical aspects of bioenergetic measurement and the preliminary results of this study were presented to the participants.

The measuring scale of bioenergeticity, developed by Alegretti and the author – which has been applied in private evaluation sessions of the *Goal: Intrusionlessness* course since 2003 – establishes a qualitative analysis and a quantitative gradation criterially arranged on a precise numerical scale. This scale serves to grade a broad range of diverse bioenergetic and parapsychic abilities, which are evaluated and worked on during such a course.

The abovementioned methodology to measure personal bioenergy, as well as the calibration of such a measuring system, are based on 1,084 hours of private sessions of bioenergetic evaluations and measurements of 294 students, performed as part of the *Goal: Intrusionlessness* course (as of October 2008).

The measuring of an individual's energetic condition and their capacity to control their own bioenergies is performed via the technical energetic coupling promoted by the researcher, who directs a series of energetic maneuvers that facilitates the testing and evaluation of individuals, according to a pre-established grading system.

Such a measurement and grading system – considering that it is based on the experience and comparison of results of more than 1000 session-hours of bioenergetic evaluations – offers the evaluated individuals a less subjective reference of their own condition.

### ***Calibrating the measuring agent***

Measuring someone else's energy requires, on the part of the measurer, a great deal of self-criticism, sufficient self-knowledge, and consistent energetic mastery. It is also necessary to have a clear *pre-established strategy*, based on solid protocols, so as to confer, from the beginning, uniform criteria on the observations, interpretations, and measurements recorded.

Despite the existence of such pre-established procedures, many of the strategies applied during the evaluation sessions mentioned above were implemented or perfected by direct suggestions from the team of nonphysical mentors who assist during the course.



Often these helpers brought the same inspiration to both instructors while conducting concomitant energetic evaluation sessions during the course *Goal: Intrusionlessness*. In other words, in those instances, such intuitions came simultaneously to both instructor-researchers during private evaluation sessions that were happening at the same time, yet, in different physical environments, where the instructors had no way of communicating with each other.

Such simultaneous inspirations, in many instances, worked as a confirmatory agent of the procedures applied in evaluation, analysis and bioenergetic training. Therefore, they also have a vital function for the instructor-researchers, since they work as an element of calibration and refinement of the measuring techniques and methods utilized.

As in any other measuring instrument, the bioenergetic evaluating agent (the researcher) has to maintain (1) his/her accuracy, through bioenergetic discernment, and (2) the smallest level of interference possible, through his/her cosmoethical self-scrutiny; reaching in this manner the maximum acuity and neutrality feasible during bioenergetic evaluations of others. The confirmations from intuitions, synchronicities, joint cognitions, as well as the coherent sensations and perceptions between the evaluator and the evaluated are another aspect taken into consideration when calibrating the researcher's measuring system. Considering that such evaluations have been performed since 2003, confirmations and inputs received *a posteriori* are an additional instrument for gauging and refining the measuring agents.

## **4 Basic attributes for the development of the VS**

During the abovementioned private bioenergetic evaluation and measurement sessions, the author had the opportunity to observe directly some basic attributes involved in the VELO practice and, consequently, in the willful production of the VS through the mobilization of personal energies.

On these occasions, the author proceeded to register and catalog these attributes and, hence, the elements involved in the individual

capacity of performing the VELO technique. The identification of such attributes occurred in a clear and unequivocal fashion, leading to the conclusion that it is possible to measure them through the bioenergetic coupling technique mentioned previously.

Among the aspects involved in the development of the VELO and in the control and installation of the VS, there are fundamental or primary attributes with direct implications and attributes that derive from the manifestation of other attributes. There are also attributes of an intraconsiential scope as well as compound attributes, where one is a variable of another, or where one element affects or interconnects with another, creating a stronger relationship between them or a binomial manifestation.

The measuring of students' capacity to control the VELO and the quality of their VS installation, performed during the private bioenergetic evaluation sessions mentioned above, allows for the examination of the quality of the application of all these attributes, regardless of their diverse categories and levels of importance.

It is worth mentioning that this study does not exhaust all the attributes and facets of the VELO or VS control. It merely discusses the attributes that could be better examined and deepened by this author to date. These attributes can be initially classified into:

1. Primary Energetic Attributes
2. Derived Energetic Attributes
3. Compound Energetic Attributes
4. Concurrent Intraconsiential Attributes

Real control of the VS – for the consciousness still in development regarding multidimensional self-awareness, energetic asepsis, thos-enic health, quality of interconsciential relations, and qualification of its multiexistential holokarmic record – naturally demands that the consciousness “plows” through the VELO with honest and incorruptible self-effort. This path has to be covered without laziness, or devious excuses or shortcuts. That is:

*The consciousness is not exempt from the VELO by having found a way of ‘escaping’ from it, but rather by ‘facing’ it and practicing it until reaching an absolute and permanent self-mastery over the VELO, hence, transcending it.*

To perform the VELO efficiently (and, thus, to reach a broader bioenergetic self-mastery, which can make the intrusionlessness

condition viable), the attributes described below have to be recognized, coordinated and mastered.

### ***Primary Energetic Attributes***

Primary Energetic Attributes refer to the essential or underlying attributes that form the VELO technique, which produce repercussions and ramifications that generate or permit the manifestation of other sets of attributes.

#### • *Primary attribute 1: Quantity*

##### *Definition*

Quantity or percentage of consciencial energy that the consciousness moves during the VELO.

