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**An approach to the
research of the
Vibrational State
through the study
of brain activity**

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Abstract

This work discusses some possible methodological bases and procedures for the study of the Vibrational State (VS) through direct observation of its neurophysiologic manifestations and energetic repercussions. The author offers a theoretical deepening, allowing for extrapolations, starting from the preliminary studies and hypotheses raised so far. Such research, that allows for replicability of its experiments, is based on the assumption that the VS produces somatic effects, namely in the central nervous system, possible of being detected through adequate technology (i.e., EEG and fMRI). This study aims to address various points not yet answered about the VS, such as: the type of neurological correlates, the brain areas associated with the VS, the identification of how and if the VS differs from other regimes of brain function, the existence (or not) of a pattern of brain waves characteristic of an individual in the VS during the state of coincidence of the vehicles of manifestation, and the mechanisms of the interface between soma and energosoma, among others.

1 Introduction

Contextualization and history of the research

The author has had interest on the theme here studied for decades, as he has been experiencing out-of-body experiences since childhood, including the vibrational state (VS) and other phenomena related to bioenergy (prana, chi, orgone, vital energy, life force, subtle energy, biofield, and many other expressions), and has always had questions about the mechanism of their occurrence.

For those that have experimented lucid parapsychic and projective experiences, in enough quantity and quality, the reality of the consciousness as being independent from the body, the multidimensionality of the consciousness and the existence of bioenergies are natural facts, meaning, as real as our day to day lives.

Taking into consideration the importance of such knowledge for consciousness study and for the revolutionary and exponential expansion of human knowledge, and knowing of the positive consequences of controlling bioenergies, it is unfortunate that science in general does not yet invest more in the study and furthering of such knowledge. The reasons for such are known and it is not up to this work to discuss the epistemological, political, philosophical, religious, ontological and methodological reasons of the aspects surrounding this question.

It is worth mentioning that there were other studies on some aspects of bioenergies, including some with the purpose of healing. However, the approach and conclusions were in general physicalist and limited, many times hindering more than helping the advancement of multidimensional knowledge and the establishment of a productive interface between this field and other areas of science.

The search for less subjective approaches for the investigation of the multidimensional consciousness and of bioenergies is a noble goal, vital for the development of deeper human knowledge and for the implementation of a new paradigm. Therefore, the fact that conventional science is limited for not having yet been able to comprehend and find ways that allow for a more detailed analysis

of the non-physical phenomena point to a condition to be overcome, and there is certainly an opportunity and responsibility to make a contribution in this regard, so that this can happen.

With the goal of establishing a line of research that allowed for the development of parameters and methodology for a bioenergy research, this author presented in 1990, in Rio de Janeiro, during the 1st International Congress of Projectiology, a conference entitled “Bioenergetic Technology,” where he presented the results of a research done from 1984-1988. That research aimed at identifying a relationship that allowed for the establishment of a way for the instrumental detection and measuring of bioenergy (Alegretti, 1990). At the above-mentioned work, the principles of ‘bioenergetic technology’ were presented, as well the experimental results with a collagen bioenergy transducer, the discussions about its relevance and applications and also the planning of the future phases for its development.

In continuation of the study cited above, the bioenergetic research of subjective nature (self-research), the field research and the case studies conducted by the author, he developed in 1991 the conceptual and experimental basis of this present work. In that occasion he had the first opportunity of doing some personal experiments with the lucid projection while monitored by an EEG (and other devices for measurement of several physiological signs) in a sleep study laboratory, in the city of Porto Alegre, Brazil. On this occasion, the author also created the Vibrational State voluntarily, as to allow for the observation of the changes in brain waves pattern that could be generated as a result of this event.

Since then, this author has been actively searching for means and opportunities for the execution of batteries of additional experiments where this condition can be examined. So, in December 2007, a series of experimental sessions of EEG analyses were done, having this author and Nanci Trivellato as objects of study, at a neuroscience laboratory in the city of Natal, Rio Grande do Norte, Brazil. Those experiments focused on registering brain activity through digital EEG during the production of Vibrational States and partial projections.



Figure 1 The author in 2007, in a typical session of digital EEG analyses, at a neuroscience laboratory in the city of Natal, Rio Grande do Norte, Brazil.

Another factor that motivated the continuation of this line of study is the research done through the bioenergetic evaluations of students in the course *Goal: Intrusionlessness*, given by this author in partnership with Nanci Trivellato since 2003, at the International Academy of Consciousness (IAC). Those evaluations brought up observations, findings and further questionings about the Vibrational State, generating new hypothesis and allowing for the perfecting of the research protocol of the research presented in this paper.

During a conference given in Belo Horizonte, Minas Gerais, Brazil, in August 2008, during the IV International Congress of Conscientiology and Projectiology, this author had the opportunity to make original comments about the investigative possibilities of such protocol, as well as about some informal results of this research available up to that moment.

Objectives of the present paper

This work aims to propose an executable and replicable protocol for the research of the VS, according to the technology and knowledge available nowadays. Furthermore, it aims at establish-

ing hypotheses, theories and possible future applications for this line of study.

The possible success of this approach may open doors for future similar studies, by showing that the research of certain consciencial phenomena, until now considered subjective or beyond the scope of objective analysis is doable and viable through conventional physical methods and techniques. Besides proofing this methodological line, such demonstration of executability and viability would certainly stimulate studies of other consciencial and parapsychic phenomena (or not purely physical) which are even more complex.

The data and preliminary informal qualitative results of the 2 experimental sessions already conducted by the author and above mentioned, which point towards the validity of the hypothesis and viability of this research and of the protocol already presented will also be discussed here.

The last section of this article presents an essay about the possible useful applications originating from the broader knowledge of the vibrational state and from perfecting the research techniques presented here, including those for the application towards other consciencial phenomena, being those more closely related to bioenergies or not.

2 Basis of the research

Hypothesis

Based on a multidimensional consciousness paradigm, this research is based on three basic hypotheses:

1. Bioenergy is real and objective;
2. The VS is an objective occurrence, not being just subjective, imagination, illusion or sensory hallucination by the practitioner;
3. The VS is accompanied by detectable changes in the human brain or can cause alterations in such (some temporary and, perhaps, others more permanent).

