Vibrational State: Qualitative and Quantitative Analysis

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ABSTRACT: The vibrational state (VS) is a common spontaneous phenomenon correlated with out-of-body experiences. Endeavors have been made for the past four decades to devise techniques to produce the VS at will; however, practitioners' attempts to produce a VS seem to predispose misconceptions, especially among those who have never experienced a spontaneous VS. Aspiring to contribute to clarify this phenomenon, this paper presents some of the findings and conclusions from over 13 years of research on this topic, carried out using different methodologies — from self-research to evaluation of the effects produced in the energy field of 988 individuals and survey research with 676 participants from 31 countries. Careful analysis of collected data and reports from practitioners and experimenters was instrumental in the production of the *Scale of Vibrostasis*, which establishes the various degrees of activation on the energy body until reaching the intensity that triggers the VS, and the *Scale of Impact of the VS*, which helps assess the quality and intensity of the VS experienced. Both scales are presented here.

SUMARIO: El estado vibracional (EV) es un fenómeno espontáneo común entre los proyectores astrales conscientes. Durante las últimas cuatro décadas, se han hecho esfuerzos para desarrollar técnicas para la producción del EV por la voluntad. Sin embargo, los intentos de practicantes para activar voluntariamente el EV pueden fomentar equivocaciones, sobre todo entre aquellos que nunca han experimentado el EV espontáneamente. Aspirando a dilucidar el fenómeno, este artículo presenta algunos de los resultados y conclusiones de más de 13 años de investigación sobre el tema, llevada a cabo utilizando diferentes métodos — de la auto-investigación a la evaluación de los efectos producidos en el campo de

energético de 988 individuos y examinar la encuesta con 676 participantes de 31 países. Un análisis cuidadoso de los datos recogidos y de los relatos de practicantes y experimentadores aportó la base para la creación de la *Escala de Vibrostase*, la cual establece los niveles de activación en el cuerpo energético hasta alcanzar la intensidad que provoca el EV, y la *Escala de Impacto del EV*, la cual ayudar en la evaluación de la calidad y intensidad del EV experimentado. Ambas escalas se presentan aquí.

RESUMO: O estado vibracional (EV) é um fenômeno espontâneo, comum entre projetores conscientes. Nas últimas quatro décadas, esforços têm sido feitos para desenvolver técnicas para produção do EV pela vontade. No entanto, as tentativas dos praticantes para desencadear voluntariamente o EV podem fomentar equívocos, especialmente entre aqueles que nunca experimentaram o EV espontaneamente. Aspirando elucidar o fenômeno, este artigo apresenta alguns dos resultados e conclusões de mais de 13 anos de pesquisa sobre o tema, realizada utilizando diferentes metodologias — da autopesquisa à avaliação dos efeitos produzidos no campo energético de 988 indivíduos e ao examine da pesquisa de opinião pública com 676 participantes, de 31 países. A análise cuidadosa dos dados coletados e dos relatos de praticantes e experimentadores aportou fundamentos para a criação da *Escala de Vibrostase*, que estabelece os níveis de ativação no corpo energético até atingir a intensidade que desencadeia o EV, e a *Escala de Impacto do EV*, que ajuda na avaliação da qualidade e intensidade do EV experimentado. Ambas as escalas são aqui apresentadas.

INTRODUCTION

Despite at least a hundred years' worth of reports, little is known about the vibrational state (VS), a phenomenon that has been modeled as an intense activation of one's energy body or biofield, producing an increase of its regular "frequency" of vibration that results in a resonance of all of its energies and energy centers (also known as chakras). Accounts from experiencers have often described it as a type of sensation that resembles each cell of their bodies

vibrating powerfully, which they feel are produced by some sort of non-ordinary vitality or energy.

The VS is technically defined here as the specific energy regime characterized by the resonance, intensification, coherence, alignment and phase synchronization of all or most of the energy of the **energosoma** (energy body) and, as a hypothesis, in some cases, the entire holosoma (a hypothesized set of physical, energy, emotional and mental vehicles of manifestation). It consists in a climax of a self-sustained and distinct vibratory regime of the energy that happens in unison. The VS can happen spontaneously or be induced at will. Among the characteristics and attributes of the VS are: intensity, scope, duration, frequency, completeness, and sustainability.

The technical name employed here for the activation (A) of the energosoma and, consequently, for the level of activation that results in the VS, is *vibrostasis*.

Those who have experienced conscious out-of-body experiences (OBE, also referred to as lucid projection, astral projection, or astral travel) often describe they felt an intense vibration when they sensed they were projecting away from their physical bodies or upon perceiving a re-alignment with it. In some cases, this vibration is felt as or accompanied by a concomitant auditory perception such as buzzing or rumbling. Data from an online survey where participants were asked about sensations experienced in association with the OBE suggest that 56% of projectors experience vibrations (Buhlman, www.astralinfo.org, 2014) or intense energy-like sensations.

Note that, although the great majority of VS experiences occur in connection with the OBE, they can also happen in a number of different circumstances, including, in specific cases, during meditation, in acupuncture sessions, in deep conscious relaxation states, and similar conditions.

Explanatory Model

The model used here to explain the occurrence of the VS is based on the "activity" of the energy connection that exists between the vehicles of manifestation of the individual (self, consciousness).

OBEs can be interpreted by experimenters as a means to observe that we manifest via vehicles or bodies pertaining to different dimensions or different levels of reality. In other words, when experiencing a conscious OBE one will identify that a vehicle subtler than the physical body is being used for manifestation in the nonphysical dimension. Such paraphysical body (**psychosoma**, nonphysical body, or "astral body") appears to the senses of the experiencer to be connected to the human body (**soma**[27], physical body) by a field of energy often referred to as the energy body (energosoma or etheric double). The continuous conscious projection — i.e., being fully conscious and lucid during the three basic phases of the OBE: [1] while leaving the body, [2] during the non-physical experience per se, and [3] when reentering the physical body — allows the observation of the energy connection between the two aforementioned bodies (non-physical/psychosoma and physical body/soma).

When in full alignment of the bodies, that is, in the intraphysical or physical state, such energy seems to cohere the physical and non-physical bodies, permeating both vehicles and surrounding them, creating a type of field that is partially fused to them, and that binds them to each other. This theoretical field of energy is popularly known as aura and referred to as the *biofield* by the National Institutes of Health in the USA.

The fact that the VS often occurs in association with the projection of the consciousness, via one's psychosoma, from the physical body suggests that the "stretch" of the energies of the energosoma might trigger it, or vice-versa. According to the model adopted in this article, it is the activity or activation effect produced by the change in state of such energy connection that generates the VS, hence why most VSs are experienced during the phase of separation or reentering of the psychosoma.

The occurrence of the VS while the person is in the regular waking state (completely aligned with the physical body/soma) is also possible, although significantly less common than in the phases of disconnecting or reentering of the psychosoma. Likewise,

27 Readers are reminded that "soma" is a Greek work often used in biology and also adopted in medicine. It means "body". Hence, **soma** = physical body, **energosoma** = energy body; **psychosoma** = psychic body, and **mentalsoma** = mental body.

in some cases the VS is also experienced while projected, or "outside" the body.

In specific conditions, even in full alignment of the bodies, the energosoma is activated or experiences an increased level of "vibration", which may result in the VS. Nonetheless, evidently, one may experience levels of increment of activation of the energosoma that can be of lesser intensity than that required to generate a VS.

The looser or more fluid the energosoma's energy is, the easier may be for the VS to be felt and for the separation from the physical vehicle (OBE) to happen. Rigid energies or areas with stagnated energies in one's energosoma could result in reduced possibility of the occurrence of the VS, even during conditions that could potentially trigger it. These stagnant energies can be referred to as "blocks."

In the picture below, a visual representation of energy links that connect the soma and psychosoma can be seen. As it seems, each of these links corresponds to a chakra, from the major to the minor ones (image 1), which integrate and promote the exchange of energy between these vehicles. Note: the illustration below is indicative only and does not represent all existing energy links.

