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## INTRODUCTION

*“Find a diamond in the earth's surface is easy, very easy because the evidence and trends can help; however, difficult – actually, very difficult - it is foreseen and predicts their presence and position above the ground. It is interesting be able to see and look where nobody observes anything and finds nothing; and even without seeing and touched, in a gestational certainty know that there is a rough diamond close enough to be touched, picked and enjoyed.” Dr. Milton Hermida Arcas*

The Psychic Emotional Revolution – PER – or REP (Revolução Psíquica e Emocional in Portuguese), is a job research that analysis, dimension, qualify and places the human behavior in specific parameters. The target audience of this work is the one interested in self-knowledge and understanding the behavior variation that is all around us and daily reply in questions. Also to the public that longs to know their place into social context and how to behavior and to have a relationship with a demanding society according to some values but also shows indifference and careless about your harmed effects.

It was a long and hard way until here, but finally we come to the end... or better, to the beginning. This work started in 1974's, when experiences and personal analysis brought me to the emotional and man psychic areas interest. At that time, I started to observe, follow up and review the human behavior. What intrigued me so deeply were the emotional fragility and the psychic vulnerability that all of us are submitted and the behavioral imbalance that comes with the complete ignorance and disrespect concerning our inner being. All of this - among a variety of factors - resulted on PER, which I understand as a compass to psychic and emotional life of the human being and a treatment to anxiety, anguish and depression that degrade the inner being. The PER search answers to these and other questions: What is psychic life? What is spiritual life? How we operate? Why, although the science multiplies, the man still has so much anguish and inner misery? What's the meaning of death, murders, wars and drugs? Why the human being do wrong even though they know what is right?

Since the first steps of man in earth that the uncontrollable man spirit is marked by defeats, conquests, frustration and victories on the knowledge area. The human interrogation on the knowledge search is a peculiar factor of someone that has improved intellectual components and needs balanced and rational answers. So, the multiple sciences need to answer all kinds of anxiety of this rational being and with a huge intellectual capability, which is the human being.

The PER is a work to be read, researched and therapeutically experimented, so the man knows that the psychic equilibrium is possible to get and in a simple way that he imagines – the PER not only see the value, but also recognize the human being as a splendid work that brings inside himself all tools needed to the good performance of his psychic health.

Define psyche, pneuma, emotion, feeling or even the self-man always were a tough task, and the answers that were found until today are still insufficient to our wishes. The PER presents wide, objective and unpublished definitions on scientific field, that will certainly enrich our inner being. It will be a relief, a solace for the man, when after studied all the work, apply in his inner domains. It is also an answer and a way to the human being besides breaking external boundaries can break the boundaries inside himself.

Since the beginning of our history, the behavioral variations and the mental disorders has taken an important space on human daily life and in some way all social classes are reached by emotional pressures that cannot be seen but attack in a violent way the human mind leaving severe sequels not only in the individual but also in the community. From the vital need of knowing and understand the inner man mechanism, that the philosophers, thinkers, intellectuals, psychologists, psychiatrists, counselors, therapists and educators, etc. emerged as various types of therapeutic methods, are frequently sought everywhere in our planet in the pursuit for balance.

**The PER aims to assist and connect the man towards pneuma, psyche and soma, which all together form the emotional reality of the inner and exterior man.**

At times will be clear that some of the lines of human thought represent death pathways to the psychic life, what will drive us to incisive attitudes to despoil the false scientific royalty of certain theories. The scientific truth does not accept modifications, because otherwise cease to be true. The truth has some characteristics unique and immutable that cannot be distorted, subtracted or added in no event, because that would be the risk to still remain million sick people psychically in prison. The healthy life of the inner man on the behavioral, emotional and affective fields, should be thoroughly desired, because therapeutic pathways multiply daily, with healthy and effective appearance, though in practice, cause extensive disasters in the inner being.

We can see that modern patterns of behavior, the philosophy, the educators, sexologists, and various therapies support, guidance and psychological treatment and emotional cross the centuries as science of difficult comprehension to the general public. As they do not have an effective connection scheme or a practical scheme application and always use confuse terminologies, the books that were written about the subject never can have a clear and objective relation between causes and effects. On the contrary: they further widen the emotional abysses that already exist, because it does not correspond to the confidence that deposited them. However, the innocuous therapies multiply, confusing to many and improperly gaining a significant cultural space, promising to assist the individual adapt to himself and to his environment, but in fact only increases distress and loneliness.

The sciences multiplied, the world was small with advanced technology and fast media, and the scientific community evolves and overcomes every day. We live in the information age, with man coming closer to the stars. Despite this remarkable progress, the humanity that does not see the obstacles ahead is still distressed, unhappy, troubled and dysfunctional. To the man, there is no boundary that cannot be cleared, except the one of his inner being. And, he needs to breaking in, because the man's ignorance of himself is the cause of the social misfit who we have witnessed.

It's alarming the increase number of people with emotional misfits, drug addicts, and those who seeking analysts, psychologists, psychiatrists, counselors, educators and many therapists. Despite all scientific and technological knowledge of our time, the man is still mentally ill, resulting in a confused being that is not able to discern between "right and left hands". And the "psychologies of life" remain mysterious, inefficient and aimlessly about the treatment and

psychological support, which leads me to conclude that the best part of the knowledge has not yet been cleared, which means, ***the best is yet to come.***

The patient and behavioral therapist relation is following illustrated:

***“The patient is the little bird that lies down on the couch that is the nest. The mother is a therapist who found nothing in the way. The patient is hungry and insistently flies to another nest. In addition, here comes another therapist who also found nothing in the way. And there go days, times and tears. The little bird remains with the open mouth and his empty inner languishing in the nest”.***

Actually, we are like birds in the nest, hungry and anxious waiting for food to satisfy our questions and concerns of our so rich emotional structure.

The scientific world presents bases, working methods and goals, in other words, beginning, middle and end. Consequently, also presents some kind of final result, which gives them some support and credibility. However, this obvious sequence cannot be found in most therapeutic schemes of behavioral support. Keep in reading and studying behavioral sciences, we realize that this area books brought earlier messages that reflected the unrequited expectations, and these are some of introductions phrases of human behavioral books:

***“Psychology causes such great interest in students and is also so difficult to understand”.***

***“We do not expect you to understand what psychology is before completing your graduation”.***

***“No psychology book can be good if someone understand it”.***

The phrases were really true and consistent, because the books of human behavior, behavioral guidance and various alternative therapies had the same characteristic: were beautiful and pleasant to behold but very difficult to understand. It's because they had no bases or methods and or work goals. Seemed a difficult puzzle to be assembled and had no objective sequence for a practical application to needy individuals or something that could give some encouragement or even had some satisfactory therapeutic effect. In other words, it is clear the disconnection.

When the scientific world finds a virus or bacterium, such agent is identified and exposed to later be developed some sort of defense against its pathogenesis. In the same way, the PER identify and presents some harmful agents, so we can protect ourselves in due time in order to not be inserted doubtful elements and confused in our emotional structure.

There are theories and fundamentals that guide human behavior today like a cancer to the behavioral science and to the human psyche. With a voracious appetite and causing such an extensive damage that is almost irreversible. Some harmful theories when inserted on human

behavior sciences acting the same way of physical cancer, which means, weakening slowly and painfully the inner man.

The PER is similar to the doctor in front of the physical diseases, I mean, the PER treats the contaminated areas by false behavioral foundations. The PER is also a **DOOR** to the human behavior sciences to refresh their ways and objectives and promote a real adaptation to the man with life, acting in first place with the individual in his real and true inner being and later with his social environment.

As well as the laws of physics and nature, the behavioral disorders and the alterations on mental process also have a relation with causes and effects. Is not natural in our daily life have so much behavioral alterations harmful to the society. Actually there are, in fact, a relationship between causes and effects between benefits and harms, between ways of life and death pathways, between normal and abnormal, all with consequences really defined.

The purpose of this book, on the following chapters, is to present a connection between causes and effects, as well as the therapy that can be applied by certain behavior disorders. For this, will use the simplest and objective vocabulary possible, so that the reader has a thorough understanding of each foundation submitted by **PER**.

This book is the result of remarkable experiences, sessions, surgeries, lectures, conferences and readings that lasted for 27 years, beginning in January 1974 and lasting until October 2000, resulting in which I call the PSYCHIC and EMOTIONAL REVOLUTION.

Have a good and effective reading, and remember:

***“The best moment is now, and the even better is yet to come”.***

## **Chapter 1 – The human behavior sciences and the PER**

The human behavior, considered from the action of the components and psychological constituents, is the conduct of individuals that extending in a vast territory of opportunities and variations. All human attitude and behavior, without discern between right and wrong, normal and abnormal, it has been of interest and analysis from the Greek philosophers, time when these studies began. For a good understanding of the subject, it is necessary to know some factors that involved and interested the human being and interfering, help or affect your daily social relationship. For this reason in this chapter, I summarize the content of some sciences.

Some questions cross centuries and generations: What is the man? What is his nature? What is the human nature? There are centuries and centuries of interrogation, in which everyone longs for answers to these important questions. It was by the need to answer these and other questions that the scientific world was structured and organized by specific study areas.

Initially, the sciences were a little confuse and used entered on one another field of study. Only with the advanced of the centuries, the studies, the mistakes, the failures, the misunderstandings, the experiments, the inventions, the practical and theoretical developments, was experiencing a natural arrangement and the independence of each one of the sciences. Following you will find a brief presentation of the main sciences:

### **Philosophy**

“Philosophy” is a term with varying definitions as far as the branches of science. Is a set of knowledge or ideas developed according to rational parameters, practical or theoretical about things and beings. The first ideas were developed in the sixth century BC by a Greek philosopher named Thales of Miletus and later with Plato, Socrates and Aristotle. Here are some key philosophers: Thales of Miletus (630-545 B.C.) Greek mathematician and philosopher, Socrates (470-399 B.C.), Democritus (460-370 B.C), Plato (428-348 B.C.), and Aristotle (384-322 B.C) were all Greek philosophers; Roger Bacon (1214-1294 AD) and Francis Bacon (1561-1626 AD) English philosophers; Descartes (1596-1642 A.D.), French philosopher; Leibniz (1646-1716 AD) German mathematician and philosopher; La Matrie (1709-1752 AD) and Kant (1724-1804 AD) German philosophers.

### **Physics**

The Physics is the science of natural phenomena and properties of matter, according to order and theoretical and experimental criteria. The most important physicists were: Archimedes (287-212 BC), Ptolemy (100-178 BC), Copernicus (1473-1543 AD); Galileo (1564-1642 A.D.); Kepler (1571-1630 A.D.); Newton (1642-1727 AD) mathematician, physicist and English astronomer who with his research has led to a revolution in the history of various sciences; Bessel (1784-1846 A.D.) and Einstein (1879-1955 AD) was one of the greatest scientists of the twentieth century.

## **Biology**

Biology is the science that studies the structure, function and evolution of live beings. Stand out in this branch of science: Hippocrates (460-380 BC) considered the father of medicine; Herophilus and Erasistratus (third century BC), Galen (second century); Vesalius (1514-1564 A.D.); Harvey (1578-1657 A.D.); Van Leeuwenhoek (1632-1723 AD) and Linnaeus (1707-1778 AD).

## **Psychology**

Psychology is the science that studies the behavior of the higher organisms in general and specially the man. It comes from XIX and XX centuries, studies the relation among the feelings, the thoughts, emotions, psychic phenomena and their effects in the human behavior. Behavior science is the best definition. In the nineteenth century, became independent from philosophy, tracing its own ways. For being a science that studies the human behavior, sometimes is mentioned along medicine, the biology, the sociology and the anthropology.

The main psychologies schools nowadays are:

**Structuralism.** System that stresses the importance of analysis of consciousness in its entirety through the introspection method (inner exam).

**Functionalism.** Psychological system that highlights the importance of the behavior of the function or utility in its adaptation to the environment.

**Associationism.** School of psychology that studies the principles of association of ideas or words or connections stimulus / response, analyzing the complex events in the simplest.

**Behaviorism.** School of psychology that all the psychological functions can be explained in terms of muscular and glandular secretions reactions. Therefore, it is the objective study of the aspects of stimulus and response (or reaction) in behavior. The connection is studied stimulus / reaction by objective methods.

**Gestaltism.** System in which one can only arrive at useful formulations by considering large stimulus and response units.

**Psychoanalysis.** Your core is the motivation, of which a large part is unconscious and must be analyzed for its manifestations: dreams, errors, symptoms or free association. Psychoanalysis emphasizes the relationship between unconscious motivation, conflict and symbolism.

**Sociology.** The science studies human behavior and interaction and social relationship between individuals or groups of individuals.

**Anthropology.** The science which studies and classifies under the biological and cultural aspects, all the groups in the formation of the human race.

**Medicine.** Set of science and techniques that aims to cure, prevent and mitigate the action of disease on the human body.

**Psychiatry.** Branch of medicine that aims treatment, diagnosis and prognosis of morbid changes (disease, illness) of mental life.

**Physiology.** Science that studies the functions of living organisms and the process of its physical and chemical mechanisms.

**Genetics.** Science whose object is the biological heritage through the morphological, structural, biochemical and behavioral traits that are transmitted from one species to another through the generations.

**Therapeutics.** Branch of medicine that studies the treatment of diseases according to technical and medicine, aimed to restore mental and physical health of the individual.

**Psychic Emotional Revolution – PER** - is a behavioral science that consists of a specific theoretical set and put up with a defined line thesis, aiming the diagnosis and treatment of behavioral disorders and changes on mental processes. It has extensive practical application within psychology and other sciences that study human behavior.

The treatment employed and indicated by PER aims to restore the individual adaptation mechanisms with himself as well as his social environment. The therapy used must to work gradually to replace the values and foundations recognized threats to the inner man, so that he can achieve a progressive reduction of tension and internal conflict, recover, and strengthen your psychic defense mechanisms. The treatment aims always rationally adapt the individual with his tricotomic system (pneuma, psyche and soma). The PER, therefore, is the study of human behavior and changes in mental processes from the man trichotomy.

### **WHY REVOLUTION?**

Agitation, change, alteration and transformation: these word synonyms "revolution" among others and express, in the best sense of the word, the action of emotions on mental components.

### **WHY PSYCHIC AND EMOTIONAL?**

Due to the significant power of emotions about man's psychic structure. From the moment you can define emotion, psyche and trichotomy, it is possible find the answers to variations in human behavior and mental processes.

### **The PER and the TRICHOTOMY**

The PER identifies trichotomy as a starting point for their studies to recognize the intimate connection and the relationship between its components. Thus, the study of human behavior becomes possible due to the fact that the three components constitute in fact a complete

human being. Each compartment has trichotomy settings and different needs; there is a constant interaction between the three components.

The real mental and physical health and social adaptation that we all need cannot be acquired by the parties or alone, there must be a satisfactory trichotomic integration, with specific treatment that requires each of these areas, which will certainly result in a distinct and remarkable therapeutic action.

The PER visualizes a complete health, i.e. a relevant care of human trichotomy, understanding that an area is not detrimental to the other. It is urgent the attention and understanding for human trichotomy, because any mismatch in the system will bring up the behavior disorders and changes in mental processes, always with physical repercussion.

The PER is studying the action of affective experiences on the tripartite structure of the human being and the psychic phenomena and their diversity behavioral disorders, and defines in detail each part of human being. The main parts and values that comprise the vocabulary of PER are the following:

**TRICHOTOMY**

**PNEUMA**

**PSYCHE**

**SOMA**

**SPIRIT**

**MIND**

**BODY**

**DIRECTIONS AND EXITS**

**VERB**

**WORD**

**EMOTION**

**FEELING**

**CHARACTER**

**SELF-ESTEEM**

**PERSONALITY**

**AGAPE**

**LIFETIME**

**THANATOS**

**DEATH**

**GOVERNMENT**

**DOOR**

These words with their definitions comprise the **Psychic and Emotional Revolution**.

## **Chapter 2 – The Human Trichotomy**

### Part I

The man is an indivisible being. The man cannot be understood and explained by parties, or in segregation, but has an interlaced structure that interacts with itself in a very dynamic way. This structure is known and defined by PER as trichotomic or tripartite.

Trichotomy is the division into three parts and the name given to all areas or compartments that make up the real structure of the human being. The human being presents a trichotomic organization which means that all man – and woman – consists in three parts: PNEUMA or SPIRIT, PSYCHE or MIND and SOMA or BODY. Moreover, each of these parts is distinct, with definitions and specific functions.

The identification and definition of each trichotomic structure or part is essential in order to obtain a real overview of what is our inner and outer being. From these definitions it will be possible to understand the whole.

### **SOMA**

Is the body (biologic life), the physical constitution of the human being from the substance. Contain tissues, organs in general to the cell and more microscopic substances. This is the area or compartment where is processed and expressed bios life, also known as biological life. The sum is the genetic element (G).

### **PSYCHE**

Is the mind (psychic life), the structure that represents the identification of every human being. This is the identity of each one of us. The human psychic subdivided into four parts: feeling, character, self-esteem and personality (psychological components). It is the area in which is processed or developed psychic life. The psyche is the emotional organ, which identifies, selects and processes the emotional experiences that will be used in trichotomic gear.

### **PNEUMA**

Is the spirit (spiritual life), the most important area on trichotomic system, it has the ability and the property to protect or harm the man's tripartite structure. It operates by generating and maintaining support for the balance or imbalance of the entire trichotomic system. It is the compartment in which processes and manifests the spiritual life. The pneuma is the verbalized organ. It is important to take this area as detached from any relationship to religion. For the PER, "pneuma", "spirit", "spiritual life" and related terms are purely scientific, not linked to religion. It must be understood that for the PER the human spirit is a vital organ for trichotomic system

and has an important role to be played. The pneuma has a direct effect on the psychic life and somatic life.