Based on the specific knowledge existent today about the Vibrational State, which is still relatively limited due to the lack of systematic research about this phenomena conducted until this moment, it is not yet known whether there are true VSs, of high intensity, that do not produce any level of repercussion on the soma, or even if all the intense VSs will cause a repercussion on the soma.

Within the uncountable types of repercussions of the VS experimented, it is supposed that at least some VSs will produce a bigger effect on the soma, while others will concentrate its effects more directly on the energosoma, or maybe, on the vehicles more subtle than this one. This way, it is anticipated that possibly there are VSs that do not produce any somatic effect (or, more probably, produce a very low somatic effect) that can be registered by technical apparatus of physiological or neurological monitoring existent nowadays.

So, this research focuses on studying the VSs which effects reach the physical body, which, as previous research indicates, could be the majority, considering that the VS happens primarily in the energosoma, and that this energetic body acts as an interface between the consciousness and the physical body.

Another aspect that suggests that the occurrences of somatic repercussion of the VS are a common condition is the observation (through personal experience of this author and other peoples publications) that the great majority of the VSs experienced by the consciousness when in coincidence with the physical body are felt also on the body, or at least as physical sensations (probably, for the less sensitive individuals towards energies, those would be felt mainly *on* and *by* the physical body). This fact points to the logical assumption that, since the sensations and – or at least some – bio-energy effects manifest frequently (and at times intensively) on the soma, the VS probably also produces changes on the soma that can be detected.

Possible benefits

The experimental development of studies in this area has sufficient merit per se, but also because it would allow for promoting the following possible relevant results and discoveries, among others:

- Identification, categorization and cataloging of the neurological effects or correlates provoked by the VS or concomitant to it (relative to the hypothesis 3 above);
- Characterization of the VS as a distinct state of other neurological or consciential states;
- Collection of data and findings for a better comprehension of the VS itself;
- Demonstration of the VS as a real and objective energetic phenomenon (relative to hypothesis 2);
- Better understanding of the processes and factors involved in the development and effective willful production of the VS, allowing for the generation of more effective pedagogical methods and more exact descriptions, capable of promoting better energetic self-control for the population of practitioners of the VS technique;
- Better comprehension of some of the mechanisms of the interface energosoma-soma and parabrain-brain (*hard problem of consciousness*);
- Gathering of a larger number of evidences that support the theory of objectivity of the bioenergy, stimulating new areas of research (including several interdisciplinary ones) and the deepening of the theoretical and practical study of consciousness (relative to hypothesis 1);
- Development of new practical applications for the VS, including therapeutic ones.

This research will also help in the tabulation (through comparisons and multiple analyses) of the classification of the VS according to the level of effect on the soma, and as a consequence, according to the types and intensity of the repercussion on the energosoma and other vehicles of manifestation, among other criteria not yet anticipated.

Once there is advancement in the comprehension of the characteristics of the VS and its taxonomy, we will be able to foresee other forms of study and verification, more detailed and directed, according to each specific type of VS.

Reasons for choosing the Vibration State

Consciousness study encompasses a wide spectrum of multidimensional consciential parapsychic phenomena (known in some

areas as paranormal, psychic or spiritual phenomena). So, the choice of the VS as the main subject of study in this investigation is due to the following factors:

1. **Universality.** Even though still relatively uncommon, the VS is a human phenomenon that is fairly universal, having been experimented and described by many people, independent of sex, age, nationality, level of education, religion or culture (Vieira, 1999). Furthermore, the existence of accounts of VS registered for centuries reduces significantly the validity of any hypothesis of refutation that may claim that this may be experienced out of mere 'suggestion', originated from the influence of media or reading of books on the subject. This way, the VS seems to be a real phenomenon, possessing casuistic and evidence that seal its merit to be studied seriously.

2. **Physicality.** The personal experience of the VS, not rarely, brings sensations (and probably repercussions) so evident and real that lead the inexperienced experimenters to deduce that their VS (or the effects of such) is visible to an external spectator, therefore, manifested on the body and observable through common physical vision. The universality of the fact that the experimenter having, as first reaction, the conclusion that the soma is clearly involved in the phenomena experimented, gives support to the hypothesis that the soma manifests repercussions when under the VS. Within the many physiological systems possible of being investigated, logically, the most sophisticate and complex part, the brain, seems to be the best candidate.

According to the empiric observations of this author through his personal experiences, also in consonance with the accounts of thousands of people collected during courses and conferences on these subjects given by him since 1982, and supported by the preliminary results of the international survey about the out-of-body experience (OBE) in progress since 1998 (which accumulates to this day, answers of more than 9,000 participants of several countries), it can be deduced that the VS is, possibly, one of the consensual phenomena that has more repercussion on the soma (Alegretti & Trivellato, 1999). Such finding is further supported by analyses of specialized literature. Considering those points, the detection of the somatic components of the VS would be made easier in virtue

of its characteristics and types of repercussions generated.

3. **Accessibility.** Distinct from many other consciencial phenomena, the VS can be learned, practiced, provoked and repeated voluntarily at any moment with relative ease, requiring nothing but practice, decision of the practitioner and application of a developed will. Such condition does not occur in the same manner with other more complex consciencial phenomena, such as, for instance the cosmoconsciousness (samadhi, satori, nirvana) or precognition. This fact shows that, even though the VS is a bioenergetic phenomenon, its practical viability and replicability make it possible to establish a universe of research participants broad enough to allow for unexpected results and findings, and the obtaining of more universal patterns, as well as contributing confidence and significance to the findings.

4. **Paraphysiology.** The deeper and more detailed knowledge about the effects of the VS can demonstrate and clarify the mechanisms of the 'first link of the chain physical-extraphysical': the soma-energosome interface (the following interfaces or links being: energosome-psychosema and psychosema-mentalsema). Such knowledge will contribute to reach a deeper understanding of the relationship between the vehicles of manifestation of the consciousness, its mechanisms of coexistence and its respective physiologies. This information can, therefore, provide valuable insights about how the consciousness interacts with the soma and controls it, providing self-evolutionary subsidies, since the conscious control of the bioenergy-soma interaction is central in the mechanism of lucid manifestation of the consciousness.