##### *Related concepts*

1. Quantity of energy mobilized or transported by the pulse.
2. Equivalent to the pulse's amplitude or intensity.

##### *Particularizations*

1. Given the natural total consciencial energy of an individual's ( $CE_{TOT}$ ) at a certain evolutionary level, according to his/her existential and evolutionary context, a certain percentage of this  $CE_{TOT}$  is, in general, more readily unimpeded<sup>3</sup> ( $CE_{FREE}$ ), being, thus, the fraction of his/her energy that is possible for him/her to move with more ease. Note that the quantity of energy ( $Q$ ) that the practitioner is able to move during his/her session of VELO varies from individual to individual and also from session to session, according to the practitioner's level of self-control. However, in practice, the initial magnitude of  $Q$  is, in general, approximately equal to one's  $CE_{FREE}$ , due to the fact that this is the fraction of one's  $CE$  that is spontaneously looser (i.e., at the beginning of the session, normally,  $Q \leq CE_{FREE}$ . Note that  $CE_{FREE} < CE_{TOT}$ ).
2. Through the determined application of his/her *will*, the practitioner can increase the amount of energy being moved (ideal condition) in a given session of VELO, which will lead to better results in that session. It is also worth mentioning that the continued execution of the VELO promotes the expansion of one's intrinsic percentage of  $CE_{FREE}$  (desired condition), leading to the

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<sup>3</sup> According to the individual's pre-somatic condition (2<sup>nd</sup> desoma), inherent energetic looseness, and current circumstances.

amplification of general energetic health (energetic looseness).

*Note*

This attribute is directly related to one's capacity to perform a greater chakral or energetic unblocking.

• *Primary attribute 2: Fluidity*

*Definition*

Low holochakral 'impedance'. It is the opposite of energetic viscosity, resulting in the malleability or docility of the energy at the command of the consciousness.

*Related concepts*

1. Bioenergetic manageability.
2. Energetic looseness.

*Particularizations*

1. Energetic *fluidity* is an intrinsic aspect of each individual, varying according to one's evolutionary level (and according to one's existential context).
2. In principle, the greater the level of *fluidity*, the greater one's  $CE_{FREE}$  will be.

*Note*

The expansion of energetic self-control and, consequently, of the *quantity* of energy mobilized during the VELO, leads also to an increase in the degree of holochakral *fluidity*. In general, such increments occur throughout one successful session of VELO. However, with the accumulation of frequent well-performed VELO sessions, the natural (intrinsic) level of *fluidity* of the practitioner will increase, usually over months and/or years; in turn, making it easier for the individual to increase at will the *quantity* of mobilized energy in the VELO.

• *Primary attribute 3: Speed*

*Definition*

Property<sup>4</sup> inversely proportional to the time the energetic pulse takes to travel the energetic interface in a complete cycle (period). Average speed (scalar speed) of the pulse while travelling the

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<sup>4</sup> For disambiguation, 'property' instead of 'quantity' is used here, so as to avoid confusion with the energetic attribute here called *quantity*. In mathematics/physics 'quantity' is the fundamental term used to refer to any type of quantitative/measurable property or attribute of things.

entire cycle coronochakra-solechakras-coronochakra. N.B.: the instantaneous speed is zero in the extremities, immediately before the sense<sup>5</sup> is reversed.

*Related concepts*

1. Frequency of the energetic pulse.
2. Length of time the pulse takes to travel the energetic interface from one extreme to the other.
3. Scalar speed of the energetic pulse.

*Particularizations*

1. In a complete analysis of a specific VELO session, the frequency of the oscillatory movement can be considered (the frequency of the energetic oscillations is greater when there is greater speed of the longitudinal movement).
2. A central point in the VELO procedure is to increase the frequency throughout the execution of each session.

*Notes*

1. The average (scalar) speed studied here is directly proportional to the frequency, the latter being a more suitable property to express this parameter. Therefore, in favor of technical precision and accuracy, the term frequency should be used instead of speed. However, since the term frequency is generally harder to understand for the ordinary practitioner, ‘speed’ (S) was the word chosen to express this attribute, opting, in this way, to utilize a simpler term that allows a more intuitive comprehension of the concept.
2. The presence of a specific chakral blockage can cause a reduction in the speed of the pulse in the region corresponding to that chakra. Usually, when moving energy in parts of the body other than the referred region (i.e., after passing through the energetically blocked area), the practitioner recovers his/her average *speed*.

• *Primary attribute 4: Sweep*

*Definition*

Interval of space covered by the longitudinal oscillatory energetic pulse.

*Related concepts*

1. Length of the path of the energetic pulse.

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<sup>5</sup> *Sense* as in vectors (mathematics and physics), meaning *orientation along a given direction*; i.e., in a vertical “direction” there are two “senses”: up and down.

2. Spatial amplitude of the propagation of the bioenergetic pulse.

*Particularization*

Total or partial coverage of the energetic interface in the energetic flow.

*Note*

In the VELO, the energetic sweep must cover the total extension of the energetic interface, i.e., from the top of the parahead to the soles of the parafeet.

• *Primary attribute 5: **Rectilinearity***

*Definition*

Quality of the energetic flow in a straight and direct line through the energetic interface, without spirals, curves, circles, sinuosities, detours, or unnecessary movements that corrupt the rectilinear sweep of the longitudinal oscillatory energetic pulse.

*Related concept*

Straightness of the route of the VELO.

*Particularizations*

1. Preservation of the ideal route of the pulse's *sweep* during the VELO.
2. The rectilinear flow favors the sweep of the entire holochakra with the greatest possible efficiency, as it establishes the shortest route – straight and direct – passing through the energetic interface from end to end, allowing the completion of this trajectory with the least ‘expenditure of energy’ in the performance of the VELO per se.

*Notes*

1. Due to inexperience or simply lack of energetic control, the practitioner commonly allows the emergence of curves or detours in the movement of energy during the VELO. At other times, in search – inappropriately and mistakenly – for alternative ways to move energy, the practitioner consciously or unconsciously generates an energetic flow in a spiraling or other non-rectilinear form.
2. Many times, the existence of energetic blocks is what generates the detours in the energetic flow. In this case, instead of continuing in a laminar (straight) flow through the energetic interface, the energy establishes a type of ‘energetic turbulence’, which affects its *rectilinearity*. When the movement of energy spontaneously

curves or detours, it is because it is deviating from certain chakras or regions; therefore, logically, it is not reaching all parts of the energetic interface in the most direct and efficient manner possible. In other words, without enforcing the *rectilinearity* of the movement, the energetic blocks may remain untouched.