### **THE COMPUTER, THE PERFUM, THE TELEVISION AND THE TRAIN**

All elements above will be used as illustration to better demonstrate the close connection among all components of the human trichotomy, because there is a rich and intense symbiosis between the pneuma, the psyche and the soma, and each compartment needs an adequate and specific treatment. The zeal for the trichotomy will benefit the entire structure of both the inner man and the outer man. Let's see following the examples that will help us understand the importance of human trichotomy on biological or physical, mental, and spiritual health:

**The computer.** We can compare this way: the screen is the soma (body), the HD is the psyche (mind) and the drive or CD-ROM is the pneuma (spirit).

The parfum. Let's see the bottle as the soma, the solution (diluent) as the psyche and the essence as pneuma.

The television. Lets consider the TV set as the soma, the studio as psyche and the antenna as the pneuma.

**The train.** The train passage along the tracks can also serve as a comparison for trichotomic structure of the human being. One wagon represents the soma, the another one represents the psychic and the third represents the pneuma. From the moment that does not take these wagons, which are in the tracks of life, the care they need, serious problems will cause the whole train. The negligence will let the wagons too heavy to be pulled.

We observed in four illustrations exemplified herein that each structure represents a single set, that however complex it may present, works with only one goal. Each piece here has a specific function that interests the performance of the whole body. But if not occur due to the domain, control and performance of each compartment, various and undesirable alterations may occur in the final product quality.

PNEUMA	PSYCHE	SOMA
VERBALIZER	PSYCHIC	GENETIC

### **The man and his body or soma**

The body is a combination of parts that make up an anatomical structure of the human being. Is the only part of the trichotomic structure that has sexuality, which means, sexual quality. Sex is the particular conformation of the human body that allows you to generation. It is also the anatomical constitution of the individual that sets it apart as a man or woman, male or female, masculine or feminine. The human body is an amazing gear, that well-adjusted and integrated to

trichotomic structure, provides extremely healthy benefits to the entire system. The body is like a machine. To perform well it needs some basic physiological needs fulfilled, such as: nutrition, rest, physical activities, repairs when necessary, preventive and curative maintenance among other general care.

The balance among body, psyche and pneuma, as exemplified in perfume bottle and other analogies, reflects the importance of the integration of the entire trichotomic system in various aspects of physical and mental health of each individual. Physical health needs good mental health as well as a good spiritual health for satisfactory performance and thus beneficial for the whole.

The human suffering and reap bitter fruits in your daily life because it focuses solely on the body, neglecting your inner being. The mind and the spirit are integral parts of trichotomy and require significant care to obtain a blameless and highly satisfactory health.

### **The man and his mind or psyche.**

The mind is the headquarters of the affections and trichotomic government that is our own self. This own self works and interacts with the spirit and the body. Every decision, every order and every direction, all war and peace, every yes and no and every maybe are primarily determined by psychic government and then coated with the verbalizer essence from the spirit to then emerge in the body.

The mind, as we have said, is composed of four elements, which need to be understood, defined, worked and properly treated.

When there is a mention of words such as: “psychic”, “psychism”, “psychological” or “psyche”, we must relate to their basic components: feeling, character, self-esteem and personality, that will be following defined. It is important to note that when I mention “mind” it will refer to psyche and vice versa. I may also use both words with the same purpose, even recognizing that “mind” is a much broader term that involves thinking, memory, IQ etc., while “psyche” will be presented by the PER in a more specific way. To the behavioral study, which is one of the purposes of PER, psyche and mind will be presented and identified in the same line of definitions.

The human mind, according to psychological parameters, can be controlled by our own self, as well as governed in a conscious way. Importantly mention is for the PER, on the psychological and behavioral field, nothing that exists in the mind is unconscious, involuntary or uncontrollable.

The human mind instrumentalizes the verbal order from the pneuma, becoming the central compartment and decision-making of the human being. Is from psyche that comes the most important decision of the whole trichotomic system: to rule the pneuma. If taken a contrary decision, such as abandonment or even indifference, the consequences are inevitable and implacable. The psyche has an obligation to give the center of decisions to pneuma.

The psyche are we, our own self, as were already said. This mental set, coupled with a proper dose of genetic load, is what will print and determine the type of behavior and temperament made by the individual. It is therefore, the identity and uniqueness of every human being. With the important and salutary purpose of preserving our identity is that we are moving towards the pneuma, sitting in and settling us to take the right decisions in place.

Now let's analyze the four elements or psyche of subdivisions:

### **Feeling**

Is the action or effect of feeling, the capacity or aptitude to feel, to transmit and to evaluate qualitatively and quantitatively the emotions (affective experiences).

### **Character**

It is a member of the total psyche; it prints the individual a definite form of conduct and results of a progressive adaptation to the conditions of the natural environment, family, educational and social. The set of qualities, good or bad, featuring an individual or a group of people – the nature, the mood, training or moral qualification. The character is subject to a number of influences, is teachable and can be modified or even retrieved as needed.

### **Self-esteem**

It is the feeling and itself recognition or the feeling of appreciation and acceptance that an individual has for himself. It's influenced by a number of factors and can be recovered when it is damaged or abused.

### **Personality**

It is a set of unique character of a person or all of its own and essential. It's the human psyche essence and everything that distinguishes it from other people. The personality has an psychic-genetic charge that cannot be modified by the environment and, along with feeling, character and the self-esteem, form the final product: "us". Each born child is a new individual distinguished of all others. Every human being is an unparalleled masterpiece in a number of ways.

The personality cannot be modified, as stated by some theories of psychology and psychoanalysis, but can be repressed, suppressed or even contained, when the psyche suffers a destabilizing action from the pneuma. However, trends can return to normal if these aggressive factors were removed. Some techniques of behavioral studies claim that the personality base and the trends are built in the first years of life, but PER do not recognize this affirmation, because the genetic code, somatic and psychological will print the individual a series of

characteristics that are peculiar for the entire life. The personality is similar to finger prints: there are no identical in the whole world and there is no alteration. Therefore, the basic trends of personality in a newborn will be the same to death, despite of different types of pressures and aggressions that may be exposed psychically throughout his life.

### **The man and his spirit or pneuma**

The spirit is the compartment of the human trichotomy from whence the senses and outputs of life and death, in the form of verbal order (V). The values that come from the spirit has a permanent pulse and a constant flow, while the human mind function is to prepare, know, understand and govern these senses and outputs.

The human existence is to confront two basic points: the values and foundations of life and death that come from spirit. These values must be known and understood in order to be confronted so, the psychic govern may happen. Knowledge government and are directly connected together since the greater is the knowledge, even greater is the government. Similarly, the lower is the knowledge the lower is the government. The senses and outputs are antagonistic to each other and perform functions that are equivalent. Therefore, the verbal order being an order in the form of science and knowledge, we have for each order and science of life an equivalent in an order and science of death.

The human spirit is the human nature, the stamp and the trademark of the verb, the scientific area, the location of the verbal order, whence the senses and outputs and where verbal files are stored (scientific). In this area, the power and the existing essence are generated in each verb, order or word that work in trichotomic structure.

The PER recognizes and defines the human spirit or pneuma as the place where born and flourish the human nature, the nature that consists in two basic trends: the life nature and the death nature, that PER recognizes as sciences. Therefore, in the human spirit are the life and death sciences, that every human being has inside own self when was born and that distinguishes and qualifies as a rational being.

The man spirit is an huge file, an wide library, but with two well defined divisions. The instrument that moves and revolver these powerful file is the word. Each and every single word have an effect and understanding that is first processed by the spiritual field. The word has a quality and value to the human spirit which is similar to the seed. This seed can be generated as a science of life or as a science of death.

The human spirit can also be known as a vast territory, with arid and fertile areas. The PER recognizes every word as an affective experience, which means, each word represents an emotion, an order or a verb. And still, according to PER, the word is the affective expression form of the human thought with character and trends defined – of life and death, as we will see further.

Over the centuries, despite major advances in knowledge, humanity still finds great difficulty in a simple and basic point, which is to differentiate right from wrong or normal from abnormal. All

due to the fact of not knowing yourself and ignore its very nature, because with the neglect and indifference of the inner man, was allowed to a real hodgepodge of false truths were unfiled of the human spirit, leading to confusion in understanding and storage of the values of life and death sciences.

Another attribute of the spirit is that it has no distinction or sex drive whatsoever, or any other question of sexuality. The difference between male and female is a condition present only in the somatic compartment, the body.

The human spirit is, thus, is a verbalizer and scientific territory of the human nature, sciences, word, values, of life and death. The PER signals at all ways possible, that the spirit may be understood and identified as the most important site of trichotomic structure. Because the life sciences (the normal, the right and the real) and the death sciences (the abnormal, the wrong and the unreal) to inhabit the spirit, urgently need a differentiation, a values divider, a watershed. So as to definitively identify and minimize the harmful effects on the psyche and on the other hand, the possibility becomes apparent of satisfactory effects on the human mind. Just to have an idea, the death sciences every passing day, are so little questioned themselves, totally at ease, created their own defense mechanisms.

Note that in certain situations, when it is detected a wrong and socially aggressive behavior, even admittedly generating harm, is promptly raised the banner of discrimination. It is a form of defensive argument, which leads the current of life science to an immediate withdrawal. The lack of criteria and parameters of normality is a very serious condition and extremely harmful to society, because when there is no position or a differentiation of what is right or wrong, normal or abnormal, become evident and extensive the social and behavioral harm.

The spirit is such a crucial territory to the human being that if not properly policed, will be able to take the mind of a normal individual to extreme irrationality territories, as we shall see.

From the spirit as verbalizer organ, to enter the tricotomic system, we have the following sequence:

Following a verbal order generated by pneuma:

Pneuma → human nature → senses and outputs → verbalizes → science → life values and death values.

The verbalize is an verbal order with criteria and defined rules and laws and precisely because of this, has its own characteristics . The spirit beckons and informs the human mind, and the mind exploits the information and gradually transforms the verbal order in a proper science. Every verb is an integral part of the structure in any science, that is, every verb is a scientific branch.

The human mind exploits, conforms and directs the verbal order for it to be classified as a scientific label set.

***Man is a creature 100% spiritual, affective and emotional.***

*Life and death are in a place where no scientist can access or change.*

*Biological life can be manipulated in the laboratory, but the spiritual life that proceeds from the pneuma and orders the sequence of bios life in no time can be played.*

*Life, like death, is a verb or a verbal order that emerges from pneuma, containing objectives, targets and practical application set.*

*To born, wake up, run, drink, love, hate, light, live, delete, play, cry, silence, work, fight, sleep, die: everything is verbal order. And verbal order is verb, and verb, is science - science of life and science of death, but everything is science.*

## **Chapter 3 – The Human Nature: senses and outputs**

### ***Every verb is a science***

The human spirit has own knowledge, a kind of knowledge that must be recognized, identified and worked by human mind. This knowledge is necessary so that man can relate properly with everything presented to him throughout his life, and especially with himself (this is the main target of the PER). Because at the moment the human being exercises the control of the inner man, the emotional benefits will be extended and applicable in all sectors and levels of society.

### ***Senses and outputs***

Senses and outputs is what we call an inner urge located in the pneuma, characterized by conditions and automatic activities, independent of any learning and particular purpose of life or death. It is an innate tendency of the human being and defined location: the pneuma. It is a pulse, a spontaneous and inherent flow in a man on the form of verbalization or verbal order.

For these characteristics, the senses and outputs are independent of reason or human will, flowing continuously and permanently into the psyche and, consequently, for the trichotomic structure. And, as already reported, have determined objectives in life and death.

This pulse and flow of our inner being determines the quality and the performance of trichotomic system. It works or aiming at conservation of pneuma, psyche and soma or beating them. Even being an impulse, a force that is independent of human will, our understanding can control and manage it. Because from the moment we properly keep the quality of the senses and pneuma outputs, we are actually managing the inner man. If we allow the senses and outputs continue to flow without control and without our knowledge and understanding, then we began to allow the irrational find occasion to manifest and express itself inside us, and then the man will be subject to the senses and outputs death. But when the man rules his pneuma, is replaced by mastery over the senses and outputs and becomes the controller of the inner man, then tending to balance and rational.

Manage the inner man is so far, having control of the senses and outputs that come from penuma.

The senses and outputs always compete in two different directions: life and death. They are two completely different paths that need to be urgently correct and controlled by the human mind - so that after the man will not say that was not aware of his actions, because the human mind will never leave, even if it does not leave unharmed, to peer into the pneuma . The human mind without control and without domain is irresponsible and inconsequent.

Upon that foundation, the PER comes to define intelligence in a different way, ie, as the faculty acquired and developed by humans, which allows you to differentiate the sciences (inner verbalization) that are partners in their day-to-day, in essence, and then reject the trichotomic action of the senses and the death outputs. Obviously, it is the removal of science that comes sick it (cause psychological and / or somatic diseases). Intelligence can also be defined as the

ability to properly deal with the senses and pneuma outs, to promote the conservation of tricotômicos components.

### **TREND OF THE SENSES AND EXITS**

#### **PNEUMA/SPIRIT**

<b>Life science</b>	<b>Death science</b>
<b>Verb/word/seed</b>	<b>Verb/word/seed</b>
<b>Value/Foundation</b>	<b>Value/Foundation</b>
<b>Emotion</b>	<b>Emotion</b>
<b>Affective experience (dynamic constituent)</b>	<b>Affective experience (dynamic constituent)</b>
<b>Life</b>	<b>Death</b>

Not having access to education and knowledge is to keep the inner man in terrible anguish and misery, is how to make atomic tests in a matchbox.

A huge hydroelectric with dry rivers: so is the human being private of knowledge.

Pneuma: a powerful file that must be properly scrutinized.

#### **The information process**

All scientific and technological progress, whatever the human area - social, cultural, industrial, economic etc. - Was obtained and received by the mind gradually and prudently, through information in the verbal order from the senses and outputs of the spirit. The acceleration of scientific progress was supported by the fact that all humanity be fully meshed and committed emotionally and thus maintains a constant exchange of information, parameters and values.

A cultural development that has occurred in any corner of the earth is immediately shared with all humanity. The increase speed in various types of information meant that the media play a decisive role in the twentieth century, called for this reason the discovery century. This inevitably represents a step and a vital impetus for future generations get more and more progress in all walks of life and step into, according to the PER, more and more conscious in your inner being way - the human spirit.

To get an idea of what the human spirit is, see what was removed from his gut throughout history, through the senses and outputs in the form of verbal order. That is, what comes next are the result of the inner verbalization that the human mind instrumentalized and directed to a particular scientific category: rational, wheel, press, machines, bizarre, colonialism, rope, proletariat, motors, chemistry, physics, biology, languages, parchment, formulas, alphabet,

code, perfumes, pyramids, X-ray, agriculture, needle, God, medicine, tables, psychology, design, clipboard, inventions, arms, ax,  $E = mc^2$ , computers, fabric, IT, film, radio, courts, antibiotic, arts, paintings, igloo, architecture, paintings, castles, math, geography, history, writing, cinema, Bible, religion, ecumenism, telegraph, Morse code, chair, wagon, joinery, atomic bomb, carpentry, satellites, Nazism, ladder, terrorism, Marxism, governments, evolutionism, sexology, hammer, zoology, gods, mysticism, neurotic, psychotic, devil, wire, silversmith, lock, arrow, chimney, clock, engraver, welder, refiner, notes, agenda, music, brick, instruments, psychoanalysis, lamp, books, sword, technology, cement, schools, cars, sewing, rockets, supermarket, fuel, plastic, scissors, piano, television, letters, games, ball, light, food, paper, engineering, stadiums, violin, studios, numbers, pen, pencil, medicines, gyms, buildings, buildings, houses, huts, politics, democracy, dictatorship, demons, communism, socialism, phone, bottle, cap, thread, clips, crop, brush, comb, clothing, rational, irrational, fast food, life, death, lie, truth, PER, magazines, paint, shopping, money, gyms, internet, plants, post, photo, hydroelectric, screw, optical fiber, globalization, irrational etc.

So, every word, every order, every nation, every science, everything, really, that has been or is being achieved and obtained by humanity has been or is being phased out of the immense and extraordinary territory called human spirit. Everything is the result of a progressive process of informing the spirit to the mind. And all that comes from the human spirit is science, whether life or death, and inevitably will allow all of humanity - past, present and future - to reach a common denominator of extreme, unrivaled and unsurpassed wealth. And, of course, will inevitably lead us to the summit of all knowledge source.

An individual alone would not be able to scan territory size or even support such existing wealth inside, so all merit in human progress must be properly shared with every existing human being on earth.

The senses and outputs of the human spirit are common to each and every individual. It is a slow and gradual process that obviously could not have come only from a time: it took generations were discovering and multiplying in knowledge and values for the following could always go further than previous. Each generation is a step and reference to the following, which actually does not stop being a purification process, analysis and application of human knowledge obtained and taken from their own entrails. And due of this, the PER recognizes that scientific knowledge frees man, while its lack causes error and imprisonment.

The lack of study and knowledge and the lack of interest in knowledge are forms of aggression to our inner being. It is how to keep the spirit in prison, preventing him from following his own and inevitable path. Knowledge is like a link between the psyche and pneuma and results in emotional and mental balance.

Every human being is an ingenious artist trying to play the best possible role in human history during its existence. Each individual tries to work verbalization that comes from inside as well as possible, even with many tryout and error. Humanity unknowingly follows a script that at any time is always essentially the same, that is, man seeks a path with real values of life that can feed your emotional and psychological interior.

### ***Application of sciences***

Any discovery, dogma, foundation or value that attack and demean any of the compartments of trichotomic structure should be identified as a death science. And any discovery, dogma, foundation or value that works in preservation and conservation of trichotomic structure should be identified as a science of life.

A science is revealed and known when its theories and fundamentals are expressed and brought the audience to a series of analyzes, considerations, practical applications and checks. A science of life, according to PER, is the set of fundamentals that compete and lead, not in part but as a whole, the trichotomic system for the development and maintenance of all its components.