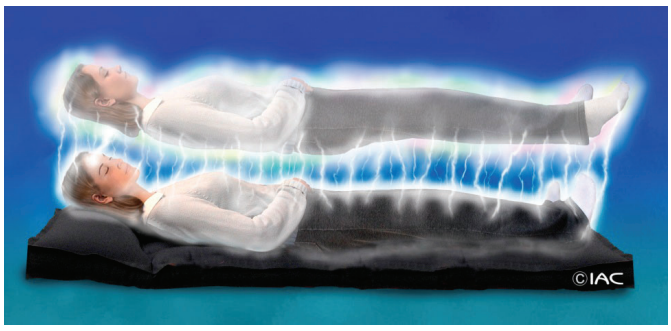

Image 1[28]: representation of the "stretch" of the energosoma, characteristic of the condition of small non-alignment of soma and psychosoma or of the initial stage of the OBE, in which the energy links between both bodies are more distinctly perceptible.

The VS is experienced in the whole body, or rather, in the whole energosoma, but is felt also in the physical body. However, the same intensity and type of activation or vibration can happen in only part

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of the energosoma. In this case, it indicates that the resonance did not reach all the energies and, therefore, the parts not involved in this activation were (and remained) more stagnant.

Techniques to produce the VS at will, such as the classical voluntary energetic longitudinal oscillation (VELO) (Trivellato, 2008) are based on affecting the energosoma so as to loosen its energies and eliminate blockages in its chakras or interchakral circuits (nadis), allowing for increased activity.

The set of all chakras forms the *chakral system* of the energosoma, while channels of communication between chakras form the *nadic system*. The illustration below (image 2) represents the chakras (Trivellato, 2015) that are examined in more detail as part of this study. The names of the chakras are based on the physiology and anatomy of the human body in order to make them more universal and sensible.

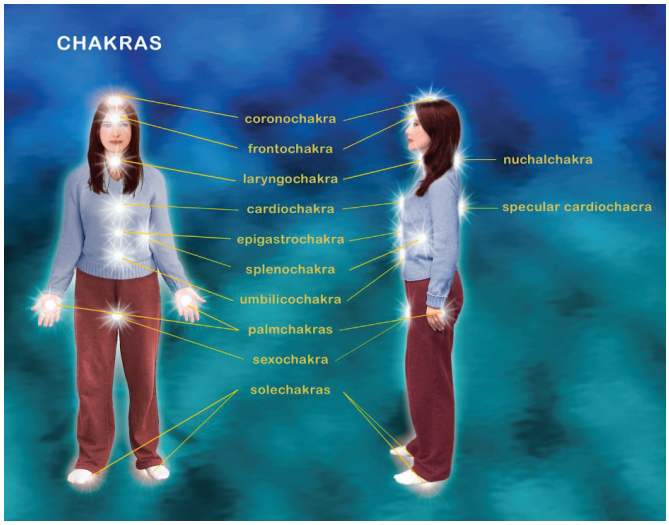

Image 2[29]: representation of the main chakras and their position (Trivellato, 2015)

As knowledge about the anatomy and composition of the physical body is in constant progress, similarly the anatomy and composition of the energosoma (*energoanatomy*) needs to be investigated

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and developed continuously. As there is no way to "dissect" the energosoma, nor does the appropriate technology to examine it exist to date, the identification of its constituent elements is based on theories and propositions derived from personal observations and experiences, some recorded since ancient times. This limitation or complexity in examining the energosoma greatly hinders research.

Inherent complexities

Until recently, studies of the VS were based solely on reports of personal (subjective) experiences. However, proper understanding of a phenomenon, be it natural, physical, consciential, energetic, or psychic, requires the identification and, ideally, the measurement of said phenomenon ("operationalization" of the concept).

Some authors who studied OBE sensations would simply refer to the VS as "vibrations", "tremor", "frequency change" of the energy body, and so forth. Thus, many references to the VS have been made throughout history; but each individual has used different discourse and expressions to designate it and to describe its phenomenology. Without a name, a phenomenon is not properly acknowledged and, therefore, not properly examined. Having a shared language — specific language and definition — also makes it possible to establish discussions on the topic which, in turn, allows the information to develop through proper procedures and channels. Today, when analyses of OBE accounts are made, it is possible to conclude when those who experienced the OBE are referring to the VS because we know its characteristics and are able, therefore, to recognize its occurrence in reports from the past.

Once the name "vibrational state" was coined (Monroe, 1971) and accepted by a significant portion of the OBE community, accounts from experimenters that refer to it by name left little doubt about what experience or phenomenon was being described.

In regards to efforts made to evaluate the VS, researchers of the International Academy of Consciousness have been dedicating resources to find means to correlate measurements of the VS as well as other energy phenomena. Two major lines of research are well established within IAC: [1] second-person, inter-subjective measurement of the VS and of the attributes of the technique to produce it (i.e., VELO) performed by an individual via scanning and sensing the practitioner's energy during the experiment

(Trivellato, 2008) and [2] third-person, objective measurement of correlates of the VS and VELO via examination of changes in the brain activity via instrumentation like fMRI (Alegretti, 2008).

Other efforts are also being made to find objective means to measure parameters correlated to the VS through instruments (technology and paratechnology). However, while such avenues are under development, we still must rely on a researcher capable to sense and measure the VS, be it one's own VS and energy activation (first-person research) or someone else's (second-person research), as in the case of the first line of research aforementioned. It is important to state that this type of research is not ideal, though, as it involves the researcher's subjective evaluation. With that said, having data generated from serious second-person research is far better than having none. What is critical in this case is that researchers who pursue second-person perspective research are properly trained and follow a pre-established measuring scale and evaluation criteria. It is important to remember that experiences themselves cannot be directly measured by devices and reduced to objective parameters, but the first, second and third-person approaches may be pursued in a complementary fashion.

Studying any type of subjective experience or personal feeling/sensation is in itself a very complex field for a number of reasons vastly discussed in social sciences. But such complexity is even more intense when it comes to the study of phenomena involving non-ordinary energy (**bioenergy**, subtle energy, vital energy, chi, or orgone), the energosoma, and the non-ordinary or paraphysical reality (aka non-physical reality). While identification of such complexity is needed, one cannot turn one's back to the fact that such experiences are lived and reported, and, therefore, must be acknowledged. Scientific investigations and their research methods must properly take this complexity into consideration.

According to reports, the experience of the VS can leave a quite beneficial residual effect, producing some sort of internal balance or greater self-control. In addition, a number of studies about the impact of one's bioenergy on health and emotional state suggest that a healthier energy field can positively affect the individual (Trivellato, 2015). Such studies, together with the registered evidence and anecdotal observations, encourage efforts to devise effective methods to allow individuals to improve their

bioenergy field in order to produce occurrences such as the VS; hence, the study on VELO.

It is important to stress that, despite the complexity in researching the VS and producing it intentionally, the sensation is unique and cannot be easily confused with other types of vibratory sensations or other bioenergetic phenomena. The intensity felt during the vibrational state and the ostensible sensations experienced can be so powerful, in some cases, as to generate surprise or fear to uninformed or inexperienced individual.

For those with no direct, personal experience of the VS, the best way to understand the sensations and impact of the VS is through examination of how some have described their experience. Below are a few examples, listed in alphabetical order of author.

