

Trinomial Experience-Motivation-Priorities

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Keywords

Evolutionary technique
Intraconsciential recycling
Self-research

Palavras-chave

Autopesquisa
Reciclagem intraconsciential
Técnica evolutiva

Palabras-clave

Autoinvestigación
Reciclaje intraconsciential
Técnica evolutiva

Abstract:

The objective of this article is to present the trinomial experience-motivation-priorities and to explain its dynamics and how its elements work together. Among the hypotheses proposed is that a balance between those three elements can be conducive to personal growth, and that deliberately aiming to balance the three elements can have a positive amplifying effect on the consciousness evolution. The methodology adopted was the identification of patterns in a collection of experiences, observations, and reflections from conscientiology classes, self-research, and interactions with conscientiology students, volunteers, and researchers. Potential applications for the trinomial are proposed including a better understanding of the consciousness profile correlated to the second desoma.

Resumo:

O objetivo deste artigo é apresentar o trinômio experiência-motivação-prioridades e explicar sua dinâmica e como seus elementos funcionam juntos. Entre as hipóteses propostas, está a noção de que o equilíbrio entre esses três elementos pode conduzir ao crescimento pessoal e que, deliberadamente, o objetivo de equilibrar os três elementos pode ter um efeito amplificador positivo na evolução da consciência. A metodologia adotada foi a identificação de padrões em uma coleção de experiências, observações e reflexões de aulas de Conscienciologia, autopesquisa e interações com estudantes de Conscienciologia, voluntários e pesquisadores. São propostas aplicações potenciais para o trinômio, incluindo uma melhor compreensão do perfil de consciência correlacionado com a segunda desoma.

Resumen:

El objetivo de este artículo es presentar el trinomio experiencia-motivación-prioridades y explicar su dinámica y cómo sus elementos funcionan juntos. Entre las hipótesis propuestas, está la noción de que el equilibrio entre estos tres elementos puede conducir al crecimiento personal y que, deliberadamente, el objetivo de equilibrar los tres elementos puede tener un efecto amplificador positivo en la evolución de la conciencia. La metodología adoptada fue la identificación de patrones en una colección de experiencias, observaciones y reflexiones de clases de Conscienciología, autoinvestigación e interacciones con estudiantes de Conscienciología, voluntarios e investigadores. Se proponen aplicaciones potenciales para el trinomio, incluyendo una mejor comprensión del perfil de conciencia correlacionado con la segunda desoma.

Text received for publication on: 21.01.2017.
Approved for publication on: 13.05.2017.

INTRODUCTION

Motivation and prioritization are popular terms in self-help and management books. The quality and type of experiences accumulated by the consciousness are rarely seen as cause or effect to existing priorities and motivation. Instead, motivation and prioritization are usually presented as tools to reach an end. Parapsychic experiences and ability are rarely, if ever, featured in those books.

The proposed trinomial experience-motivation-priorities adds one element to the traditional motivation-priorities approach and proposes that all three elements (a) have interactions with one another and (b) can trigger one another.

With consciousness evolution as a goal and based on the consciential paradigm, a particular class of experiences is relevant in this context: parapsychic experiences.

Three qualitative methodologies were utilized in developing the model presented in this article. The first methodology used, and likely the one with strongest influence, was reflection in the context of the parapedagogical praxis cycle. Interactions with the parapedagogical field, insights sponsored by helpers, questions from participants, questions and insights obtained during attempts to answer questions from this researcher, and during attempts to explain conscientiology concepts in a class significantly contributed to the construction of the model presented. A second source used was self-research, self-observation and reflection, which played a role in developing the trinomial interactions. The third source was observations of behavior, thinking, and decisions from others while teaching conscientiology classes, working with volunteers, and interacting with conscientiology researchers.

By observing the parapsychic development of students and colleagues, as well as my own, a few apparent patterns emerged and some hypotheses have been formulated. The trinomial experience-motivation-prioritization and its proposed dynamics aim at capturing these perceived patterns.

The contrast between scientific evidence and personal evidence of parapsychic phenomena as well as the trinomial experience-motivation-priorities was presented in the first Forum of Paranormal Phenomena at the University of Miami, in 2000.

This presentation later became part of the course “Personal Evidence versus Scientific Evidence on parapsychic phenomena”.

This article begins with an explanation of the trinomial and how mentalsomatic attributes and extraordinary experiences are connected to it. A description of the trinomial components is then presented, followed by analysis of trinomial dynamics. Finally, as part of the conclusion, a few questions are presented to invite researchers to apply the trinomial in his or her own consciential laboratory.