For the PER, in the case of man, life science (or science agape) is the set of fundamentals that contribute to the preservation, propagation and extension of pneuma-psyche-sum system. And a science of death (Thanatos or science), also according to the PER, is the set of fundamentals that compete and lead in part or in whole, the trichotomic system to a depreciation of its components. And in the case of man, is the set of fundamentals that contribute in some way to aggression, destruction and contamination of one or more components of hair removal.

The human spirit is an area characterized by knowledge.

The spirit or pneuma is the compartment of human trichotomy from which they come to the senses and outputs of life and death.

Every word is an order, any order is an action; every word, every order and every action is a science; and in turn, each verb, order or action is an echo or reflection of the senses and outputs, that accredit you to come and go at any time in trichotomic structure.

Have access to the study and knowledge is to facilitate the domain and control over the senses and pneuma outputs. Acquiring knowledge is walking in the territory of properly equipped spirit with map and compass.

Deprive humanity to know science is depriving it to get understanding.

### ***Education, learning and knowledge***

There are several theories presented by the PER to study and understand how the inner man and how it works emotionally and affectively. All of them are important for understanding the trichotomic structure in all its details. As important as the other is to understand how and why is it the connection between the pneuma and the psyche.

Education and learning situations are necessary for a connection and the interplay of the pneuma with the psyche, within the trichotomic system. Along the PER, I mean several times the importance of knowledge and I dare say that the more knowledge more emotional balance and the less knowledge less emotional balance. This is due to verbalization factor, the pneuma, which as a scientific territory needs to seek an adjustment with the human psyche, but this will only happen through education and learning.

The child born and grows requiring learning everything that have been doing, because education and learning processes are factors that develop balance, adjustment and mental consolidation. So learning is a necessary condition for human beings to occur a bond of human nature (pneuma) with the human mind (psyche). It is the verbalizer body being gradually understood and adjusted to any trichotomic structure.

The verbalization, as a science, needs discernment and psychological understanding to occur a satisfactory performance practice and for the unsatisfactory performance be timely prevented. The function of education, learning and knowledge is to connect the pneuma with the human mind

## **Chapter 4 – The verb and the emotion**

Think, dream, smell, touch, hear, taste and look are affective experiences, so they are also our emotions

The affective experience is the dynamic constituent of emotions.

The verbal order exists and is latent in the human spirit, and the mind seeks understanding to process and proceed with the order.

Word is seed, seed is value; word is a verb, the verb is an order to the pneuma; an order for the pneuma is an emotion, an emotion is an affective experience.

Every word has its own life, for life or life to death.

Word is the emotional expression of human thought with character, trends and defined consequences.

The word in the human pneuma raises dogmas and foundations.

### **The word**

The word (=seed = value = verb = emotion) is the articulation of one or more syllables, provided with a sense and a meaning. The so PER defines: "affective expression form of human thought with character and set trends."

The word within the human spirit has the ability to act like a seeds of life or death even as a seed - the word can be life or death can be. The word can close wounds or extend deep, can act as a refreshing balm or can act as a terrible storm; you can close gaps as well as fender all terrain inner man. The confection of any word by the human mind, to be generated to enter the tricotomic system has an affective character set. And acting like a seed, can produce a fruit tree (satisfactory effects) or produce or thorny weeds (unsatisfactory effects), all depending on the pneuma of the territory, which is stationed and signed the human mind.

Sometimes, the same word may have times that generates life and times that generates death. That is, life has different times for the same word act in the human interior. Example: time yes and no time, time that I and time should not, time can not and time that can, at which time I

think I know and I know that in time I know nothing, time to be in the bowels of the earth and time to travel through the skies. All this resides in human spirit, which is an arid or highly fertile ground, depending on the affective character territorial where it's being seeded such thoughts.

### ***Seed and values***

Every word has its own life, and as a seed that is, it could not be otherwise. Word is seed, seed is value; word is a verb, the verb is an order of pneuma; an order for the pneuma is an emotion; an emotion is an affective experience.

Word is a word, a word that expresses action, state, quality or existence of something or someone, according to the dictionary. And the word, within the human spirit, due to sense and outputs that flow there, raises dogmas and foundations. Thus, we have:

SCIENCE	WORD	WORD
VERB	DIRECT ACTION	INDIRECT ACTION
WORD	VERBAL ORDER	AFFECTIVE DERIVATION
SEED		
VALUE		

Every word, either by direct action or by indirect action, is a verb, an order, a sense or a specific file from pneuma. The pneuma files, the senses and outputs are activated and raised (verb, word, seed), identified (understanding, discernment) and unarchived (emotion, affective experience) to produce its effect on tricotomic system, by an order in the form verbal, which can be direct or indirect. The action is direct when we have the presence of the verb to express the sense of order. The action is indirect when we have the verb conjugation, but the sense of order is expressed by affective verbal derivation.

Word is therefore seed is value, is order is verb, is the sense and the existing verbal tendency in each and every human thought. And every word also has an affective verbal essence, that will characterize it as a science of life or death as a science.

When we say words like "pen", "Chain", "cup", "clothing", "earth", "stone", "banana" etc., even without mention the verb conjugation, we still have an affective expression, just if indirectly. Every citation expressed by the human mind has an affective character from the senses and outputs that come from pneuma, which can be life or death, and a scientific character, which is peculiar to the human spirit.

## VERB/WORD

DIRECT ACTION

INDIRECT ACTION

VERBAL ORDER

AFFECTIVE DERIVATION

AFFECTIVE EFFECTS/TRICOTOMIC ACTION

We can hear single or isolated words or apparently simple expressions, but affectively these terms can generate life and death in tricotomic system. It happens due to the fact that the individual is psychologically conditioned to a range of values that are linked to any such term.

A verbal order is processed and has its sequence in tricotomic system coordinated by the psyche. It is important to understand that the compartments of human trichotomy raise values. So, we shall see the need to maintain a specific focus on each compartment.

Every word, term or expression is directly or indirectly an order and verbal action. The sciences that inhabit the human pneuma and are in constant profusion in the inner man are expressed and understood by human thought in the form of verb. Every verb is a science and also how to express action, state, phenomenon, circumstance, situation or person.

For an indirect action (affective derivation) or a direct action (verbal), any expression of human thought has emotional effects on human trichotomy. Even the apparent simplicity of an emotional expression as an "a", although apparently does not have any meaning, generate affective effects on human trichotomy, which can be life or death, preservation or aggression to tricotomic system. The word "interact" in trichotomic gear will produce effects such in the pneuma, the psyche and the soma. There is no neutrality in the emotional expressions of human thought.

To walk within the PER follow basically always this sequence:

Pneuma or spirit → science (life or death) verbalization → word (seed) → emotions (satisfactory and unsatisfactory) → psyche or mind (feelings, character, self-esteem, personality) → soma or body.

Everything is spiritual. All kinds, whether or not attitude, all behavior and all procedures are spiritual, with reflections and repercussions in the psyche and the soma, it is the spirit who draw the quality and essence of affective experiences, the results of which are perceived around the tricotomic system. From conception to death, the open eye, dreams, hygienic or not, or not eating, drinking, walking, the running, the study, the love, the hate, the tears, the laughter, the shut up, you know it, reject, knowing, sex, fight, race it, steal it, whatever it is, whatever the order, we are always faced with an emotional experience. With or without motivation, with or without knowledge of the facts, we are facing an emotion. And, if we are facing an emotion, we are facing life or death. And, if we are facing life or death, we are in the pneuma. And if we are in the pneuma, we are in the spiritual compartment.

The human spirit: source of healing and contamination

Healing and contamination starts and occurs in pneuma. And in the case of an extremely diverse terrain on "scientific", and his ways, dry and fertile, life and death, are the source and inspiration for any affective experience. The human spirit is where the essence of each verbal order is generated. All wealth, all raw material and inspiration for all the affective experiences are properly found in the compartment called pneuma.

In the human spirit, inhabit the characteristics of each attitude and behavior. It is from the human spirit that withdraw the amounts invested in day-to-day and the affective power - of life and death - the word that will be applied as fuel of the tricotomic system.

*Human life is the confusing walk in search of perfection possible.*

*Emotion is the lantern illuminates the road.*

### ***The emotions***

Emotion is the affective experience generated by the human mind, is the emotional effect, the character and the essence of verbal order in action in tricotomic system. From the first steps of man on Earth until his arrival to the moon and to the present day, all that he desires and seeks is the attainment of inner balance. If a child plays with the simplest objects and cry for their basic needs, is seeking a trichotomic harmony. The man, in all circumstances and the day-to-day - at a party, at play, in the meal, at home, in the car, looking for own improvements, a bunch of friends, at school, when he drinks, when assaults when he lies, when he speaks the truth when smoke - search and calls for an urgent, desired and dreamed of inner harmony.

The man, desirous of balance, focus all their attention and care only and exclusively in soma, leaving the other trichotomic compartments and the result is the destruction and the total collapse of the inner man. And all these therapies and life choices offered by modern society are not able to produce a satisfactory level of inner balance, producing in fact, instead of the proposed balance, an intense dissatisfaction manifested in that society distressed, anxious and depressed, dissatisfaction this is present and growing worldwide.

Human life is to seek emotions and emotional states that can produce and meet the necessary conditions for the inner harmony. Without knowledge of what to look for, however, nothing will be found, for humanity does not know that really need much less where to find it. Due to lack of knowledge and appreciation of himself as a rational being, man accepts any kind of emotion, not evaluating or discerning the consequences of this attitude and actions on mental components. Humanity, in their pursuit of inner life, must walk a path that provides satisfactory fruit to human trichotomy.

Man should not focus all attention only in sum, but, as has been said, walking towards the pneuma and gain control of their own life. That is, should work and filter all affective experience that cometh upon him, reject the emotions arising from death sciences and care for the

emotions from the life sciences. Work and manage the pneuma is to rule the source of emotions - the source of life, which can be life for life or life to death.

### ***The emotions and the human nature***

Human being, as rational individual, does not contemplate neutral way the world that lives in. All and all, the people and the objects around us, cause us a desire to approach or withdrawal. These desires realized or not, are our affective experiences. Although we may seem indifferent in some situations, everything passes through our understanding has an emotional component. Human beings are emotional in its essence, in its interior. Every word will always have human understanding emotional essence and character, due to the characteristics of the inner man. Therefore, "emotion" is the word that best expresses the role of affective values that have access to human and interact in tricotomic system. The inner man boils and bubbles in affection. Emotions are divided according to their actions on the psychic components and can basically be of two types: satisfactory and unsatisfactory. Before we define these types of emotions, however, let us return to human nature.

We already know the human being as a tricotomic, that is, man is spirit, mind and body - or pneuma, psyche and soma. However you need to understand that human nature resides in pneuma, with two trends: tendency of life and death trend - or science of life and science of death. Man's nature allows the mind to walk through the pneuma and traverse the deepest ways of imbalance and irrational and also the balance and rational. Thus we have:

RATIONAL MIND = BALANCE

IRRATIONAL MIND = IMBALANCE

This property is rooted in the human spirit. The root emerging from within the spirit comes from the senses and outputs, which in the verbal order move the tricotomic system. Ignorance and neglect bowel and pneuma paths allow the individual eat and feed guided by a menu that offers life and death foods. All that man must save, preserve and care, the most important is that he keep his spirit, for it is the pathways of life and death. As a raging sea, indomitable aspect, so is the human spirit. The man reaches the moon, walks in the universe and the planets, invades and dominates territories, panning for all their past history to the present, but does not dominate the most important territory. The most noble and vital is neglected, ie, the human spirit, which is not properly achieved.

Human nature, in the spirit, is like deep water, in whose depths the man of understanding and knowledge of their own inner being can take deceptive purposes, ie death purposes. The sciences of life and death are part of human nature and inhabitants of the human spirit. As a result, various diseases can be found in individuals with various emotional disorders, resulting in mental and physical diseases, all from the same source: the pneuma.

**Psychic diseases.** Are psychiatric and psychosomatic diseases, the varied behavior disorders, the various sexual deviations, phobias in general, psychological stress, feelings of guilt, disease Tabis (psychic depths), the varying degrees of anxiety, anguish, depression, insomnia and others.

**Physical illnesses.** The main consequences are changes in the genetic chain - DNA - with future impact on physical health, cardiovascular compromise, endocrine disorders, physical stress, physical exhaustion, severe headaches and others.

Various theories and schools of thought and behavioral study can define its own way the word "emotion". According to PER, however, emotion is an affective experience (dynamic constituent of emotions). And within that mold and concept, you can make the most of their significance and potential for human understanding understands the intense dynamics surrounding our trichotomic structure.

The power of the human mind is directly proportional to the spirit of man. In other words, this ability and intellectual potential (ability to work and store the sciences) is due to the fact of their wealth that inhabits the pneuma - Life sciences and sciences death. The storage capacity and work that exists in the mind is fully compatible with the spirit, because this is the information generator.

*The emotion in the human spirit is like the ax put to the root of the tree.*

### **Satisfactory and unsatisfactory emotion**

*Satisfactory Emotion* is the word generated in trichotomic system representing a seeded affective experience (values) and collected (originating) in life sciences (normal, correct and real), which in character and essence (earthly) feeds and strengthens the human psyche. Satisfactory emotion acts as nurturing and empowering the psychic structure, assisting in its consolidation and trends. Therefore, satisfactory emotion does not harm human trichotomy. It satisfies the psycho-spiritual relationship, resulting in beneficial physical manifestations and thereby producing a growing social adaptation of the individual. Satisfactory emotion, providing or not a physical satisfaction, is an emotion that generates life. In satisfying emotion, the word begets life.

Unsatisfactory Emotion is the word generated in trichotomic system representing a seeded affective experience and harvested in death sciences (abnormal, wrong and unreal), which in essence and characteristic destabilizes, attacks and oppresses the human psyche. The unsatisfactory emotion acts as a destructing and psychic imbalance. It demeans the psycho-spiritual relationship, resulting in harmful physical manifestations (mental illness and physical illness) and thereby producing a social misfit individual. The unsatisfactory emotion, to harm the individual, takes you on an emotional imbalance, reaching a psychic imbalance and even a psychic atrophy. The unsatisfactory emotion, providing or not a physical satisfaction, is an emotion that generates death. In unsatisfactory emotion, the word generates death.

The feeling component of the human psyche, through affective experiences, realized or not, attempts to qualify and identify emotions. Without knowledge, however, is difficult to differentiate between satisfactory and unsatisfactory emotion. The affective emotional state (pneuma) has a mental or psychological phase (psyche) and a physiological stage (soma). And

the emotional state can either be presented in a constructive way in a destructive way to trichotomic gear.

An extended unpleasant emotional state can cause a number of physical and psychological changes. Much too often, I came across along the medical life with patients who complained of the appearance and accent of various physical and mental disorders as a result of unsatisfactory affective experiences, which were detected and identified when it was in the anamnesis (history with detailed questions to the clinical record). The daily clinical experience makes clear the relationship and the action of affective experiences in the physical and psychic structures.

The human mind is obviously of paramount importance due to the fact that her decisions are made that will determine the individual's behavior. Therefore, recognition, identification and classification of emotions weigh much, because emotions are closely linked to physical health and psychological well-being. And when the PER recognizes the human spirit as the original generator of emotions in the verbal order, is because emotion is a mood or state of mind that feel and perceive in a given medium or in ourselves, being the understanding and psyche the identification, qualification and, consequently, the acceptance or rejection of the affective experience, as knowledge or parameter used.

The phase or time the individual is living is important for your trichotomic structure, because the psychological resistance is vulnerable, he may accept certain types of emotions that once rejected or rejecting others that previously accepted. Certain types of emotional climate or spiritual atmosphere need to be identified to be accepted or rejected, to protect our inner being and prevent the emergence of psychological and physical injuries.

*The word as a direct or indirect verbal order, has the ability to raise values to then consolidate (feed) or weaken (hurting) the psychic constituents.*

We have learned that emotional experience is equal to emotion, which is equal to seed, which is equal to word, which is equal to verb, which in turn is affective values. So emotional situations or moods will always be present in the day-to-day of humanity.

We can recognize in ourselves, in an individual, a group, a community or even a nation a variety of affective states (values) representing a verbal order generated in pneuma. In pneuma expresses the order, which is followed by a trichotomic action, by means of verbal sense that it is generated. Love, hate, talk, silence, kill, assign, recognize, humiliate, acting, running, fear, rejoice, feel, disbelieve, believe, play, mourn, build, remember, break down, steal away, cry, rejoice, lying, work, embrace, love, cry, think, remove, add, rest, generate, living, dying, complaining, paint, sing, compose, construct, fabricate, invent, read, forget, create, there, miss, look, smell, war, appease, lose, win, destroy, reborn: all this is science - the verb is a science.

All affective state that inhabits the human spirit is a verbal order that, when generated, the search tricotomic system for proper operation. All affective state, all spiritual climate, every science, every word, every verb, every seed, every value, every order, every direction, every action, in short, everything that lives, in or out of the human spirit always has its origin or the meaning of life and the meaning of death.

An affective state conceived by the human mind is a situation in which the mind, on the pneuma field, calls into existence the affective experience for their effective action in trichotomic gear. Call into existence an affective experience is experiencing a value, an order, an action, a word and a verb. The emotion state itself that acts and interacts in the pneuma, the psyche and the soma.

## **IMAGE JPEG**

For the human mind, there will always be the need for knowledge, identification and separation between what is normal and what is abnormal and between science of life and science of death. This important distinction has deep and decisive effects on human behavior, changes in mental processes and physical health. The assessment, concern and the analysis of affective experiences represent in fact a recognition, a territorial identification with the values that inhabit the human interior, to separate what is life what is death and avoid possible harmful effects on tricotomy.