> "In seconds I'm shaken awake by intense vibrations and a roaring sound throughout my body. It feels like I'm in the middle of a jet engine and my body and mind are about to vibrate apart. I'm shocked and scared by the intensity of the vibrations and sounds and snap back into my body."
> William Buhlman (1996, p. 8)

> "I heard also, when in this state, in addition to physical sounds, several strange noises: crackling sounds suggesting electrical phenomena; roaring and whirring noises as of gigantic machines; a peculiar snapping sound, recalling the driving bands, used to transmit power in a workshop; sounds like the surging of an angry sea and rushing winds; and sometimes voices calling. Some of these sounds may have been caused by variations in blood pressure, but I do not think that all of them can be accounted for in this way."
> Oliver Fox (1962, p. 62)

> "It was not a shaking, but more of a "vibration," steady and unvarying in frequency. It felt much like an electric shock running through the entire body without the pain involved. Also, the frequency seemed somewhat below the sixty cycle pulsation, perhaps half that rate. Frightened, I stayed with it, trying to remain calm. I could still see the room

around me, but could hear little above the roaring sound caused by the vibrations."
Robert Monroe (1971, p. 24)

"…I thought it was my physical [body], but it was my astral commenced vibrating at a great rate of speed, in an up and down direction, and I could feel a tremendous pressure being exerted in the back of my head, in the medulla oblongata region. This pressure was very impressive and, came in regular spurts, the force of which seemed to pulsate my whole body."
Sylvan Muldoon (1929, p. 51)

"A kind of electrical 'vibration' violently swept into my body, filling it with an electric-like shock and a terrible roaring noise. I thought I was being electrocuted and my first reaction was sheer panic."
Robert Peterson (1997, p. 16)

"All of a sudden my body started to vibrate with an unbelievable energy, and successively a deep pain and sadness escaped from me. The energy circulating in my body, and throughout my hands was so intense that I could not stand, and I fell on my knees. I was grateful for this gift of energy, which allowed me to free myself from my pain and sadness. […] An amazing vibrational form of energy was crossing my entire body. I didn't know how it looked from the outside, but my impression was that I was about to dematerialize, and asked myself if the other persons in the room were still able to see my body. […] The phenomenon lasted about a quarter of an hour, with the vibrations gently diminishing, leaving me a bit dazed and without any hunger that evening."
Massimiliano Sassoli de Bianchi
(in Trivellato, 2015, foreword, p. 1)

"Immediately there came over me a powerful tremor, from the head and over the whole body, together with a resounding noise, and this occurred a number of times. I found that something holy had encompassed me. I then fell asleep, but about twelve, one or two o'clock in the night there came over me a very

> powerful tremor from head to the feet, accompanied with a booming sound as if many winds had clashed one against another. It was indescribable, and it shook me and prostrated me on my face."
> Emanuel Swedenborg
> (in Van Dusen, 1981, p. 43)

> "The first VS experience I can remember happened when I was about 10 years old. I woke up in the middle of the night with the impression that the house was shaking, as in an earthquake. I felt a distinct and intense sensation, as strong vibrations and currents took over each minimal segment of my body."
> Nanci Trivellato (2015, p. 63)

> "In one of the strongest VSs I had, I experienced complex — and very hard to describe — sensations, which were accompanied by unparalleled awareness. The sensations encompassed the perception of an internal vibration and a feeling as if each molecule of my body were alive and 'bubbling'. Such vibrations were not neutral, as they were like a pleasant 'agitation', full of vitality and vivacity. They came simultaneously with the clear recognition of the physical, energetic and non-physical bodies separately, and a sense of cellular and paracellular invigoration. All that seemed to amplify clarity and awareness, resulting in a state of ecstasy and striking wellbeing that lingered for days after the event."
> Nanci Trivellato (2015, p. 64)

It can be observed from the above accounts that, even though the nature of the energetic activation in the VS is very specific, different degrees of intensity and, consequently, different types and duration of effects can be experienced from each VS.

Probably the most challenging part of the research reported here was to evaluate the individuals' experiences — both the narrated ones and those examined through second-person measurements — and make sense of the expansive and complex data, yielding a scale that would reveal the progression of the VS. The scale of intensity of the VS presented here is called Scale of Impact of the Vibrational State, as it not only measures characteristics of each VS experienced, but also perceived effects.

To offer a general description of what the VS feels like, in my recently published book, I wrote:

> "In an attempt to perform the complex — and perhaps unfeasible — task of providing a description of the feeling of the vibrational state, I would say it feels as a powerful vibration throughout the body, as if all cells were in a frenzy of pleasant and vivacious intense activation, bringing awareness. Such vibration can even be interpreted by the less experienced individuals as physical vibration. It is often felt as if the body were connected to a high voltage electric current, so palpable that, in some cases, it could be 'heard.' The sensations arise, in general, from the perception of coherent, phased vibrations, sometimes described as widespread internal chills that may produce cold or heat sensation. Descriptions may also be made by use of analogies such as overloaded transformer; turbine engine; nuclear reactor in full swing; glaring incandescence radiation; pleasant fire; tuning fork; internal dynamo; live pulsating waves; zillions of pleasant needles in the body; and resonance" (Trivellato, 2015, p. 69).

RESEARCH METHODS

The information subsequently presented is the result of different investigative projects, based on the following methods, which include first, second and third-person perspective research:

- **Hetero-energometry –** one of the major components of this investigation, the hetero-energometry, is based on the "measuring" of the energy condition of other individuals who were submitted to evaluation when performing the technique to install the vibrational state (VELO) and had their energy field examined in the moment they claimed to be experiencing the VS. It is worth referring to the above discussion, which acknowledges that this research methodology (second-person perspective) is complex in itself due to the fact that the evaluating agent (the researcher) must use his/her own sensitivity — hence, subjective — to

measure said energy effects. Several "calibrating" efforts were made, including comparing measuring results and impressions with other [equally trained] researcher. The outcome from these efforts strongly suggested that data resulting from this line of research have merit.

- **VS Survey –** a vibrational state survey carried online.
- **Literature review –** examination of relevant books related to the VS and its association to the out-of-body experience.
- **Case study –** specific experiences that had been found in the literature or that had been reported to me directly were examined in search for more detailed and comprehensive information.
- **Analysis of accounts and questions occurring during events –** the vast anecdotal collection of comments from participants in lectures and courses, either specifically about the VS or related to bioenergy in general, that I gave for the past 25 years was taken into consideration when performing the study.
- **Self-research –** self-energometry or, in other words, my own experiences and how I sensed and measured my VSs as well as lower levels of energosomatic activation.

DISCUSSION

Details on two of the major research components that yielded data for this paper are presented below.

Hetero-energometry (individual energy evaluations)

One-on-one sessions aiming at measuring individuals' bioenergy effects by means of hetero-energometry represent a key component of this study. Some of the groundbreaking knowledge derived from

these sessions is published in the *Journal of Consciousness*[30] volume 11, number 42 (Trivellato, 2008).

The continued collection of data and detailed examination of results from the individual evaluations carried out since 2008 produced the information presented here, as they favored the understanding of the progression of energy activation to produce the VS, the misconceptions about it, and the bottleneck for producing it. Such results are based on data collected for over 13 years, having 988 subjects examined through 2,342 one-hour sessions. Evaluation sessions took place in seven countries (United States, Portugal, England, Japan, Netherlands, Spain and Brazil) and included participants from many different cultures and backgrounds. At least 518 of the subjects were evaluated during three to four sessions carried out throughout approximately a one-year period.

In a number of occasions throughout the data collection period, the main researchers who carried out the individual evaluation sessions, Trivellato and Alegretti, compared their results to cross-reference their observations on the same subjects to ratify their reliability and to calibrate the measurement procedure. Consistent perceptions, matching interpretations, and similar observations between them contributed to the motivation to carry on the study.

The surprising information gathered from those evaluations revealed that fewer individuals than expected were able to produce the VS at will, while some who were claiming to install the VS at will did not demonstrate understanding of the phenomenon. Most of the participants were incapable of getting close to the level of energosomatic activation necessary for it to be considered a VS.