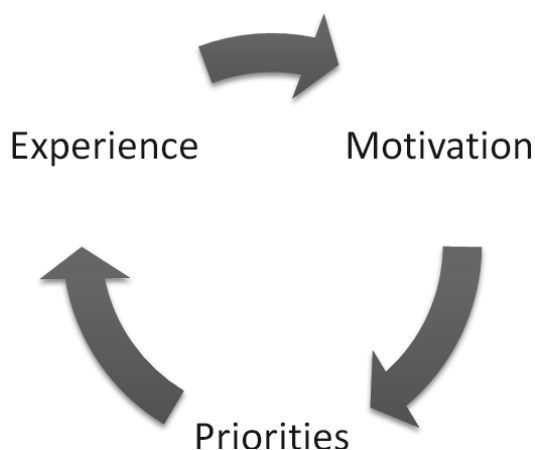
I. PRESENTING THE TRINOMIAL

According to Sousa (1994)¹, Motivation can be broken down into Motives for a given Action (or inaction). A proposition embedded in the trinomial is that Experience can trigger Motivation. In that context, therefore, Experience would be considered a “Motive” to “Action”. Also in the context of Sousa’s work, an “Action” could be a change in Priorities, and a set of actions could be represented by a Priority. This way, “Action” could in turn produce more “Motives”.

If motivation produces a change in priorities, and those priorities are selected in order to produce experiences, then more experiences will come. Closing the loop can have an amplification effect: more experience, more motivation, adjusted priorities, and then the cycle would start again as the consciousness accumulates more experience.

For example: a person may have a spontaneous out-of-body *experience* and be *motivated* to understand and study that phenomenon. If they decide to adjust their *priorities* and apply time to read and practice exercises to have more OBEs, they will increase the chances of having more experiences, which would start the process again, in a virtuous circle, as shown in figure 1 representing the dynamics of the trinomial.

Figure 1. Trinomial experience-motivation-priorities dynamics



By extrapolation, the trinomial appears to work well when thinking about accumulated experience in the scale of millennia, or in the scale of hundreds of lives. When looking at the evolution of the consciousness, the understanding of the dynamics of the trinomial can help to give insight into fundamental changes that happen throughout evolution.

MENTALSOMATIC ATTRIBUTES ASSOCIATED WITH PROCESSING EXPERIENCE AND THE TRINOMIAL

Understanding and processing the experience is an important factor. Mentalsomatic attributes play a key role when progressing from one element of the trinomial to the next. It is worth noting that if the consciousness makes a deliberate attempt to keep the cycle going, the experiences accumulated will give a better chance for the consciousness to improve the very same mentalsomatic attributes that will help to sustain the shifts from one element to the next.

The improvement of the mentalsomatic attributes associated with processing experience in a productive way, and the shifts from one element of the trinomial to the next, can also take part in a virtuous cycle, as can be seen in figure 2.

Figure 2. Trinomial shifts and experience processing cycle



The mentalsomatic attributes associated with processing experience are out of the scope of this article.

EXTRAORDINARY MULTIDIMENSIONAL EXPERIENCES

The trinomial is of general application; however the scope of this article is limited to multidimensional experiences, particularly extraordinary ones, and priorities related to parapsychic development and the existential program.

II. THE TRINOMIAL COMPONENTS

The trinomial components represent the connection of elements that, when working together and in balance, can be a positive catalyst in consciousness' evolution.

The first element of the trinomial – experience – encompasses the weighted average of things that happened *to* the consciousness or that happened *with* that consciousness. In other words, experiences where the consciousness was an actor and experiences where the consciousness was an observer. It includes subjective and ambivalent phenomena, altered states, self-induced or sponsored experiences, situations in the intraphysical or extraphysical dimension, and experiences with any vehicle of manifestation and any degree of lucidity.

For the purpose of this article, we will focus on the class of experiences that potentially increase multidimensional self-awareness (MDSA). This class of experiences gives direct and personal access to dimensions other than the physical one.

Examples of experiences that would increase one's MDSA:

1. Perceiving geo energy when entering a natural cave.
2. Having a precognition that is confirmed two weeks later.
3. Perceiving the presence of an extraphysical consciousness through clairvoyance.
4. Visiting an extraphysical city during a lucid out-of-body experience.
5. Having a vivid past-life recall during an out-of-body experience.

