



Semana da
SAÚDE
HOLOSSOMÁTICA

2010

VI Jornada de Saúde da Consciência
IV Simpósio de Autoconsciencioterapia
22, 23 e 24 de outubro de 2010



An Integral Model for Intraconsciential Recycling

Mike Lydon



Consciential Strip-tease

Self-confrontation and self-overcoming of a network of 2 related weak traits: energetic seduction, lack of authentic connection to others



Holochakral Seduction

A behavior pattern in which a person uses their force of personality to charm or gain the affections of others. This often occurs through sexochakral energetic transactions, to supplement a need or personal deficiency within the personality.



Holochakral Seduction: Immediate Self-confrontation

- Stop having “short term” relationships (to use a euphemism)
- Be lucid of intentions and desires to “draw other people in,” especially if I am in a poor emotional state.
- Don’t communicate in a way that draws attention to appearance, personal charm etc.
- Do energy work to gain more personal stability
- Do productive work (volunteering, etc.) to get better self-esteem
- Be patient for the right woman to arrive. Be on the lookout but don’t go crazy.



Energetic Seduction: Long-term Self-overcoming

- Had conscientiotherapy
- Many field courses
- Got more honest in relationships
- Had psychotherapy
- Experienced some retrocognitions
- Experienced deeper self-knowledge of the causes of symptoms, as well as relief





Compensatory Mechanism of the Holosoma

The thosenes that we impose on the holosoma in an unnatural way create or unconscious compensation mechanisms in a perfect mathematical way.

Understanding how this occurs is one of the major keys to self-recycling





Obrigado!