3 The vibrational state (VS) of the research

For a better comprehension of the points discussed in this work, especially for those without further knowledge about the subject or without practical experience with the VS, it is worth presenting a brief explanation about this phenomenon. This will also contribute to the better understanding of the basic criteria of the re-

search protocol presented ahead.

Characterization

The VS is usually described by those that experience it as a strong and exotic vibration (non-mechanic), throughout the whole body, which is more frequently associated with sleep, namely the hypnagogic or hypnopompic phases and the occurrences of out-of-body experiences.

One characteristic element of the accounts of the VS is the description of a sensation as if the cells, molecules and atoms of the body were at a high level of frenetic oscillation, but cohesive as a whole or in unison. Included in the layman expressions more frequently used to describe the VS are: pleasant vibration; generalized tingling; painless electrical shocking, internal strength or power; roaring waves; internal static electricity; internal chills, energetic incandescence; a dazzling aura, effervescence; super-vitality; etc.

In some cases, the VS happens associated to phosphenes, *acouphenes* and even the projective catalepsy. Keeping in mind that the greatest majority of VSs experienced by people that did not know of it occurs in a spontaneous fashion, many get surprised by it, and some report, in some cases, feeling fear in relation to the occurrence.

Types

Besides its spontaneous type, the VS can be provoked by several factors (conscious projection, proximity of an extraphysical consciousness, action of intense immanent energies over subjects predisposed to the phenomena, deep relaxation, certain forms of meditation, hyperventilation, among others).

The VS can also occur in a voluntary fashion, generated through various techniques, such as certain forms of breathing exercise (among which is the *bhastrika pranayama* of yoga) and specially through the energy technique, classically called closed circulation of energies (or closed mobilization of energies) (Vieira, 1999), named by Trivellato, in a more objective and unequivocal way as

voluntary energetic longitudinal oscillation (VELO¹).

VSs can vary with regards to their intensity, broadness over the body, degree of subtleness or crudity, vehicles of manifestation of the consciousness involved, among other criteria.

Pseudo-VS

Often, due to the unsatisfactory knowledge of the technique and its mechanisms, as well as anxiety, laziness and self-deception, many practitioners develop approaches that lead to states that do not align with the characteristics of the real VS.

Through personal experience of this author and his lectures in this field since 1987, it has been possible to catalogue different forms of pseudo-VSs. However, the *tensional state* can be highlighted: when the person basically contracts their musculature, to a greater or lesser degree, until they feel a form of vibration on the body, an internal agitation or subtle heat. It is very common, in some cases, for the occurrence of an almost instinctive contraction of the perineum. There are occurrences when the person reaches the 'trepidational' state, when a witness can observe the occurrence of tremors, muscle contractions and spasms (*myoclonus*).

In other situations (unfortunately not rare), the person looks for shortcuts, or ways to 'speed up' the production of the VS, allowing for an unacceptable level of reduction of the quality and effects of the technique. For instance, there are cases in which with only a few seconds of certain concentration and a few deep breaths the practitioner announces having reached the VS, when, all he did was to focus on himself and become more aware of his common physiological and, perhaps, low level bioenergetic sensations.

Technique

The basic VELO can be described in a direct and didactic manner, as following:

- Remaining preferably with the body straight (standing or lying), create and move slowly a wave of energy, using a strong will, from head to toes (limiting poles). Do not use visualiza-

¹ Voluntary Energetic Longitudinal Oscillation – introduced by Trivellato (2008) during the *2nd International Symposium on Conscientiological Research* that took place in the IAC Campus in Portugal, in October 2008.

tion or imagination. Note: in case the body is in the seating position, or in other non-straight ones, the energy should accompany the position or shape of the soma, assuring its passage through the 'interior of the body'.

- As soon as the wave of energy, permanently under the resolute command of your will, reaches your feet, invert the direction immediately, moving it upwards until it reaches the top of your head, always tracking it with attention and acuity of perception throughout the whole path.
- When the wave reaches your head, invert the direction once again, now moving it downwards.
- Maintain this simple, harmonic and repetitive movement, with the energy wave permanently going up and down, always under the command of your focused and determined will. The movement should be slow, continuous and smooth, meaning, no leaps or skips, or abrupt changes.
- During the whole time, try to perceive the complete path, detecting energetic blockages, which are more commonly perceived as energetically 'dead' areas (with no sensations) or resistant to the flow of energy. Try always to overcome those blockages by forcing the energy to go through those areas.
- Treat the whole procedure as a *true movement of real energy*, even if, in the beginning, you are not able to perceive it. The ability to feel it will come with time.
- Always avoiding any use of imagination or visualization, try to reach a stable and clear regimen of mobilization of energies. Maintain it for some time. In the meanwhile, try to intensify, gradually, the energetic wave (in other words, to make it more vigorous). Avoid at all costs, unnecessary physical movements, tensions or muscular contractions.
- Then, aim to accelerate the wave gradually. It is common, as you speed up the wave, to feel a reduction of the intensity of the moving energy, or the loss of rhythm or cadency. If this happens, reinitiate the whole process, from the start. Repeat as many times as necessary or for as long as your available time allows. With time you will be able to reach greater speed and intensity, without losing the rhythm, coordination or synchronism of the movement.
- When you are able to accelerate and intensify sufficiently, you

will begin to feel bursts of vibrations throughout the body, very brief and disperse at first, which gradually will become more cohesive, broad and intense. Reaching this point might take weeks or a few months for most of the people.

- You will then, one day, reach the point where you feel a sudden chain reaction of intense vibration, many times self-sustaining, that takes over the whole body. At this point, result of an exponential intensification or explosion of energy, you will perceive your body like an engine, or generator, vibrating and buzzing as with an ‘electrical current of millions of volts’.

Note: The VS, when adequately produced, does not increase the heart rate, does not increase the blood pressure, does not cause spasmodic muscle contractions, does not raise the body temperature nor makes the practitioner blush.

It is necessary to highlight that it usually takes a few years of daily practice until you are able to reach complete, intense vibrational states, at any time, and any place, independent of any factor (internal or external) other than your determined will.

