

**OPTION FOR SELF-DEINTRUSION
(VOLITIOLOGY)**

I. Conformatics

Definology. The *option for self-deintrusion* is the lucid conscin's decision to position themselves, go through, dominate, face, break, overcome, supplant and transpose intra and extra-physical intrusion pressures, constituting the first step capable of impelling actions that hygienize one's own psychosphere, providing the mental clarity necessary for determination in self and heterodeintruding acts.

Thematology. Homeostatic central theme.

Etymology. The word *option* comes from the Latin language, *optio*, from *optatio*, "choice; election; option", supine of *optare*, "to choose; to wish; to prefer; to ask". It appeared in the 17th century. The term *self* comes from the Old English language, *self*, "one's own person; own; same", which in turn comes from the Proto-Germanic language, *selbaz*, "self". It appeared in the 14th century. The prefix *de* comes from the Latin language, *de*, "not; do the opposite of; undo". The term *intrusion* derives from the Old French language, *intrusion*, from the Medieval Latin language, *intrusionem*, "a thrusting in", past participle stem of Latin, *intrudere*, "to thrust in; force in". It is from the 16th century.

Synonymology: 01. Self-option for deintrusion. 02. Option for self-lucidity. 03. Option for the evolutionary well-being. 04. Option for consciential health. 05. Predilection for evolutionary corrections. 06. Prioritization of self-evolution. 07. Antivictimizing posture. 08. Cosmoethical dignity. 09. Interconsciential magnanimity. 10. Self-evolutionary megapriority.

Neology. The 3 composed expressions *option for self-deintrusion*, *unsteady option for self-deintrusion* and *definitive option for self-deintrusion* are technical neologisms of Volitiology.

Antonymology: 1. Option for pathology. 2. Choice for self-victimization. 3. Barotropic predilection. 4. Masochism. 5. Self-sabotage. 6. Unjustifiable self-betrayal.

Attributology: predominance of mental faculties, notably self-discernment regarding holomaturity in the employment of personal will.

II. Facts

Thosenology: the personal holothosene of cosmoethical self-priority; the cognothosenes; the cognothosenity; the benignothosenes; the benignothosenity; the lucidothosenes; the lucidothosenity; the evolutiothosenes; the evolutiothosenity; the priorothosenes; the priorothosenity; the orthothosenes; the option for orthothosenity; the diligence in the mastery of self-thosenization; the strategies for the preservation of a clean personal holothosene; the clearing away of thosenic rubbish; the rigorous self-discipline against mental *pecadillos*; the decision of not *entering into the wave* of sick xenothosenity; the calming of self-thosenization; the charging of thosenity in the *tho*; the productive use of thosenic *space-time*; the rectilinearizing of self-thosenity.

Factology: the option for self-deintrusion; the self-awareness about the benefits of de-intrusionness; the comprehension of losses from ephemeral pseudo-gains via self-corruption; the choice for paying the holosomatic prices for deintrusions; the end of the innocuous search for extraconsciential solutions; the facing of self-conscientiality; the act of taking self-responsibility for one's existential condition; the decision of not delegating the control of one's feelings; the positioning of readily nullifying external disturbances without giving in to corruption, laziness and the least effort; the praxis particular to self-deintrusion; the gescon ratifying the self-deintruding position; the identification of weaktraits in the roots of immature outbursts; the gradual reduction of the frequency, intensity and extent of self-intrusive outbreaks.

Parafactology: the self-experience of the prophylactic vibrational state (VS); the personal parapsychic and energetic signals; the exhaustive energetic labor; the act of moving energies without weakening until full symdeas; the unconditional exteriorization of benign energies acting in the disarming of intruders; the uninterrupted multidimensional self-surveillance.

III. Detailism

Principiology: the principle of interassistential evolution; the cosmoethical principle of aiming for the best for everyone; the popular principle that when 1 does not want 2 will not fight; the principle of non-transferability of responsibilities for acts made; the principle of the inexistence of groupkarmic non-payment; the principle of not persisting on the identified mistake; the personal principle of taking maximum advantage of evolutionary time.

Codiology: the self-deintrusion being a clause in the code of personal Cosmoethics (CPC).

Theoriology: the theory and practice of parapsychic interassistentiality; the theory and practice of personal penta; the theory of groupkarmic interprisons.

Technology: the bioenergetic techniques; the energetic capsulation technique; the thosenic block alteration techniques; the metaphorical of biting the tongue technique; the deep breathing technique; the analytical overviewing technique; the acting in the counterflow of intrusive ideations technique; the cosmoethical snobbery technique.

Laboratoriology: the conscientiological laboratory of the vibrational state; the conscientiological laboratory of Permanintfreeology; the conscientiological laboratory of Thosenology; the conscientiological laboratory of Cosmoethicology.

Collegiology: the Invisible College of Permanintfreeology.