Every emotion, every emotional state or any state of mind that can surprise in our inner being are products and situations due to the territorial area of the pneuma that is the human mind. The word, which always has an emotional and verbal value in its essence, to interact in tricotomic system, is an affective experience (dynamic constituent of emotions), which certainly has effects and characteristic consequences. An individual will manifest, externalize, transmit and relate to the world around according to the emotional climate (values) that are interacting in your inner being. The outer man will always be the end product of an emotional and psychological interaction that takes place in the inner man.

### **Life and Death**

Note that when we mention the words "life" and "death" we are referring to very different situations and practical application feature. According to the definitions and foundations of the PER, it is necessary to understand the different effects of each situation to a real understanding of the lot of situations we face in our emotional, in our psyche and in our bodies. Consider:

#### **Life**

Life Science, senses and life outputs, ways of life, verb and word of life, seed of life, life values. The set of fundamentals that compete and lead the tricotomic system to the development of all its components, treating, and prevents, adjusting, adapting and feeding all of these components. Life can also be used to characterize a set of factors and situations that contribute to the conservation of tricotomic system.

#### **Death**

Science of death, meaning and death outputs, the way of death, verb and word of death, death seed, death values. The set of fundamentals that compete and lead the tricotomic system for aggression, destruction and contamination of its components, making them sick, misfits,

unbalanced and disaggregating one or more of these components. Death can also be used to characterize a set of factors and situations that contribute to the failure of tricotomic system.

The essence and the character of affective experiences are taken from pneuma, no emotion or affective experience is neutral to human understanding or the trichotomy of components. The pneuma is a constant channel of information and influences, because it is an extremely fertile territory and diverse on "scientific". And the whole multitude of the spirit, whatever their character or essence, always have consequences and effects throughout the structure of the inner and outer man. The path followed by affective experiences, to become a satisfactory or unsatisfactory emotion, is always the same.

### **Senses and outputs or sciences**

## **IMAGE JPEG**

Emotion, satisfactory or unsatisfactory, will effectively complete its character and its essence toward tricotomic system. And, as we have defined it, in case of satisfactory compete for the conservation of tricotomic components and in case of unsatisfactory work contributing to the system failure.

The unsatisfactory emotion can also be defined as illusory as it is an emotion that deceives the senses and the mind, producing an erroneous interpretation of a particular foundation and eluding the pneuma of the senses with a deceptive appearance. Unsatisfactory emotions psychically attack the individual who therapeutically, for your emotional, psychic and somatic health, should avoid and reject his offending action. An important point to be remembered is that the general emotions represent values, foundations, dogmas, which are consequences of sense and outputs that inhabit the pneuma and have character, trends and set consequences (life or death). Thus, all the sciences that are part of human history and that are spread throughout the scientific world are significant affective expressions of trichotomic structure of the human being and therefore are sciences that contribute to the preservation or failure of this system.

### ***The world of intellectuals***

*Humanity, throughout its history, is literally being forced to digest in the area of behavioral science, values and foundations of the scientific world with extremely harmful to the inner man characteristics.*

*The scholar and intellectual, hidden and camouflaged in the scientific world, write and maintain their own truth, truth that this is nothing but a web, a vain tangled, confused, turbulent, unhealthy and irrational, that the people are forced to swallow and digest without question, even experiencing so many unsatisfactory collateral effects.*

Some sciences are arguably the death sciences, because in some of its foundations detected contributions to the failure of one or more compartments of trichotomic structure. These sciences will be given in chapter 7.

The affective experiences in general use perception and verbal identification of the pneuma (knowledge), the psychological and emotional perception of the mind and the sensory perception of the soma (the sense organs) for evaluation and better identification of its essence and character. Our relationship with the world around us, however simple that we can imagine, stir in us a desire to approach or out, and these desires, realized or not, are our affective experiences, which invade the human spirit and are qualified, identified and accepted or rejected by the psyche.

Emotions in general, whatever its character or essence, are affective experiences, the dynamic constituent of emotions that human beings have always used with a single goal: to get emotional balance, mental and somatic. So already informed that all emotion, even unsatisfactory, has to be respected, because, whatever, is an affective support point for someone or for a certain group of people. Unsatisfactory emotions should be worked in order to be replaced by others that contribute to the preservation of tricotomic system. Thus, we can conclude that a satisfactory emotion occurs the nutrition pneuma-psyche relationship and unsatisfactory aggression excitement to pneuma and psyche.

## **IMAGE JPEG**

### ***When the verb becomes emotion***

The verbal order, the use of reason (question, understand, change, reject, analyze, doubt, modify, add, etc.), is unique to the human race. Not every verbal file, but in spite of flow of pneuma, shall enter into an affective trichotomic action. And if you do not act in any tricotomic system, is not an emotion, it is not an affective experience, that is, is not generated the emotion itself. To be an emotion, it is necessary that the verb - or order - is reinstated the pneuma and put into action in tricotomic system. Only then the tripartite structure of the human being will work in the same direction and in the same direction.

A verbal order is the pneuma, and from the moment that is designed or declassified, then we are on the emotion itself and also its inevitable consequences. Designing is unbind, is to train the mind, is to generate, is to remove the pneuma a concept, a value, a dogma, a foundation, and put it into practice and effective action in tricotomic system.

## **Chapter 5 - The Physical Representatives of the Trichotomic Structure and diseases that affects them**

### **The emotional world**

The human being has a scientific and emotional essence. Considering this, all that belongs and is all around them, they will not obviously come out unscathed if not taken serious steps. The most important of these is ruling their own pneuma and a detailed analysis of their emotional and trichotomic structure. However, if they continue to ignore and neglect the affective and emotional world, this will cause them serious damage to trichotomic components. With all this exposure to emotional world, no genome or genetic science that can stand such indifference to the affective experiences and, consequently, with the inner man.

It is vital to recognize that the emotional bombing in the psyche and the soma is extremely intense, with repercussions throughout the physical structure - the endocrine system, the digestive, cardiovascular and musculoskeletal apparatus, nervous system, the sex organs, the genetic chain, in the genome - for, directly or indirectly, the whole human body is subject to affection.

### **The balance among pneuma and psyche and the soma**

The balance of tricotomic system and its relationship with affection or emotions are extremely important to the PER as well as for mental and physical health countless benefits, that need to be identified for a healthy and effective implementation in our holistic universe.

The bases, dogmas and values are raised in the human spirit by the central command - the mind - government - due to a so-called "philosophy of life", acquired and therefore applied to our tricotomic system. Thence we observe that affective experiences are the fuel that makes the tricotomic system move.

As a vehicle leaves the factory and needs fuel, so is the tricotomic system. If the fuel is adulterated, both the vehicle and the tricotomic system will have degraded performance and can have its damaged components. In humans, it is poor physical and mental quality. If the fuel, however, is of good quality, both the vehicle and the tricotomic system will perform well, resulting in humans, in a balanced physical and mental health. And, given that affective experiences represent a significant role in the endocrine system of the human body, we can imagine and predict how much emotions - unsatisfactory and satisfactory, the adulterated and the good quality fuel - can interfere in the individual's physical and mental health. This balance sought by the PER is essential and very important to the performance of mind and body health because the treatment that the pneuma, the psyche and the soma need are different and need to be applied to the structure is preserved and prevented the following consequences: behavioral disturbances, anguish, anxiety, depression and physical ailments. Therefore, the pneuma, the psyche and the soma are amenable to treatment. And to treat them, we first have to know them.

### **Each compartment Have to Receive the Correct Treatment**

With due treatment to each compartment, will open the way to maintain the balance of tricotomic system. The lack of care, abandonment and mistreatment result obviously in its imbalance. Both the equity and the imbalance are rooted in the fundamentals and unarchived dogmas of the spirit. For example, when we speak the word "sex", that is, when we call its existence to the tricotomic system, we are awakening values, foundations and dogmas life and death that will determine the final outcome - balance or imbalance. This is because the pneuma inhabit all variants of human behavior that are targeted to mind. The normal sexual behavior is a foundation of life, while abnormal behavior is a ground of death.

Therefore, the soma is a reflection of our emotions and values and our physical constituent, and both the pneuma as the psyche have their appropriate representatives in the physical structure: the brain is to the mind or psyche, as well as the heart is for the pneuma or Spirit.

### **The brain is to the mind and psyche**

The brain, complex and fascinating organ, about which much still learn, is the representative of our psychical. The mental state within a varying degree of situations, from consolidation to the psychic atrophy, reflects the nervous system psychic moment experienced by the individual. And as the brain and the nervous system controls the functions of the body, we can witness several times a misfit in organ function as a result of a mental imbalance.

This psychic reflection involving the brain and the nervous system is very useful for medicine in the field of psychosomatic illnesses, as is frequent in individuals with symptoms clinics and unbalanced and subjective complaints, that after the physical examination and complementary, nothing shows that justifying the main complaint. What we have is actually a psychological maladjustment interfering with normal body functions and mental processes. The human brain needs a good mental health for the best possible performance of organic functions, and mental health also need best performance of affective experiences. It is a sequence: the better emotional health, the better mental health and better physical health.

When I say that the brain is to the mind, I refer to the brain as a whole within the nervous system, governing and commanding the whole organism. The term "nerve" is derived from latin nervus, which in turn comes from the Greek neuron, meaning "structures which bind". The nervous system is divided into two parts: central and peripheral.

The central nervous system consists of the brain and spinal cord composed of billions of cells called neurons, who are joined to form conduction paths and are held together by a framework of specialized cells. The brain is a great mass of nerve tissue that is distinguished by turns or convolutions of most of its surface.

The peripheral nervous system consists of the cranial nerves, spinal (or rachidian) and peripherals, as well as an autonomic nervous system, also known as neurovegetative. The autonomic nervous system, division of the peripheral nervous system, is responsible for innervating the visceral tissues, the smooth and cardiac muscles and glands. This system innervates all structures except skeletal muscle.

The cerebrum term "brain" has been used in various ways. Generally means the brain. The spinal cord is a long mass almost cylindrical, nervous tissue occupying approximately the upper two-thirds of the spinal canal.

The nervous system is a complex web of highly differentiated cells and fibers, whose purpose is to regulate the functioning of the various organs, relating them to each other, and establish contacts organic whole with the environment. The nervous system acts upon received from the external stimulus, with suitable answers. Thus, we can define the reflection as a kind of response or behavior by a given stimulus.

This anatomical wealth called nervous system and located in the physical compartment is the mind. In fact, both are equal in wealth. And this raises complex structure values, dogmas and foundations in pneuma. The physical structure calls into existence values in the pneuma. This is the reason of a rigorous education, governance and control of the soma structure, to prevent undue values raised and gain access and rights within the tricotomic system.

### **The heart is for the Pneuma or Spirit**

Physical representative of the pneuma is the heart. The adjective "heart" comes from the Greek kardia, meaning heart. The heart is a hollow organ located in the chest, between the lungs, just above the diaphragm and slightly to the left of the median line of the chest. The size of a fist and the approximate shape of a cone base facing upward, backward and to the right and apex oriented downward, forward and slightly to the left. It is divided into two halves, right and left, by a longitudinal wall oriented obliquely. Each half consists of a chamber called atrium that receives blood from the veins, and another called ventricle, which propels the blood into the arteries.

The sciences of life and death, when unarchived by the spirit, act entering the physical initially at heart. It is very common to hear the phrase "open your heart", which is actually correct, for "open heart" is to allow the real acting and the performance of values and foundations like the emotion in the tricotomic system.

The human body requires in all its cellular structure, better and more accurate emotional experience, otherwise, until the mitochondria suffers. Using the physical representative of the pneuma, the heart, we can refer to this as if we spoke of that. So when I say to store and control the heart to carry him the senses and outputs, is to say to control the pneuma, to keep the dogmas, foundations and values properly differentiated between science of life and science of death.

This panorama of human beings, seen through the PER as a tricotomic and be subject to the affective experiences, demonstrates how the functioning of our body is intrinsically linked to the emotional. Life and death are affective representatives. The role of affectivity on tricotomic system is admittedly important, because, as exemplified above, our entire body is hit by affective experiences properly raised in pneuma. All organs of the human body such as the glands - the pituitary, thyroid, parathyroid, adrenal, pancreas, ovaries and testicles - may have

its operation seriously impaired by undue affective experiences or strengthened and corrected by affective experiences correct.

So the heart or pneuma should be treated properly by life values, thus obtaining benefits to the nervous system (the mind) and therefore health for the soma.

### ***Diseases that affects the trichotomic structure***

#### **Neuroses and psychoses**

The misrule by the human mind, allowing it to be subject to the labyrinths of death of the pneuma, which keeps walking (neurosis) and sometimes imprisoned (psychosis). These diseases violently attack the psyche and the soma and disappear within the trichotomic system, causing an intense emotional turbulence in the inner man by changing the individual's adaptation mechanisms and forcing the human mind to go through different ways within the pneuma. Fit in them as pneuma serious diseases that result in damage to the psyche and the soma. They are not at all physical ailments, as many doctors think and treat. Are actually situations where the pneuma generates physical, mental and behavioral disorders.

The soma is only the channel through which emerge by serious disease of the inner man. These diseases are the result of a severe psychological imprisonment, except in cases where we face the genetic alterations, like mental retardation, oligophrenia and others.

#### **Psychological diseases**

Incorrect reopening of dogmas, values and foundations (death science) produces a lot of mental illness, such as psychiatric disorders, psychosomatic diseases, various behavior disorders, various sexual deviations, extreme phobias, psychological stress, feelings of guilt, Tabis's disease, the most varied degrees of anxiety, distress, depression, insomnia, emotional and mental imbalance, mental atrophy and others.

#### **Psychophysical diseases**

There are no 10%, 30% or 70%: the psychophysical diseases are 100% from the inner man. That is, a verbal order to unsatisfactory emotional effect, flowing from human pneuma, provides not only damage the psyche, but also adds in the form of diseases. What is going to get the man sick is not what enters. Actually, what sick the man is what comes out from within, that is, which comes from the pneuma.

Therefore, the PER recognizes that 100% of the psycho-physical diseases are originated from pneuma. As main result that modern medicine and scientists are unaware, are the injuries in the genetic chain in the genome with future impact on physical health and obviously cardiovascular diseases, diseases and endocrine disorders, physical stress, physical exhaustion, many migraines and a myriad of other diseases.

The emotional pressure from pneuma has the ability to weaken or strengthen the defenses of the human organism. When satisfactory emotions operate in trichotomic system, we have the

formation of cells and beneficial antibodies in defending the body, but when they act unsatisfactory emotions, there is a drop of cellular defenses of the body. Thus, emotions facilitate or recovery or installation of physical ailments. The contamination is due to the psychic misrule, for everything that flows from pneuma, if not identified or rejected on entering the tricotomic system will sicken the individual in all its structure.

### **Psychosomatic illnesses**

It is common in doctor offices around the world, as we have said the presence of patients with complaints of mental and physical disorders that are not detected on physical or the laboratory examination. This is due to the condition of emotions tricotomy. They have the ability to change the performance and organ function and also can generate many and constant symptoms that do not represent yet no physical disease.

The emotional universe is entirely generated and received by the pneuma to then produce an effective trichotomic action. What we hear, what we think, what we feel, people, objects, everything and everyone around us produce a form of affection that inevitably give rise to the values, dogmas and foundations and will move the system from tricotomic pneuma. Therefore, the human being in position soma-psyche-pneuma is completely vulnerable to everything around, while the human being in the pneuma-psyche-soma position is preserving and caring properly for its full integrity.

### **The sensory system and emotions**

The human body has an important detector information system, which are the organs of the senses - sight, hearing, touch, taste and smell. These organs are used to detect and evaluate the information involving our emotional universe. Depending on how they are educated and directed, raise or not the pneuma values. All our sensory system is used by pneuma that will work the received emotion by way of how to determine the mind.

## **Chapter 6 - Causes and Effects, Trial and Error**

The sciences that study the changes in mental processes and changes in human behavior have always sought and continue to seek mechanisms or arguments which can be actually applied in daily practice and, after analysis, generate some expectation in providing solutions, paths or even an answer to so many questions surrounding the mind and life of the inner man.

This desire is extremely healthy, but still does not show any therapeutic hope, as shown by the amount of therapies and completely innocuous methods emerged in recent decades. Some therapeutic techniques come so far as to say that certain colors have the capacity to heal. This all along with a truck full of techniques and therapeutic methods, is what I call: despair techniques.

There is a vacuum in the therapeutic methods presented until these days. The absence of a tangible definition of the origin and the relationship between cause and effect and the total lack of knowledge about the inner man makes it impossible to arrive somewhere. I would add that modern psychology never showed any difference between right and wrong or between normal and abnormal, which already makes it harder the way to analyze problems involving humans. A significant example is that several psychologists from different therapeutic lines did not recognize as abnormal or unhealthy many behavioral disorders.

The psychology, which in some studies is presented next to the biology, sociology and anthropology, aims to study and assist man in relation to human behavior and social adaptation. And in the mid-nineteenth century, it gained a significant scientific impulse, becoming part of the academic vocabulary of the time expressions like "thought", "human behavior", "intellect", "feelings", "impulses", "dreams", "sexuality" and "emotions".

This variety of words, without a coherent and rational definition actually grows every day anxiety about knowing what and who is the human being in its entirety. The psychology of the nineteenth century, it was a science in philosophy, came later to take an independent course.

The first philosophers such as Socrates, Plato and Aristotle, had already developed theories, thoughts and philosophical points about the behavior, mind, body and social relationship between individuals. Therefore, it is understandable part of human life searching for important answers.