Conceptualization

Even though we still know very little about the physiological and paraphysiological mechanisms of the vibration state (a gap that we intend to fill at least partially with this study), the VS is understood as a resonance, expansion or profound and intense activation of all the structure of the holosoma (set of the bodies used by the consciousness, including the physical one) and its energies. In the case of the intraphysical consciousness, the activation of the energosoma predominates, which includes meridian (*nadis*), energy points (acupuncture points) and chakras. In the case of the extraphysical consciousness, the activation of the psychosoma prevails.

Such resonance seems to cause or to come from an alignment or coherence of several waves, systems and natural regimens of oscillation of bioenergies. Many times, the resonance promotes, or at least facilitates, the looseness of the psychosoma, being able to provoke conscious projections. At other times the VS seems to be the result of a certain level of disconnection of the vehicles of manifestation of the consciousness.

The experience and cases studied show that some people have a greater predisposition than most to have spontaneous vibrational

states. In the case of the provoked VSs, some people require relatively little time to master the dynamics of its generation, while the majority has difficulty provoking it or experiencing it.

Under the conscientiality's point of view (Vieira, 1999), it seems that this variation on the degree of susceptibility or natural predisposition to the occurrence of the VS is due to the consciousness having or not passed through the second desoma (the deactivation of the energosoma) during his/her last few intermissive periods (the periods between lives), as well as the quality of his/her so-called thosenes (the practical unit of manifestation of the consciousness: *thoughts* + *sentiments* + *energy*), relative degree of intrusionlessness among other factors. The research proposed in this work will maybe allow for a better understanding of the physiological factors involved in this degree of energetic susceptibility.

Analogy

The regimen of working, the mechanism and genesis of the VS, greatly resemble the concepts and functioning of a resonating cavity, and more specifically, of the laser. Especially when we take into consideration the VELO technique described above, the VS resembles the classic ruby cylindrical crystalline laser, with two mirrored extremities (one totally and the other one partially reflective), in which light reflects and propagates uncountable times within the crystal, stimulating the production of more light in the same frequency, phase and plane of polarization, creating what is called coherent light.

Analogically, in the case of the execution of the VELO, the cyclic voluntary movement of the energy up and down within the body seems to stimulate even more the 'liberation' (release) of the bioenergy. With the frequency increase (increasing the up and down speed) combined with the increment of the amount of free energy in movement, a sort of chain reaction is triggered, many times self-sustaining, which is felt by the experimenter as the VS.

Following this same analogy, it is unknown in the case of the VS, about the mechanism equivalent to the *pumping* of the laser. Probably it would be some form of action of the energies of the mentalsoma.

Parabrain

When assuming that the VS is an objective state or energetic regimen that happens, mostly, in the energosoma, we get to the logical assumption that it cannot be provoked or controlled only by the physical brain (which has its action restricted to the physical body).

It's supposed then that the parabrain is the effective center of the initial command of such consciencial action. This supposition is supported by the fact that it's possible to install the VS even during a conscious projection of the psychosoma, meaning, without the presence of the body or physical brain.

In the model of a multidimensional consciousness it's assumed that every voluntary action originates from the consciousness, passing through the mentalsoma and through the parabrain. This way, in the case of the physical actions, the command coming from the parabrain is received, translated and adapted to the animal physiology, mediated by the energosoma, resulting in the somatic action.

In the case of the VS, the most part of the command originating in the parabrain reaches (or should reach) only to the energosoma, producing then energosomatic actions or bioenergetic effects.

The central hypothesis of this work is that a certain percentage of this command of the parabrain or the energies that are activated through the vibrational state echo in the physical brain. As previously discussed, given the fact that we can feel the VS physically and that we create it while within the physical body, there should be a 'neurological echo' or correlate associated to it.

Parapsychomotricity

When analyzing the VELO technique attentively we see that, even though it is simple in its procedures, it requires the development of a specific form of motor coordination, or, more appropriately, a para-motor coordination or, better saying, parapsychomotricity, as it involves the parabrain and voluntary actions of the consciousness over the subtle vehicles (beyond the soma).

The complexity comes from the need for concomitant and synergistic application of its spatial directives (direction, sense and completeness), temporal (frequency, rhythm, synchronization and acceleration) and energetic (perception of the energy for the nec-

essary feedback of control, increase of the amount of energy, overcoming of energetic blockages, incrementing the fluidity of the energy, and increasing the multidimensional depth).

As in any type of psychomotricity, the development of such capacity requires time, repetition and practice.

Benefits

Among the benefits observed with the practice of the VS, be it immediate or over time, we may highlight: energetic unblocking in general; intensification of the energies of the energosoma; relief or cure of diseases or health problems in a greater or lesser degree; activation and development of chakras; increase of the degree of parapsychism; stimulus and facilitation of the projectability, including the lucid take-off; expansion of the level of energosomatic vigor; auric decoupling; sympathetic de-assimilation; energetic self-hygiene; improvement of thosenic immunity and prophylaxis; a more stable and permanent energetic self-defense; and an increase in the level of intrusionlessness.

As far as the uses of the VS beyond the manifestation in the physical dimension, it includes the possibility of the consciousness, when projected with the psychosoma or when extraphysical, utilizing the extraphysical VS as a resource for changing dimensions.

4 Methodology

The somatic and inter-vehicular repercussions of the VS could be studied according to different criteria. The ideal would be through a bioenergetic technology that would allow for the detection and direct measurement of the energies of the VS. However, obviously, this technology does not yet exist.

So, to allow for the realization of a more objective exam of the effects of the VS and the systematic comparison of the results, the most effective and consistent method seems to be the detection of the neurophysiological alterations of the practitioner through the technology for analysis of neurological functions available today. This method also allows for the replicability of the research by an

independent researcher (including those who have never felt or produced a vibrational state).

This way, this study protocol will use investigative resources common to laboratories of neurological analyses, with special emphasis on the EEG and fMRI.

It is worth mentioning that there are other forms of study of the VS and of the vehicular interface of the consciousness, but those are less objective in nature.

The possibility of making a comparative analyses (*cross-analysis*) of the final results of this present study with the results of other similar researches (with the same objective, however, with different methodology, such as for instance, the research conducted with the direct sensing of someone's VELO and VS) might be interesting. Such comparative analyses will allow for the validation of the methods applied and the results of the research, creating, as a consequence, the generation of new research hypothesis and planning of different lines of investigation.