3. The sinuosities and turbulences in the energetic flow make it harder to reach energetic resonance, since they affect the coherence of the energetic regimen that leads to the VS.

4. If the practitioner lacks the coordination to move energy in a straight line (simpler route), it is unlikely that he/she will be able to coordinate more complex movements such as, for example, a spiral form, with enough dexterity to reach the highest level of excellence possible regarding *quantity*, *depth*, and the other attributes studied here. N.B.: When practitioners find that it is easier to move their energies in a non-rectilinear fashion, this is usually due to the fact that, in such energetic maneuvers, they end up moving only the looser (generally, more superficial) energies of their energetic interface. This leads them to achieve more immediate and easily identifiable sensations, which are, nonetheless, lighter and more ephemeral. In general, such sensations do not correspond to the *activation* of the energetic interface and this procedure (of superficial mobilization of energies) does not deliver the complete benefits of the VELO, as, in this case, the diverse attributes required in the control of the VS studied here are not manifested.

### ***Derived Energetic Attributes***

These attributes refer to the VELO elements which are possible to manifest from the existence and expression of other attributes. The derived attributes mentioned below arise from the primary attributes and are formed due to different interrelations among themselves or with other parameters.

#### • *Derived attribute 1: Consistency*

##### *Definition*

VELO without any reduction or undesirable alteration in the amount of energy moved; thus, keeping the VELO's *quantity* unaltered or implementing the appropriate increase in *quantity*.

##### *Related concepts*

1. Linearity (linear variation) of the *quantity*.

2. Absence of unnecessary fluctuations in the *quantity* of energies moved.
3. Regular progression of the *quantity*.

*Note*

In the VELO, the ideal condition is to institute a stable and linear increase of the *quantity*, establishing a sustained/steady progression throughout the session.

• *Derived attribute 2: **Rhythm***

*Definition*

Continuity and stability of the speed of propagation of the pulse and of its subsequent acceleration (including the time period taken to reverse its sense).

*Related concepts*

1. Maintenance or linear progression of the speed of the oscillatory movement.
2. Cadence of the energetic pulse throughout the VELO.
3. Stability of the speed and, subsequently, of the acceleration of the energetic pulse.
4. Level of regularity of the acceleration.

*Particularizations*

1. VELO without interruption, abrupt changes, or inappropriate fluctuations in the *speed* or frequency; i.e., there is no 'little stop', rest, or pause to regain concentration or to observe the sensations.
2. Analogous to tempo, in music.

*Notes*

1. Linearity of speed (in function of time, from path to path) is a fundamental factor.
2. The acceleration of the energetic pulse is supposed to occur in a continuous fashion, without any abrupt alteration in its *rhythm*. Therefore, it is expected that the *rhythm* will not be constant during the entire VELO; however, it is the smooth progression, with a gradual, even and linear increase in speed that is the proper condition for the VELO and favors the installation of the VS.
3. At times, beginners allow an inappropriate fluctuation of speed in the energetic pulse from one path (half cycle) to another. They may also apply different speeds within the same path. In both instances, they fail to apply the *rhythm* to the VELO.
4. Ideally, to reach the maximum average *speed* in a given path,



beginners should rapidly accelerate the energy, right after reversing the sense of the pulse, maintaining the speed at its maximum during the entire path. They must decelerate it only when very close to the end of each path, i.e., just before proceeding to invert the pulse in the opposite direction.

• *Derived attribute 3: **Depth***

*Definition*

Complete penetration and action/effect of the energetic pulse through each segment of the body, inasmuch as the pulse deepens spatially through the energetic interface and also multi dimensionally, i.e., reaching beyond the more 'accessible' layers of the energetic interface and, as a result, reaching 'more rigid' (blocked, crystallized, old, pathological, deep, or fossilized) thosenes.

*Related concepts*

1. Breadth and reach of the energetic pulse.
2. Excellence in the energetic sweep of the energetic interface.

*Particularization*

The VELO can, at one extreme, affect and move only the looser, more manageable energies ( $CE_{FREE}$ ); or, at the other extreme, include the 'core' of the energetic interface, promoting a deep energetic shake-up and, therefore, reaching and affecting the stagnant and evolution-hindering energies, including retrothosenes and retropsychic scars.

*Note*

Energetic blocks – either generalized (low *fluidity*) or of specific chakras – diminish the level of *depth*, creating, in the process, a vicious circle that has to be broken by the individual via the optimal application of the *quantity-depth binomial*.

• *Derived attribute 4: **Compaction***

*Definition*

Degree of spatial concentration of the energy in the pulse.

*Related concepts*

1. Quality of the propagation of the bioenergetic pulse.
2. Compactness of the energetic propagation.
3. Pulse width.

*Particularization*

For example, there is: (1) definite propagation, which has neither

dispersion nor reverberation that would dissipate the strength of the energetic pulse; or (2) disperse propagation, with the formation of an energetic ‘trail’ of the pulse.

*Note*

If the total *quantity* of energy moved (Q) is equal to the quantity of energy that passes, at each half-cycle (one path), through a given transversal section of the soma, *type 1* of the above-mentioned propagation occurs (ideal condition). If, however, the energy that passes through a given transversal section of the energetic interface is lesser than Q because part of it is at that moment still passing through the prior transversal sections of the energetic interface due to a pulse delay or drag (dispersion of the pulse intensity), then, a *type 2* propagation occurs (undesirable condition).

• *Derived attribute 5: Activation*<sup>6</sup>

*Definition*

Condition of intensification of the energetic power, resulting in the general or partial chakral-bioenergetic activation of the energetic interface.

*Related concepts*

1. Partial or generalized bioenergetic intensification reached.
2. Energetic dynamization or activation.

*Particularizations*

1. Result of the synergistic combination of the attributes of the VELO, being an attribute directly correlated with the excellence in the application of the primary attributes.
2. When the *activation* reaches a certain level that produces bioenergetic resonance in the entire energetic interface, it is classified as a VS. The VS is, therefore, proportional to the magnitude of the energetic *activation* (A) or of the attained resonance. Hence, different degrees of resonance will produce different levels of VS intensity, with different effects and repercussions.

