Abstract:
This article is a personal account on the author’s experience of the beginning of penta (personal energetic task). During the very first penta session the penta practitioner had perceptions on the assistential effects of her future penta work in Germany. The author describes the increased self-awareness regarding her extraphysical origin, the feeling of maxifraternity and the immediate effects of the first penta session. The author also sets up the hypothesis of interconnection of the penta works of the practitioners participating in a common group existential program for the reurbanization of the german holothosene, one of the most pathological on this planet. During this article she will explain that this holothosene spread all over the planet: Nazism. We can see it nowadays in a lot of countries. Therefore this holothosene could not be identified in geographical or national terms.

Resumo:

Resumen:
Este artículo es un relato personal que trata sobre la experiencia de la autora al iniciar la teneper (tarea energética personal). Ya en la primera sesión de teneper la practicante tuvo percepciones de los futuros efectos asistenciales del trabajo de la teneper en Alemania. La autora describe la creciente autoconciencia cuanto a su origen extrafiísico, el sentimiento de maxifraternidad y los efectos inmediatos de la primera sesión de teneper. La autora también propone la hipótesis de la interrelación del trabajo de los teneperistas participantes del programa existencial común de reurbanización del holopenense germánico, uno de los más patológicos de este planeta: Nazismo que puede ser visto en diversos países. De este modo, no podemos identificar el holopenense en términos nacionales geográficos.

INTRODUCTION
This account aims to be a starting point for an exchange of ideas on penta and its effects on the German holothosene and the process of reurbanization.
Since I was born in Germany I am interested in our recent history – especially the World War II that crashed the majority of the planet into a disaster. This unbelievable machinery killed more than 55 Million people. After the World War II up to 800 high Nazi officials fled to Argentina (e.g. Adolf Eichmann was flushed out here). Some hundreds went into hiding in Brazil, Chile and Paraguay (e.g. the concentration camp doctor, called “Angel of Death”, Josef Mengele, desomated in 1979 (aged 67) in Bertioga, São Paulo, Brazil) maintaining this a world problem. For more details, refer to Vieira, Encyclopedia of Conscientiology, entry “Auschwitz” (originally in Portuguese; 2009).

I started penta early in 2012 with the thought in mind that penta could be an efficient technique to help with the regeneration of this holothosene characterized by servile faith in leadership, the belief in the own superiority and ignorance (besides others).

Some of the paraperceptions I had during my first penta session will be described here. I will explain what led me to the hypothesis that works of penta practitioners could be interrelated, and that this could be a hint for a specialized group existential program.

**Preparation phase for beginning penta**

For at least two years I had penta on my agenda. But I knew it was a serious decision, one “for the rest of my life”, so at first I wanted to recycle some intraconsciential, as well as intra and extraphysical, aspects in my life before starting penta. So I prepared myself, went through conscientiotherapy and did some deep rooted existential recyclings. In 2011, I also changed my physical base. I consider the sum of these factors important steps in my preparation phase for penta, like other practitioner already described before (VUGMAN et al., 2000).

In December 2011 / January 2012, I visited the Campus CEAEC (Foz do Iguaçu, Brazil) and during my stay I had the chance to participate in several events, courses, energetic dynamics and labs as follows:

1. The Penta Forum.
2. Waldo Vieira’s course “Advanced Topics of Penta”.
3. The course “Pentagram”.
4. The course “Acomplamentarium”, also focused on penta.
5. The energetic dynamic “Parapoliticologia”, which helped me to improve my paraperceptions and the coupling with the helper team.
6. The course “40 Energetic Maneuvers”, a new course provided by Associação Internacional de Parapsiquismo Interassistencial (ASSIPI; International Association for Interassistential Parapsychism), that aims to improve one’s energetic capabilities and trains the paraperceptions, which helped me to obtain more confidence in my energetic competence.
7. Consciential laboratories, *inter alia* “Penta”, “Self-organization” and “Existential Program”.

