

Psychosoma's Transfiguration: Being aware of the Extraphysical Reality*Transfiguração do Psicossoma: Conscientização acerca da Realidade Extrafísica**Transfiguración del Psicossoma: Concientización a cerca de la Realidad Extrafísica***Juliana Branco***

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The purpose of this research is to discuss the types of psychosoma's transfigurations that may occur during out-of-body experiences, detailing the various factors that may affect negatively the extraphysical awareness. The methodology was based on the analysis of author's out of body experiences from 2010 to 2014. The authoress maintained a regular and detailed projectiography, making it possible to examine the consequences and impact of the unawareness about the psychosoma's transfigurations and, therefore, to begin to apply several techniques to improve her extraphysical performance. The transfiguration of psychosoma is a partial or total change in the appearance of its shape in the extraphysical dimension. Among the several para-anatomical characteristics, the fact that its shape is variable, often compared to a gelatin (Vieira, 2002, p. 284), is the key feature that allows its transfiguration. The psychosoma's transfiguration presents two main types: (1) the Assistential type, when this competence can be used as a strategy by helpers to create rapport to make a successful assistance, sometimes showing an appearance of someone that can make a better rapport with the assisted or even to camouflage themselves in extraphysical rescues; (2) the pathological type, in which intruders or energivorous consciexes may change their appearance so that the projector may not question and won't notice their real intentions. This investigation also examines the examples of lacking awareness consequences in psychosoma's transfigurations such as losing an opportunity of assistance, making decisions based on misinformation, not being aware of extraphysical companions, taking actions that compromise personal evolution, wasting the evolutionary possibilities of extraphysical dimension, negatively interfering in an assistance that is occurring. The authoress noted the importance of deconstructing the problem by analyzing all the factors that interfere in the extraphysical awareness, so she could plan which techniques to use to improve the projective performance. According to the author's experience, the intraconsciential factors were the key to improving extraphysical awareness, for example the multidimensional self-conscientization, extraphysical lucidity, projective experience, energetic control, memory, evolutionary level, recycling, interests and activities, intention, among others. Extraphysical awareness is also expected to be improved by applying techniques such as projectiography, psychometry, projective techniques, mind saturation, shielded chamber, conscientiogram and recycling. The authoress concluded that after a few months, applying some of the techniques referred above, she started to have a progressive awareness regarding the psychosoma's transfiguration, increasing his multidimensional self-conscientization and evolutionary performance. It is not the form that gives the more crucial information about the state of the consciousness. The appearance of a consciex is not a direct reflection of its intraconscientiality, its energy is. The process of developing awareness regarding psychosoma's transfiguration led the authoress to reflect that, even without lucidity in the extraphysical, it is always occurring interaction. Therefore, it is vital to try to be as lucid as possible to this reality.

REFERENCES

1. **Vieira, Waldo**; *Projectiology: A Panorama of Experiences of the Consciousness outside the Human Body*; XVI + 1232 p.; 525 chapters; 43 illus.; 1907 refs.; glos. 300 terms; 150 abbrev.; ono.; geo.; alphabetical; 28 x 21 x 7 cm; enc.; Special Edition; *International Institute of Projectiology and Conscientiology*; Rio de Janeiro, RJ; 2002; page 284.