Closer examination of the results revealed that 95.7% of the subjects examined did not reach a VS of any intensity during the evaluation session(s); however, an even more serious observation was that the great majority of them considered an estimated 20% to 30% of activation level of their energies to be equivalent to a VS. One point in common among those individuals was the fact that they learned how to produce the VS through the literature by Waldo Vieira (1986, 2002) or were influenced by his teachings

30 Formerly known as *Journal of Conscientiology*. The JofC can be accessed online at www.JofC.org.

throughout the last two decades or so. Vieira emphasized it was critical to achieve the VS at will, any time and multiple times, for someone to be considered balanced and self-determined. As a result, individuals felt they *had to* achieve it. Such affirmations that only those who produced the VS at will whenever and wherever they wanted were in good condition caused pressure on individuals who felt obliged to be able to self-induce the VS — a goal that is not always easily achieved, as will be discussed in this paper. In order to accommodate this requirement to the community around him, in the last at least 15 years, the notion of VS began to be distorted in Vieira's speech so that it would be more feasible for individuals to generate the [supposed or pseudo] "VS". So, in a large group of those who had followed Vieira's conscientiology framework, the grasp of what a VS actually is and the complexity to produce it at will in the waking state were lost throughout the years and, gradually, more confusion than clarification about the phenomenon was propagated (Trivellato, 2015).

Breaking such a "culture", which has grown among those who developed and learned about VS from this perspective, has proven a challenging undertaking. Studies such as this, carried out under IAC's auspices, aspire to foster better understanding about the phenomenon, which, in turn, can correct the misconceptions that now exist about the details of controlling and generating the VS at will.

Instructors who have been teaching the VS based on Vieira's view ended up, therefore, disseminating information that was partly useful, but also partly very confusing. At least this is the case of the universe of individuals who had been examined in the hetero-energometric research or responded to the VS Survey.

The groundwork investigation and findings that first revealed such a scenario were published in the paper *Measurable Attributes of the Vibrational State Technique* (Trivellato, 2008)[31]. Since the identification that the pedagogical methods used to teach the VS could be weakening the possibilities of real understanding and controlling of the phenomenon (and, maybe, were even encouraging banalization of the real VS), the IAC has strived to establish well-founded information on the phenomenon and devise adequate pedagogical strategies to support those who want to research or

31 Available at http://beta.jofc.org/telas/home/arquivo.php?id=jofc_42_06_en

experiment the VS. Some of those strategies are discussed in the said paper.

Devising a sensible technique that has higher chances of producing results and is explained in detail is key, as this could increase the number of legitimate VS experimenters (potential self-researchers), thus facilitating more and diverse formal research projects and, subsequently, scientific dialogue. However, it is not the objective of this paper to discuss techniques[32].

Among the objectives of this work is to present a scale that shows the level of increase of the energosomatic activation until the vibrational state is installed. Up until recently the knowledge available was a simple description of the VS, which did not explain how it is installed and did not cover the intermediate levels of activation. In other words, activation was described as a quantum step or as a binary condition: one would either experience a VS or nothing noteworthy, as only those two points in the scale were contemplated. It is my view that this lack of recognition of the buildup steps to producing the VS is part of the reason for the distortions of the VS concept, as, upon applying the technique, one may experience positive effects even without achieving the VS. So, even if the purpose of the exercise is to produce the VS, in spite of the fact that the result may not be a VS, it can still be more than "no result" or "no sensations" whatsoever.

The Scale of Vibrostasis (vibroscale) presented in the next main section, which was developed based on the aforementioned research, aims to assist experimenters in evaluating or grading the intensity of what they experience. The existence of such a scale is a first step towards establishing a vocabulary with which the experiencer can acknowledge the intermediate effects of their energy practice and providing a shared language to allow and encourage discussions and further study.

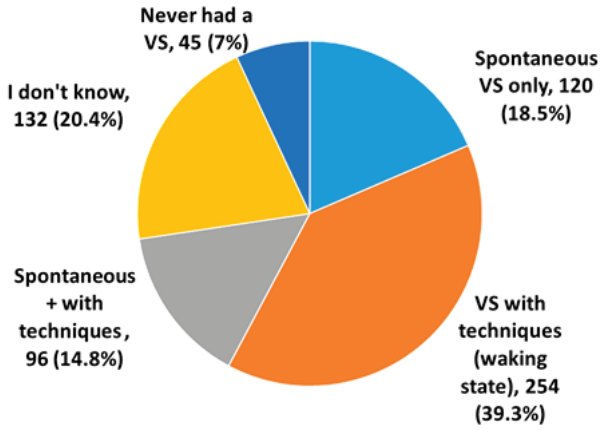
The *VS Survey*

32 The attributes of the VELO technique are discussed in the aforementioned paper. In addition, painstaking descriptions of each step and aspect involved in the execution of VELO, which seems to be an efficient method, is provided in the book *Vibrational State: research, techniques and applications* (Trivellato, 2015).

The survey was devised and developed in 2012. After a phase of testing and debugging, invitations to complete it was made to the general public in November 2013. Data was collected for 14 months and a total of 676 participants from 31 countries replied to the questionnaire.

Any individual who had ever heard of the vibrational state could answer this online survey. Call for participation was done via available means at IAC, including public Facebook posts both in IAC's page as well as in other organizations page, and YouTube videos. Information was also sent to IAC's database.

As the graph below shows (graph 1), the overall result obtained from the survey, regarding how participants experienced the VS, reveals that 18.5% of respondents only experienced spontaneous VSs while 39.3% claimed they only experienced self-provoked VSs through techniques.



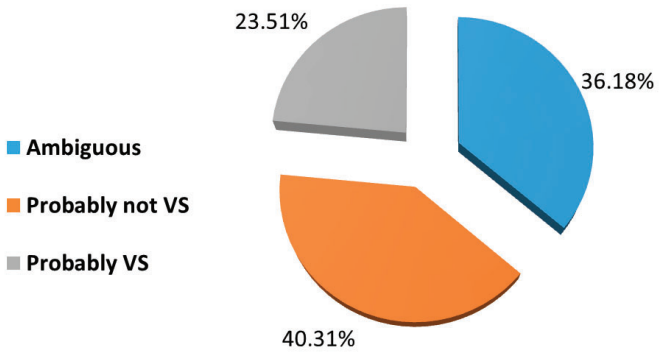
Graph 1: Experience of the VS

The VS Survey had two key objectives. The first one was to evaluate the phenomenology revolving the VS, including the most common sensations experimenters associate to it. The second one was to verify the experimenters' level of understanding of the VS via observing the consistency of their answers.

A number of technical measures were performed in order to avoid inconsistency in the answers; nonetheless, some questions purposefully allowed them with the aim to measure how clearly individuals really knew what the VS is and how much they were consistent in describing their own sensations.

The data derived from the VS Survey revealed a significant percentage of ambiguous or contradictory information, which makes it difficult to confidently draw substantial conclusions from it. For instance, someone who declared never to have had a VS was not expected to answer questions in which they were asked about the sensations they felt when experiencing a VS. Likewise, someone who claimed to have control over the installation of the VS would not be expected to describe their VSs as always occurring spontaneously or to report sensations that are patently not related to the phenomenon. Speculating about the possible reason for such inconsistent answers, it is possibly due to the fact that individuals are packed with contradictory theoretical "teachings" about what the VS is and feel pressured to perform highly according to the requirements established by such teachings, as pointed out in the discussions in the section "hetero-energometry" above. Note that over 97% of survey respondents learned about the VS directly or indirectly through Vieira's approach.