Experimental Techniques for Data Collection.

Among the several resources available today for the real time analyses of brain functioning, two techniques were selected due to their characteristics. Keeping in mind the pros and cons of such techniques, the ideal is that both be used in a complementary manner.

1. EEG (Electroencephalography or Electroencephalogram)

The most simple, accessible and affordable method that provides better temporal resolution of the brain's dynamic. It consists of the recording, almost always at the level of the scalp, of the electrical activity of the brain, or more precisely, of the summation of the electrical potential of large groups of neurons.

As an older technique, it allows for the comparison of new findings with several other studies already exhaustively accumulated, analyzed, catalogued, studied and characterized for several decades (e.g., patterns of brain waves, cerebral arrhythmias, epilepsy, sleep studies, etc.).

When compared to the fMRI, and under the point of view of the subject being studied, it counts with the following advantages: less sensibility to physical moments; less noise; and lesser incidence of

claustrophobic events – facts that could introduce several non-controllable variables to the experiment.

With the current availability of the digital version of the EEG, the recording, storage and later treatment and data analyses, through specialized software, became much easier and deeper.

2. fMRI (Functional Magnetic Resonance Imaging)

A more modern, expensive and less accessible method, that presents however, better spatial resolution. Allows for the more direct, precise and immediate localization of cerebral areas involved in processes and phenomena under study. It allows, therefore, for the visual observation, in a dynamic manner, of the neurologic occurrences of several functions and cephalic areas.

As an additional advantage when compared to the EEG, it eliminates the discomfort of having several electrodes glued to the skin and scalp.

It presents the technical disadvantages of being more prone to artifacts, very low signal-to-noise ratio and still subject to problems with the statistical approaches and techniques for the data analyses.

Experiment Protocol

In accordance with the above discussion, the protocol here presented applies both to the EEG and fMRI, since they both can be used as data collection techniques.

The technical procedure for the attainment and installation of the VS (through the VELO technique) presents a certain complexity in terms of the several mental commands applied and its synchrony, when compared to other simpler actions such as moving a finger or seeing a colored light. For this reason, when we take into consideration also all the procedural vices and bad habits manifested by many practitioners of the VS, we saw the necessity of establishing a protocol with strict criteria that allows for the isolation, and later removal, of those interferences of the ‘pure’ VS. Otherwise, such factors could generate spurious effects in the results of the research.

The protocol presented hereinafter, is organized in phases and stages that aim for the isolation of the execution of the technique to obtain the VS, of its practical detours and also the VS as a phe-

nomenon in itself. This phases and stages should be applied regardless of the study technique adopted (EEG or fMRI).

What is proposed therefore, is the recording of the cerebral dynamics of the participant-subject for the several 'modes' of operation listed on the phases and stages bellow, which should be done voluntarily by the practitioner, aiming to allow its measurement for future studies. Each of those stages or modes of operation should be analyzed with an equal degree of detailing and acuity.

The recording and analysis of the brain activity in certain stages described below (apparently disconnected of the objective of the experiment) have the purpose of working as a 'control' reference for the experiment, since they will allow the comparison of the results with the records obtained from the voluntary and correct application of the VELO and possible installation of the VS with great intensity.

The practical procedures, or 'operation modes', to be executed by the participant-subject are divided in the following phases, with its respective stages.

Phase 1

General Objectives: To obtain first findings; to characterize neurologically the VS to direct the next phases; to perfect procedure and techniques of data collection; to establish an universe of possibilities; to test hypotheses.

Subjects: Individuals possessing a high degree of control of the VS, carefully chosen.

Universe: 5 subjects.

Strategy: 5 initial sessions of data collection (on different days, and if possible, far apart) and exhaustive analyses of the results for each subject. Repetition of the experiment according to the results, needs or deviations encountered.

Stages:

1. *Only* production of the state of mental and somatic relaxation;
2. *Only* execution of rhythmic inhaling and exhaling, conscious and voluntary (slow in the beginning and then with its gradual acceleration);
3. *Only* execution of eye movements up and down (slow in the beginning and then with its gradual acceleration);

4. *Only* visualization of the movement of energy, meaning, without actually moving any energies voluntarily (slow in the beginning and then with its gradual acceleration);
5. *Only* sweeping of attention and perceptive focus through the soma (slow in the beginning and then with its gradual acceleration). In this case, the practitioner will try to concentrate exclusively on the existence of the part of the body that is being focused on. Such focus will move continually and cyclically up and down along the body (from feet to head and vice-versa);
6. *Only* mobilization of energies, meaning, exert smooth action towards the mobilization of energies without reaching the level of energosomatic activation that generates the VS (the energies should be mobilized slowly in the beginning and then with gradual acceleration);
7. Effective installation of the VS through the correct and vigorous application of the VELO.

The stages 1 through 6 of the experiments and analyses above described make possible for the accomplishment of the basic strategy, which aims to subtract from the data set relative to *Stage 7* the signals obtained in the previous stages, determining in this way the profile of the VS itself, separating its neurologic ‘signature’ of the other associated neurological processes, be them natural or derived from the technique application.

Even though the procedure described on *Stage 1* is unnecessary for the production of the VS (though not counterproductive), its recording and study are essential to establish the *baseline*, meaning, the specific basic resting neurological condition specific and particular to each participant. This resting condition will be an important reference for posterior comparisons and analyses.

The steps described in the *Stages 2 to 6* aim at simulating a pseudo-execution or partial execution of the technique of installation of the VS, having been inserted to take into consideration also the habits (some of them inappropriate) common in the application of the technique. The arguments for this insertion are better detailed below. Evidently, the data obtained during those stages have the objective of being more than ‘removable noise’, since the careful analyses of those can lead us to a better understanding of the

mechanisms of the technique of the VELO and of the *pros* and *cons* factors to the attainment of the VS. Furthermore, they will allow for a clearer verification of the influence or not of those somatic or mental procedures over the VELO and the VS.