The relationship between cause and effect has always been a question difficult to answer the academic history, but the PER shows up here, as we have seen, a progressive and effective positioning on the mechanisms involving the mind, behavior and mental processes. It is what will be covered in this chapter, that is, the relationship between causes and effects on mental processes and human behavior in its relationship with the emotional world, as follows:

We know that all types of evaluation, perception and recognition about the emotions and the outside world have affective character, which consequently raise values, dogmas and foundations, which in turn produce an action in trichotomic structure. From there it is that detect and scale the influence of factors on human behavior, but the behavior of the study schools always foundered on the lack of ability to identify agents that have power to act on

human behavior, which naturally prevents them to understand and correctly assess the situation.

The PER, however, identifies and defines particularly agents capable of interacting with human behavior. Armed with this detailed list, it is finally possible to establish a connection between cause and effect, the various types of performance and behavior of human attitudes. And the factors that influence, interfere and interact in human behavior are: human nature, feeling, character, self-esteem, personality, sensory system, somatic component and learning.

Therefore, the unsatisfactory affective experiences cause damage to tricotomic system and harm to the psyche, culminating in the various behavioral disorders.

### **Imbalance degrees**

The assault on the human mind, accompanied by mismanagement and neglect the inner man produces inevitably in every human being a sequence of complications and damage to psychological components. There is also a gradation of it, that is: emotional imbalance (grade I), psychological imbalance (grade II) and mental atrophy (grade III).]

#### **Emotional imbalance (grade I)**

The individual's mind works, with the trends, sense and outputs toward the normal behavior. In this case, the individual works tricotomic system files and information life-sciences. And even when the individual manifests and show some behavior disorder at some stage or in life, the references are normal parameters. Behavioral disorders are milder because the human mind strives to keep the situation under control.

#### **Psychic imbalance (grade II)**

The mind of the individual works with a merge trends and sense and outputs, causing a disturbance in the reference between what is normal and what is abnormal. In this case, the individual mix and confuses the normal parameters and works tricotomic system files and information of life and death sciences. Behavior disorders are more evident because the human mind goes in both directions.

#### **Mental atrophy (grade III)**

The mind of the individual loses the reference, that is, the mind works without any basis, direction or trend, which inevitably fosters the appearance of serious mental disorders and various behavioral disorders. In this case, the behavioral disorders are much more heightened because the human mind is trapped in the labyrinth of death sciences.

### ***The PER and emotional imbalance***

The emotional imbalance is presented by PER as the inability of the individual to relate to the affective experiences in general. It is similar to a stimulus followed by an unjustified response of the trichotomic structure of the individual. The emotional imbalance is an emotional fragility of

sentiment, may cause repercussions in other psychic components - self-esteem, character and personality. An individual is emotionally unbalanced when the pneuma and the psyche are abused often by unsatisfactory emotions. Having no protection and no structure in satisfactory emotions, it responds with disorders and behavioral changes. Chronic emotional imbalance produces the psychic imbalance, and this, in turn, when finally hit the chronic state, can lead to mental atrophy.

### ***The PER and the psychic imbalance***

From the set of psychic constituents - the feeling, character, self-esteem and personality - the PER defines the psychic imbalance as the mismatch between these components, which hinders the development of the basic trends of a normal individual and his psychic consolidation. The fit and the collaboration among the psychic components is necessary, as it enables better conditions for obtaining the balance of the inner man. The mentally unbalanced individual is potentially a serious assault to the society. The balance or imbalance in the relationship among the components and the psychic and the pneuma will determine the kind of relationship that the individual will have with their social environment.

### ***The PER and psychic atrophy***

Atrophy of the psyche, psychic imprisonment, incarceration personality: these and other names featuring a severe form of mental illness that can reach humans and cause a variety of behavioral disorders. The emotional pressure on the psyche causes severe damages to the psychic structure of the individual. The pneuma senses and outputs not cease to flow, and having lack of management of the inner being the complications arise easily. An important detail that cannot be forgotten is that the human psyche has eagerness to be sustained and nurtured by values (or science) of life, and having an ignorance of the individual about the difference between life science and science of death, a huge emotional pressure will act on the mind, causing considerable damage.

### ***The normal and the consolidated psyche***

#### **Normal Psyche**

It is the psyche that we find in child at birth. Despite the inevitable emotional aggression and times and varying degrees of emotional imbalance, a consolidation trend will continue throughout his life. The physiological sense of the human mind is to follow a growth trend and psychic strengthen.

## **Consolidated Psyche**

When we plant a tree, we certainly hope some form of growth. When a nesting bird takes care of its eggs, it is instinctively also awaiting some results in form of growth. In these two examples, we can clearly see that an initial stage, that after being subject to several factors, results in other, more refined. The human psyche, as in its initial stage, has a basic tendency for the development and consolidation. The child at birth with their normal psyche, relates to individuals, the environment and objects. As developing age, with growth, the relationship with the affective world produces the psychic effects. If the psychic development is satisfactory, there will be social adaptation of the individual with himself and his environment. If, however, the psychic development is unsatisfactory, it will tend to psychic fragility and may result then a social misfit.

The human psyche, in their everyday lives, always will faced the emotional abuse, which could help in the growth process, to accept the right experience or reject undue experimentation.

## **Psychic and/or atrophic recovery**

It is the recovery of an individual, after a process of imbalance or mental atrophy towards the strengthening and consolidation of the psyche. This process is possible when the person attacked and destabilized psychically finds the path to its development, recovery and mental growth. This is when the person identifies and recognizes the damaging power of unsatisfactory emotions on their affective structure and shall relate to the satisfying emotions and their benefits.

## **CONSOLIDATED PSYCHE**

Part of the humanity, to when went through in some of the above stages, reunited the way for the consolidation and strengthening of their psychic structure. An important point to emphasize is that every individual suffers some form of psychological aggression, because of human nature that inhabits the pneuma and as well as all our daily relationship to have affective characteristic in both directions, which means, receive and refund affection. Our interaction and relationship with the world is 100% affective so, it will never be neutral.

The lack of knowledge, the emotional unpreparedness, the training and education, the environment and social life and many other factors in the individual build a psychic structure able to interact satisfactory or inadequately with emotions. The psychic assault is an integral part of day-to-day and this happens at any level or social structure. However, someone being hurt or injured psychically is another story. Surely, aggression is not the same thing as injury, on the emotional world. Our symbiosis with the world is entirely affective: receive and returned affection, as has been said, but receive words of death does not necessarily mean return words of death or suffer its effects.

## **Behavior disorders**

Among the features arising in emotional imbalance, in the psychic imbalance and in the mental atrophy, the main is the dissociation of human behavior or dissociative behavior that arises when trying to rescue values and ways to allow some growth for the psychic structure. The PER has the dissociative behavior as behavior disorders.

Aggressive emotions - unsatisfactory or sickly - get this definition for attacking the psychic components. All we experience it, and it is up to the individual to discern and reject or accept certain affective experiences. The destabilization of the human mind produces abnormal behaviors of all kinds. These effects on the psyche are not a mask used and assumed spontaneously, as stated by some doctrinal lines of modern psychology and science of human behavior. They are, in fact, the manifestation of a battered psyche or even imprisoned, which is doing everything possible to find its real growth.

If in the course of its existence and its relationship with the social environment an individual acquires and maintains an emotional imbalance, a psychic imbalance or a psychic atrophy, he won't be able to be what he wants and longs, and the psychic potential will be limited in all ways of life. The PER defines and presents these behavioral disorders as a personality disorder and dissociation behavior, because the individual is mischaracterized his real personality and deprived of his true potential.

The dissociative behavior is, with no doubt, a defense mechanism designed to preserve the psychic structure. It is a harmful behavior for society and for the individual and, more importantly, is a behavior that arises by ignoring the life sciences. Therefore, as the life sciences multiply, also the death sciences grow and diversify, resulting in increasingly severe and harmful disorders. Moreover, with psychologists, psychoanalysts and therapists generally agreeing with everything the patients present them and just saying them that sex prevents neuroses, the situation is getting more and more worse. The main point is as these professionals are not able to discern right from wrong, tricotomy, emotions in general and psychological constituents, instead of cure, they are fueling a disease that produces more and more symptoms, aggravating the initial condition.

In general, behavioral disorders can be observed in an individual, in a group of people into community or even in a whole nation (when the psychic aggression leads to a cultural adaptation).

Both the emotional as the psychic imbalance initially generate a softer behavior disorder to compensate aggression. If it becomes more frequent and chronic, the imbalance will be more severe, reaching atrophy - a disorder leads to another disorder. But this parameter of gravity is extremely intangible to define standards, as their extensions and depths vary completely according to the values and fundamentals of each individual.

**Normal psyche:** the mind works with their full government, working to strengthen the psychic constituents.

**Emotional imbalance:** the mind works in search of psychic government maturity.

**Psychic imbalance:** the mind works with alternation of government and mismanagement, causing psychic damage.

**Psychic atrophy:** the mind totally loses psychic government.

In the diagram above, the irregular part represents the developed behavioral disorders that humans attempting to return to the path of psychic consolidation, but the disturbances are facets and abnormal behaviors that significantly enhance psychic aggression. Therefore, when the psyche is in a sharp and chronic imbalance process, the individual cannot enjoy a psychic growth, because their psyche is imprisoned.

The emotional imbalance, mental imbalance and mental atrophy produce a wide variety of behavioral disorders that, if not properly treated and recovered, may lead the individual to a neurosis, a psychosis and even suicide.

### **Symptoms**

Individuals affected in its trichotomic structure by unsatisfactory emotions can present a frame of certain characteristics, the so-called symptoms, such as insomnia, anorexia, constipation, changes in sex drive, gastritis, audiovisual hallucinations, irritability, headache, change in blood pressure, drowsiness, anxiety, anxiety, depression, abdominal pain, tachycardia, tachypnea, chest pain, sweating, chills, fainting, weakness, tremors, flushing, pallor etc.

The individual assaulted in his trichotomic structure, when allow an unachieved verbalization of death let it continuously acting on the trichotomic structure, generate a wide variety of behavioral disorders, harmful to himself and to the community. Examples: concentration and excessive confidence in soma and in material things, compulsive consumer, isolation, withdrawal, embarrassing relationship, lack of self-control, anger attacks and unfounded aggression, polyphagia (unbridled appetite), disloyalty, wickedness, anti-social behavior or not socialized, alcoholism, selfishness, chronic inability to cope with common life demands, aggression, substance abuse, sexualizing the relationships, fatigue (lazy), speaking excessive, uncontrolled and inconvenient, fanciful and illusory attitude (the liar), scavenging, biting and cannibalism, greed, religious fanaticism and other types of fanaticism, anorexia (lack of appetite), egocentric behavior, pessimism and optimism unrestrained, kleptomania, sexual deviancy or sexual deviation (pedophilia, exhibitionism, sadism, masochism, bestiality, etc. ).

***What is NORMAL and healthy sex emotionally speaking, what criteria should be used as a normal and healthy definition of sexual behavior? Answer: Normal Sex is the one that prolongs spreads and preserves the emotional and physical life of the individuals - (EX: sex between men and women). If you fail in some of these items -IS NOT NORMAL.***

It is also are behavioral disorders: appetite and desire to atypical material ingestion (clay, earth, ice, stone, metal, wood), shyness, intense irrational fear of objects and situations, disturbing mental states like: escape, amnesia and excessive concentration, panic, Tabis disease, unreal and alienated behavior, morbid concern with organic processes and diseases followed by multiple physical complaints, chronic asthenia, neuroses, psychoses. Compose this group of murderers, rapists, the taggers, serial killers, etc.

## **Tabes Disease**

It is the slow but progressive state of development of behavioral disorders in relation to its severity. It occurs when the human mind, not solving a particular disorder, goes deeper into other disorders, more severe, pneuma in. A good definition to this disease is the imprisonment process of the human mind by its own pneuma.

## **Distress, anxiety and depression**

The undue emotional pressure, if not properly managed, results in characteristic and quite uncomfortable symptoms, known as distress, anxiety and depression. The reopening of death values, disability or emotional immaturity, emotional and psychological disintegration and social disorganization, among other factors, to generate the dissociative behavior, start to produce these symptoms, which are frequent companions of a life affective and emotional unstructured.

The anguish, anxiety and depression may also arise at times of our lives, for many reasons (particular problems, physical illness, deaths of loved ones, a career development, studies, on the evidence, the fighting and struggles of everyday life, etc.). However, these moments and these experiences in the various stages of life can and should be use as a *stimulus and energy* to a healthy psychic consolidation, and we must understand that these symptoms are present in the school of our lives every day. Being incumbent to us develop the skills necessary for a healthy mental and effective government towards a *steady, constant and progressive* mental strengthening of our inner being.

**Anxiety** is a condition characterized by a subjective feeling of fear and apprehension, often with a defined content (idea, person or object on which the person is anxious) and may be associated with physiological complaints: feeling short of breath, palpitation, anxiety, compulsion eating or loss of appetite, chest pain, tremor, sweating, flushing, insomnia and others.

**Anguish** is a psychic discomfort accompanied by agitation or fear, real or imaginary, which can be set along with anxiety and associated with these physiological accompaniments.

**Depression** is a heightened sense of discomfort that acts on the psychic components, especially on the feeling and the self-esteem. It can also cause changes in physiological performance.

The anguish, anxiety and depression symptoms resulting from an unsatisfactory emotional pressure and form a triad of very harmful effects that despite the huge statistical ciphers can be properly repaired. Therefore, as the behavioral disorders, they may be replaced by a normal behavior, resulting in satisfactory effects for all purposes trichotomic structure.

These symptoms I identify as consequences to deprivation of satisfactory emotions, to which every human being is subject at certain stages of life. The absence of life values, the pressure of death values, disorganization of affective territories and the lack of pneuma will always be accompanied by such characteristic symptoms.

Today we have, in the pharmaceutical market, multiple medications with good answers to these situations, but is also necessary to restore inner balance with satisfactory parameters and

quality of life because the drugs act only on the somatic component. Never forget: ***Pneuma, Psyche and Soma we can treat.***

## **Chapter 7 - Laws, regulations, doctrines and rules, agape science and thanatos science**

***“Life is the unaware walking looking for possible perfection”***

The human pneuma is like a river that flows into the mind and throughout the tricotomic system continuously - is a constant flow of energy that needs to be governed (just as there is good and bad cholesterol, there is good and bad energy). This is the way the emotions acting on the emotional and the tricotomic system. LIFE is characterized by having the maximum of emotions - affective experiences - and news of life, which are waves of values and various foundations. In a continuous manner, they have a strong emotional pressure on the human mind. They come from all sides and in all forms of communication and information, entering the tricotomic system and unfixed values according to the permission or not from the central government - the human mind.

In this disoriented journey in search of possible perfection, the human being is been exposed to all kinds of emotional pressure. The daily life is characterized by an emotional search that appropriately experienced and identified, produces internal balance and strengthening trends and psychic structures. In case of improper emotional pressure, however, the trichotomic structure will suffer their harmful effects. The emotional pressure actually search time in a disorganized social structure that without laws, rules, doctrines or regulations, allows the human mind walking for different paths.

### **The law and the human Spirit**

Law is the indirect control and rule mechanism of the senses and outputs of the pneuma. We may say that the arm of the law is the pneuma straitjacket.

### **The law exists and was made by the Spirit and for the Spirit**

It is part of every social group since the first reports of the man in the history. Every human concentration, from the most simple and primitive agglomeration to the most elaborate social structure, requires the use and application of standards and rules. The hierarchy, the delegation of powers, authority and all forms of control are the salutary truth for the human spirit. Knowing that the mind can walk across a rational structure and at the same time go a long irrationality field, it is essential that any human social structure is modeled on parameters and standards of conduct. The absence of doctrine is certainly a whole annihilation factor of any social group.

The rules and laws exist to contain the human spirit, and a nation that does not contain their spirit has no understanding and if they do not have understanding, certainly the death sciences will not find opponents and will multiply in large and harmful effects. A corrupt and lawless nation, allow the human spirit to find an inevitably bleak future. Moreover, scan the human spirit without any normal parameter is the same as entering in the deep, dark abyss. A nation that does not comply with the laws will perishes, judge unjustly and rules without

understanding. The result is inevitably a failure of the entire system. The government that sowed to certain unfairly will reap the fruits due, painfully manifest with extensive social evils.

The human mind needs for its own well-being and having the best performance possible, a set of standards and criteria. The lack of direction and a way forward in the emotional world results in lack of control, anxiety and uncertainty, thereby allowing the emotional imbalance, which is compatible with their own lack of criteria. Therefore, the human mind needs standards of conduct, laws and social rules, so its rational side is improved.

### **The rational and the irrational**

The rational behavior seeks to be subject to a standard of conduct, which questions, investigates, analyzes, decides and scientifically prepares, and handles all order and value from the pneuma. All this sequence followed by the rational mind is a thorough organization with bases in a standard of conduct. The irrational behavior, on the other hand, is not subject to any organizational structure as it does not question, does not investigate nor analyzes. Therefore, you cannot decide how to proceed by the values that come from pneuma.

### **A code for the spirit**

Every word, as we have seen, is coated authority, by direct action (verbal), or by indirect action (affective derivation) denotes an action, order or value. Moreover, every action, order or value is a raised file from pneuma, with permanent characteristics. Every file has its defined area of operation - the unwritten law in the verbal structure – to not happen an invasion to the verb or to the neighbor file. If that happened, the file would lose their initial and characteristic verbal content.

### **Enlarge the door is to make concessions, and make concessions is corrupt what is predetermined**

Standardize, parameterize, control, coordinate, define, standardize, indoctrinate, educate, teach and ruling are orders and values with immense potential when used by the intelligent and thoughtful man.

The act of submitting or not the human spirit to a code or standard of conduct will determine the ethical paths taken by the mind. If the spirit is subject to values of death, it will be right for the mind to go the way of death. The mind, like it or not, always follow the behavioral map submitted to it as ethically correct. Human behavior requires that the mind use a standard of conduct. The human mind knows that is not an option, it actually needs, longs and calls for a regulation on the conduct of human beings.