As per the graph below (graph 2), only 23.5% of the respondents pointed out sensations of their VS which were consistent with the nature of the energy activation that occurs in a VS, while approximately 40% referred to sensations that are contradictory to a VS occurrence:



Graph 2: coherence in the description of claimed VS sensations

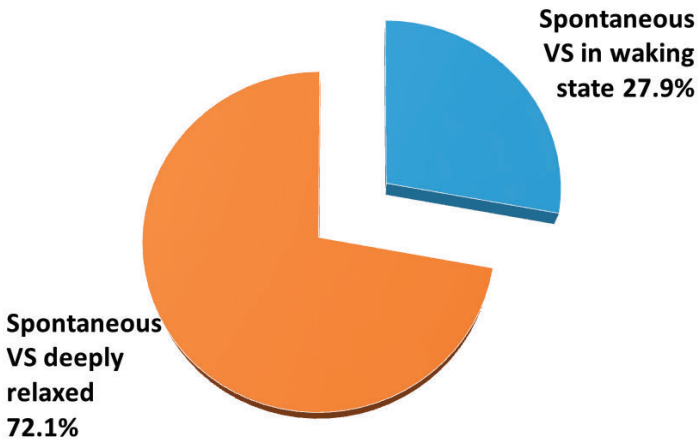
One point to take into consideration when examining such contradictory results is the fact that, until very recently, serious studies on the VS were virtually nonexistent. Data retrieved from

printed and electronic literature on the subject up to the point of this study showed that findings about the VS were drawn from questions that usually appeared on surveys dedicated to examining the out-of-body experience. Hence, the prior research only examined reports and descriptions of the VS found, in most cases, in accounts of OBEs.

Hopefully, this research paper, together with larger publications dedicated exclusively to the VS, will bring more understanding about and awareness of the phenomenon and provide better means for triggering it at will and for examining it. A second wave of the VS Survey, with new structure and strategy, is planned for 2016 when, possibly, participants will be better informed about the phenomenon and with better self-energometric procedures.

The most coherent answers found from this first VS Survey seem to be from those who had experienced a spontaneous VS. Of the 499 individuals who declared having had a VS, 220 said they had spontaneous VSs, in association with the OBE. The most common description of the VS these individuals reported was: "intense sensation of electricity throughout the body, which remains spontaneously strong and unquestionable for a certain period of time."

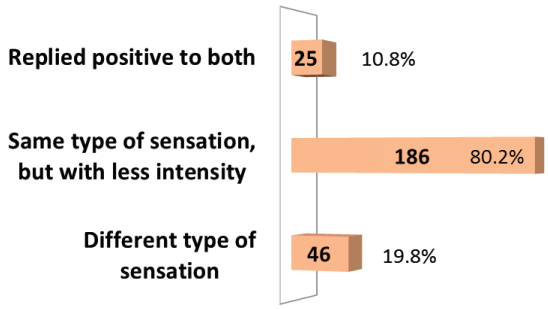
A vast majority (72.1%) of those who declared to have had spontaneous VSs informed they occurred in a state of deep relaxation (graph 3). This reinforces experiential evidences that achieving a true VS in the normal waking state is not as easy as one may think. This is also consistent with the observations made in the individual evaluation sessions aforementioned as well as with personal experience. Installing a VS at will requires practice, experience, and knowledge of the technique, processes, and variables involved.



Graph 3: state when the VS occurred

It is important to mention that, in exceptional conditions, when the relevant energetic, internal/intraconsciential, and environmental variables are right, a VS can be achieved very easily, sometimes only by relaxing or desiring it. Even though in some of those cases there may be some level of will involved, this event cannot be considered a "technique" and is not the standard occurrence.

When those who had had VSs both spontaneously in relaxed conditions such as in connection to the OBE and in the waking state were asked how the sensation of the VS experienced in deeply relaxed condition compared to the sensation of the VS produced in the waking state with a technique, 80.2% of the respondents coherently replied that the nature of the sensation was the same, however, the intensity was lesser in the VSs generated at will (graph 4).



Graph 4: Comparison of the sensations of spontaneous VSs in association with OBEs and VSs produced at will in the waking state

This result points to the need of increasing the level of education of practitioners about the VS so that those who have not yet reached the VS will know they must continue investing in loosening and activating their bioenergy to be able to trigger the VS. Logically speaking, an occurrence that produces completely different effects, having different nature, different aspects and different sensations from the studied phenomenon, is most probably a different phenomenon. So, having a clear notion and characterization of the VS should help reducing confusion about it. The Scale of Vibrostasis below is an effort to contribute to such step

SCALE OF VIBROSTASIS (VIBROSCALE)

Vibrostasis is the term proposed to designate the different forms, intensities and modes of oscillation or vibration of the energy body, in different levels of activation, which can progress until it culminates in the VS.

Considering that the exponential increase in activation leads to the energosomatic dynamism that produces the VS, vibrostasis is a key element to be understood to analyze the progression of this energy effect. Note that groundwork information on vibrostasis was published under “Activation (A)” in the article *Measurable Attributes of the Vibrational State Technique* (Trivellato, 2008), as *activation* was the general expression used until recently to refer to this concept.

The emergence of the VS phenomenon is characterized by and experienced as an intense vibrostasis. However, when the practitioner is trying to produce the VS at will based on techniques such as VELO, the increase in the activation of the energosoma may not be enough to reach the minimum level of activation (A_{min}) necessary to trigger the VS. It is necessary, therefore, to have a scale of activation so that the practitioner can assess how close (or far) from the VS he/she is when performing the technique.

Identifying the level of activation reached when performing bioenergy techniques is a form of energometry. Communicating one's experience based on an established scale of vibrostasis should naturally foment discussions and further investigation on bioenergy effects, as experimenters and researchers will have a common terminology that is as unambiguous as possible.

It is worth mentioning that there are several energosomatic effects one may experience when performing bioenergy practices. Among them is the activation, from which other effects may also derive.

The scale

The scale of vibrostasis (or vibroscale) is the scale of activation of the energosoma. Below are descriptions of five vibrostasiological classifications, proposed as a tool to assist assessment of the energy effects experienced by the experimenter or practitioner, according to the energy activation level or the vibrostasis experienced.

Level 0 (zero), of course, does not exist in the proposed scale because there cannot be an individual with zero energosomatic activation, as it would mean absence of life or, in the case of the consciousness, "inexistence". So, when a practitioner self-designates "zero" as their perceived result, it would denote the practitioner's inability to perceive his/her own bioenergies, to master them, or to identify the effects produced by them.

As is to be expected in this type of graduated numerical scale, self-assessment of the practitioner presents a degree of subjectivity, as it will depend on his/her sensitivity, points of reference, and experience. Another factor to take into consideration is that the basal level of activation (defined below as naturovibrostasis) is particular to each individual, according to their general energosomatic condition, including their energosomatic looseness.

Seeking to produce a vibrostasiological scale as reliable and universal as possible, great attention was placed to the research data that gave rise to such scale aiming at recognizing patterns and leveling them (weighing and normalization of occurrences and experiences).

With the development of this area of study (vibrostasiology), it is expected that the expansion of knowledge allows for the improvement of such a scale and, perhaps, even the inclusion of new intermediate grade points.

1. Naturovibrostasis

- From Latin *naturalis*: natural, innate + vibrostasis;
- Corresponding to up to 20% of energosomatic activation;
- Natural, ordinary state of bioenergetic activity associated with organic life;
- Basal vibration of the energosoma;
- Monovehicular vibrostasis (energosoma only).

In most cases, individuals are not aware of their naturovibrostasis. Even if their level of sensitivity and multidimensional self-awareness were to allow such discrimination, permanent and stable sensations, in general, become "ignored" by the brain, as is the case when we fail to realize the bloodstream flow or the heartbeat under normal rhythm and intensity. Given their stability and constancy of these sensations, we do not realize them, but if there were a change in them, they would be noticed.

However, an individual with good proprioception (ability to sense one's own physical body) and focused attention may notice the existence of such sensations, even under normal conditions. Likewise, by focusing their attention on their energosoma and exerting action over it (i.e. moving the energies), practitioners with some energetic sensitivity and energoproprioception (ability to sense one's own energy body) could identify the naturovibrostasis. But, in this case, the fact that the sensations of the naturovibrostasis were only identified after paying attention and carrying out an energetic action is due to the factors mentioned above (becoming aware of the natural condition that was already there), therefore, one should not confuse such sensations with an increased level of energosomatic activation.

