

STEP-BY-STEP ON AUTHORIZING YOUR FIRST CONSCIENTIOLOGICAL BOOK

VICTOR STRATE BOLFE

VOLUNTEER OF THE *INTERNATIONAL INSTITUTE OF PROJECTIOLOGY AND CONSCIENTIOLOGY* (IIPC).
victorbolfe@gmail.com

ABSTRACT: This paper aims to assist, clarify, and guide intermissivists on the step-by-step process to publish their first conscientiological book, and facilitate getting past this evolutionary bottleneck essential to the fulfilment of their proexis. The article is based on the author's experience with his first book: *Vibrational State: Experience and Self-qualification*, published in 2020.

Keywords: First authorship, First work, First book, First conscientiological work, Step-by-step.

INTRODUCTION

Certainty. In general, an intermissivist integrated into the International Cosmoethical Conscientiological Community (ICCC) does not have great difficulty in understanding the need to publish gescons for the complete fulfilment of their proexis.

Doubt. However, it is common, especially for newcomers to the ICCC, to have plenty of doubts regarding the process of authoring a conscientiological work, especially the first one.

Bottleneck. Overcoming the difficulties of writing the first conscientiological book can be seen by the conscin as a seriexological challenge, assuming the low probability of them having previously published, in a retrolife, a book with an identical proposal – clarification.

Production. The publication of the first book represents the major factor triggering the start of the proexist conscin's book production series, aiming to pave the way to their megagescon further ahead.

Steps. From the author's perspective, the ten main steps for intermissivists to publish their first book are listed below in a didactic order:

1. **Research.** Conscientiological in practice.

A. **Paradigm.** Deepening the theory and practice of the conscinial paradigm.

B. **Overcoming.** Experiences of evolutionary overcoming.

C. **Cognition.** Acquisition of cognition inherent to such overcomings.

2. **Writing.** Graphothosenity.

A. **Systematization.** Organization of cognition.

B. **Writing.** Transcription of cognition.

3. **Reviews.** Feedback, reviews, and critique.

4. **Checks.** Checks of what has been written.

5. **Maturation.** Maturation of the book.

6. **Completion.** Completion of the project.

7. **Editing.** Editorial process.

8. **Publication.** Launch of the work.

9. **Dissemination.** Marketing of the book.

10. **Follow-up.** Developments from the first edition.

Notice. The steps listed above are merely didactic and intended to serve as guidelines for intermissivists interested in authoring their first book. This is just one way to approach the writing process.

Support. It is important to emphasize that there are several support tools to assist one to write books. Currently, the *International Union of Conscientiological Writers* (UNIESCON) has made the following six tools available to intermissivists – listed below in alphabetical order:

1. Author formation course.
2. Graphothosenic advisory service.
3. Immersion in writing.
4. Mentalsomatic self-deintrusion course.
5. The *Scriptor* journal.
6. Writing workshops.

Autodidacticism. Of course, the exercise of autodidacticism forms the main basis for the author's learning, and for their success in writing the first book.

STEPS

Steps. The proposed step-by-step process for authoring the first conscientiological book will be exemplified and expanded below in these twelve steps, presented in didactic order:

1. RESEARCH

Research. It takes place through conscientiological practice, that is, the study of the consciousness by the consciousness, using the various techniques, tools, and ideas proposed by conscientiology.

Overcoming. Deepening and intensifying conscientiological practice when done in a successful way results in certain evolutionary overcomings.

Cognition. In this process, after achieving some level of overcoming, the conscin will hold on to the cognition resulting from that specific evolutionary moment. This will be the intellectual *juice* to be shared in their book.

THE ESSENCE OF A CONSCIENTIOLOGICAL BOOK IS TO ENABLE THE AUTHOR TO SHARE THE CLARITASKAL INTELLECTUAL JUICE RESULTING FROM PERSONAL EVOLUTIONARY OVERCOMINGS.

Two. There are two different challenges: to retain specific evolutionary cognition and being able to share it through writing.

Range. Conscientiology is very broad and there are several areas that can be studied in greater depth, depending on the resourcefulness, affinity, and proexological challenges of each conscin.

Equilibrium. Going deeper into a conscientiological aspect does not mean lagging behind or neglecting others. On the contrary, movement, when healthy, ends up catalysing the development of other areas.

Types. Didactically, the relationship between research and writing can be divided, for example, into two types, as listed below in alphabetical order:

1. **Ineffectual.** The author decides to organize the content in book format after they have experienced the facts they are writing about. This tends to happen more often in a first book.

2. **Purposeful.** The author establishes the research topic, already with the objective of publishing a book, even before having the necessary experiences. The research topic can be established based on the area with the greatest potential for self-overcomings, so that the author can acquire more evolutionary cognition.