The human mind requires education, a direction with standards and criteria to be followed. It also seeks understanding, not to improperly apply the sciences. Only with knowledge followed by the understanding can be differentiate the sciences of life and death and make the proper implementation of its values and fundamentals.

Submit or comply

Human history is a permanent and profound exercise of submission, authority and rebellion. The difference, interaction, application or not of each of them is what makes the difference between balance and imbalance emotional, psychic and somatic. The exercise of authority is a foundation that prepares trichotomic structure for a psychic development. Initially, we are subject to a higher authority, which trains us to then, also exercising authority – knowing how to obey directs the human mind to good government. Healthy practice of submission and authority is a growth factor as well as psychological consolidation.

The performance of the Emotions in trichotomic system meets specific limits and standards. If identified as life sciences, we have the standard agape. If identified as Death sciences, we have the standard Thanatos. Social movements, the information generated by various types of media, the cultural structure of communities and a range of possible methods of expression and human behavior relationship follow only one of these standards. Every human relationship, in any corner of the earth, is centered and grounded in agape or thanatos, always leaving their inevitable consequences.

The identification as Agape or Thanatos defines the parameters and limits of each science. The human behavior, human relations in general, need to know and understand the limits and consequences of each scientific action in human behavior. Therefore, it is necessary to have knowledge, to achieve the boundaries between normal and abnormal. Abnormal behavior is simply not an isolated and inconsequential attitude, is an action that harm the individual himself as well as the entire social structure. A pattern of conduct can have normal parameters, or agape, or abnormal parameters, or Thanatos.

### **Agape science**

Agape science is the science of life - is the affective experience that extends, propagates and preserves our trichotomic structure.

Within the territory of the pneuma, from which come the sciences, through the senses and outputs, we have a basic and central parameter of all life sciences, which is the agape science. The PER identifies the agape science as an standardization of human behavior within values that preserve the trichotomic structure by regulation and indoctrination of human behavior within an ethical and moral standard, whose final outcome is the quality of life with satisfied and balanced life.

The agape science is a body of laws, rules and criteria leading to trichotomic structure to an emotional way and also able to maintain healthy all its components. It directs the mind to the consolidation, the soma to a healthy relationship with the interior and the pneuma to a satisfying emotional relationship with emotions in general, leading each trichotomic component to what really needs to stay therapeutically healthy.

The agape science is also defined as the science that studies the individual and their relationship with their emotional, behavioral and social universe within normal parameters. When the individual is guided by the behavior of agape science parameters, he walks in life paths. If you do not have this reference, these paths are death, evidenced by behavior disorders. The goal of affective experiences - continues, preserves and propagates in AGAPE is to highlight the

potential of existing life within us and manage and govern our emotional universe - resulting in psychological strengthening and adding positive energy into our inner being.

**The agape science** recognizes as basic points to be developed: family structure, social relationships and knowledge, as discussed below.

### **1) Family structure**

The union between a man and a woman, with or without generation of children is a factor of intense emotional and psychological growth. The couple working together on family preservation is common ground for unity, fellowship and mutual goals that consolidate and strengthen the psychic components. The family structure is a healthy exercise of hierarchy, authority and obedience, among others. The role of the father and mother are irreplaceable in the family relationship. Any family backgrounds that not obey this order and natural and physiological sequence is a value that generates death to individuals. As for the parameters of authority and the exercise of life values, it is necessary that men and women are subject to each other and the children subject to the parents, it is a salutary affective exercise standards, rules and conduct.

#### **Sexual relationship - emotional experience Eros**

It is an area that suffers intense emotional, mental and physical aggressions, and in so-called modern science there is no normal parameter. Incorrect unfiled has being use as life values when in fact they are death values. The PER recognizes that every sexual relationship which is not between men and women will be surely causing emotional, mental and physical illness, harmful to the whole tricotomic system. (A fact not disclosed in sex addiction, and sexual disorders are its high rates of depression, anxiety, suicide and mental illness, which remain unnoticed and remain, covered up by modern therapists).

Healthy sexual relationship and life-giving is the affective experience that extends, propagates and preserves the emotional structure of the individual - this sexually affective experience that we are talking about is the intimate relationship between man and woman. Something different from that sexual life, is only adrenaline - and adrenaline over the time, certainly exhausting the forces of any individual.

### **2) Social Relationship - affective experience Phileo - Storge - Laboral.**

The agape science works in the social relationship as an emotional experience that heals, preserves, feeds and strengthens each of trichotomy compartment, respecting the physiologism of each structure and obeying the following standards:

With oneself (self-therapy). Government and control of the pneuma, psychic rescue, emotional release of death values, closure and abandonment of death values, coordination of thoughts, cleaning of psychic components, maintenance of life values, somatic domain, renewal of mind, self-control, emotional control , discipline and organization of each tricotomic sector.

***The individual with his social life.*** Through the items of the previous topic, the individual in his social life, using parameters in agape, will certainly grow in knowledge, understanding and rationality, and can observe and understand their role in the social context. He can also understand that every experience, attitude, decision, contact, interaction, that is, every social relation of the human race subject the trichotomic gear as the value and the foundation used. In this process, it is necessary: renewing the social values (know that interaction and the sickly social symbiosis need to be properly treated in order to avoid further losses); measure and understand the emotional values of individuals (even if they are death figures because the problem is not the individual, but the values). Practice fidelity, organization and social responsibility; exercise fair affective and materials delimitation in its social context.

***Affective territories.*** Individuals have emotional territories that can not be attacked or invaded. There is a need to preserve the emotional and affective limits on family and social union. These territories must be conquered and expanded to benefit the growth and psychic consolidation.

### **3) Knowledge (or education) - The affective experience carried out in the knowledge of the truth liberates the human mind.**

Acquiring knowledge is extremely beneficial for man's tripartite structure. The most important knowledge necessary to humanity today, is reported in human trichotomy according to PER. Initially know yourself streamlines the understanding of other sciences, both life and death. The lack of knowledge about oneself is the cause of many personal mistakes and misdeeds, as seen in daily medical practice. Education is a form of control and government of the senses and the human output, generating a progressive balance in our inner being. The emotional balance begins on knowledge and understanding of science involving the whole human structure, efficient observation of the individual within the different parameters that exist between normal and abnormal. This is the way that will be understand there are thanatos psychology and agape psychology, Thanatos medicine and Agape medicine, Thanatos science and Agape science.

#### **It is important to remember some important definitions:**

**Knowledge** - idea, concept, information, insight or learning an individual acquires about a particular object or phenomenon.

**Science** - is the sum or set of knowledge grouped with specific methods, provide information about an object or phenomenon.

**Understanding** - is to understand, discern and realize that there is difference between the sciences. There are sciences that are living and science that are of death. It is also understood that there is a difference between right and wrong, normal and abnormal, life and death and that there are parameters, norms, behaviors and different consequences in everything that is related to the human being.

**Intelligence** - reject the influence and the action of the death of science at trichotomic structure.

**Wisdom** - grow in knowledge with understanding and intelligence.

**Rationale** - is the condition in which there is the possibility of government and control of the senses and pneuma outputs. Ex .: human being.

**Irrational** - it is the condition in which the mind does not have the capacity to govern and control the pneuma. Ex .: animals and humans in certain situations.

So science, to be identified as life, must be parameterized in agape (prolonged, preserves and spreads). Only then you will know and understand the difference between normal and abnormal. And in possession of this understanding, you can get psychology, medicine, philosophy, healthy and effective biology and anthropology, and any other sciences. That is because science without the influence of abnormal, can reach their full potential and come to the knowledge. Are different sciences in Thanatos, which analyze and treat individuals with fundamentals and illusory parameters, mystical and obscure, no satisfactory therapeutic significance, ignoring the fundamental difference between normal and abnormal and subjecting the human mind to death paths of the human pneuma.

### **The dreams**

Whenever there is an improved neurological activity, as is the case of human beings, there can be dreams, which are nothing more than mental and / or psychological activities of a living being flowing in memory and thinking during sleep. The dream involves daily affective experiences, the values adopted and rejected by the individual and by a plethora of information and messages, captured the day-to-day become companions of the emotional universe of each one. They have no therapeutic value or parameter for obtaining any diagnosis and do not repressed situations in the minds of individuals.

### **The emotional traumas**

As the diagram of the paths of the human mind, you can trace graphically representing an emotional trauma, thus each level of the human mind is the consequence of a cyclical progress of psychic components and tricotomic compartments previously experienced, known and learned in his climb by pneuma paths. When we faced an abrupt and unexpected emotional scaling situation in any direction, we are facing an emotional trauma. (I say "in any direction" because you can walk and move unexpectedly in both ways: of life or the ways of death, because the PER recognizes the existence of satisfactory emotional trauma - life paths - and poor - ways of death.)

### **Drug addicts, tranquilizers and sedatives**

The multiplication in the production of sedative in the world and the sharp drug use are the consequence of the death sciences that constantly emerge from the human pneuma - is the ignorance fruit. Such sciences exert an intense emotional pressure on the individual, who, without knowledge and without adequate and strengthened psychic structure, is subject to death values - without any normal parameter.

As we have learned what sick the man is not what comes in, but what comes out of his pneuma. Sanitation and the man's healing also obey this principle. The life values need to be unachieved to act in trichotomic system. Therefore, medicines resolve nothing: they do not have the ability

to act on our inner being. What it does in reality is to minimize the effects of an intense hormonal action on the physical components (ex.: stress). They may even help to reduce the excitation in inducing sleep, control of individuals with mental or behavioral disorder, yet always acting in soma, never in the psyche or pneuma. A word of life and a foundation in agape, however, has an enormous ability to generate a satisfactory and beneficial emotion to all trichotomic structure.

The use and the spread of drugs have exhausted and violently assaulted the mind and the somatic structure of individuals, by creating illusion, depression, intense psychological discomfort and a strong dissociative behavior. The individual is enslaved by his own pneuma, and held hostage in the ways of death. Drugs break with social values and deteriorate the organizational structure of communities, eviscerating their dependents in all sorts of abnormal and aggressive behavior existing in the ways of death. They bring to light the influence of irrational sown in the world of illusions.

Thanatos Science - Death Paths - is the science of death - Thanatos - is the affective experience that somehow does not preserve, does not extend and does not propagate the trichotomic system.

Within the pneuma territory whence the sciences, through the senses and outputs, we have a basic and central parameter of all death sciences, which is the Thanatos science. The lie goes together with truth, and that statement is due to the fact that life sciences have the constant companionship of the death sciences in all its foundations, values and dogmas. For all that is normal we have an abnormal equivalent: to the science of life, we have the science of death; for Agape science, we have the Thanatos science; for Agape medicine, Thanatos medicine. And so on with all the sciences. And the human pneuma, as already described, is possessed of life files with the equivalent of death files.

These sciences are called by PER as Thanatos. As a human being is possessed of a dual and antagonistic scientific capacity, the lack of knowledge and understanding has led the Earth to suffer with the man himself. Our planet is a companion of our anxieties and desires, through that unintelligent behavior of the human race it has taken the irrational to our fauna and flora, in a way that goes beyond the absurd. One example is the black rhinoceros - which are bordering on extinction because its horn is being torn and ground to be turned into a sexual stimulant. Elephants being sacrificed to produce stamps with their prey. The seahorse is disappearing from their habitat along with other animals to be ground and served as a therapeutic tea - all in the cultural truth myth - without any therapeutic value. We see the earth crying and bleeding, manifesting death through the extinction of countless species. It's amazing how the human pneuma death paths have the ability to reach all segments of society and also mortally injure the planet itself. ("Without laws and without knowledge there is no way to control the human spirit.")

The Thanatos science, to assistance and multiplication of the death sciences, has as main points the family breakdown, the lack of parameters in sex (the priority is the physical satisfaction, and the search for adrenaline - even at the expense of mental health) , the lack of behavioral parameter (everything is normal), ignorance about the nature and the human trichotomy, scientific camouflage, the unrestrained verbalization (philosophy Thanatos), the image and the

word thanatos. This tactical set operates in the emotional universe on several fronts with different methods and leads the human mind to a misinterpretation (illusory) sense and outputs that come from pneuma, causing short- and long-term disruption and emotional conflicts in the inner man. All this together can ferment and erode the values of life (agape science) already established and to promote an invisible exchange for death values (Thanatos science), without being noticed by the individual to his aggressive and ferocious action.

The Thanatos science uses certain ways and channels to walk in, disseminate and protect itself within the scientific world. These methods are very different when we have something or someone to encourage us to keep alert against such attack mechanisms. In this case the PER manifests and presents itself as the lens of a microscope, after an expansion and proper investigation of the facts, informs the immense "bacterial" chain that exists and acts in defense of these death fundamentals. The Thanatos Science uses scientific camouflage, which is the nearly perfect similarity between fundamentals of death and life essentials (the lie goes together along the truth, the abnormal is reflected in the normal).

The Thanatos science also uses the unrestrained verbalization, which is the vast amount of words, concepts and speculation used to defend or argue about certain topics. There are psychology and human behavior book that refers to the universe, religion, mysticism, flora and still countless concepts and "new" words that bring a semblance of knowledge, but which are in fact illusory and extremely disturbing to the human mind. Paths are open into the pneuma toward the abnormal and irrational, generating after an intense expectation, a weakening in the individual psychic defenses, that without arguments falls into the trap of peer into pneuma without the correct normal parameters.

Thanatos Science uses the Thanatos images, which are people, objects, marks, graphics, images, sounds, etc., used to induce the public to consume values of death, through association with images and life values.

Thanatos Science uses the Thanatos words, which are those used at the time and at the right time for a foundation or value of death not to be assaulted or exposed. Or rather, are the right words at the wrong times. Ex.: When we say that the sex disturbs is a behavioral disorder and self-harm, science uses the Thanatos word "discrimination", preconception, etc ...

These action forms of Thanatos sciences are some of the ingredients subliminal message there are in the media, they are nothing but the dissimulation of the unsatisfactory emotions, and death foundations that act by unarchive human values able to attack and tainted the trichotomic system. The media extensively use this technique that in the form of emotional pressure, attack, destabilize, replacing values already established by others that interest them at that time and bombard the trichotomic structure.

Because From the time the PER teaches us that the emotional and affective perception has the ability to arouse values to be inserted in trichotomic system, it is also necessary to have an education and a thorough analysis of the media and those who receive the information. It happens because thanatos science, with its various methods and mechanisms of action in the form of subliminal messages can influence directly the behavioral pattern of an entire society.

All these forms of Thanatos communication and relationship must be well understood, because, as we have learned, everything that enters into the trichotomic system has the ability to raise values of life and death in our pneuma, which in Thanatos science are underhanded and entrenched in appearance and quality. It all may bring up a multitude of behavioral disorders and the abortion of many changes in mental processes. If the media are not properly educated, balanced, coherent and rational, which is completely different from censorship, they can destroy a nation, in a true "case of hate" with the public, that without defense, without knowledge and without sense of what thanatos science means, opens the emotional and affective guard to a violent and destructive enemy. I.e. the individual exposes the intimacy values in Thanatos without realizing the suicide into the inner man.

So it's important to pay close attention to the way of dealing with the emotional world that is around you, in Thanatos science, which, using the mechanisms already mentioned, find no opponents in their invasion and scientific and cultural growth because, as stated above for each life information there is a death equivalent. The multiplication of Thanatos science is visible at all cultural levels of the known modern society.

### **Psychoanalysis is a science Thanatos.**

Psychoanalysis invaded the scientific world in the last century, in such a way and with such ferocity that is a remarkable example of how the death sciences look up and go together to the life sciences, i.e. the verbalization of pneuma, when improperly understood and incorrectly defended, it turns into an aggression channel to the trichotomic system. Psychoanalysis has as an analytical basis and studies the following grounds: unconscious, personality structures, resistance and dreams. Let's look at the definitions of some elements according to thanatos science:

**Unconscious** - when a thought or feeling does not seem to be related to the individual, their connection is in the unconscious

**Id, ego and superego** - the personality has id, ego and superego. The id has basic impulses, like sex and aggression, and is unconscious. The ego is the conscious, the rational part of personality. The superego is as unconscious as the id, and the way it works is not known (according to psychoanalysis). It's the part of the personality that relates to the right and the wrong, with morality and behavior, with the feeling and thinking. It is as powerful as the id to the demands that the ego makes. Psychoanalysis says that these three aspects interact throughout life. There are often settled conflicts between them, conflicts that, as a rule, remain unconscious. Figuratively, the id commands: "Do it!" The superego begs: "No, no," while the ego is in between them, doing what they can to solve the conflict.

**Resistance** - is the opposition of a patient to remember past events, due to the unconscious opposition.

**Dreams** - dreams are the symbolic expression of psychic wholeness and, in particular, the unconscious part of the dreamer. Psychoanalysis also says that the dream is the "actual road" that leads to unconscious, fueled by the desires and daily anxieties.

Some other theories of behavioral disorders argue that the dissociative situations may occur due to hormonal changes, changes in physical performance or by a coding or genetic tendency. It multiply intensively by the scientific world of behavioral therapies and emotional support which are actually intensely illusory and harmful to the human mind, as the therapies of colors, crystals, pyramids, yoga, plus a number of others who study and analyze only the soma.

Behavioral sciences, in turn, not recognizing and not identifying the human being with a trichotomic structure, they are prevented from carrying out any study or analysis that may extend beyond what is being watching. This is because the outer man is nothing more than the expression, the reflection, the manifestation of a long and varied trail traveled by his mind on pneuma paths.

Psychoanalysis, along with other behavioral sciences, relegated man to irrational and unhealthy paper, without any normal parameter. His theories imploded the human mind. To evade the patient with resistance technique, psychoanalysis broke the barriers of normal behavior by extending and encouraging the emergence of behavioral disorders. And the patient, from the moment without resistance, broke with their personal values and dogmas, entered the endless tunnel of his own imagination, then going to feed on the fruits sown in these ways of death, weakening and getting unable to return.