Usually, the identification of the naturovibrostasis can occur during VELO, but is more commonly perceived upon stopping it, when attention can be fully dedicated to "feeling." During the VELO exercise, some practitioners still with little sensitivity or difficulty of concentration and perception probably will have less awareness of naturovibrostasis, because [1] it is still a weak activation and [2] the practitioner has his/her attention highly focused on the control of energy pulses through the energosoma, therefore, the attention is not directed only at noticing the sensations. This explains why some practitioners interrupt their VELO to "feel" or check the energy effect obtained until that moment (an undesirable action, as this ceases the progression of the activation). However, with the development of the practitioner, it is possible to be focused on VELO and record, at the same time, the energosomatic effects and sensations.

A practitioner should value his/her ability to feel naturovibrostasis, since it is his/her way of perceiving or identifying the energosoma, being, therefore, an important element in the recognition of his/her parapsychic style, but should be aware that this feeling is not a result of a VS occurrence.

Thus, in the process of achieving control over the activation of their energies, the stage of self-research is inevitable and practitioners should regard it as a privilege and an exciting activity. As a researcher delights in analyzing data and discovering yet more complexity in the information obtained from his/her experiments, or in identifying contradictions in the data, thus, being more knowledgeable of his/her object of study, the VELO practitioner should show motivation and disposition toward his/her self-research.

2. Leptovibrostasis

- From Greek *leptós* (*λεπτός*): weak, subtle, thin, small + vibrostasis;
- Corresponding to an energosomatic activation of 20% to 40%;
- Subtle increment of activation, still superficial, with little change in the natural, basal energosomatic state;
- Predominantly monovehicular, but with some physical effects as well (sensations and effects start to reach the soma [physical body]).

Normally, leptovibrostasis produces milder sensations and effects, not getting to the point of producing deeper and longer lasting changes in the overall condition of the experimenter.

According to the analysis of individuals tested for VS in hetero-energometric research, it was observed that the great majority of individuals considered this activation range (even at a low level, i.e. 20% – 30%), erroneously, to be the VS.

Such a misconception is natural in the case of someone who has never experienced a VS and is lacking, therefore, personal points of reference. Hence the importance of understanding what the VS is, as it reduces the occurrence of this misidentification.

Misinterpretation is also common in the case of someone who has spent years trying to reach a VS through techniques with no result beyond this level of vibrostasis, especially for those who felt they "necessarily had to produce VSs at will", as is the case of many of those examined in this study as previously mentioned. Over time, the individual "gives up" and concludes that "it was only that effect that was supposed to happen"; in other words, convinced oneself that the leptovibrostasis is the VS.

3. Midivibrostasis

- From Latin *medius*: middle + vibrostasis;
- Corresponding to an energosomatic activation of 40% to 60%;
- Level of activation equidistant or intermediate between the minimum and maximum points in the scale, i.e., naturovibrostasis and holovibrostasis;
- Bivehicular vibrostasis (involves both the energosoma and the soma).

This is the stage of activation in which energosomatic effects obtained by VELO are perceived more ostensibly. The following results, among others, begin to be perceived in a more evident way from this point of the scale onwards: [1] energy uncoupling, which is the breakage of undesirable connections with the energy field of others; [2] reaching of energosomatic layers[33] or areas that

33 The expression "layer" is employed here in a more intuitive than literal meaning,

still have stagnant energies; [3] identification of blocked chakras and, therefore, of energetic impediments for the energy flow; [4] relative increase of one's level of free consciential energy (CE_{FREE}) (Trivellato, 2008).

A significant percentage (approximately 30%) of those who were properly trained in the VELO technique came to perfect their VELO to the point of producing midivibrostasis. This corresponds to approximately 85% of those who diligently dedicated to practicing during the period they were guided into their exercises and followed in the longitudinal heteroenergometric examination. In the case of this group of people, about 40% were able to perceive and recognize the sensations that are characteristic of this level of activation of the energosoma.

4. Hadrovibrostasis

- From Greek *hadrós (άδρός)*: strong, evident + vibrostasis;
- Corresponding to an energosomatic activation of 60% to 80%;
- Intense energosomatic activation which, when producing chakral resonance, triggers the VS;
- Predominantly bivehicular (energosoma and soma), but with some participation of the psychosoma as well;
- Corresponds to verovibrostasis (from Latin *vero*: real + vibrostasis) of the following strengths:
    - VS of intensity level 1 ($I_{VS}1$): 60% to 70% activation
    - VS of intensity level 2 ($I_{VS}2$): 70% to 80% activation.

since the energosoma is not formed like an onion. The use of this expression is an endeavor to communicate the notion of position in space in terms of the energosoma as well as of age and severity. Hence, defining an energy as "deep" or "superficial" also refers to its dimensional or vibratory level. So, one may have energy pockets where energies still reside in stagnation, forming a "nodule" that is not easily achievable. Energy pockets may even be composed of ancient energies, such as from experiences lived before the present life, also causing them not to be necessarily readily observable and reachable. The idea of energy being in a deeper layer may, therefore, bring the notion of something chronic, deep-rooted, old, or well-hidden in the energosoma's systems, being the opposite of new/renewed, loose, or not yet well established energy, which would be referred to as more "superficial".

When hadrovibrostasis is reached, there is the intense, complete resonance of the energosoma, at a peak, typical of the VS. When experiencing for the first time a level of vibrostasis near 80% or greater, some individuals who have never heard of the VS may wonder if there could be something "wrong" with their bodies, due to the powerful and unusual sensations.

5. Holovibrostasis

- From Greek *hólos* (*ὁλος)*: whole, with all parts + vibrostasis;
- Corresponding to an energosomatic activation of 80% to 100%;
- Intense, usually associated with the non-alignment of the bodies or partial disconnection of the psychosoma, being more commonly related to the departure or return to the physical body in an OBE;
- Trivehicular vibrostasis (involving energosoma, psychosoma, and soma), allowing not only the identification of the energosomatic effects but also the physical and non-physical ones as well;
- Corresponds to verovibrostasis (from Latin *vero*: real + vibrostasis) of the following intensities:
    - VS of intensity level 3 ($I_{VS}3$): 80% to 90% activation
    - VS of intensity level 4 ($I_{VS}4$): 90% to 100% activation.

Vibrostasis typical of the occurrence in the condition of non-alignment of the bodies, which causes an intense and potent activation in the energy body, but whose effects are also noticeable beyond such body.

Level of intensity harder to attain through techniques in the physical waking state. As mentioned before, results from the VS Survey showed that approximately 80% of participants who said they had experienced the VS in non-alignment conditions claimed that the VSs produced by them through techniques in a state of alignment of the vehicles were less intense.

The holovibrostasis can change experimenters more profoundly, including their inner state and the energetic or non-physical connections they may have, reducing intrusions and reception of undesirable energies, having multivehicular effects far more lasting (in some cases, even permanent) than those in the previous levels.

In the case of lucid takeoff of the psychosoma (in a lucid OBE), experimenters can also clearly identify the effect of this energosomatic activation in such non-physical body. In addition, they can clearly feel the effects of the VS in their physical body as well, evidently stronger than experienced in the less intense levels of activation[34].

Those who have experienced this top of scale or apex vibrostasis take it as their "reference VS", or the VS to which all others are compared in order to grade the intensity of each vibrostasic result.

In the self-sustained holovibrostasis — as is usually the case, for example, at the time right before lucid separation of the psychosoma — in some instances practitioners may be able to act so as to extend the length of the VS or change its pattern (frequency, modulation, intensity, or other), adjusting it for different purposes, even to expedite the separation. This type of control of the VS seems to be performed by some form of modulation of its amplitude or frequency.

In some cases, the intensity of the holovibrostasis can produce such an intervehicular effect that it favors the "looseness" (liberation) of the **mentalsoma** (mental body), hence, favoring equilibrium, expansion of lucidity, and holosomatic homeostasis (VS of tetravehicular effects). Such a rare occurrence can eventually lead to cosmoconsciousness (e.g., enlightenment, samadhi, satori).