I had a feeling of being mentored by the extraphysical team for my future penta practice. In the group lab *Acomplamentarium*, for instance, I felt the helpers supporting me to strengthen self-confidence for my future penta practice, especially regarding paraperceptions and energy work.

My whole stay at the CEAEC Campus seemed to be a preview or announcement of penta.

Yet before going to Brazil, I had decided to start penta on January 27th, 2012. I wanted to set a strong position for my future work – intraphysically and extraphysically. I was born in Germany and I still live there.
Therefore I wanted to dedicate my work towards the improvement of the German holothosene. Throughout history a lot of anticosmoethical actions were committed there, so it is a perturbingly huge and at the same time satisfying task to be part of the team that works on the reurbanization of these pathological intra and extraphysical communities.

It was the 27th of January 1945, when the extermination camp “Auschwitz” was liberated by the Soviets. This was a turning point in atrocious World War II that forced about 55 million consciousnesses into a mostly traumatic desoma. In 2005, the United Nations declared the 27th of January as International Holocaust Memorial Day (United Nations, 2012). This date also seems to be representative for the start of a more systematic reurbanization (Tertúlia Conscienciológica, Class 1307).

**REPORT ON THE FIRST PENTA SESSION ON JANUARY 27TH, 2012**

During my stay in Brazil I did the self-organization laboratory. There I had the insight that 6 a.m. would be a good time to start penta (VUGMAN et al, 2000). So I prepared myself that morning, took a shower and started – against the recommendation I received in the lab – only at 7 a.m.

Right in the beginning I had an intrusive thought, an idea like “YOU will not be able to make this!”. As an answer I heard a part of Beethoven’s 9th symphony. It’s the “Ode to joy” and also the hymn of the European Union. For me this symphony is strongly connected to reurbanization. Together with this music I had an intuition: “The helper is here and no matter what, reurbanization will go on!” This encouraged me to go ahead with the session.

My sexchakra was very active. It felt like a whirl of energy, like a tornado, that accumulates energy. The energy flew up my spine very quickly and I could exteriorize energy in pulses through the palmchakras accompanied by the movement of the arms. I had made several attempts during that week to work with the exteriorization of energies. However, I could see a clear difference between the strength of the exteriorization during the attempts and the first penta practice. Even my lucidity was on a higher level now in comparison to the days before.

With my hands I could feel a kind of resistance. I already knew this sensation from sensing strong energetic fields. It is similar to the sensation felt if one tries to bring two equal poles of magnets closer to each other. The kind of resistance one could feel caused by the rejection of the poles. When I tried to expand my perception into this field in front of me, it seemed like a vast bubble, as if another dimension opened up in front of me and I could not even identify its limits. I had the intuition to exteriorize energies into this dimensional bubble.

While doing this I had the clear idea that my penta work would help other consciousnesses to remember their existential program and to “join in”.

Everything intraphysical receded to second place, not mattering that much anymore. I sensed that I was a consciousness, far more than an intraphysical body. The soma seemed to be just a human shell. I had also the idea that I was not coming from this planet. However, I’m not able now to find a clear interpretation to this idea.

**PERCEPTIONS DURING THE PENTA SESSION**

The feeling of maxifraternity and connectedness towards other consciousnesses prevailed during the session and shortly afterwards. The feeling of “one for all and all for one” going in two directions – intra and extraphysically –, caught my special attention.
I felt certain euphoria and was satisfied with the results of the first penta session and very motivated regarding the following.

**SYNCHRONICITY: FEEDBACK FROM AN EVOLUTIONARY COLLEAGUE REGARDING MY FIRST PENTA SESSION.**

My friend and her evolutionary duo reported that the very first thing they thought of when they woke up at that morning of the 27th of January was the starting of my penta.

One of them experienced some paraperceptions that she wrote to me later that day. She was in the hypnagogic state around 7 a.m. and had clairvoyance of some tropospheric communities. She had the intuition that this had a connection to my penta work. In her perception the extraphysical communities were related to the Third Reich (Nazism). According to my friends’ report, these paraperceptions caused immediately a huge motivation in her, with the feeling that with my penta work she received a loyal and strong evolutionary companion in this work of extraphysical reurbanization of the German Parageography, which will go on for centuries.

