

# *Evolutionary Criticism*

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# *What is criticism?*

- ❑ Any form of **judgement**;
- ❑ **Appreciative** examination;
- ❑ **Judicious** investigation;
- ❑ The faculty of only accepting a fact, phenomenon, affirmation or opinion based on some criterion of **value**;

## *Disbelief Principle*

**Don't believe in anything,  
Not even in what you're informed here.**

**Experiment.**

**Have your own personal experiences.**

# *Evolutionary Criticism*

**Definition.** *Evolutionary criticism* consists in basing the critical attribute on the conscientiological paradigm to promote **intraconsciential recycling** and accelerate the maturity of **interested consciousnesses**, men or women, notably through the cosmoethic clarifying task.

# *Movement*



*“Life is movement, movement is recycling,  
recycling is evolution.”*

(VIEIRA, Minitertúlia, 2015).

# Criticism in the eyes of the Consciential Paradigm



Takes into consideration:

- ❑ The self-research and self-experimentation process;
- ❑ Bioenergetical approaches;
- ❑ Multidimensional contexts;
- ❑ Extraphysical companies or both critical and criticised;
- ❑ The universality of the thosenes;
- ❑ The cosmoethic way of approaching a consciousness;
- ❑ Holocarmic consequences of the points made;
- ❑ The promotion of thosenical autonomy;

# Conscientiology as a *science*

- ❏ **Self-research:** in Conscientiology, the consciousness is the researcher and the object of its research *at the same time*.
- ➔ Criticism is a **tool for research**.
- ➔ The consciousness first has to map the intraconsciencial problem or difficult it's facing, check where's the gap or the burden-trait, so that then it can look for solutions.



# Conscientiology as a *science*



**Self-experimentation:** as the consciousness is the very object of research, Conscientiology only goes forward and grows as a science if the researchers have their own experimentations and either confirm, refute and/or expand the theories proposed by VIEIRA and others.

Are you believing or verifying cutting-edge truths for yourself?

# Moral Authority



Also, we only have *moral authority* to talk about those experiences we've lived, otherwise we'd be judging with knowledge of cause.

Being *honest with yourself* and others about the extent of your knowledge/experiences will help you being an evolutionary critic.

# *Bioenergetical approaches*



For the attentive critic, modifications in **energetic patterns** can elucidate realities that intraphysically may *seem* to be what in the multidimensional reality ***aren't***.

# *Multidimensional Contexts*



The existence of the consciousness manifesting itself in **several dimensions** can be verified by lucid projections, where the consciousness can **expand its critical sense beyond intraphysical conditionings**, amplifying the maturity of its evaluations.

# *Extraphysical Companies*



**Nobody is alone.** The intelligent and evolutionary critic takes into consideration his own and the other's extraphysical companies, which can **influence and do participate** on the responses and debates of different points of view.

# *Seriality*



The **multiple lives** of the consciousness contribute to the broader understanding of the roots of actual traits and behaviors, adding an assistential touch to the self-analysis, **going beyond the punitive and antievolutionary judgement.**

# *Universalism*



The expansion beyond **localisms, nationalisms** and cultural idiocies allows the consciousness to refuse things that aren't evolutionary useful and go directly to the essence of actions and behaviors necessary for the acceleration of mental-somatic deintrusionness and maturity.

# *Cosmoethics and Criticism*



The **cosmic ethics**, from which one can have a broader understanding of the consequences of personal actions, guides and directs the precision of one's self-criticism.



# *Holocarmic consequences of criticism*

From life to life, the consequences of our acts perpetuate **mandatory bondings** with people we've harmed, sometimes even with **good intentions**, in order to repair the damage.

Self-criticism helps the consciousness to think beyond the actual life, **beyond personal daily interests**, opening an account to invest in **personal, groupal and holocarmic profits** so it does not have to come back infinitively and try to pay inevitable debits.

# *Promotion of thosenical authonomy*

A great and profitable investment is to **promote in other consciousness the freedom** to:

- ❑ Choose whatever they want to make of their lives (respecting their evolutionary levels and not asking more that they can give);
- ❑ Exercising their free abilities to think, feel and act multidimensionally in the direction of *their* values, principles and goals;

**And you, reader, already respects and promotes the freedom of other consciousnesses in all the possible ways?**

# Qualifying critical thosenes

For criticism to act as an evolutionary trait, the own attribute has to qualify itself. Let's see how:

1. Clarify the most common **type of criticism** is a habit to you.
  - a. Are you *acritical*, hypercritical or balanced critical?
  - b. What is maintaining such critical behaviors?
  - c. Is there another environment or situation you're critically different? What happens there?

# Qualifying critical thosenes



2. Research the **quality** of your criticism and **how it affects yourself and the environment**/other consciousness around you.
  - a. Is your criticism more *cosmoethical* or *anticosmoethical*?
  - b. Why? What maintains this type of criticism?
  - c. Are you going through a rough time, using your criticism to obtain important needs or defending yourself with criticism?

# Qualifying critical thosenes



3. Create a **Cosmoethic Critical Code** (which will direct your critical actions).
  - a. Insert directions to qualify your self-criticism (related to yourself);
  - b. Insert directions to qualify your hetero-criticism (related to giving feedback to others);
  - c. Insert directions to recycle parts of the critical attribute you need to develop (e.g.: “I need to express my opinions in public” or “I’ll only give cosmoethic feedbacks”).

# Common *difficulties* when dealing with criticism



1. Phobia of being **self-critical** (runs away from reflexions);
2. Phobia of being **criticised** (runs away from exposition);
3. Phobia of giving **feedback** (runs away from self-positioning);

## Possible causes:

- ❖ Associate criticism with a bad thing;
- ❖ **Bad past experiences** (retrolives traumatic situations; hiper-exposition of delicate informations; large consequences over an exposition of a certain information);
- ❖ **Self-corruption** (doesn't want to see a conscientiometric picture).

# How to overcome them?

1. **Start with the help of somebody** (e.g.: in a course with optimised field of energies for reflexions) and research strong, positive personal traits (until you start liking self-reflexions and can move forward);
2. **Start asking feedbacks of loved and trusted ones**, those you know won't hurt you and will be there to support you during the recycling process; ask feedback of people you respect in the area you have difficulty (they'll probably give you the path they went on the recycling, which will make the recycling much easier for you).

## How to overcome them?

3. Start giving small, unimportant feedback of positive qualities for people who ask or are predisposed to receiving it; also, even though a person asks for your feedback, use your parapsychism to check if he/she really is prepared to hear what you'll say, if that's the appropriate moment and place.

In all situations, always take into consideration your evolutionary values, your Cosmoethics Personal Code, send the best energies and act in direction to what's best for **everyone** involved.





*Connecting Researchers.*

**Thanks a lot!**  
**Gracias! Danke!**  
**Merci! Kiitos!**  
**Obrigada!!!**

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