*Notes*

1. The *activation* can occur in one chakra or in a few chakras, or can affect the entire energetic interface, the latter being the ideal

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<sup>6</sup> See in the section “The Energetic *Activation*” below, pertinent notes about this attribute, which, for practical purposes and for measuring the vibrational state, is the VS per se.

condition sought, which, depending on the intensity, can be considered a vibrational state.

2. Not all *activation* corresponds to a vibrational state, since it does not always reach a complete resonance of the energetic interface or is not always self-sustained adequately enough to a point it could be considered a VS. A minimum level of energetic activation ( $A_{\text{MIN}}$ ) is needed for it to be considered a VS, regardless of the intensity that this VS ( $I_{\text{VS}}$ ) will have, i.e., the VS occurs when  $A \geq A_{\text{MIN}}$ . N.B.: Is still unknown how to measure  $A_{\text{MIN}}$ .

3. In rare cases, the resonance reaches more vehicles of manifestation, beyond the energetic interface, including possibly even encompassing all bodies. N.B.: It is more probable for such a condition to occur when the intraphysical consciousness is in a state of deep relaxation or if the bodies are partially non-aligned.

### ***Compound Energetic Attributes***

Compound attributes of the VELO refer to the existing inter-relation between the primary and the derived energetic attributes, or between energetic attributes and other factors<sup>7</sup> which are also involved in exercising the bioenergetic self-control necessary to perform the VELO.

The inter-relation between the components of a compound attribute can have inherently different qualities, thus, leading to associations, interferences or synergies among the elements that constitute such an attribute. It can, therefore, affect the result of the technique as well as the consciousness' capacity to produce a VS at will, that is, even when under external opposing pressure, with personal difficulties, or with inner afflictions or conflicts.

The referred link of inter-relation can be due to (possible) interference that one component of the attribute may generate over the other, so as to affect, nullify, or corrupt it, forming a relation of affectability in its manifestation. Such a link existing between the elements that forms the compound attributes can also be of a synergistic, complementary or intersectional character, forming a type of manifested binomial.

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<sup>7</sup> E.g., consciential attributes.

- *Compound attribute 1: **Quantity–Speed relation***

*Definition*

Capacity to maintain the *quantity* of energy moved stable or expanding while willfully increasing the *speed* of propagation of the energetic pulse.

*Related concept*

Invariance (or increment, if applicable) in the *quantity*, despite the increase in *speed*.

*Note*

Reducing the *quantity* when increasing the speed of the VELO is a common condition for beginners.

- *Compound attribute 2: **Depth–Speed relation***

*Definition*

Maintaining a high degree of comprehensiveness and reach of the energetic pulse (*depth*), independently of the applied *speed*.

*Related concept*

Complete penetration and permeability of the energetic pulse through the interchakral channels, even when promoting an increase in the VELO's *speed*.

*Note*

The inexperienced practitioner usually ends up reducing the *depth* of the energetic flow when promoting an increase in the frequency (i.e., accelerating of the pulse).

- *Compound attribute 3: **Sweep–Speed relation***

*Definition*

Maintaining the propagation of the longitudinal energetic pulse through the complete path (from the top of the parahead to the soles of the parafeet), regardless of the applied *speed*.

*Related concept*

Totality of the energetic *sweep* throughout the energetic interface even with the increase in *speed* of the VELO.

*Note*

In general, the beginning practitioner has the tendency to reverse the sense of the pulse before reaching the end of the path (coronochakra or solechakra) when promoting the increase in speed.

• *Compound attribute 4: **Rhythm–Speed relation***

*Definition*

Maintaining the *rhythm* or oscillation of the pulse, independently of the *speed* applied.

*Related concept*

Level of regularity of the oscillation of the energetic pulse during the development of the entire session, even while increasing the VELO's *speed*.

*Note*

Usually beginners fail to maintain the rhythm, or lose control of the energetic movement, while trying to accelerate the pulse. This leads them, many times, to limit the speed as a way of guaranteeing the quality of the *rhythm*.

• *Compound attribute 5: **'Sustaining the oscillation'–'Application of effort' relation***

*Definition*

Effectively maintaining a level of excellence of the VELO, no matter what amount of effort is required.

*Related concepts*

1. Unwavering and uninterrupted control of the quality of manifestation of the primary attributes of the VELO.
2. Maintaining the effort versus maintaining the result.

*Notes*

In general, the consciousness establishes his/her reference point on the amount of personal effort applied, thus, keeping this element fixed. Consequently, when energetic blocks or interferences arise, the oscillatory movement ends up getting reduced due to the decrease in *fluidity*, which makes the mobilization of bioenergies more difficult. N.B.: the correct condition is the unwavering and steadfast maintenance of the VELO, taking into account all the attributes and guaranteeing the desired progression of the *quantity* and *speed*, regardless of the obstacles or difficulties that may appear (i.e., maintaining the level of excellence in the result obtained).

• *Compound attribute 6: **Rectilinearity–Depth binomial***

*Definition*

Direct effect that *rectilinearity* can have on the optimal application

of the VELO's *depth*.

*Related concept*

Superficiality of the energetic flow or reduction in the *depth* of the penetration of the energy in the entire energetic interface's interchakral channels. Such superficiality is caused by the detours, curves, or turbulences formed during the process of mobilization of energy throughout the energetic interface.

*Notes*

1. *Rectilinearity*, associated with suitable *quantity*, guarantees that the energy will pass through all points of the energetic interface (completeness); thus, it has a direct relation to the level of *depth* the energy will reach in the VELO. N.B.: If the energy deviates, presumably, it is detouring from certain areas where there are probably energetic crystallizations or blocks connected to retrotraumas, revealing, therefore, that the energy is flowing inefficiently through the energetic chakral pathways.