She also had the idea that somehow our penta work is connected – like a network of penta practitioners working on the same issues. Along with these paraperceptions she reported that she sensed euphoria.

**HYPOTHESIS**

I work with the hypothesis that pentawork from different practitioners might be connected. Already during my stay in Brazil I had this impression, just like several puzzle parts, building a big picture with time.

According to this I had the following insight: within Conscientiology, different specialized group sexist, like taskforces. I had the idea that during the Intermissive Course (IC) the extraphysical members of the groups come together and are trained on specific assistantial tasks. This would provide the best prerequisites to execute a joint group existential program. In this way the consciousnesses of the groups pass on the relay during their multiexistential process; continuously working together on the same specific “project” whether intraphysical or extraphysical. Everyone of them does his / her part according to their personal capacities. This could mean that there is a specific group existential program dedicated to the reurbanization of the megapathological anticosmoethical holothosene manifested during the World War II, which still exists in intra and extraphysical communities all over the planet, and that practicing penta could be one of the most efficient techniques for the execution of this group existential program so far.

**EFFECTS**

The experience reported here had short and midterm effects on me. In the short term I was really motivated to develop my penta work. I felt intraphysical euphoria and spent more attention to energetic work and mental hygiene.

The penta also had a perceptible external effect reported by my evolutionary colleague’s email sent to me on the day I started the penta. The euphoria caused by it was already mentioned above.

Some weeks after the first session I got in doubt regarding the idea “My penta work will help others to remember their existential program and to “join in”. Thoughts came to my mind like “Who am I to think that?!?” So more and more I tried to minimize the experience I had, and have been writing down immediately after the first penta session. But my friend encouraged me and asked me not to think this way. She pointed...
out that it would be important to report my experience. And so I decided to do that, although I had a lot of resistance to do so because of a lack of self-confidence – thinking I´m too small for that task and unexperienced. Besides this, I hesitated to write about this experience because of the lack of scientific methodology. So for sure this personal account could only be seen as a starting point for a more profound research.

Now in the fourth month of penta I´m much more balanced. Often I feel a great serenity after the sessions. I have the clear idea that penta in general helps to build a kind of bridge for extraphysical assistance. It feels as if I, as a penta practitioner, connect those two dimensions: intraphysical and extraphysical, and this helps to enable certain kinds of assistance. According to Vieira, “The penta practitioner is an interdimensional axle” (VIEIRA, 2009).

The long-term effects I cannot foresee yet. If the hypothesis is right, that the pentaworks of several practitioners are interconnected, I hope we can do our part in accelerating the reurbanization.

CONCLUSION

The megapathology of the Nazis first manifested in the German geography. Nowadays we can see that more and more of those megopathological consciousnesses resomate and manifest their anticosmoethical pathothosenes all over the world. So unfortunately this became a global issue and I feel the strong need to assist through penta, becoming part of the team that creates a counterbalance, and eventually, eliminates the Nazi megapathothosene from the planet.

I think that in this reported first penta session I experienced an extrapolation that increased the motivation to qualify my future penta work.

ACKNOWLEDGEMENTS

This work is dedicated to the extraphysical team that sponsored my experience of the reported extrapolation and the intra and extraphysical companions that facilitated my preparation phase of penta – my evolutionary group. And last but definitely not least I thank Anne-Catrin Vogt and Eduardo Vicenzi for their fraternity, the encouragement to write down these experiences and therefore getting me on track.

POSTFACE

I invite the reader, who might feel somehow connected or want to share anything that is related to one of the topics I reported here, or has any ideas or associations to feel free to write an email and let me know. It would be very interesting to know if anyone else had similar perceptions and more information on this. Until now I did not find any writing on this topic. Any information could help to bring this topic to a more profound and hopefully more scientific level in the future.

REFERENCES


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