SCALE OF IMPACT OF THE VIBRATIONAL STATE

Depending on the intensity of the vibrational state (I_{VS}), different effects and outcomes are experienced. The scale of impact of the VS takes into consideration aspects and attributes of the VS taxonomy presented in the book *Vibrational State: research, techniques and applications* (Trivellato, 2015). The scale aims to take into account [1] the aspects that are relevant in characterizing the I_{VS} and [2] the type of reaction and result that could aid in establishing it.

34 Further studies to determine the occurrence of changes in the soma, whether physiological or other, still need to be conducted. The possibility that the VS causes direct effects on the physical body has been object of study in research carried out by the IAC.

Below one can appreciate the key aspects that have been identified, examined, catalogued, and researched from the large data derived from hetero-energometry as above discussed and self-energometry as well.

- *Alignment* = degree of non-alignment of the bodies
- *Auric uncoupling* = level of disconnection from unwanted energy fields or consciousnesses previously attached or linked to the experimenter
- *Consciential condition* = general changes in one's mental state, energy health, personal feeling, and physical condition
- *Deintrusion* = type, quality, depth and duration of deintrusion (removal of unwanted non-physical presences) produced
- *Duration* = how long it lasts
- *Duration of activation* = for how long the activation effects can be experienced
- *Duration of results* = how long the benefits last
- *Effects on mentalsoma* = how much the mentalsoma participates in or is affected by the VS
- *Effects on paragenetics* = what are the chances of transformations to occur in the psychosoma (non-physical genetics)
- *Energetic detoxification* = level of purging of foreign, toxic energies
- *Energetic fluidity result* = how it affects one's energetic fluidity
- *General parapsychism* = type, quality and degree of increment in one's psychic perceptions and abilities
- *Homogeneity* = how it distributes throughout the bodies
- *Intensity of sensation* = type and clarity of sensation
- *Intrusionlessness (prophylaxis and defense result)* = how much the VS impedes the invasion (clear or disguised) of undesirable foreign energies, ideas or feelings
- *Paraproprioception* = level of increment of one's perception of his/her subtle energies and subtle bodies
- *Personal reaction* = typical reaction of the experimenter
- *Predisposition for energetic activation* = effect that may facilitate future occurrence(s) of high vibrostasis

- *Projectability* = what effect the VS has over the level of "looseness" of one's bodies and one's capacity to project
- *Reach of effect* = depth (energosomatic layer) that the activation reaches
- *Robustness* = level of effects that external interferences may produce (Resilience of VS)
- *Self-defense* = level of self-defense obtained
- *Sustainability (of VS)* = capacity of the activation to hold itself (degree throughout time)
- *Sympathetic deassimilation* = level of nullification of superficial or deep sympathetic assimilations (sensations and effects that have been "captured" from others)
- *Unblocking* = level of energosomatic unblocking produced
- *Vehicle* = sensations in relation to the body(ies) that is(are) most affected

The scale of impact shown below is applicable to the analysis of the characteristics of each VS experienced, not the condition of the experimenter. Therefore, listed effects and characteristics reflect results that are possible with the occurrence of one VS in each respective level, except when otherwise stated.

The description provided for each level of VS in the table that follows may assist experimenters in examining each VS occurrence they have and determining its quality and impact.

When at least 70% of the characteristics listed under a certain level have been experienced, it means the VS is most likely of that level, unless a specific parameter of higher weight related to another level is experienced. For example, in the case of the occurrence of an intense and multivehicular VS which provokes the continuous conscious projection/OBE this characteristic supersedes other less notable ones.

The results of a certain level of VS can be present in a VS of a higher level, as there is a cumulative effect. Thus, a VS of intensity 4 (I_{EV} 4) can include the results corresponding to the levels 1, 2 or 3.

Evidently, this scale mixes different types of VSs, including those that are self-induced with a technique, spontaneous, or promoted by other mechanisms.

	I_{vs} 1 (Hadrovibrostasis – 60% a 70% in the vibroscale)	I_{vs} 2 (Hadrovibrostasis – 70% a 80% in the vibroscale)	I_{vs} 3 (Holovibrostasis – 80% a 90% in the vibroscale)	I_{vs} 4 (Holovibrostasis – 90% a 100% in the vibroscale)
Sustainability	Little self-sustained.	Relatively self-sustained.	Self-sustained.	Strong and lasting self-sustainment.
Robustness	Poor resilience, which can be dissipated by endogenous factors, such as lack of concentration or surprise, or by exogenous factors, such as interference of non-physical consciousnesses.	Resilient, even when under some form of opposition from non-physical consciousnesses or under interference of conflicting endogenous factors.	Evident resistance to energetic, emotional or mental attack (i.e., thosenic attack) from physical or non-physical consciousnesses. Endogenous factors are supplanted by the sole occurrence of the VS.	Immunity to interferences that destabilize the VS.
Duration	Often *fugacious* (i.e., usually lasting approximately 5 seconds) or of *ordinary duration* (i.e., usually lasting between 5 to 30 seconds).	Often of *ordinary duration*, common to VSs felt by the majority of experimenters.	Often of *ordinary duration*, but tending to last longer (*long duration*; usually of approximately 30 seconds to 5 minutes).	Often of *long duration*, with greater possibility of experiencing an *extraordinary duration* (longer than 5 minutes and, in some rare cases, under special conditions, can last even hours).

Homogeneity	Less homogeneous distribution of the activation; i.e., although the resonance and respective sensation happens throughout the energosoma, there may be more emphasis in some parts or in specific chakras.	Homogeneous distribution and complete sensation through the energosoma (and soma, when is the case).		
Alignment	Usually, the occurrence happens in a state of alignment of the vehicles.		Occurrence, usually, in a state of small or medium non-alignment.	Triggered, usually, in a state from small to complete non-alignment.
Intensity of sensation	Sensations are more ephemeral or indistinct.	Certainty of the VS.	Experience and sensations are remarkable, unmistakable for any other experience.	Extremely intense and ostensive sensations of activation.
Vehicle	Pleasant sensations, predominantly energosomatic, but still mild in comparison with the more intense levels of VS.	Energosomatic sensations with physical perception, as the intense energy activation brings greater clarity to the perception of the physical body and of the bioenergies aggregated to it.	Clear perception of the energosoma, with sense of the bioenergy interacting with the soma, with the possibility of also identifying some elements corresponding to the psychosoma.	Possibility of trivehicular identification (soma, energosoma and psychosoma), allowing, in rare cases, the recognition of the “existence” of the mentalsoma.

Duration of activation	Temporary activation, present during the VS.		Possibility of occurrence of pulsation or activation of the chakras also after the VS, even in the hours that follow the VS.	Possibility of occurrence of pulsation or activation of the chakras for many hours or even days after the VS.
Reach of effect	Weak or not far-reaching effects, with little reach of the energosomatic layers where old, still stagnant energies reside. Often comforting, resulting, most commonly, in the psycho-physiological relaxation (temporary psychological and emotional relaxation which takes place usually during the VS or remains for a few hours after its occurrence).	Greater-reaching effects, but generally still mediocre, not necessarily reaching deeper blockages nor producing renovation that could lead to the removal of older or more chronic connections with undesirable consciousnesses.	Intense resonance with stirring up effects and with potential to reveal undesirable energosomatic elements (energy blocks, nodules, or plugs [energoplugs]) not yet identified and their causes.	
Personal reaction	Possibility of [1] being dazzled in case the experimenter free from dogmatic repression or [2] enforcing self-repression in the case of the neophobic experimenter.	For the unwary experimenter, unaware of the phenomenon, the ostensive effects and sensations in the denser vehicles (energosoma and soma) can cause fear or worry.		
Duration of results	Usually, results are more observable during the VS or right after.	Results and benefits tend to be less temporary than in the VS of intensity 1.		Results and benefits are usually more lasting and, in some cases, even permanent.