2. If, on the one hand, the *rectilinearity* can help in obtaining greater *depth*, the opposite is also true because, given that the application of optimal *depth* favors energetic unblocking, the rectilinear flow of energy will be facilitated upon reaching greater proficiency when employing *depth*.

• *Compound attribute 7: Quantity–Depth binomial*

*Definition*

The effect that the *quantity* has over the *depth* of the energetic flow and, as a result, on the unblocking power of the VELO.

*Related concept*

Level of completeness, penetration, and spread of the energetic pulse through the energetic and interchakral channels (i.e., *depth*), as a consequence of the proper application of the *quantity*. N.B.: Such a condition can promote the amplification of the amount of CE<sub>FREE</sub>.

*Note*

The greater the energetic *quantity* and intensity of the pulse, the greater is the possibility that it will flow through all of the chakral interconnecting circuits, reaching greater *depth* and being able in this manner to promote even multivehicular (in more than one body) repercussions.

• *Compound attribute 8: Action–Relaxation binomial*

*Definition*

An apparently paradoxical synergistic combination applied by the practitioner of: (1) the ability to apply direct control over one's bioenergies (active will; energetic action commanded by the mental body) with (2) inner relaxation (i.e., lessening of expectations or anxiety) to allow the rise of the holochakral dynamization (the VS).

*Related concepts*

1. Self-control – Acquiescence Binomial.
2. Willful non-somatic action.

*Notes*

1. Many times the VS *comes to the practitioner* as a result of energetic looseness and activation obtained through his/her active mobilization of energy.
2. In certain cases the VS is facilitated or intensified by helpers during the VELO with diverse objectives, including assisting in the overall unblocking of the practitioner.
3. Without the correct posture of inner openness, the practitioner may, inadvertently, slow down the occurrence of the VS.

***Concurrent Intraconsciential Attributes***

Some consciential attributes are more closely connected to the result and quality of the VELO; therefore, their manifestation directly affects one's bioenergetic self-control and the efficient mobilization of energies.

In fact, it can be affirmed that if an intraphysical consciousness fully applies the consciential attributes listed below in his/her exercise of energetic mobilization, on some level and to a certain degree, the VELO will occur. This leads to the gradual improvement of the individual's energetic condition and bioenergetic control and, hence, in time, to the VS. N.B.: Such a condition is true even if the practitioner does not feel his/her own energies during the execution of the VELO.

• *Consciential attribute 1: Intent*

*Definition*

Intellectual-mental decision, arising from a deep inner understanding of the value of a certain objective, leading the

consciousness to the intention and legitimate decision of looking for ways of reaching it.

In this context, it refers to the act of really wanting, *at any cost*, to perform the mobilization of the personal CEs, regardless of the existence or probable emergence of difficulties or obstacles.

*Related concepts*

1. Legitimate inner decision.
2. Personal resolution.
3. Discerning and contextualized interest.
4. Firm personal choice.

• *Consciential attribute 2: Will*

*Definition*

Inner determination that impels the consciousness to carry out his/her established objective.

*Related concepts*

1. Internally guided effort.
2. Persistence of action/execution.
3. Underlying element in self-control.

*Particularization*

*Will* refers to the quality of effort and the applied inner diligence; being, in this case, the attribute which makes the crowning of the *intent*. It brings about successful energetic work by means of applying the effort necessary for the efficient execution of the VELO. Being the materialization of the *intent*, *will* is a key element in generating the energetic pulse and, consequently, promoting the VS.

*Notes*

1. Main element, generator or maintainer of the non-dissipation of effort, which assures the focus of one's action/activity going directly and exclusively to the energetic interface.
2. *Will* is the factor responsible for the application of indefatigable personal dedication over time, until the desired objective is reached.
3. Underlying resource for the best possible manifestation of *sustaining the oscillation – application of effort relation*.
4. Indispensable factor for indisputable self-control.

• *Consciential attribute 3: Attention*



### *Definition*

Capacity to maintain focus during the complete execution of the technique, without mental interruptions, distractions or day-dreams.

### *Related concepts*

1. Concentration.
2. Non-dissipation / no distraction.

### *Notes*

1. *Attention* is the foundation which allows the very execution of the VELO, since without guided and superior focused attention the consummation of the longitudinal energetic mobilization is compromised, even if the practitioner has, as an intrinsic potential, the capacity to control the VELO attributes.
2. It is common for the practitioner to become distracted with external stimuli, somatic sensations, or even energetic-chakral sensations generated by the exercise.
3. Spontaneous thoughts which occur during the VELO may dissipate concentration, mainly if they are connected to emotions or are incited by thosenic intrusion.

## **5 The installation of the VS**

### *Technique variations*

As observed, the procedure of the VELO technique is extremely simple. Yet, to attain maximum results (according to the potential of each consciousness), attention to the quality of the application of the attributes involved is necessary.

Even when practitioners invest time and effort and take care in the application of each attribute of the VELO, natural variations in its execution may occur, according to the style and predisposition of each individual. Note that, in order for them to be in fact variations only (still maintaining the objectives, effects and benefits of the VELO), they cannot dispense with the basis of the execution of the technique.

For example,<sup>8</sup> it will make no difference in the result if the practitioner applies one of the following variations.

1. Start the energetic longitudinal mobilization from the coronachakra or from the solechakras. In any of these conditions, once each of the subsequent energetic paths has a complete *sweep*, the result will be the same.
2. If the VELO is started by a specific chakra – different from the ones mentioned in item 1 above – the result of the technique will also not be compromised as long as, after the energy mobilization has started, the pulse continues with a constant and complete *sweep*. N.B.: In order to better sense and command the energy, some people prefer to start the VELO from the chakra they have a greater predisposition to feel.
3. Focus more intensely in the inversion of the pulse's sense (meaning, when the energy reaches one of the energetic interface extremities; or when the energy starts to go up if it was going down, and vice-versa), by making a stronger push at this point. This resource, in general, serves for some as a way of maintaining the pulse's quality (for example, of its *rhythm* and *consistency*).

