

PARAPHENOMENOLOGICAL METHODOLOGY

PROPOSAL OF A FOUNDATION FOR INVESTIGATIVE RESOURCES AND SELF-DEVELOPMENT OF PHENOMENOLOGY OPERANT IN PSYCHIC PHENOMENA

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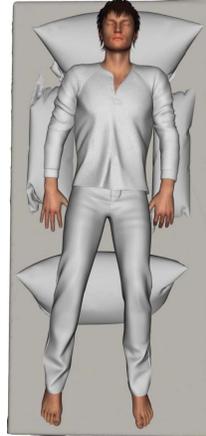
In order to help consensual self-research on psychic phenomena this work aims to propose a Paraphenomenological Methodology that may contribute leading an individual closer to their consensual reality.

DISCUSSION TOPICS



1. **Paraphenomenology:** Development available through a **process of education**, refuting the exclusiveness of **gifted** ones.
2. **Central issue:** technical procedures to **develop and investigate** psychic **phenomena** in general.
3. **Based** on the parapsychology of the holosoma (4 vehicles of consensual manifestation: physical body, energosoma, psychosoma and mentalsoma), in line with Projectiology (VIEIRA, 2002).

BASIC SKILLS



To perform the methodology's core steps, at least **3 basic trained skills** are necessary to achieve procedures in laboratorial experiments or in daily life:

1. Induce **physical relaxation** until reducing or neutralizing organic sensorial perception.
2. **Identify personal bioenergies** to control their movement, vibrational frequency and density.
3. **Induce minor and major discoincidences** between vehicles of consensual manifestation.

PARAPERCEPT: EPISTEMIC FOUNDATION

The main foundation of the core procedures is the physiological response of the **parapercept** (the mental image from extrasensorial perception) resulting from a **fine-tuning** provided by controlled exteriorization of **bioenergies** and adjustments to the level of discoincidence in the **holosoma**, especially in the region of the human **head**.



FUNCTION

In this way, a **consciousness** can perform a **paraperceptual tuning**, enabling:

1. **prospecting** different extraphysical dimensions.
2. **avoidance of contamination** from the imagination in paraperceptions.
3. **better distinction** paraperceptions from imagination, hence reducing misinterpretations.

METHODOLOGICAL PROPOSAL

The whole methodological proposal includes **9 stages of procedures**:

1. **Paraphenomenological attitude.** The self-researcher guides themselves with:
 - 1.1. Scientific interest.
 - 1.2. Paraperceptive opening.
 - 1.3. Cosmoethical orientation.
2. **Imagistic passivization.** The self-researcher decreases the production of mental images to avoid interference in the paraperceptual content.
3. **Imagetic activation.** The paraphenomenon appears to the consciousness due to a spontaneous configuration or through active mental functions such as attention, volition, scanning, probing and expansion of lucidity.
4. **Deactivation of imagistic tension.** Deactivation of inner sources of undesirable interference on the paraperceptions.
5. **Tuning of the parapercept.** The set of techniques used to adjust tuning of the paraperception:
 - 5.1. Adjustment of lucidity.
 - 5.2. Control of discoincidence.
 - 5.3. Energetic tuning.
 - 5.4. Fine control over energetic exteriorization.
 - 5.5. Operational transference to the parabrains.
 - 5.6. Operational discoincidence state.
 - 5.7. Meaningful content tuning.
6. **Reverification of the parapercept.** Repetition of the tuning of the parapercept in order to certify the experiment.
7. **Analyses and hermeneutics** of the paraphenomenic components.
8. **Assistential synchronization.** Convergence of assistential utilities.
9. **Self-evolutionary synchronization.** Convergence of self-evolutionary utilities of the paraphenomena.

The development of this **methodology** is the **result** of an **organization of sequenced paratechnological procedures** that aim to make the tuning of parapercepts clear and lasting.

It aims to **encourage** the development of protocols and adequate standards regarding exchanges in **paraphenomenological research**.

Reference:

Vieira, Waldo; **Projectiology: A Panorama of Experiences of the Consciousness outside the Human Body**; Rio de Janeiro, RJ; 2002.