Predisposition for energetic activation	Creates a predisposition to perceive naturovibrostasis with greater ease in everyday situations.		Creates a more pronounced predisposition to experiencing the VS in the period that follows the occurrence (usually up to a few weeks).	Possibility of greater control of the activation (modulation of the attributes of the VS).
Unblocking	Usually generates ephemeral unblockings or elimination of the blocks that are recent or superficial.	More evident unblockings, with possibility of producing energy release of medium to high depth.	Possibility of releasing old energy, even those rooted in the psychosoma, promoting large unblockings, potentially capable of bringing the experimenter to realize the informational pattern of such energies.	Possibility of releasing deep energies, even those linked to past traumas (deeper unblocking).
Auric uncoupling	Auric uncoupling, when the energy coupling is recent or less deep.	Auric uncoupling of deeper coupling and/or pathological chronic coupling, and, in some cases, even of undesirable couplings based on affinity.	Auric uncoupling even when the coupling is with an energetically strong pathological and anticosmoethical consciousness.	
Energetic detoxification	Detoxification of foreign energies that are incompatible with the experimenter.	More complete detoxification of foreign energies, mainly those more recently assimilated.	Detoxification of foreign energies, including those whose informational pattern the experimenter resonates more with.	Complete detoxification of foreign energies that gravitate or are implanted in the experimenter's energosoma.

Sympathetic deassimilation	Sympathetic deassimilation when the assimilation of energies are [1] recent, and/or [2] less deep, and/or [3] less resonating with the experimenter's internal conflicts or problems.	Achievement of greater deassimilations of energetic assimilations that are deeper or older.	Achievement of complete deassimilation even of deeper and older energies.	
Self-defense	Self-defense during the VS, which can also last for some time after it, usually more effective against intrusions that resonate little with the experimenter's internal disharmony.	Noticeable self-defense during the VS, with the possibility of having a longer effect, usually lasting for up to some hours after the VS.	Noticeable self-defense during the VS, with possibility of having the effect sustained for up to a few days, advancing to a more permanent self-defense.	Noticeable self-defense during and after the VS, promoting higher natural resilience to intrusions. When experienced regularly, it heightens the experimenter's level of intrusionlessness.
Deintrusion	Disconnection, either progressive or in one VS, from intrusive extraphysical consciousnesses, especially those whose presence is recent, not chronic or related to multiple lives and not connected due to affinity of personal traits. It may cause worsening by specific intruders who do not want to lose the connection.	Beginning of the elimination, or progressive deactivation, of chronic energetic coupling with pathological extraphysical consciousnesses, who do not want to lose the connection.	Elimination or progressive deactivation of chronic energetic coupling with pathological extraphysical consciousnesses who have affinity with the experimenter. Potential to also enable the experimenter to join in more complex deintrusions process.	Distancing (temporary, progressive or permanent) of consciousnesses from one's energy field, including the distancing (usually more ephemeral, but with progressive effect) of consciousnesses of rooted, chronic connection due to multiple-lives imprint, bringing the experimenter to be increasingly closer to the condition of total intrusionlessness.

Parapro-prioception	Identification of the residues of more evident chakral blockages, when they still remain, and of the less evident chakral blockages, with possibility of making the root of the respective energy "clogging" perceptible.	Identification of previously non-identified energy blockages and, possibly, of their basis and causes (usually, older blockages or from deeper energosomatic layers).	Remarkable self-awareness of the energosoma and its para-anatomy.	
Parapro-prioception 2			Remarkable self-awareness of the coexistence of the energosoma with the soma, with possibility of perceiving, in an intense and vivid way, the physical brain, even becoming aware of its structure (cerebral hemispheres and other functional areas).	
General parapsychism	Increase of psychic experiences, mainly those more commonly experienced by the experimenter (during or right after the VS occurrence).	Greater increase of the innate psychic abilities (catalysis of the experiences that are congruent with the individual psychic profile or tendency of the experimenter) during or right after the VS occurrence.	Expansion of psychic abilities, including those that are of types not commonly experimented by the experimenter (during or right after the VS occurrence).	

General para-psychism 2		Conducive to greater multi-dimensional self-awareness, with possibility that it becomes incorporated as an intrinsic condition of the experimenter.	Facilitation of healthy looseness of the psychosoma (reduction of the severity of its "connection" to the soma).	Encouragement of the occurrence of several forms of psychic experiences at the same time.
Projectability	The accumulation of occurrences of VS of this intensity can, with time, increase the predisposition to the conscious OBE.		Favoring of the looseness of the energosoma and psychosoma, with possibility to promote the non-alignment and even the OBE.	Favoring of the looseness of the psychosoma, of the non-alignment of the vehicles, and of the conscious projection, as well as predisposing of experience of series of projections in the period that follows (usually up to some weeks). This VS may also happen as a result of the projection itself.
Projectability 2			Facilitating of the increase of extraphysical lucidity and recollection of OBE experience.	
Consciential condition	Predisposing to the ephemeral intraphysical euphoria[1] (usually for a few hours).	Predisposing to the energetic springtime[2] and/or to the intraphysical euphoria of short duration (usually of some hours or up to a few days).	Possibility to produce the energetic springtime and/or to the intraphysical euphoria of medium duration (up to a few days), or, when experienced in series, of long duration.	Possibility to produce the energetic springtime and/or the intraphysical euphoria of long duration (several days), or, when experienced in series, of even higher duration.

Consciential condition 2	"Re-tuning" with the present moment (adjustment of mental focus / attention).	Production of energosomatic balance, with remarkable harmonization of the chakral system.	Pacifying effect, which can last for hours or days after the occurrence.	Effect related to the expansion of lucidity and emotional balance can be identified for several days or, in exceptional cases, even weeks after the event.
Intrusionlessness	Beginning of the identification of extraphysical consciousnesses which gravitated around the experimenter but had not been noticed up to that moment.	Greater chance of identifying with clarity the extraphysical consciousnesses gravitating around the experimenter's energy field, which were previously unnoticed.	Possibility to identify extraphysical presences, including of extraphysical consciousnesses with more chronic connections to the experimenter, hitherto camouflaged.	Increased ability to abort possible intrusions before they occur.
Energetic fluidity result	Relative increment of one's free consciential energy during the VS, with possibility of being partially maintained for a short period after the occurrence.	Evident increment of one's free consciential energy during the VS, with possibility of being partially maintained for a period of up to a few days after the occurrence.	Significant increment of one's free consciential energy during the VS, with possibility of maintaining this increment partially or completely over a period of up to a few days after the occurrence. It may ultimately increase one's basal energy fluidity corresponding to a degree of the percentage of increment of free energy obtained during the VS.	Exceptional increment of one's free consciential energy during the VS, with the higher possibility of being fully kept for a period of several days after the occurrence. It may also increase one's basal energy fluidity corresponding to a degree of the percentage of increment of free energy obtained during the VS and even increase one's inherent energy fluidity.

Effects on paragenetics				More likely to produce the identification of thoughts and emotions related to past lives, and also to improve one's paragenetics, the latter being a more probable result when the VS of this level is experienced in series.
Effects on mentalsoma				Effects can reach one's mentalsoma in a more direct way (i.e., producing the "liberation" of the mentalsoma or expansion of the consciousness as well as phenomena or states derived from this condition).

(FOOTNOTES OF THE TABLE)

1 State of intense joy and bliss, resulting from the sense of accomplishment of an assistantial and pro-evolution task or of a relevant step in one's existential program (life plan).

2 Period in which one is with unusually loose energosoma, resulting in positive energy effects; healthy and extremely pleasant energy condition that is experienced by an individual in profound balance and harmony, associated with a state of serene euphoria and expansion of one's energy field (aura) and extrasensory perceptions.

To conclude, it is pertinent to mention the obvious notion that VS and energy work are not a panacea. Experimenters with poor intellect, discernment or cosmoethics could void the permanence of the benefits obtained.

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