Paradox. Currently, there are many intermissivist colleagues with extensive experience in overcoming challenges, and therefore capable of producing several books, but who have not yet written them. At the same time, there are others who have a great desire to write their first book, but still lack sufficient experience.

Possibility. In this author's view, it is possible to organize the information simultaneously with the occurrences of the overcoming, especially the knowledge with the most relevant effects on the evolution of the author conscin.

IT IS PRODUCTIVE TO ORGANIZE INFORMATION CONCOMITANTLY TO THE OCCURRENCES OF THE OVERCOMING, PARTICULARLY WHEN IT REGARDS EXPERIENCES WITH MORE SIGNIFICANT EFFECTS ON THE EVOLUTION OF THE WRITER CONSCIN.

Pre-writing. While the acquisition of the specific evolutionary cognition to be shared consolidates, the conscin can test it in different ways, aiming to mature the ideas, and the five options listed below in didactic order are suggested:

1. **Debate.** Submit your ideas to conscientiological debates.
2. **Course.** Present your ideas in conscientiological courses.
3. **Article.** Write articles and publish them in conscientiological journals.
4. **Verbet.** Propose an entry for the *Encyclopaedia of Conscientiology*.
5. **Specific.** Propose a specific course on the topic of your future book.

Relevance. The pre-writing process of the book forms part of the research and is the foundation to make it feasible, being very important for the validation of ideas with other ICCC peers. After all, they are generally the first target-audience of the book you publish.

2. WRITING

Writing. Writing is the transcription of a conscin's evolutionary cognition.

Guidelines. To guide the writing of the book, it is interesting to consider the following 16 items, listed below in a didactic order:

1. **Topic.** Define the specific topic to be addressed and clarified in the book. It is important to be very explicit in the title and subtitle.

2. **Target-audience.** Define your target-audience, that is, the type of reader the book is intended for. In this author's view, the main audience of conscientiological books is, naturally, intermissivists. Even so, you will still need to decide whether you are also targeting first timers, or not. Defining your target-audience will help guide you through several aspects of your book writing: presentation, writing style, language, approach, examples, analogies, graphics, and images, for instance.

3. **Objective.** Become aware of the reasons why you are writing a conscientiological book. In this author's view, the main reason is to share evolutionary cognition, in an organized, didactic, logical, technical, and objective way, with a well-defined purpose, aiming to assist the reader's conscinental evolutionary process. It is important to clearly identify the altruistic intent of the conscientiological book to avoid the counterflows of spurious motivations such as competitiveness and vanity, among others.

4. **Purpose.** Define the specific clarifying role of your book. First time authors may show a tendency to write all the ideas relevant to the topic, and even some that are not related, if this point is not well defined. The clearer the purpose of the work, the better the writing will flow.

5. **Approach.** Use a scientific approach.

6. **Organization.** Use logic in the choice of title, subtitle, flow of chapters, subchapters and paragraphs, and accuracy in the choice of words.

7. **Convergence.** Write so that information converges with the main clarification purpose of the book.

8. **Focusing.** Maintain focus on the established topic when writing, avoiding dispersion.

9. **Objectivity.** Write objectively. How much you write should only be guided by good performance targeting the desired clarification task of the book. Too much may jeopardise its quality and unnecessarily waste the reader's time.

10. **Didactics.** Use didactic resources, for example, analogies, examples, testimonials, figures, and graphs.

11. **Formatting.** Establish stylistics and the basic formatting model. When this is done right from the start, it tends to optimize the time spent writing.

12. **References.** From the beginning, write down all reference sources used.

13. **Exhaustiveness.** Examine the main works already published on the same subject, both internal and external to conscientiology, preferably accessing original sources, aiming to be exhaustive in your research.

14. **Originality.** Show some level of originality in the work, in the form of verpons, ideas, research, approaches, or new techniques.

15. **Theorice.** Sticking to more theoretical matters will yield greater multidimensional clarification and positive effect of the book.

16. **Focus.** During the writing of the first book, it is interesting to focus all energy on this work and avoid writing other books in parallel. However, it is possible to gather and organize information you will use to produce other pieces you wish to publish further ahead.

3 - REVIEWS

Reviews. Assistance from other conscins to read, gauge, criticize, and comment on the book, generating feedback to be used by the author in the writing and maturation of the work.

Types. Reviews can be separated in three classifications, as exemplified below in a didactic order:

1. Institutional. It can be carried out through technical and formal preceptorship performed by a conscientiocentric institution (CI). So far, the one available to this effect is the UNIESCON. This author recommend having one or more reviews carried out by UNIESCON members during the writing of your first book.