Other variations acceptable for practitioners who are still beginners in the execution of the technique or in controlling the VELO attributes are:

1. When a dispersive and delayed propagation of the energetic pulse takes place, some individuals continue pushing the energy to the extremity of the energetic interface; thus, only reversing the sense of the energetic pulse when the total *quantity* (Q) of the energy moved along that path has reached the target-extremity of the energetic interface (i.e., the coronachakra or solechakras). For didactic purposes, it can be said that it is as if the intraphysical consciousness 'waited' for the delayed energies to arrive at its final destination before changing the sense of the energetic pulse. N.B.: In certain cases this procedure is beneficial, since it avoids the practitioner moving an even lesser quantity of energy than his/her  $CE_{FREE}$  due to

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<sup>8</sup> The small list below is just an illustration to provide the reader with examples of the type of variations that normally can occur without negatively compromising the VELO result and without corrupting its correct execution.

experiencing the ‘propagation *type 2*’ mentioned in the item ‘compaction’ of the derived attributes. However, the condition that leads practitioners to manifest this type of energetic propagation (non-ideal) has to be identified and overcome as soon as possible, so that they establish a cohesive and appropriate propagation of their energies.

2. Some people opt to do, for a brief moment, an energetic mobilization in smaller segments of the energetic interface (for example, from the frontochakra to the umbilicochakra) before performing the VELO technique, that is, before making the pulse have a complete *sweep*, traveling the entire energetic interface from one end to the other. In some cases, such a procedure helps in maintaining focus (*attention*) and in the initial or partial unblocking. N.B.: It is important to highlight that such modular energetic mobilization (in modules of energetic interface segments) does not replace and does not have the same effect as a VELO; hence, it cannot be taken for the VELO technique. It is only a pre-VELO procedure to ‘warm-up,’ which should eventually be abandoned.

### ***The Time Factor***

Even though *time* (duration of session) is a variable of the execution of the VELO, it is a factor extrinsic to the consciousness; therefore, it differs from the above discussed attributes in its application, role and influence on the VS.

For beginners, the *time* (T)<sup>9</sup> that they apply in executing the technique is, in general, important. Such is the case because, considering their level of *fluidity* and overall self-control, the higher the number of energetic cycles they perform in a specific session, the greater will be their chances of succeeding, as they will have better conditions to potentialize their energy and arrive at a state of resonance of the energetic interface.

A VELO session is an uninterrupted mobilization of personal CE (consciential energy, bioenergy). Thus, if a practitioner does 40 minutes of VELO, but becomes distracted approximately every 2 minutes – therefore interrupting or affecting the session – he/she

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<sup>9</sup> The capital letter “T” is used here to refer to ‘time’ meaning duration of the session.

would have done 20 mini-sessions and not one long session of 40 minutes during this time.

The execution of one long session produces cumulative effects that bring certain benefits as well as palpable positive impacts, clearly identifiable, to the practitioner's set of bodies. Such results, however, are unlikely to be obtained at the same level with the execution of many consecutive mini-sessions as described in the previous paragraph.

Besides the obvious fact that the accumulation of effects does not happen in the same way with many consecutive mini-sessions as with one long (uninterrupted) session, the occurrence of a series of non-planned interruptions or pauses also demonstrates a lack of energetic self-control of the practitioner and, consequently, the absence of a suitable application of the attributes discussed in this article. Such an occurrence reveals, therefore, that the practitioner is not performing the VELO correctly or according to the maximum of his/her intrinsic potential.

When the individual still needs to acquire greater self-control over the VELO's (and the VS's) attributes, the form that brings most results is performing many sessions of the technique distributed throughout the daily waking state period. As a general rule, it is suggested that he/she performs, for a certain period of time<sup>10</sup>, 20 daily sessions spread out preferably in equal time intervals. N.B.: The practitioner, or his/her trainer/evaluator, may come to the conclusion that fewer daily sessions are enough or, conversely, that the practitioner needs to perform more than 20 sessions a day to be able to produce the desired results.

Even if the practitioner is not able to reach the VS (due either to the *fluidity* not being ideal or to other attributes not being well developed), for the purpose of training and acquiring control over the VELO attributes, doing sessions of approximately 5 minutes each – uninterrupted and without distractions or self-corruptions – should produce an improvement in his/her control over these attributes.

Even though the VELO is a simple procedure, in the majority of cases, months or even years of dedication are generally necessary before the average practitioner is able to reach a level of *fluidity* and parapsychomotricity (Alegretti, 1992) that would allow him/her to

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<sup>10</sup> Days, weeks, or even several/many months in some cases.

improve the application of *quantity* in his/her exercise. This would, in turn, also lead the practitioner to a greater control over the diverse VELO and VS attributes as well as to a more effective and permanent expansion of his/her  $CE_{FREE}$ .

During this time, the practitioner will perceive a progression (usually non-linear) of his/her self-control; since, by correctly performing the VELO, greater results will be reached in shorter sessions.

It is important to clarify that if the practitioner executes only the *tensional state*,<sup>11</sup> not even 60 daily sessions of 5 continuous minutes or 5 complete, uninterrupted sessions of one (1) hour, performed throughout the day, will bring results.

It can be inferred from this that even though (depending on the practitioner's personal condition) sustaining the VELO for a considerable period of *time* can be critical for reaching a reasonable level of energetic *activation*, the importance of the duration of the exercise is interconnected with the quality of the manifestation of the VELO attributes.

Thus, the relevance of the *time* factor, in comparison with the other attributes, is in general inversely correlated to the control of the attributes discussed here. That is, without a certain minimum level of control over the VELO attributes, the probability of installing the VS is smaller, even with the execution of the technique throughout a sufficiently long period of *time*. On the other hand, the better the application of the VELO attributes, the less time the individual will need to reach results.