The ignorance about what is normal or abnormal is so evident that they considered psychoanalytic theories the most advanced in the field of modern psychology as well as the use of vocabulary and the use of its theories represent cultural status! Psychoanalysis is a science of death that makes clear the ingenuity and the ability of the human mind in reflecting the ways of death as if they were life paths - the illusion of the senses and the mind.

Every science that attacks the trichotomic structure deceiving, concealing, confusing, creating false expectations, imitating or using any other expedient is a death science. The human mind, when observed and analyzed in parts, not evaluating or differentiating the verbalization of pneuma as a whole, allows the emergence of large aberrations and scientific complications. The pneuma signals with the sciences (verbally). However, when the mind does not understand and distorts the information in the verbal order, it's been presented a thanatos science. A millimeter lack or the addition makes it false, misleading, deceptive, because the science of life, agape, is accurate and complete and cannot be at any time, plus or subtracted.

### **The Agape Science and the foundations of Psychoanalysis**

Psychoanalysis is the biggest scientific lie in the history of modern man, that's so ingenious and so protected by the deceitfulness that was able to led the human mind by the hand and without resistance to the irrational, managing to influence the arts, literature and other fields of knowledge.

We have already presented the fundamentals of psychoanalysis as defined by that deception theory. Now we will see some of those elements from the perspective of Agape science:

**Unconscious** - there is nothing in humans that can be identified as unconscious or subconscious. The human being, in fact, lack of knowledge about himself, which, accompanied by a psychic

misrule, makes extremely vulnerable human emotional makeup to the irrational and the senses and death outputs that come from pneuma.

The unconscious theory, widely held in the psychology field and more precisely in psychoanalysis, is a trap, a bait to imprison the human mind. It's like a plastic little fish on the hook, this trap made by the pneuma to attract the human mind to the ways of death, keeping it imprisoned and taking from it the authority and ability to rule the trichotomic system. There is nothing in humans that can be identified as unconscious or subconscious. The unconscious is a pathological state, i.e. abnormal and unhealthy, which is present in the medical literature only in the following cases: Cranial brain trauma, intoxication (alcohol, drugs, and medicines), different stages of coma, anesthetic state, the sleeping state (a physiological mode), nervous system diseases and other diseases.

**Sleep** - is an inactivity physical state and mental repose where the individual can be awake until normal consciousness. The person asleep provides little evidence of being aware of himself or his environment, and, for that matter, it can be considered unconscious. Sleep is a different state compared to coma, because still present the power of response to various stimuli and have some mental activity, in the form of dreams, which leave their traces in the memory.

**Consciousness** - is the condition of a normal person when fully awake, responding to mental stimulation of the mind and, through behavior and speech, has the same perceptiveness we of itself and its environment. This normal state can show changes during the day, ranging from the condition acutely alert or deep concentration with a marked reduction in the attention field to a total inattention and drowsiness. Every different situation from the aforementioned about the human consciousness, from a psychological perspective, is an abnormal situation.

Therefore, there is nothing on the ordinary human being that can be called unconscious or subconscious, in any trichotomic structure, whether in pneuma, or the psyche, or the soma. The situation or frame called unconscious, which is the lack of awareness and perception of himself and his environment, appears just in case any of the aforementioned diseases or during sleep. For our study on the psychological and behavioral field, there is nothing in humans that can be called unconscious. Actually, this is the lack of knowledge regarding how our trichotomic structure operate.

To be aware is to know what is being done, it is to have knowledge. Not being aware is not knowing what you're doing, means don't have knowledge. The lack of knowledge imprisons the human mind, preventing the connection between pneuma and psyche and induces the person to not feel responsible for their actions, a fact that encouraged by the schools of psychology, which feed and defend the idea of the unconscious existence in human structure, theory recognized and identified by PER as completely false.

**Id, ego and superego** - the abnormal is a camouflage of the normal. The unique composition consists of three elements in the human structure, it is the trichotomy - pneuma, psyche and soma. The compartments that can be controlled and governed by the central psychic command. The government and control are extremely beneficial to the inner man. When Thanatos science of psychoanalysis advises that human beings have areas of unconsciousness you are creating a trap to enslave the human mind to the pneuma.

**Resistance -**

**Stage of development -**

**Dreams** - as we have learned, verbalization that proceeds from the pneuma can be identified in our dreams, but these have no therapeutic value or diagnosis.

**Behavioral disorders** - why man does what is wrong when he knows what is right? Do what not want, corrupt personal values and principles, adapt to a behavioral disorder, and be prisoner of a dissociative behavior: all this is due to the paths that the human mind, without a normal parameter, runs into the pneuma. With the lack of knowledge of the inner man, which in turn, generates the trichotomic misrule, it is based a propitious scenario for the emergence of compulsive process in relation pneuma / psyche.

## **CHAPTER 8 – THE SEXUALITY**

Newborn up to 12 - 14 years old.

From birth until 12-14 years old approximately, at the end of this transition period, from childhood to puberty. During this period (zero to 12 - 14 years) education, family protection, family care, quality information, socializing and mostly love and understanding are deeply important. You will note that - to zero 12-14 years –the theme sexuality is not part of the child's emotional universe and is not a priority for them. However, a preventive orientation or sex education can be done when necessary.

From 12 - 14 years

SEXUALITY = AN OPTION AND A DECISION THAT EACH INDIVIDUAL HAVE TO CHOOSE

From birth until puberty, occurs in the human body (soma) an intense hormone spill very important (hormonal explosion). We have a period of about 12 - 14 years, in this period or stage in life there are certain factors or major components that need to be calculated, assessed, and measured their proper degree of importance in our emotional universe. These factors described below can influence in various ways the sexual orientation of the individual and I consider the strong importance in the emotional health of each individual, as we can see following:

- 1) Mom - or mother figure,
- 2) Father - or father figure,
- 3) Sex chromosomes of the human body - man XY or XX woman,
- 4) Creation, education and emotional information about self-knowledge,
- 5) Affective experiences considered good, or positive and satisfactory,
- 6) Affective experiences considered bad, negative or unsatisfactory,
- 7) Trauma or unexpected emotional impacts,
- 8) Family Values,
- 9) Family energy,
- 10) Flows, clouds and atmosphere of information (truth that is not absolute and possible questioning),

... And other many and varied types and forms of influence, but not of less importance, etc ...

However, I mainly consider these mentioned above, tend to form the sexual character of each individual and have a large and significant emotional weight in each one of us.

The natural and physiological tendency of the human body / soma is when the individual cell feature XY males behave in a sexual activity stream for the opposite sex that is in search of a psychic and emotional complementation with a woman. And in the case of XX cell trait, female, natural and physiological trend is the pursuit of mental and emotional complement to the male.

Importantly, sexuality or sexual character is an exclusive use and application of the term component called human body or soma. Man does not possess within himself or in his entirety

anything that can be called feminine side or something contrary to his cell and hormonal flow, the XY character with their behavior and cell performance and due hormones causes makes the individual a male. Equally and either way, no woman has within herself or in her entirety anything that can be called masculine side or something contrary to her flow and cellular and hormonal performance, the XX character to her cell behavior and due hormones this individual is a woman.

Remember the above items and when they are applied from zero to 12 years, they can result in many and varied possibilities of influencing the course and evolution of the sexual option.

Something unresolved or mismanaged in this "pre explosion" period (zero to 12), can and has the ability to influence, confuse, disrupt, support, help and or auxiliary, the time when the evolution of sexual orientation is being strengthened and set within each individual.

The sex organs penis and vagina, which differ female and male, woman and man, XY and XX, have actually in my opinion a very strong ability to influence behavior, individuals, groups or tribes of people, relationships and behavioral trends in the field of emotions. The knowledge and the understanding is the key to emotional and sexual health of each individual.

Being happy is quite different from be happy. Feel comfortably well with the emotions and sexuality is quite another story. The moment, the adrenaline, hedonism, the stage of life and other aspects cannot be only for short and fleeting periods. The human mind needs and seeks a balance that harmonizes and calm the interior in a holistic way (complete individual - interior and exterior) - Being comfortably balanced involves exterior and interior, if the exterior is in crisis is because the interior actually is.

There are several myths in behavioral science and modern psychology, and the main one is in the area of sexuality, when they say that our inner being has sexuality character.

Follow with the theme Sexuality and "male side" X "Side Female" and "female side" X "male side".

When you get to know our emotional universe, you will learn that there are actually safer to go in a search of better emotional health paths.

There are several myths in behavioral science and modern psychology, and the main one is in the area of sexuality, when mention that our inner being has sexuality character.

Follow us in this video lecture with the theme Sexuality and "Male side" x "Female Side" and "Female side" x "Male side".

When you start to know and understand the emotional universe, you learn that there are actually normal parameters.

As we have seen in previous chapters, we know there are the verbalizer the organ, the psychic organ and the genetic organ. What we also called pneuma, psyche and soma. What is of utmost importance to be watch is that some myths need to be broken. We need to take down several and varied myths that besides all are very strong. They have the ability to destructor the human mind, because it does not contribute to the balance of the pneuma, psyche and soma and will clearly generate an imbalance. We need to understand that each part has a function. Therefore,

pneuma can be treated, psyche can be treated and somatic body or human body can be treated too.

Let's talk about the myths surrounding sexuality. The most important point that needs to be clarified is that there is nothing in the human pneuma that has a sexual character. There is no sexuality in the human pneuma, there is no sexuality also in the human mind, the human psyche. The single compartment of the human structure, the trichotomic structure of human sexuality that has character is the soma, or genetic body or human body, so xy and xx, boy or girl, are the body's characteristics. So never there was, there is not and never will be anything in the human mind that can be different from what the body presents. If the body is xx, the human mind will work as the genetic balance that determines their cells, i.e., in a very simple and less technical way: there is no man with a feminine side, as there is not a woman with masculine side. So, inside all of us there is not a different sexuality that our **cells** determined.

Remembering: pneuma can be treated, psyche can be treated and somatic body can be treated.

In pneuma you need to apply the knowledge, in psyche we need to apply the government and in addition you also need to apply knowledge. *The center of all decisions goes by the human mind.* The human mind is the center of government. If you remember from earlier chapters, so you run away from certain myths, especially myths related to sexuality, you will understand very well that all our affective experiences, emotions are. Think, dream, touch, taste, hear, and smell, it is all part of our emotional universe. It is all part of our emotional experiences. Only the emotional experiences that do not extend, do not propagate and not preserve the trichotomic structure, as we saw in the previous chapter, will bring damage to the structure pneuma, psyche and soma.

The emotional experience or emotion that is satisfactory to trichotomic structure is one that extends, propagates and preserves. So if I want to live an emotional experience or emotion, which in my definition affective experience and emotion are the same things, if I want to live a satisfying emotional experience, it must be an emotion that extends, propagates and preserves trichotomic structure. We must preserve the pneuma, the psyche and the soma. If somehow our affective experiences do not extend, do not propagate and not preserve them automatically attack the trichotomic structure, so they are nothing but ways of death. In the way of physical death itself, but the way of death, it is the emotional structure. As we have seen in other chapters, our mind walks through satisfactory or unsatisfactory emotions. That is, ways of life or death pathways.

One point to emphasize is that there is nothing in our inner being, which has sexuality character, outside the body, the soma. No, in no way, man with feminine side, there is no girl with masculine side. What speaks in favor of this are sciences that come to destroy, disrupt and cause an emotional disharmony. If you live seeking balance, psychic harmony, it is necessary that you understand that. If sexuality is something that is bothering you, the choices are up to you, but know that if you attack this structure, somehow you will live a unsatisfactory emotional experience, you will attack the trichotomic structure.

In addition, do not forget: pneuma is governed, the mind exerts the government and the soma you have to know your body, there is nothing in our inner being that can be called sexuality that is different from our xy or xx cells.

Again, sexuality is a body feature. Both xy and xx are sexual characteristics of the body. There is no sexuality character in mind and not in pneuma. This issue needs to be well understood, as many people have said and asked me about science they are saying or demonstrating in the laboratory there is a possibility of the mind have sexuality unlike the chromosomes determine. This is folly since there is no that. Some people experience it as a form of science. If you are xy so you always was, is and will be a boy. If you are xx, so you always was, is and will be girl. *The mind does not work contrary to their programming chromosome*, which determines the genetic program.

Another very important thing: the sex-change surgery, in my point of view as a physician, is an extremely aggressive surgery as it is a mutilating surgery. One more point that people are unaware, and it is important that you know that coming from a person of the scientific field: father and mother, if your child was born boy, he will always be boy and if girl was born, always be girl. One thing I need to tell you, is that I have a very large group of surveyed, which is a very significant universe of people who tried to seek affective experiences on the path of homosexuality. The only place that homosexual is happy is in television program when they have the media in their favor. Within the therapeutically offices, 90% are living a distressed, anxious and full of sorrow life because they are going against the government they've been given. A chromosomal government, from xx or xy according to what was given, they are reversing the situation and creating a relationship barrier to the pneuma, psyche and soma. Do not let your child convince you he is being a boy, has a feminine side, do not let your child convince you she is being a girl, has a masculine side. Homosexual only demonstrates satisfaction and joy around the media.

Since the vast majorities have a deep sadness, distress, anxiety and depression, and some make use of illicit drugs, sleeping pills and tranquilizers because they are fleeing the government, they do not want the very chromosomal government. Therefore, as we have seen in previous chapters, when we live an unsatisfactory emotion she holds you, generates imprisonment. Satisfactory emotion generates freedom, generates flow of mind, and generates an aligned relationship with the pneuma psyche. The human pneuma is a verbalizer body, and when he verbalizes something for the human mind that has nothing related to sexuality, he does not accept that you exert a government contrary to the trichotomic system is showing you. The verbal command needs knowledge, even concerning sexuality.

Homosexuality is an unsatisfactory emotion because imprisons and generates no freedom, because it does not prolong, does not propagate and does not preserve the trichotomous structure.

So what does not prolong, does not propagate and preserves is an unsatisfactory excitement and consequently a prison. As I said in previous chapters: misrule goes hand in hand with the unsatisfactory excitement and satisfactory emotion goes hand in hand with freedom.

So father and mother, continue to argue that if your child was born boy, no psychologist, no behavioral line may say otherwise, it is a lie! Once boy, always boy! Girl once, always girl!

## **Chapter 9 - Kidnapped Mind Generation**

The excessive concentration of the human mind on the outside man, has allowed an imprisonment of his emotions and a sharp misrule, which facilitates the emergence of a generation of "kidnapped mind."

It is of great and extremely important that you know that the human mind can suffer a kidnapping. Not a physical kidnapping, but the human mind can be kidnapped by pneuma. In this image, we can see that the ball that symbolizes the psyche, the human mind, was taken. Remember did I mention in previous chapters about life and death doors? This doll is symbolizing the kidnapping of the mind, he took the psyche, he got the feeling, character, self-esteem and personality. What I mean by that? Yes, there may be a kidnapping of mind.

Today we are living a very important moment in human history, in which there is no consensus about human behavior concepts, there is no consensus on certain very important values to the intrinsic structure of the human being. As you have seen in previous chapters: pneuma can be treated, psyche exerts government and the human body needs to be known and treated.

As we are living in a time where there is a flurry of ideas and opinions, which cause actually a vortex of science and many of them are death sciences, science has a lot of life, but there is still much death science. So this whole mess of ideas and thoughts and philosophies, they create concepts that can kidnap the mind. The moment of humanity today, I will not say it is a crucial moment or a line, but certainly the human mind is in need of a safe haven. And what would be a safe haven? A place where I can put my feeling, my character, self-esteem and personality. A place where I can have harmony of my emotions, inner balance and this is through the trichotomous balance, pneuma, psyche and soma.

Today man reaches the moon, today man moves through the universe, which is fantastic, but there is a universe that man must enter: our inner universe. Enter, know and know that there are normal parameters and abnormality parameters. Modern science has gone crazy, for it says that everything is normal, therefore, with this concept in recent decades which has largely been told that everything was normal, we are seeing a drugged generation, an uncommitted generation, a generation without values and a generation that does not care about self-knowledge. Everything is party, everything is good, everything is wonderful. But over the years, will increase depression, anxiety and especially the psychological illnesses. For highlighting what we say in all preceding chapters: pneuma can be treated psyche is governed and human body also controls.

I need to work my mind to not be kidnapped. For this, I need to have a government and a serious control over my psychic structure. Why? Because if I get in affective experiences, as we saw in the previous chapter, not extend, do not propagate and not preserve the trichotomous structure, I can submit my mind the passions, or the emotions that go kidnap me.

Regarding to this we do not even give detailed examples, just look around we will see the misrule, the barbaric crimes, the events that go beyond any parameter of normality, because the kidnapped mind. It blames the individual oneself, because people do not exercise government, not exercising control that was given to them by the central government.

Human mind must to be governed and govern with knowledge. Without knowledge you do not drive a car, without knowledge you do not cycling, without knowledge you do not walk on roller skates, you need to learn even how to roller skating. Because everything is a science! If even to sweep is a science, the more our emotional structure.

Do not forget this chapter: we are living in a kidnapping mind generation where everything is party, anything is possible and anything goes. However, the result of this mismanagement over the years, you can see what we see today: distress, anxiety and depression. Noting, finally, what you have seen in other chapters: affective experience needs to extend, preserve and propagate the trichotomic structure. What does not propagate, does not prolong and does not preserves will generate imbalance, which sooner or later will undermine their emotional strength, the inner strength. Example: parent if your child is man, he is actually man and there is nothing in his inner that can be calling a girl. Father and mother, if you have a daughter girl does not let modernism say that there is something within it has a masculine side; she was, is and always will be girl. Boy is boy and girl's girl. This is the most striking example that we are living in society today.