Effectology: the effects of parapsychic extrapolations in the creation of references of intimate homeostasis; the repercussive effects of intimate non-conflictivity enhancing the atmosphere of conviviality; the effects of deintrusion in breaking the chain of en route accidents; the blocking effect of the preservation of multimillennial woes.

Neosynapsology: the formation of benign and deintruding neosynapses.

Cycology: the dexterity in the cycle symas-symdeas; the readiness in the cycle error-rectification-success; the definitive suspension of the revenge cycle; the clarity regarding the unproductiveness of the cycle think bad- evoke intruders-strengthen disaffection-feed pathology.

Enumerology: the self-positioning of extinguishing immaturity outbursts; the self-positioning of preserving a healthy psychosphere; the self-positioning of conserving balanced humour; the self-positioning of keeping prolific thoughts; the self-positioning of confirming cosmoethical self-intention; the self-positioning of cooperating with interconsciential peace; the self-positioning of exemplifying consciential health.

Binomiology: the binomial self-intrusion-hetero-intrusion; the refinement in the binomial self-criticism-heterocriticism; the disparagement of the binomial big ego-pride; the healthy conviviality through the binomial admiration-discordance; the intelligent theorice of the binomial attachment-detachment leading to mature dealing with individual possessions and freedoms; the fraternism in the binomial self-unforgiving-heteroforgiving.

Interactiology: the interaction self-intrusion-bad intention; the interaction self-deintrusion-empathic presential strength; the interaction orthocognition-orthobehaviour.

Trinomiology: the trinomial good intention-cosmoethical discernment-assistential praxis.

Polynomiology: the polynomial steady will-cosmoethical intention-efficient self-organization-evolutionary determination; the avoidance of the self-intruding polynomial perceptive distortion-paraperceptive distortion-cognitive distortion-mnemonic distortion.

Antagonismology: the antagonism well-being / malaise.

Paradoxology: the paradox of the breaking of intrusive bonds allowing interassistential rebonding between the same consciousnesses; the paradox of the option for evolutionary well-being comprising an ephemeral malaise in assistential symases.

Legislatiology: the *law of the greatest effort*; the self-awareness regarding the *law of the return*.

Philology: *decidophilia*; *neophilia*; *energophilia*; *parapsychophilia*; *recinophilia*; *inter-assistantiophilia*; *evolutiophilia*.

Holothecology: the *volitiotheca*; the *energosomaticothesca*; the *epicentrothesca*; the *intrusionfreetheca*.

Interdisciplinology: the *Volitiology*; the *Self-Deintrudiology*; the *Self-Intrusionfreeology*; the *Self-paraperceptiology*; the *Energosomatology*; the *Prioriology*; the *Decidology*; the *Holomaturology*; the *Conscientiometrology*; the *Conscientiotherapy*.

IV. Profilology

Castology: the *lucid conscin*; the *lucid human bait*; the *permanent deintruded being*; the *interassistential being*; the *encyclopaedic conscin*; the *cosmoethical sceptical optimistic conscin*.

Masculinology / Femininology: the *self-decider*; the *intermissivist*; the *communicologist*; the *conscientiologist*; the *conscientiometrist*; the *conscientiotherapist*; the *conviviologist*; the *duoist*; the *duologist*; the *proexist*; the *proexologist*; the *lucid epicon*; the *evolutient*; the *exemplarist*; the *existential recycler*; the *existential inverter*; the *penta practitioner*; the *paraperceptiologist*; the *conscious projector*; the *systematist*; the *volunteer*; the *one who does work*; the *action man*; the *action woman*; the *deintrusiologists*.

Hominology: the *Homo sapiens decidophilicus*; the *Homo sapiens prioritarius*; the *Homo sapiens teaticus*; the *Homo sapiens energovibrator*; the *Homo sapiens tenepessista*; the *Homo sapiens desobsessus*; the *Homo sapiens desassediator*.

V. Argumentology

Exemprology: the *faltering* option for self-deintrusion = the *lucid conscin's* positioning, while still in the condition of pre-permanintfreeness regarding self-hygenizing actions; the *definitive* option for self-deintrusion = the *self-uncorrupt conscin's* positioning, when already solidified in the condition of self-permanintfreeness, through self-hygenizing actions.

Culturology: the *culture of prolific intellectuality*; the *culture of Cosmoethicology*; the *culture of megaeuphorization*.

Self-deceptiology. In the ambit of *Imagisticology*, here are in alphabetical order, at least 6 erroneous self-convictions about reality, capable of stopping proactive movement toward the attainment of self-deintrusions:

1. **Easy life:** the illusion of human life as being easy for oneself or as being easy for someone else. Admission of the universality of intraphysical difficulties as the base of the effort to soften and overcome the hardships of opening one's evolutionary pathways.

2. **Perfect conviviality:** the illusion of absolute interconsciential affinity generating relationships without any arguments. Admission of fraternal coexistence as the daily construction as the base of the effort to contribute one's personal portion towards harmony in inter-relations.