More specifically, the actions on the *Stages 2* and *3* (more mechanical) are undesirable for the correct and efficient installation of the VS. However, since they are extremely common among the new and several veteran VS practitioners, they should be recorded, for its subtraction from the data set obtained during *Stage 6*, as well as, when applicable, for the analytical comparison with the procedure considered correct.

The procedures designated to *Stages 4* and *5* (more mental) are possibly inseparable from the correct procedure, however more complex, performed during *Stage 6*. The knowledge of the brain's behavior during the execution of those stages will allow for the identification of what really happens, in bioenergetic terms, during *Stages 6* and *7*. This will be done through the comparison of those signals and also of their withdrawal from the data set in its last stages (*6* and *7*). Another aspect is the study of how much *Stages 4* and *5* participate in the correct procedure for different subjects.

As in many experiments of this type, the use of an intercom between the experiment room and the room where the researchers and the equipment are would facilitate and enrich many of the results, for allowing, among other possibilities, that the subject announces to the researchers beforehand of what he wants to do, or what according to him just happened or, yet, what is taking place at that exact moment.

The use of an audio signal that can be followed by the practitioner when executing *Stages 2* to *6*, that can also be introduced in one of the channels of data acquisition (specially, with the EEG, due to its better temporal resolution), will allow for better precision in the temporal analysis and better synchronization in data comparison. This audio signal would be used as a kind of metronome, with the purpose of synchronizing the movement of energies. For instance, a pure tone would have its frequency increased to a higher pitch (that would be associated by the practitioner with a movement of energies upwards) and then the frequency would decrease to its original pitch (associated with the movement of energies downwards). In little time the practitioner would adjust its

VELO to have the energy at the head when reaching the higher tone, and to have the energy at the feet when reaching the lower tone. The time of sweeping would be programmed to be reduced (increasing the speed of the VELO) according to an acceleration that is compatible with the parapsychomotricity of the subject.

This resource will allow, for example, among other things, for the following possibilities:

- To verify what happens (neurologically) at the exact moment of the inversion of the energetic movement (i.e. at the head/coronachakra or feet/solechakra).
- To compare the records of the bioenergetic movement ‘upwards’ with the ‘downwards’ movement. Note: some practitioners perceive easier or more clearly the energies when those are moved in a certain direction.
- To observe the change in intensity of certain signals in accordance with the speed of the bioenergetic movement. Note: it’s common for practitioners to describe a decrease in energetic sensation (energy intensity) as the speed increases.
- To determine the speed in which the practitioner ‘loses’ the synchrony of the coordination of the rhythm along the acceleration of the VELO and observe the neurologic effects of such asynchrony.
- To discover the approximate localization of probable energetic blockages, through the observation of when the signal (especially of the EEG, due to its better temporal resolution) presents abrupt changes (compared to the more stable regimen until that moment).

For the initial characterization of the true VS and the correct application of the VELO technique, expected during *Phase 1*, participants will be selected, according to interviews and measurements done by capacitated bioenergetic evaluators, who can effectively generate a VS through their bioenergetic self-control and developed will. This will save time during the experiments and will avoid the accumulation of spurious data that may come to confuse posterior analyses.

After the characterization of the profile of the real VS and VELO, analyses should be done with other people who simply know the VELO technique and consider themselves able to produce a

VS, meaning, not necessarily individuals that have a greater ability or control over the VELO and VS. Those data will also serve as comparison and control for the research.

Phase 2

General objective: to test and expand the *Phase 1* findings; to find and establish neurological and somatic patterns characteristic of the VS.

Subjects: individuals with a good level of control of the VS. Include subjects predisposed to the lucid projection.

Universe: 10 subjects.

Strategy: recording and study of self-induced VSs in 2 sessions (during distanced, different days) for each subject. This study should be done through the tabulation of the results of the experimental sessions with each person, aiming also, for the comparison among results of different people and also with the results obtained during *Phase 1*. For the study of the spontaneous VSs detailed bellow, there will be required as many sessions as found necessary.

Stages:

1 to 7. Repeat the *Stages 1* to *7* as described above;

8. Analysis of the spontaneous VSs associated with the lucid projection. In this case, the subject should relax deeply and try to predispose himself to the lucid projection. When and if it happens, the subject should notify the researchers through the intercom or press a button that will allow for the registration of that moment in the collected data. Several sessions will probably be necessary for each participant, until the spontaneous VS associated with the lucid projection can occur. Note: 1. Only in this case this specific analysis can be performed, being that the spontaneous VS as well as the self-provoked, previously registered VSs, should be compared; 2. The projective technique should be carefully chosen as not to cause any interference or contamination of the data (example: not using the rhythmic breathing technique).

Phase 3

General Objective: to generalize patterns for the VS to the point of recognizing more universal and representative patterns for human

beings. Make better evaluation of alternative techniques to reach the VS.

Subjects: familiar with the VELO that consider themselves capable of producing a VS.

Universe: 35 subjects.

Strategy: one session of data collection for each of the subjects. Make comparative analysis with the findings of *Stages 1* and *2*.

Stages:

1 to 7. Repeat *Stages 1* to *7* described above;

9. Study of the installation of the VS through alternative techniques (other than the VELO), with posterior comparison of the results with those of the VS obtained through the VELO, those of this group as well as the previous ones.

Phase 4

General Objective: detection and study of the more permanent effects and neurological changes caused by the VS.

Subjects: previously selected (random sample); plus people without any experience with the VS, being it spontaneous or provoked.

Universe: 10 subjects.

Strategy: Long term follow up (longitudinal study), through some sessions of data collection with each one of the subjects. The subjects should maintain, ideally, the daily training of the VS during the whole duration of this period of research. Support the experimental research with interviews and questionnaires for data collection and search for variables that may interfere with the VS (health, work, affective life, practice of sports, medicine use, etc.).

Periodicity: annual.

Duration: 5 years.

Stages:

1 to 7. Execute the *Stages 1* to *7* described above.