2. Technical. Performed by veteran conscientiology researchers. These reviews mainly help with regards to the technicality of your book's content, particularly if the reviewer has research related to the topic of your work.

3. Simple. Reading feedback provided by different people at the request of the author, for example, family, friends, and acquaintances. Reviews of this nature can help realize the clarifying capacity of your book.

Challenge. It is 100% up to the author, and epicentre of the book, to look for reviews and the challenge of gathering and filtering all the notes received, using them constructively to produce the book.

Qualification. Reviews, when well used by the author, contribute greatly to the qualification of the work.

Anticipation. You should not wait until the book is finished to start having it reviewed. Even at the beginning, when the author already reached 51% of the work or even less, with only the main guidelines, it is already possible to carry out an institutional review.

4. CHECKS

Checks. There are some proposed checks to be carried out by the author during the production of the book, such as the following 16 questions, listed below in didactic order:

1. Thematic. Is the theme permeating the whole book? Do the title and subtitle clearly express the clarifying purpose of the work?

2. Target-audience. Is the information serving the target-audience of the book?

3. Objective. Is the purpose of a conscientiological book being met? Is the author's altruistic motivation clear to you? Is it evident in their writing?

4. Purpose. Is the book fulfilling its main purpose of clarification?

5. Approach. Is the approach scientific, with no remnants of mysticism or religiosity?

6. Organization. Is there logic in the choice of title and subtitle? Are the chapters, sub-chapters, and paragraphs linked? Do the words used accurately spell out the author's ideas?

7. Convergence. Is the information converging with the main clarification purpose of the book?

8. Focusing. Does the information adhere to the proposed topic?

9. Objectivity. Is the information presented in an objective way? Are there unnecessary ideas or words, which do not add to the clarification proposed in the book?

10. Didactics. Were enough didactic elements used?

11. Formatting. Were the stylistics and basic formatting model established by the author?

12. References. Have all the references used in the work been collated and quoted in an organized manner?

13. Exhaustiveness. Have the main reference sources of the subject-matter been consulted?

14. Originality. Are any original elements being presented?

15. Theorice. Did the author seek to provide clarification based on their theorice?

16. Focus. Did the author focus all attention and energy on completing the first book?

5. MATURATION

Process. There is an important maturation process to be observed during the development of each work.

Variable. The time elapsed in the process may vary according to the dedication of the author to the research, writing, reading, rereading, and revisions, both those done by themselves and provided by third parties.

Actions. There are several actions that can occur during the process of maturation of a book as per the following three examples, listed below in alphabetical order:

1. Add. Elements necessary for better clarification.

2. Rephrase. Writing for greater clarity and better organization of information.

3. Remove. Writings not pertinent to the clarification intended by the book.

Mature. Realizing when the book is mature is part of the challenge and learning curve for the author. Institutional reviews can contribute to this.

6. COMPLETION

Closing. The book is ready to be published when the author decides it is mature enough to be sent to the conscientiological publisher.

Doubt. At this point, it is important that all doubts about the contents and organization of the book are quenched because the publishing house is not the place to mature a book, only to edit it. If the contents or

organization are inconsistent, it may be more helpful to continue with institutional reviews.

Detailism. Perfection should not be sought for there is no work that cannot be improved or enlarged. The ideal is to look for detail in the sense of going as deeply as possible in the elaboration and presentation of the contents, aiming to meet with quality the intent of clarification proposed in the book.

7. EDITION

Advice. After the book is finished, the author will submit the material to the conscientiological publisher (EDITARES), to be assessed.

Feedback. The advice returned can be positive or negative. If the book was rejected, the reasons will be explained to the author, as well as possible adjustments needed. If approved, the editing process can begin.

Time. The editing process will go through different steps and may take an average of twelve months or more, depending on the finishing conditions in which the material is delivered and the number of pages of the book.

Steps. In the process, several reviews will be made and returned to the author to accommodate them in the book. During this period, it is up to you to wait for the steps and respond with quality and speed to each feedback received.

Layout. At the end of the editorial process, the layout takes place and there will be a deadline for defining the cover, back cover, spine, and texts for the book flaps.

8. PUBLICATION

Publication. After editing and layout are finished, the information necessary for printing the book is defined, among them, type of paper, print run figure, contracted printing company, in order to finally carry out the publication.

Sales. After printing and receiving copies from the publisher, the book is finally available for sale at partner bookshops.

9. DISSEMINATION

Dissemination. The dissemination of the book is carried out by the publisher and the bookshops, generally with participation of the author who is the principal party interested in having the book reaching its audience.