What caused this confusion and these myths related to emotional disorders and particularly in the field of sexuality, was a science that emerged 100 years ago and was responsible for a complete breakdown of society. From 1856 here, fifty, sixty years later, we had the emergence of a science which approved first the distorted of the human trichotomy, presenting different ways, which are not life paths and after on, in developing this science, was said that everything is normal and whatever else you feel like doing, do as part of your emotional universe.

Pay close attention: if you do not exercise government control and rule the mind, with no shadow of a doubt, you will no longer be rational and will possible be able to become irrational. Remembering: pneuma can be treated, psyche can be treated and soma can be treated. Do not allow the kidnapping of mind, the feelings, the character; the self-esteem and the personality happen to you. Always seek life experiences, seek satisfying experiences. Seek what prolongs, preserves and propagates.

## **CHAPTER 10 – THE PER THERAPY**

The psychic or trichotomic treatment, appointed and employed by PER, has as main objective the repair of the individual adaptation mechanisms with himself and his social environment. The therapy used must work gradually to replace values of death by life values, so you can get a progressive reduction of tension and internal conflict and restore the psychic defense mechanisms, always seeking a rational individual's adaptation to his trichotomic system.

To obtain these benefits by trichotomic system, it is necessary a normal parameter, otherwise the human mind will stay lost and with no satisfactory place to be supplied and handled. The PER identifies as agape the required parameter to keep, restructure and restore growth the mental and trichotomic development. To follow this therapeutic path, we must understand the needs of the human trichotomy because the trichotomic system has qualities that need to be known and defined. In possession of such knowledge, it is possible to achieve treatment and consequently the long-awaited healing. I emphasize once again that the lack of knowledge about oneself has been the cause of countless evils for emotional health, mental and physical individuals. In practical terms, understand the declaration that I have used for several years in daily medical practice: the pneuma can treat, psyche can treat and soma can treat. Based on this principle, it is then possible to recover the time and the territory lost to the sciences and grounds on Thanatos.

### **The steps of the PER therapy**

According to the points described in agape science, then we have to begin the process of the trichotomic recovery of the individual. Because without criterion obviously, is not possible get anywhere. From the moment, you have a reference of life it is then possible to achieve an effective treatment goal and defined therapeutic technique. The therapy consists in trichotomic points and specific objectives, made up of ten stages:

1. Government of pneuma.
2. Mind Rescue.
3. Release of unsatisfactory experiences.
4. Closing pneuma files - In this situation, the therapist's role is dangerously critical because he has to employ the correct parameters of normality. The patient can be heard (if desired) and helped to - after the release of death values - promoting the closure of the compartments that were unduly aroused. Otherwise, the situation may worsen, because if the therapist values and parameters are in Thanatos, it can lead the patient to an even deeper stage of psychic imprisonment. This is what happens with many psychoanalysts.
5. Abandonment or rejection of death values.
6. Coordination of thoughts (take thoughts captive).

7. Hygiene of each psychic component (feeling, character and self-esteem in order to free the personality) - Sanitize is cleaning, it is to replace polluting values or death for sanitizing values or life.
8. Maintenance of life parameters.
9. Domain on the physical compartment.
10. Renewal - Re-educate the human mind to walk in life paths within the pneuma.

Therefore, by organization, exercise, discretion, patience and, above all, knowledge and understanding, we can promote a strategy to control all our trichotomic structure, which is basically summarized in ten main points or orders:

1. Govern the pneuma.
2. Rescue the mind.
3. Release mistakes made according to the pattern agape.
4. Close open compartments in pneuma.
5. To abandon them and not return under any circumstances.
6. Coordinate thoughts.
7. Sanitize psychic constituents.
8. Keep the values of life.
9. Mastering the physical constituent.
10. Renewing the paths of the mind within the pneuma.

### **THERAPEUTIC SCHEME FOR TRICOTOMIC IMPLEMENTATION**

The emotional, psychological and somatic balance, as well as trichotomous integration without mutual attacks and the therapeutic balance of our inner being must inevitably go through the progress and growth in these ten items:

#### **Government of pneuma**

The first steps to be taken to achieve satisfactory therapeutic effects are concentrated in the pneuma. This trichotomy compartment needs to suffer an intervention and be subject to a strict control, or otherwise end up printing to the old values to trichotomic system, nullifying the treatment. This care, as we have learned, is necessary because the human spirit will always flow life and death, life sciences and death sciences, life values and death values. Our emotional universe, affective, our code of conduct, always will be a pattern started in the pneuma, which

may or may not being controlled by the mind. When the mind does not have control of the situation, all the trichotomic structure is subject to the variations of the pneuma senses and outputs.

Importantly, in the event of abandonment or uncontrolled, the human mind tends to express death values. I.e. the emotional pressure of a pneuma without direct or indirect control takes the human mind to a growing imbalance with serious mental and physical consequences. A clear example of how the human mind should be in control of the situation with real values of life, is the highest number of suicides in certain countries, known as a first world: thirty thousand a year, according to some statistics, which is about ninety suicides per day.

Therefore, to rule the pneuma is the first step. After fixing the domain, you need to control the emotional pressure - that comes from the spirit - and, with knowledge and understanding, reject the values and foundations of death, evidencing and releasing the values and life essentials.

### **The rescue of the human mind**

The human mind, throughout life, scrutinizes the human spirit, and in these paths occur situations where it becomes hostage of the own spirit. When this happens, a rescue is required. The mind must be released from a mined territory with death values and fundamentals.

### **Release of death values**

The human mind during the rescue process, need to release the death values to then, be able to feel the relief of liberation. It is when be evident a primary necessity of the mind: parameter standards, rules and behaviors that can be reflected and therefore recognize and release their entrapped errors. Closing compartments and pneuma files.

Here happens the natural sequence of inner liberation of stages where, after the rescue and release, close the labyrinths of pneuma, from which verbal death orders are processed and come from.

### **Abandonment of the compartments and death files**

The experiences of the day-to-day are of great use for everyone. From the moment, someone goes through disastrous affective experiences and causing mental illness, it's necessary, after the rescue, release and the mentioned closure, carry out a strategy - life experience - abandonment of territories of death, not returning under any circumstances.

### **Coordination of thoughts**

The word is the emotional expression of human thought, and human thought, reportedly, sensory perception and more countless factors form our emotional universe. From there it is necessary to exercise the human mind, to coordinate and captivate the thought in favor of life paths and prevent it surprised us and put us again face to face with death labyrinths.

### **Cleaning of psychic constituents**

This process is of vital importance to the human psyche and, consequently, for the personality. From the moment the other items are in the maturation and solidification process, you should then take the psychic components - feeling, character and self-esteem - and using life parameters, submits them to science agape. The cleaning process of these components allows the personality lose the dissociative component, which will allow the emotional maturity, evidenced daily with an increasingly smaller presence of behavioral disorders.

### **Maintenance of life values**

The human psyche is a structure with permanent thirst for life, and so has to be constantly nourished with parameters, values and foundations of the life sciences in order to thwart the death sciences. This is growing in understanding.

### **Somatic domain and sensory control**

As all the values are raised and unarchived from the pneuma, that's where the soma raises them, The body claims for values in a permanent way to insert them in the trichotomic structure, which necessitates the search for knowledge about how our inner being operates. This is because the structure called soma never says, "Enough!" It means, the soma always want more and more, either sex, whether food, or consumer goods. If patterns, standards, criteria and limits are not established, the soma will exhaust, assaulting and tainted the trichotomic structure.

The control should also be extend to the sensory system - smell, taste, hearing, sight and touch - as in performing their functions stimulate the senses, with the information obtained, values that are raised and unarchived by the pneuma and operating in trichotomic system. What needs to happen is a re-education organized for the use of the sense organs, a careful targeting to avoid the perception of death values and maintain the senses aimed at the life values.

An important point is referred to hearing, because remember that the word arouse values, and living in times when dying words are constantly used in various ways, without having any perception of its consequences. You should keep a permanent control over what you hear day-to-day. Feeding yourself with words of death is raising values and death files while feeding yourself with words of life is to raise values and life files. Therefore, the somatic sensory area is of utmost importance to avoid the instability and emotional imbalance, frame that we face so often.

### **Renewal of the paths of the human mind**

After each point reached, it is necessary to advance towards life (agape science) to identify and apply its effects and benefits of the psychic structure, with therapeutic effect on the trichotomic structure. This means new paths, paths of life by pneuma. We call it "grow in wisdom."

This therapeutic scheme consisting of ten goals, if properly applied, will present a differentiated progress in each person, because the level of knowledge and understanding varies from individual to individual. In some people, it may be slow, while in others it will be faster. There

may also be differentiated progress on the sequence of topics presented. I.e., the individual does not have necessarily to grow in the described order, but growing in on a topic always will end up assisting in the development of others.

Knowing that greater the knowledge greater the freedom and lower the knowledge lower obtained freedom of the inner man, it is easy to conclude that to grow in knowledge, understanding and intelligence, that is, enter the paths and life values, will undoubtedly be the most important of the adventures experienced by humans.

The PER, as an important behavioral science, must be used and applied consistently, so there is a permanent surveillance of each individual to their inner life and the consequent preservation of trichotomic and emotional health. If occur again carelessness, neglect and misrule towards trichotomy, however, a progressive emotional, psychological and physical imbalance frame will return to settle.

The vocabulary presented by the PER in the early chapters now added the terms "government", "scientific truth," "knowledge," "science," "understanding," "intelligence" and "wisdom" consists definitely affective and emotional map to be followed by man to walk and breaking the most important territory, the trichotomic, which is now to be called scientific-affective-genetic or if you'd rather, pneuma-psyche-soma or spirit-mind-body.

I also emphasize that the term "psychotherapy", from the definitions and grounds under the PER, it is incomplete for practical application, to achieve the all-important emotional balance, affective and somatic. The psychotherapy alone is useless, because what every human being needs is actually a trichotomic therapy that is complete, comprehensive and capable of preventing the entry and the emergence of emotional, psychological and physical diseases, by doors and channels still unknown. Remembering what I say for several years at my medical office, pneuma can treat, psyche can treat and soma can treat. This is a truly complete therapy: the trichotomic therapy.

## **Chapter 11 - Adding energy - Strengthening our inner being**

Add energy and strengthen to our inner being is to recover, maintain and strengthen our emotional interior, according to our need, in three important steps:

**1) Step One:** Our Emotional Universe - Pneuma -Psyche -Soma, need a set of three pillars, which are:

**a) Self Knowledge or Holistic Knowledge.**

**b) Family.**

**c) Work.**

**2) Step Two:** it is important to identify, recognize and differentiate, that the verbalization process of the Pneuma is divided into two different senses, although they are very close, and are separated by a fine line, that is, you put into your emotional universe or trichotomic system, the VERB you choose, and that may just be two-way:

**a) Word Agape** - Preserves - Prolongs - Propagate.

**b) Word Thanatos** - Anti Preserves - Anti Prolongs - Anti propagates.

**3) Step Three:** grant that each compartment need to contribute to the balance of the whole system, i.e. Pneuma can treat, Psyche can treat and Soma can treat and each one needs special care, which are:

a) Pneuma - be GOVERNED - application the word Government by the mind / psyche.

b) Psyche - transparency, sincerity, renewal of mind, family relationships, friendship phileo, storge friends, reading, music, productive laze, hobby, leisure, governance, dialogue, interaction with people in general.

c) Soma - work and daily tasks, curative maintenance, preventive maintenance, physical activity, prevent and work in against overweight, mature sex life - healthy and balanced, keep the soma under control.

## **Chapter 12: Quality of Full Life or Quality of Holistic Life**

The following steps will be of great importance for obtaining of what I call: Quality of Full Life or Quality of Holistic Life. These steps are part of a 52-week program, which will produce in you a gradual, constant and increasingly feeling in your emotional universe characterized by: Inner Balance, Full Freedom and Full Prosperity - i.e., Balance, Freedom and Prosperity.

To start the program that consists of 52 weeks, it is important you be aware of the responsibility and consequences of this, knowing that:

“Life does not give award to a “boy” – “boy does not receive inheritance” - Prepare yourself to be mature in time.”

“It will all converge in your favor - the energy of life will aggregate and attract the force of Life to your inner.”

1 - I can and must be mature at any time.

2 – Exercise what extends.

3 - Exercise what spreads.

4 - Exercise what preserves.

5 – Listen to feel and hear your inner.

6 – Always dream.

7 – Forgive.

8 – Many ideas to have good ideas.

9 – Promptitude.

10 – Exercise the senses for life.

11 - Determination - anything that comes to you, do it with all your strength and understanding.

12 – Believe.

13 – Always improve.

14 - Cherish the time granted within the time.

15 – Make decisions calmly.

16 – Ugly is also beautiful – life is beautiful.

17 – Exercise joy.

18 – Exercise hope.

- 19 – Respect.
- 20 – Sympathy.
- 21 – Honesty.
- 22 – Transparency.
- 23 – Sincerity.
- 24 – Fidelity.
- 25 – Gratitude.
- 26 – Time to listen and time to speak – speak is silver and listen is gold.
- 27 - Recognize that life is the unaware walk in a search of possible perfection.
- 28 - Late to judgments.
- 29 – Search a moment for self-expression and the introspection to enrich your inner being.
- 30 - Preventive and curative maintenance of the body/soma - healing and preventive medicine, physical activity.
- 31 – Tomorrow can always be better than today.
- 32 – Make friends – always when you look back see the lights of your highway life on – people are lights.
- 33 – Certainly believe in a higher force.
- 34 - There are clear differences between right and wrong - between normal and abnormal.
- 35 – Joy of living – yes, it's possible!
- 36 - Travel on musical notes - C, D, E, F, G, A, B - they open doors of life into the human spirit.
- 37 – True to deal.
- 38 - Time is precious, rich, unique and almost irrecoverable.
- 39 - Knowledge and information is golden rain into the human mind.
- 40 - Free knowledge to wise life.
- 41 - Knowledge harmonizes and soothes all the senses.
- 42 - Ethics and respect in interpersonal relationships as well as with yourself, trace limits.
- 43 - Without any kind of prejudice or discrimination - race, color, gender, cultural, religious, etc.
- 44 - Close the doors of emotional death - not run away and don't be afraid - it is possible a healthy emotional life.

45 - The 20's respect 30's to 40's, and 30's respect 40's and 50's ... etc.

46 - Open the doors of life - physical, mental and emotional - exercise all that extends, spreads and preserves tricotomic components.

47 - The miracle of life is in its details - so let's celebrate life.

48 - Land us all - the whole of humanity is closely intertwined and connected - all share responsibility.

49 – Exercise EROS feeling.

50 – Exercise STORGE feeling.

51 – Exercise PHILEAS feeling.

52 – Exercise AGAPE feeling.

## Conclusion

The study of human behavior made by REP, inevitably goes through the richness of the inner man, when being understanding and applied reveals itself as a science of life.

Throughout history, the scientific world has produced values and foundations with devastating effects on the population in general, these effects that can only be correct with time and with the correct assessment of future generations. And could not be otherwise, sciences like psychology and philosophy that propose to treat and define human behavior with its countless variations, also need to be totally remade and redefined. Since the PER determines that came to an end time of such sciences cause many harmful effects with their dead and harmful foundations of death. And there would be no more appropriate time than this; we enter this exceptional and important century, which I call "the knowledge century".

Each century conquered for humanity is a new level of knowledge, better than the last. And knowledge means freedom, or rather knowledge of life means freedom and knowledge of death means imprisonment. What does the word "knowledge" represents to humanity is far beyond what we can imagine, because the scientific world needs to stop definitely to treat the human being as a test tube, to put everything inside and show side effects extremely harmful and do nothing to repair the consequences. The expression "trial and error", which is an analytical term and parameters in the research field, is despised when applied to human behavior, as we continue to witness the information channels feeding the human mind with paths and grounds for death and rejecting life parameter and values.

The fruits of this unhealthy sowing will surely be collect by every structure that wants and remains complicit with such values and fundamentals. Fortunately, however, the fruits sown with the fundamentals and values of life will also be properly harvest, despite the counter-pressure from the scientific and cultural world. (It is alarming to note that a professional who has spent years in a university does not have any parameters of normality and quietly agrees and encourages young people to abnormal behavior and varied sexual practices often border on bestiality.)

I tried to be as objective as possible, avoiding all the way into the field of hypotheses, unknown and fanciful foundations and words. Therefore, this work was publishing only after 27 years of research in Brazil and abroad. You need an urgently stop; there is no time to lose. The human mind needs life values, a solid, true and reliable anchor for the quality of life achieved in the modern world also needs to be take to our inner being. The human being has the obligation with oneself to say and recognize that is broken and unstructured inside, and not to insist on saying that everything is fine when you know that is not true. We cannot close our eyes to the hundreds of suicides committed daily around the world or fail to note that the quality of life of the known modern man comes often to the field of the irrational.

The PER is launching the new millennium psychology bases, the "millennium of the knowledge". It must be definitely understands that exists, has existed and will always exist difference between right and wrong, normal and abnormal, truth and lie. The situations are posed to the

emotional resources to the psychic structure and human behavior and it is nothing more nor less than the difference between life and death of our inner being.

The PER, as a school of observation, treatment and behavioral guidance, got where philosophers, thinkers and psychologists are trying to reach in millennia. All this due to the fact of being able to define thoroughly each area and each compartment of the human structure. Without defining human nature, pneuma and psyche, it is not possible to connect all the links of such an ingenious system, which is the tripartite structure of the human being. Keeping an isolated area of the other will inevitably succumb the entire structure, while trichotomy interaction, occurring satisfactorily, will balance and correct performance of each compartment.

The human being must understand that will not be punishing for the existence by having such ingenious potential inside. What needs is actually know oneself, be valued as a rational and emotional being and definitely behave and relate to, at all levels and sectors of society, knowing, understanding, the intelligence and wisdom, knowing especially that the neglect of self-knowledge will certainly cause enormous harm. The benefits will only come with the zeal, control and government of the entire being.