Questions and phenomenological aspects to be investigated

Even though associations, theories, projects of future experimentation, methodology adjustments, not foreseen here, should appear after the final conclusions (or even after each of the described phases) of this research, it is worth remembering that the scope of study presented in this article is very broad, including

several topics and research questions, some of them exemplified below:

1. Which types of brain waves or specific electrical correlates are associated to the VS? Will the association with the gamma waves be confirmed? Will the synchronizations between different areas of the brain be confirmed?
2. Would the electrical correlates associated with the VS be from the brain as a whole or from specific regions?
3. Which are the most active brain areas during a VS? What is the degree of specificity in this area?
4. What are the other functions of this area? Among them, would there be any area considered to have no specific function until then? Would the remaining functions of such areas have any direct or indirect relation with the VS?
5. Would the VS be associated with a specific cerebral correlate or state, meaning, an unknown state or not yet associated with previously catalogued condition?
6. Would there be a participation of the anterior cingulate cortex (anterior cingulate gyrus)?

Dr. Olaf Blanke observed, during an epilepsy corrective surgery, that the electrical stimulation of this area provoked sensations normally related to the OBE in his patient (Blanke, 2004). The anterior cingulate cortex (ACC) is a complex part of the brain, rich in spindle neurons, possibly responsible for processes such as self-consciousness in regard to body and space, as well as logical sequencing. Physiological and anatomical abnormalities of the ACC are connected to the most important psychiatric disturbances such as autism and ADD.

7. What is the importance of the fronto-insular cortex in the VS? This area, also rich in spindle neurons, seems to be associated to functions such as: consciousness of emotions and sentiments; translation of corporal sensations as emotions; integration of internal sensations to superior cognitive functions; and empathy.
8. What is the role of the spindle neurons (*von Economo* neurons) in the VS?

The spindle neurons are more abundant in the anterior cingulate cortex and also in the fronto-insular cortex. They seem to

have the function of integrating and connecting relatively distant areas of the brain. It was once thought that those neurons existed only in human beings, bonobos, chimpanzees, gorillas and orangutans (listed here in decreased order of abundance of those neurons). However, recently they were also discovered in elephants and certain cetacean, precipitating the hypothesis of them being related with the manifestation of superior expressions of intelligence and self-consciousness. According to Dr. John Allman (2001, 2002, 2005), they seem to be involved with the expression of attributes such as will, self-control, decision making, and discernment. Anomalies in the development or degeneration of the spindle neurons seem to be associated with Alzheimer's disease, fronto-temporal dementia and also many of the psychosis, including schizophrenia.

9. What is the importance of the participation of proprioception?
10. What is the importance of the interoceptive senses?
11. What is the importance of the right temporal lobe?

Dr. Melvin Morse speculates that the right temporal lobe would have a special connection with near-death experiences and other transcendent, mystical and religious experiences (Morse, 2008).

12. Would there be any specific relation with the glial cells?

Seen in the past as cells with simple structural function, immunological and for chemical homeostasis and nutrition of the neurons, nowadays they are known to have more complex functions such as in the participation of synaptic plasticity. Some forms of glial cells have synapses and produce neurotransmitters, while others produce calcium waves, which could have some function in the intra-cerebral communication. Note: in reality, it is change in blood flow (hemodynamics) in different areas of the brain, mediated by a specific type of glia (the astrocyte), that is measured by the fMRI.

13. How can we know, physiologically, if the VS happens only in the brain or in the whole body?
14. Is there the mediation through a specific neurotransmitter?

It is probable that new lines of research, hypothesis and investigative processes will arise as a result of the discoveries above mentioned, and others, not foreseen at this moment.

5 Preliminary experimental results

To illustrate and also to reinforce the viability of the hypotheses adopted and the methodologies proposed for this study, it is worth to briefly present here some data about the preliminary experiments already conducted by this author in this field of research.

Santa Casa Hospital, Sleep Study Laboratory, Porto Alegre

In 1991, this author was invited by one of the doctors of the Sleep Study Laboratory of the Santa Casa Hospital, in the city of Porto Alegre, RS, Brazil, to participate in experiments aiming to study the physiology of the lucid projection.

In a session of approximately 2 hours, the author was laying in the dorsal decubitus position on a bed in an isolated room, connected to EEG, ECG equipment, breathing rate monitor, electromyograph to register MRO activity and oxygen saturation monitor. The system was analog, with a mechanical polygraph, so that it was registering in paper the signals received from each of the respective circuits described above.

The author executed several experiments, such as: deep relaxation; to enter, stay and leave, at will, the hypnagogic state (alpha); and attempts at the lucid projection and maneuvers of basic mobilization of energies (absorption, exteriorization and VELO aiming to reach the VS). At the end of the experiment, in discussions and joint analyses with the physician responsible, we observed the occurrence of the facts listed below, relative to the closed mobilization of energies and attempt of lucid projection:

- The synchronization of several brain circuits, considered atypical by the doctor, occurred during the installation of the vibrational state.
- Waves of greater frequency superimposed over others (alpha and theta).
- Incomplete cycles of certain waves, out of the median line, presented for instance, only the positive semi cycle.

- Similarity with regimen of typical waves of cerebral arrhythmia. Such record motivated the doctor to question if this author had ever had epilepsy or similar conditions (fact that never occurred).

According to previous agreements with such doctor, the studies and more in-depth analyses, such as copies of the records of the polygraph, would be shared with this author. However, unfortunately, this author was never able to obtain it. Such fact impeded a more in-depth analyses of the occurrences and also prevents the inclusion here of greater technical and precise details about such experiment, affecting the possibility of a more detailed comparison of that experiment with others.

International Institute of Neuroscience of Natal

In December 2007, the author and Nanci Trivellato were invited by the IINN – International Institute of Neuroscience of Natal (city of Natal, RN, Brazil) to participate as subjects of research in experiments about lucid dreams.

During previous conversations about the experiments, this author proposed to the chief researcher, Dr. Sidarta Ribeiro, that we took advantage of the opportunity to also do experiments on the VS, according to the protocol similar to the one presented by the author in the *Stages 1 to 7* described above. The goal and initial proposal were to utilize the fMRI equipment for such sessions. However, due to technical problems, it was only possible to do the experiments through the computerized digital EEG, installed at the IINN.

Before monitoring the experiments related to the lucid dream, the experiments related to the VS were executed. The fact that the experimental session, of which this author was the subject, lasted the whole night, allowed also that he focused on the lucid projection, aiming to have the brain activity involved in the different stages of this phenomena also registered.