3. **Possible heterocure:** the illusion of the existence of something or someone capable of totally solving personal problems. Admission of the priority of self-cure as the base of the effort towards self-remission of multiexistential ailments to implant holosomatic homeostasis.

4. **Spontaneous solution:** the illusion that remaining still, in the comfort of inertia, will result in everything righting itself. Admission of the work required for consciential success as the base of the effort to produce improvements in one's existential context.

5. **Suffering destiny:** the illusion of self-martyrdom as being a way to purge self-guilt. Admission of the uselessness of suffering as the base of the effort to recompose past mistakes in an interconscial atmosphere optimized by contagious intimate joy.

6. **Vivifying emotion:** the illusion of emotional exacerbation as the way to feel alive. Admission of the superiority of anti-emotionalism as the base of the effort to balance emotions for a multidimensional, rational, affective, serene and hyper-alive experience.

Therapeuticology. Here are, as examples, in alphabetical order, 3 empowering investments of a conscin in deintruding actions, and self-tests that incentivize the option for self-deintrusion:

1. **Authentic self-cognition.** Self-knowledge based on sincere self-criticism enables one to foresee and inhibit subcerebral reactions and, with that, avoid conscial embarrassments and dramas. Facing an intrusive situation, ask yourself: are there intimate perturbations? What is the degree of self-control of the emotional reactivity? Is it possible to impartially *oversee* and discern? Is the best posture at that moment to act or to wait for a more favourable occasion?

2. **Prophylactic readiness.** Investment in holosomatic control based on uninterrupted self-conditioning enables identification of alterations in one's operating pattern and, with that, act to nullify sick interferences. In an intrusive situation, ask yourself: is this the intimate state that was chosen to live? Who is favoured? Are there any pseudo-gains in maintaining it? What is the best technique to be immediately applied until fully rebalancing the holosoma?

3. **Realistic thought.** Reasoning based on facts and parafacts enables one to identify fantastic speculations and, with that, deconstruct intimate irrationalities. In the face of a self-intrusive idea, ask yourself: Is this statement based on reality? Are there objective indications? Do they fit in evolutionary logic? What action can be taken to timely check the veracity of this idea?

VI. Conclusion

Referenciology. Through the criteria of *Mentalsomatology*, here are, for example, in alphabetical order, 10 entries from the *Encyclopaedia of Conscientiology*, and their respective specialities and central themes, that evidence a direct relationship with the option for self-deintrusion, and are indicated to expand the most exhaustive, detailist approach of interested researchers:

01. **Lucid epicon (Epicon lúcido):** Evolutiology; Homeostatic.
02. **Megalevel of self-awareness (Meganível da autoconsciência):** Imagisticology; Homeostatic.
03. **Option for correction (Opção pela correção):** Optionology; Homeostatic.
04. **Pre-permanintfreeness (Pré-despeticidade):** Self-permanintfreenology; Homeostatic.
05. **Permanintfree being (Ser desperto):** Permanintfreenology; Homeostatic.
06. **Parapsychic tare (Tara parapsíquica):** Interassistantiology; Homeostatic.
07. **Self-intrusion (Autassédio):** Parapathology; Nosographic.
08. **Self-deciding (Autodecisor):** Evolutiology; Homeostatic.
09. **Self-deintrudability (Autodesassedialidade):** Self-conscientiotherapy; Homeostatic.
10. **Self-fiction (Autoficção):** Self-intrudiology; Nosographic.

THE OPTION FOR SELF-DEINTRUSION IS THE MOST CORRECT, INTELLIGENT, LABORIOUS, COURAGEOUS, COSMOETHICAL, INTERASSISTANTIAL AND PRIORITY ALTERNATIVE TO BE AN EVOLUTIONARY CATALYSER FOR EVERYBODY.

Questionology. Reader, do you consider the conquest of self-permanintfreeness feasible in this human life? On a scale from 1 to 5, what is the level of your self-efforts to achieve this goal?

Specific Bibliography:

1. **Vieira, Waldo; *Homo sapiens reurbanisatus***; 1,584 p.; 479 chs.; 139 abbrevs.; 597 enus.; 413 loanwords; 102 films; 40 illus; 7 indices; 3 infographics; 102 synopses; 25 tabs.; glos. 241 terms; 7,665 refs.; alpha.; geo.; ono.; 29 x 21 x 7 cm; enc.; 3rd Ed.; *Associação Internacional do Centro de Altos Estudos da Consciencologia* (CEAEC); Foz do Iguaçu, PR; 2004; pages 458 to 464 and 1,025 to 1,035.

2. **Idem; *700 Experimentos da Consciencologia***; 1,058 p.; 700 chs.; 147 abbrevs.; 600 enus.; 8 indexes; 2 tabs.; 300 tests; gloss. terms; 5,116 refs.; alpha.; geo.; ono.; 28.5 x 21.5 x 7 cm; enc.; *Instituto Internacional de Projeciologia*; Rio de Janeiro, RJ; 1994; pages 403, 462 to 483, 626, 644 to 650, 659 to 666 and 734 to 748.

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