Release. The traditional event for launching a work is relevant to the dissemination and, later, there are several ways to continue the dissemination process, as per these

three following hypotheses, listed below in didactic order:

1. **Events.** Book launches in other cities.
2. **Lectures.** Local, travelling, or online.
3. **Courses.** Local, travelling, or online.

10. FOLLOW-UP

Continuity. The *post-factum* process following the publishing of the work is rather interesting, and can be triggered and accompanied by the author, namely through the following three steps, listed below in didactic order:

1. **Reedition.** Corrections, adjustments, improvement, and uninterrupted enrichment of the book throughout life as necessary, resulting in the publication of new editions.
2. **Types.** Making the book available in different options such as print-on-demand (PoD) and ebook.
3. **Languages.** Translations of the book into different languages. It usually makes more sense to start with English, and then Spanish, etc.

TRANSECTIONAL ITEMS

Items. There are two transectional items running through all ten steps, which are highly relevant to successful authorship, and they are listed below in alphabetical order:

1. ENERGY DEMAND

Demand. All claritask assistance implies a personal energy demand proportional to the evolutionary effects resulting from its completion.

First. The first conscientiological book, generally, brings elevated repercussions to the author's evolutionary process, hence generating a considerable energetic demand.

Steps. Thus, energy work needs to be taken seriously, and even intensified by the conscin throughout the whole process of the book, and all the steps discussed above.

Intensification. Energy mobilizations and monitoring of personal energetic signals should be intensified, especially during activities directly related to the book.

Bottlenecks. Eventually, the author may even notice bottlenecks of greater energy demand during some critical stages of the book's maturation, which are vital to make the publication viable.

Brake. If the energy demand required in authoring is not met, it may act as a brake, reducing the quality of the work by postponing, or even frustrating its completion.

Resilience. If the conscin meets the requirement, the whole process can result in the qualification of their personal energetic capacity.

2. STORAGE

Storage. From Research (item 1) to Follow-up (item 10), it is important to keep all files in an organized way and store them safely, preferably in the Cloud, and periodically back them up.

Motivation

Share. In this author's view, the main motivation of intermissivists to write should not be focused on need, or even on the proexological obligation to publish gescons, but on the altruistic and rewarding objective of sharing, in a didactic and organized way, information highly relevant to consciential evolution, acquired through personal experiences and overcomings.

THE MOTIVATION FOR WRITING SHOULD NOT JUST BE FOCUSED ON THE PROEXOLOGICAL NEED TO PUBLISH GESCONS, BUT ALSO ON THE ALTRUISTIC AND REWARDING OBJECTIVE OF SHARING INFORMATION RELEVANT TO THE EVOLUTION OF EVOLUTIONARY COMPANIONS.

Similarity. The concern with publishing a book on a topic already addressed in other conscientiological works should not affect or discourage the conscin. As long as there is evolutionary cognition to be shared, it is worth writing and publishing.

Opportunity. The intermissivist conscin should seek to make the most of the current great ease of researching, writing, and publishing books. There are numerous tools provided by conscientiology in all areas, configuring a unique seriexological opportunity.

Effect. A book allows its author to share personal evolutionary cognition with other evolutionary companions in an organized, didactic, wholesale, uninterrupted, simultaneous, and self-sufficient manner, exponentially expanding the interassistential process.

Conclusion

Challenge. Undoubtedly, authorship of the first conscientiological book represents an important

challenge for intermissivist conscins and involves overcoming numerous issues.

Proexis. However, one's proexis is precisely achieved through the gradual overcoming of self-proposed challenges. The conscin's effort, dedication, altruistic motivation, and determination all steered in the right direction are decisive factors in this process.

Recommended reading

UNIESCON; *Preceptoría Autoral Conscientiológica* (Conscientiological Authorial Preceptorship); journal *Scriptor*; Foz do Iguaçu, Parana, Brazil; n. 8, year 6, 2017, p. 4 – 12 (only available in Portuguese as at July 2023).

Victor Strate Bolfe is a civil engineer with a degree from the Federal University of Santa Catarina (UFSC), and is an Iridologist graduated from the Brazilian Institute of Iridology (INBRI). He was born in São Miguel do Oeste, state of Santa Catarina, Brazil. After the first contact with conscientiology in 2015, at the age of 27, he became a volunteer, existential inverter, verbetographer and penta practitioner in 2015, and an instructor in 2017. The author has so far published the book *Vibrational State: Experience and Self-qualification* in Portuguese (to be published in English, in 2023) and six verbets for the *Encyclopaedia of Conscientiology*. Currently, he is a volunteer at the *International Institute of Projectiology and Conscientiology* (IIPC).