Even though this author was not successful, in that occasion, in the production of lucid dreams or a complete out of body experience (only semi-projections occurred), he was able to reach a few voluntary VSs of good intensity and one spontaneous, pre-projective VS of significant magnitude.

In the following morning, the informal preliminary analyses

done by the several members of Dr. Sidarta team pointed to the following facts, worth noting:

- The synchronization of several brain circuits;
- The appearance of atypical waves of high frequency (gamma waves);
- Wave forms surprisingly different, since there were no known activities that could have produced such pattern of brain waves.

Despite the lack of a greater technical rigor in this previous evaluation (also because the analyses of that data have not yet been concluded), several of the researchers commented, with a certain surprise and scientific curiosity, that they “had never seen a brain functioning in that manner”.

Such findings — obviously still preliminary and without the desired scientific rigor — reinforce the validity of the assumed hypothesis and stimulate the motivation to continue with this line of research. Maybe it will also be possible to confirm that a lucid projection “is produced by the increase in vibrations of the vehicles of manifestation of the consciousness, including here the human body and the mentalsoma” (Projectiology, 1999, pg. 205).

6 Possible future applications

Starting from the accumulation of data, the expansion of collection of case studies, the widening of the knowledge about the phenomena, and especially the establishment of average values and behaviors of the VS through the examination of the greatest number possible of participants, it will probably be possible to develop the following practical applications, among several not yet glimpsed:

1. **Independent measurement:** External detection of the VS in any person, including those that are still developing their specific parapsychomotricity, and therefore are not yet confident or lucid about their experiences, diminishing the doubts about the existence or actuality of their VSs.

2. **Energometry:** Indirect estimate, through the neurophysiological measurement, of the power and broadness of the VS, allowing the practitioners an initial feedback to facilitate their development.
3. **Qualification:** Analysis of the quality of the VS, through the indirect measurement of the attributes associated with its generation, such as: quantity of energy, velocity, rhythm, broadness, cohesion, activation and others (Trivellato, 2008).
4. **Intraphysicality:** Determination of the percentage in that a specific VS is physical (or has a somatic repercussion). It is anticipated here, for example, possible cases in which the participant has a VS that operates or happens mostly in other more subtle vehicles. In such cases, the cerebral analyses could indicate weak signals in where the participant could be convinced of having experienced an intense VS, but yet, subtle. The occurrence of a true VS could be confirmed by an external agent (researcher sensitive to bioenergies, able to measure the VS and its intensity), as to confirm the existence, in this case, of a VS with less interface or action over the physical vehicle.
5. **Mechanism:** Better understanding of the mechanisms of action of the factors that intervene in the VS: positive or negative; endogenous or exogenous.
6. **Classification:** Possibility of characterization and contextualization of different types of VS.
7. **Projectability:** Possibility of detection of the imminent projection, when it is associated with the occurrence of the VS (a common condition in many out-of-body experiences). In certain cases, this detection could be used to generate the extraphysical awakening of the consciousness and to help in the obtaining of lucidity and control of the projectability (in case the VS happens during take-off), or yet to help stimulate the recollection of the projective experience (when the VS happens during the return to the soma). In other cases, it could allow for the objective and technical study of the lucid projectability by researchers of OBEs.
8. **Support:** The development of a supporting technology, in the form of biofeedback, which would facilitate the beginners to develop the ability to generate the VS.

9. **Parapedagogy:** Perfecting of the teaching method of the VS technique. All the findings obtained through this line of research would be used right from the beginning of the teaching process for the production of the VS, to improve the techniques per se and also the clarifications for their application.
10. **Therapy:** Improvement of certain therapeutic and self-therapeutic techniques based on the multidimensionality of the consciousness. Given the importance of the VS in the personal control of energies and of the parapsychism, as holosomatic homeostatic resource (physical, energetic, emotional and mental balances), and as an energetic self-defense technique, it will be evident to the application of the findings in this line of research aiming the integral health of the consciousness.
11. **Intraphysical-physical interface:** Support to the development of the *bioenergetic technology*. The detection of the VS could be one of the first steps for the detection of bioenergies (indirectly), or at least of specific regimens of those. As such, it would contribute for research and development of bioenergetic apparatus capable of interacting directly with bioenergies (detectors, transducers, meters, accumulators, transformers, *imagers*, etc.), until we reach the point where the bioenergetic technology works as an intraphysical interface with the extraphysical paratechnology.

Possible future extensions of this research

Besides the possible future application described above and even before those, the scope and methodology of this study could still be adapted and extended for:

- Neurological analyses of the VS through the use of other technologies:
 - PET scan (Positron Emission Tomography)
 - NIRS (Near Infrared Spectroscopy)
- Analyses of other effects of the VS on the soma:
 - Study of the biochemical changes: hormonal and metabolic
 - Research on the influence over the immune response
- Study of the epigenetic changes, meaning, on the pattern of

- expression of certain genes (which ones would be activated; which ones would be deactivated; what would be the mechanism, etc.)
- Research of other energetic maneuvers:
 - Absorption of energy
 - Exteriorization of energy
 - Research of other consciential phenomena:
 - Lucid projection (out-of-body experience)
 - Extrapolation and universality:
Study of the possible spontaneous occurrence of the VS in animals.

7 Conclusion

Considering, in ‘cost x benefit’ analysis, the following factors:

- (1) the accessibility and executability of the proposed methodology;
- (2) the availability of subjects;
- (3) the fact that the necessary technology is available and accessible;
- (4) the preliminary experiments already executed that support the presumed hypothesis; and
- (5) the importance and utility of the possible discoveries and expansion of the knowledge about a universal phenomenon, but not properly approached by academic science;

this author considers that not executing this line of research would mean a great loss of opportunity for the expansion of human knowledge in the direction of multidimensionality.

This research’s worth is increased when taking into consideration that its relative objectivity and the acceptability by the materialistic-reductionist researchers could contribute to the arousal of the interest in those with an open mind, who, however, have more conventional perspectives about the nature of the consciousness or are more skeptical in regards to multidimensional consciousness paradigm – almost always due to the lack of personal multidimensional experiences.

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