Nevertheless, despite this apparent paradox, it is the practice of the VELO itself that will lead the individual to achieve control over these attributes (even if the VS is not reached or if the energies are not clearly perceived). Therefore, it is essential to invest care and effort to reach and maintain excellence in the VELO. N.B.: When the intraphysical consciousness achieves greater actual control over the VELO attributes, frequently, a high-level VS can come about within a few seconds of energetic mobilization; meaning, with a VELO of only one or a few cycles.

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<sup>11</sup> See the section "Facets of the VS."

### *The Energetic Activation*<sup>12</sup>

The intensity of the VS ( $I_{VS}$ ), derived from the quality of the energetic resonance, depends directly on the *quantity* (Q) of energy mobilized in a given period of time. Hence, the *speed* of the cyclic longitudinal pulse (S) is relevant, since, if the *speed* is higher,<sup>13</sup> the number of times that particular quantity of energy will pass through each specific transversal section of the energetic interface per unit of time will be greater; therefore increasing (from the point of view of the energy that flowed through the interchakral channels) the effect of the energetic mobilization.

The above-mentioned speed (S) can alternatively be defined as the number of times or cycles (N) that the specific *quantity* of energy passes through the energetic interface divided by the period (T) of the session ( $S = N/T$ ). If we assume a given case in which Q is maintained constant during the VELO and if we establish a parallelism between *activation* (A) and the physical concept of power (i.e., the quantity of energy that passes, on average, through the energetic interface per unit of time), it can be affirmed, in a simplified way and for pedagogic purposes, that  $A \sim Q \times N/T$  or  $A \sim Q \times S$ . Meaning, the *activation* is proportional to the *quantity* (Q) multiplied by the *speed* (S).

The *rhythm* of the VELO is essential, as it will give regularity to the pulse, a condition which will contribute towards reaching a frequency favorable to the energetic resonance or *activation* to such a level that it can be considered as installing the VS ( $A_{MIN}$ ).

Note that there are vibrational states that occur in a spontaneous fashion (or, more accurately, apparently spontaneous), which are sponsored by helpers or brought about by other physical, nonphysical, mental, or bioenergetic factors. Therefore, in these cases, even if the Q or S produced directly by the practitioner could be equal to 0 (zero), the VS could occur.

In the case where the VS is promoted through the VELO, it is

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<sup>12</sup> The formulas here presented aim solely to express the information in a ‘different way,’ which, depending on the reader’s academic background or intellectual style, might contribute to the comprehension of the topic. Thus, for readers who find difficult to read formulas, the information can be captured through the conceptual and descriptive discussions of the section.

<sup>13</sup> As long as the mobilized *quantity* is not reduced (*quantity–speed relation*).

worth mentioning that without the mobilization of a considerable *quantity* of energy, it will be difficult to produce a resonance of an appropriate level no matter the duration of the exercise (T), because the *activation* will probably still be insufficient.

Thus, as a conjecture, I propose here a phenomenological formula more complete than the prior one (however, still only indicative of the possible relations of some of these attributes with the energetic *activation*). Such a formula, which aims at expressing the installation of the VS, includes the *time* factor, as follows:  $A \sim Q^a \times S^b \times T^c$ , where a, b and c are factors or weights – still unknown – that, in this case, are dimensionless positive numbers greater than zero which establish the relative or proportional contribution of each of these factors to the *activation*.

According to the experience of this author, it seems that  $a > b > c$ . In other words, the *quantity* is more relevant than the *speed*, while the duration of the session is the least relevant factor (i.e., the correct application of the discussed attributes in this article can be more relevant than the duration of the VELO).

Certainly, there are other factors that interfere in the installation of the VS and could be inserted in this formula; however, we are still far from knowing the quantitative and qualitative relation of them to the VS.

It is also important to highlight that the above formula seeks to translate qualitative information; that is, it merely illustrates, for didactic purposes, the aspects discussed in this section, called ‘The Installation of the Vibrational State.’

Comparing various sessions of the same practitioner, it was possible to perceive that each of the VELOs performed were often different. They differed not only in their execution but also in the sensations and effects they generated. The same applies to the VSs reached. This fact increases even more the complexity of establishing standardized patterns for such phenomenon.

It is worth remembering that the *activation*, or chakral resonance, is affected also by the compound, derived, and intraconsciential attributes, which cause the nullification, reduction, or potentiation of the results; hence their importance for the installation of the VS at will and the complexity of arriving at a standardized and precise form to express the phenomenon.

### *Facets of the VS*

As can be inferred from the discussions so far (and was previously mentioned), often there are situations in which – due to the concurrence of external variables or lack of personal bioenergetic self-control – beginners are not able to install the vibrational state during their sessions of energetic exercise. Nevertheless, it is worth reiterating that in the great majority of cases only by doing the VELO (even if not reaching the *activation* of the bioenergies or the VS) can one observe tangible benefits of diverse levels, types, ramifications and repercussions. Therefore, the more meticulous attention and dedication the intraphysical consciousness applies to correctly executing the VELO, the greater the positive results will be.

Generally, less experienced practitioners have difficulty discerning what they experience, not being able to distinguish between (1) the energetic sensations produced only by the mobilization of energy during the VELO, (2) the energetic results obtained as a result of the correct and diligent performance of the VELO, and (3) the energetic resonance (A) or the VS installation *per se*.

There are vibrational states and **Vibrational States!** Not all VSs are equal; so, once a VS is installed, its intensity ( $I_{VS}$ ) and nature are still to be verified. Different VSs can produce different repercussions and effects on the practitioner.

It is also worth clarifying that, once the vibrational state is achieved, i.e., the specific level of resonance of the entire energetic interface is reached, the manifestation of such a resonance superimposes itself on the other attributes.

Among the frequent misconceptions in the appreciation of the personal results obtained is the fact that (inexperienced) practitioners may mistake the energetic interface for the soma. That is, they regard the effect of somatic tension (inappropriate) – and resulting tremor or physical movement – as the energetic interface's *activation*. In this case, these practitioners promote basically somatic sensations that, in general, tire them and may even affect their cardiac frequency, blood pressure, and muscle tonus, effects that are erroneously taken for the 'vibratory activation' of the VS. This condition, which resembles more a 'trembling state,' is surprisingly common.