The second element – motivation – is the drive to perform an action. In the context of the trinomial, this can be one of the effects of extraordinary experiences. Motivation can affect the soma (endorphins), energosoma (energetic springtime), psychosoma (general happiness), mentalsoma (deeper creativity). The key aspect here is that motivation can help the consciousness to surpass barriers, real or not, while trying to reach a goal.

The third element – priorities – indicates the amount of resources committed to the goal set by the consciousness. The resources can be consensual (e.g. attention, mental effort, affection), physical (time, space, money) or extraphysical (e.g. energies, holothosene, energetic springtime).

III. TRINOMIAL DYNAMICS

TRINOMIAL CYCLE

The trinomial has a sequential and cyclic nature. The sequence is the one proposed in the name of the trinomial, meaning that experience can trigger motivation that can in turn trigger prioritization. The cycle is established when a change in priorities generates experience.

This section presents hypotheses related to the sequential and cyclic relationship of the three elements.

Hypothesis 1: That the cyclical application of the trinomial can be used as an algorithm for evolution.

The trinomial can be used as a technique with the goal of increasing self-knowledge, fostering self-research, and creating a personal holothosene that is conducive to intraconsciential recycling. Those are some of the elements that can promote consciousness evolution.

For example, with the trinomial in mind, experimenters can shift the focus from the question “how do I motivate myself to have parapsychic experiences” to “what are my priorities today” or “what have I done when I had the motivation” or “what is the type of extraphysical experience that can produce motivation”. This could potentially help getting out of a deadlock of not having the motivation or discipline to produce experiences, and having neither motivation nor discipline due to a lack of experiences.

Hypothesis 2: A limited number of experiences cannot guarantee motivation for an unlimited amount of time.

Experience causes motivation, particularly when the experience is new, is an extrapolation, leads to insight about multidimensional dynamics, or make intraconsciential aspects more evident.

Participants in conscientiology events often get very motivated after first-hand experiences, and at times publicly state the importance they see at that moment for them to continue to study and practice.

However, it seems as though the motivation generated as a result of participating in such events is not permanent. In some cases I had the chance to follow up with participants months later, and verified that little or no time was spent on the study and practice that they had stated they planned to prioritize.

Even within groups of rational people who are trying to understand non-physical realities, the notion that one or a few experiences would make a major difference seems to be the prevailing mindset.

Although there are cases where this holds true (e.g. in some NDE cases), motivation generated by experiences seems to have an “expiration date” and, if no change is produced before this expiration date, the motivation fades. A productive strategy in this case is to use the motivation obtained through experiences to change priorities and seek more experiences.

A case study is of a volunteer-experimenter “X” who got involved in the operational side of volunteering at the expense of prioritizing parapsychic development. Although his contribution to the organization was considerable, in the long run his experiences were not renewed, and his motivation faded. As “X’s” motivation faded, his prioritization even for the operational side went down, and eventually he distanced himself from the organization that helped to trigger the multidimensional experiences that got him going for a while.

This strategy is particularly important when the person’s recuperation is relatively low, and in cases where the quantity or variety of extraphysical experiences is limited.

Based on this hypothesis it can be very productive for personal growth to seek new multidimensional experiences on an ongoing basis.

Hypothesis 3: That using one element to feed on to the next can generate a positive, long lasting evolutionary effect.

This is a consequence of hypotheses 1 and 3 together: using the trinomial as an algorithm and ensuring that you move to the next element of the trinomial, even when the experience/motivation is relatively small. This can help the consciousness to benefit from an inertial effect in the sequential application of elements. It

can also produce a holothosene change for the better, with a materhosene centered in consciential recycling. This is particularly important when there is holothosenic pressure that is opposed to consciousness evolution (Ribeiro, 2010)².

INTERACTIONS OF TRINOMIAL ELEMENTS

The elements of the trinomial have interactions, and some of those interactions are not binary. In some cases cause-effect interactions can be better understood in pairs of binary pairs. Evolutionary effects can be obtained by paying attention to the frequency of occurrence, amount of energy dedicated, and paradigms related to how the elements relate. Those interactions are described in this section.

Hypothesis 4: That motivation alone is not sufficient to generate more experience.

The pair motivation-experience is popularly believed to have a cause-effect relationship. Participants in parapsychic development courses sometimes report that “the problem is a lack of motivation to continue”. The hypothesis presented here, however, is that the pair motivation-experience has a weak causation effect. Moreover, the pair priority-experience will have a stronger causation when the experimenter focuses on the pair motivation-priorities.