## 6 VS: defining its quality

An entire, separate article is needed to present a deeper analysis and understanding of the nature, intensity and quality of the VS.

Nonetheless, for the purpose of providing a broader context and a greater grasp of the attributes involved in the self-control of the vibrational state – the central objective of this work – it is prudent to offer here a few general comments about this topic.

The nature of the VS, or chakral *activation*, in a basic and initial analysis, can be roughly classified into 2 fundamental types:

- **Superficial activation**

Partial activation, characterized by: ‘shallow’, unstable, incomplete, ephemeral vibrations. Insufficient energetic stimulation, which is, in the majority of cases, restricted to the superficial, more external layers of the energetic body.

- **Profound activation**

Total activation, characterized by: complete, self-sustained, more stable and *deep* vibration with greater ‘wave amplitude’.

Energetic dynamization that reaches a higher percentage of the energetic interface (and sometimes even of other bodies of manifestation), being more lasting than ‘*partial activation*’, maintaining more cohesion and coherence when installed.

The consciousness can also experience, in principle, 2 basic types of VSs, according to the degree of energetic intensification or re-percussion produced (which may or may not be consistent with his/her intrinsic potential):

- **Comforting**

When the consciousness moves only his/her already flexible, manageable and partially activated energies, acknowledging the mobilization of such energies as relatively easy or more within his/her normal capacity.

*Note:* In this case (due to inexperience, lack of skill, or self-

corruption) individuals usually end up mobilizing a small percentage of their total *quantity* of energy, making an erroneous assessment of the quality of their VELO, thus, being satisfied with an unsuitable or insufficient result.

Thus, commonly, the intraphysical consciousness continues to move a minute quantity of energies, in general reaching only the ‘superficiality’ of his/her energetic interface. This situation usually occurs also because the practitioner seeks, internally, the consoling or comforting notion that he/she is performing the technique correctly and reaching the highest level of VELO. In this fashion, the individual avoids critical self-evaluation and the arduous work sometimes required for a satisfactory realization of the VELO.

- **Stirring-up**

When the intraphysical consciousness is able to reach a level of *depth* and intensity that goes beyond his/her average level, the VELO ‘touches’/affects the inter-vehicular<sup>14</sup> energetic connections where consciencial energies with old patterns, undesirable for evolution, reside.

Given this fact, a VELO executed at a high level in terms of its *quantity* and *depth* can lead to the exposure of existing energetic blocks, some of them, from many lives.

This type of chakral intensification (Ivs) is, therefore, more self-antiseptic, produces more renovation of the energies, and promotes a better intraconsciencial recycling, leading to an improvement in *fluidity*.

*Note 1:* ‘Shaking up’ the energies that were stagnated and repressed in the chakral and intraconsciencial depths commonly produces an uncomfortable sensation, which can be quite ephemeral if the consciousness knows how to move forward with the process until the unblocking is achieved and the self-intoxicating energies are purified or removed.

*Note 2:* Although, due to the sensation it produces, this repercussion can be incorrectly perceived as negative, the consequences generated by it are positive and reveal a high level of *depth* reached with the energy work.

Unfortunately, in the majority of cases, practitioners apply various

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<sup>14</sup> Inter-bodies.

self-corruptions and end up reducing or interrupting the mobilization of their energies when they feel such repercussions, so as to escape from the inner shake-up and the self-confrontation that can be brought about by this condition.<sup>15</sup> N.B.: Just like, for example, a physiotherapy session can generate discomfort (and, in some cases, even pain) which is fleeting and expected in the therapeutic process, tackling certain stagnated energies can also produce uncomfortable sensations when the unblocking (positive result) is taking place.

*Note 3:* The repercussions of stirring up blocked energies – previously hidden – normally occurs when the consciousness reaches a certain minimum level of *depth* in the VELO (in that specific session or in a series of sessions that he/she had been doing).

*Note 4:* It is worth stressing that this condition is different from the discomfort or negative pressure practitioners suffer (when trying to execute a VELO session) due to anticosmoethical interference from less lucid nonphysical consciousnesses who seek to impede them installing the VS. This subterfuge is used by those non-physical consciousnesses as a way to hinder the practitioner's development, which, in turn, affects the practitioner's capacity to become free of their corrupt influences.

## 7 Future research

The research findings, theories, propositions and discussions presented in this paper can be refined by a longitudinal study of diverse methodology.

A detailed compilation of grades and results of each VELO execution and each attempt at installing a VS performed by a group of practitioners being studied can allow the identification of (1) the elements statistically easier to control, as well as (2) the more complex aspects of the VELO.

Such a compilation must be carried out through lucid and accurate self-measurement (by the practitioner) and also through hetero-

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<sup>15</sup> Assiduous energetic works of greater depth and impact – such as, for example, the daily practice of a high level PENTA – can also lead to the stirring up of stagnated, self-contaminating energies.

evaluation of the practitioner, by a qualified measuring agent.

Periodically, comparisons between the participants' and the qualified measuring agents' measurements will have to be done, striving to identify patterns of agreement and discrepancy.

This research is planned to be conducted by this author. However, carrying out such a study and gathering data can occur only when a sufficient number of VELO practitioners reach a certain level of bioenergetic self-knowledge, parapsychic maturity, and energetic self-control. This aims to ensure that the body of research subjects/participants will have proficiency enough to satisfactorily fill out pre-designed forms dedicated to the investigation of their practical results.

It is expected that the training performed through the course *Goal: Intrusionlessness* will lead, in time, to a significant increase in the participants' self-mastery over the attributes discussed here as well as their acuity for bioenergetic self-perception and self-evaluation. This condition should produce a chain reaction, resulting in an increase in the number of members of the consciological community who have genuine bioenergetic self-control and knowledge, being capable, therefore, of producing true VSs – a requisite for the research plan described here.

After the accumulation of enough data, an article with the description of the results of this research study as well as pertinent discussions related to the results will be published.

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