Motivation alone is not enough to propel evolution, although it can be a key element when combined with priority and experience, making the consciousness more able to continue in his or her existential program in spite of hardships. It can also be what takes the consciousness out of a second-rate manifestation or sub-level condition.

Hypothesis 5: When motivation to evolve is based on the trinomial, the steps in personal growth tend to be permanent and more likely to lead to intraconsciential recycling.

The core of this hypothesis is that the source of the experimenter’s motivation matters. We can contrast, for example, motivation based on personal experience with motivation based on social interactions with peers with similar interests.

Studying theories about the extraphysical and maintaining contact with affinity groups for reasons including social, affective, habit, or lack of options can generate motivation for experimentation or even produce spontaneous experiences. In this hypothesis, however, this kind of motivation is less likely to lead to intraconsciential recycling.

Motivation based on personal experience followed by an adjustment of priorities aimed at producing more extraphysical experience would be more likely to lead to intraconsciential recycling.

Hypothesis 6: Aiming at a balance across trinomial elements can be used as an evolutionary technique.

When experimenters aim at equalizing the frequency of occurrence and/or the effort put towards producing each of the trinomial elements, this can produce understanding that guides decisions that would be conducive to personal growth.

Thinking with the trinomial as a reference can also produce a beneficial paradigm shift that would help us to extract actionable information from the analysis.

This can help a lot when trying to determine goals. For example, instead of focusing on “I need more extraphysical experience”, the analysis would be focused on “how much extraphysical experience do I have”, “how did I apply my experience”, “are my priorities aligned towards producing experience”, and “what type of motivation did my experience produce and for how long”.

Experimenters can verify their frequency of personal extraphysical experience and compare that with their priorities and motivation. Or gauge their motivation and look for causes in their priorities or experiences. Or see if the quantity and type of extraphysical experience is coherent with their priorities and motivation in order to identify self-corruptions.

IV. TRINOMIAL APPLICATIONS

The trinomial has several proposed applications, both as a paradigm for analysis and as a technique aiming at intraconsciential recycling.

Six potential applications are listed below:

1. Highlight the importance of maintaining personal evidence through personal experience with multidimensionality, and refresh it periodically;

2. Serve as a reference to differentiate a butterfly seeker from someone who is applying a technique to deliberately try to put their existential program into practice. The butterfly seeker might have some *experience* that brings *motivation* to evolve. Someone that is applying the existential inversion or existential recycling technique is making evolution a *priority*;

3. Serve as a self-evaluation guideline for healthy personal parapsychism advancement. All three aspects have to be there to enable continuous development.

4. Understand the paradigm of each consciousness (the metaphoric “where they are coming from”). If you don’t have multidimensional experience, it’s hard to be motivated to learn and understand it, let alone prioritize its development.

5. Deemphasize the narrow focus of “finding the perfect technique”, or short term approaches, to parapsychic development. People often focus on the “I want to get the experience”, and show motivation for it, but their prioritization does not match that motivation.

6. A better understanding of the consciousness profile correlated to the second desoma. The trinomial could help answering why some consciousnesses go through the second desoma while others do not. The underlying hypothesis is that the nature and quality of each of the trinomial elements is significantly different between a consciousness in an evolutionary level where he/she goes through the second desoma in every intermissive period and a consciousness in an evolutionary level where he/she does not go through the second desoma in his/her intermissive periods.

CONCLUSION: SELF-ANALYSIS

The trinomial can be used by a conscientiology experimenter as a paradigm for analyzing personal strategies in personal evolution (short term, one life), as well as in attempts to understand evolution in a broader context (long term, many lives).

In the context of the trinomial and with self-research as an objective, the five following questions can be used as part of a practical exercise:

1. How much parapsychic experience have I accumulated so far?

2. What type of personal evidence does it bring, and what elements of the consciential paradigm theories does it support?

3. Is your level of motivation for your existential program coherent with the level of experience you have?
4. Is your level of motivation consistent with the level of prioritization in your everyday life?
5. Do you have a good balance experience-motivation-priority and, if not, which is the strongest component, and which is the weakest?

NOTES

1. **Sousa**, Patricia; *Motivation*; Extracurricular Course attended in Miami; Florida; 1994.
2. **Ribeiro**, Patricia; *Holothosenic Pressure*; Extracurricular course attended in Miami; Florida; 2010.

