

# Invitation to read

## Vibrational State and Energy Resonance

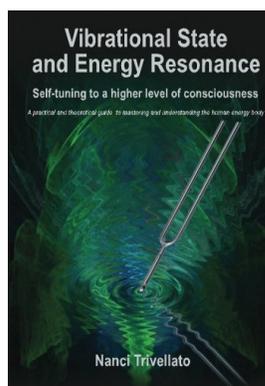
Self-tuning to a higher level of consciousness. A practical and theoretical guide to mastering and understanding the human energy body

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When speaking of the Vibrational State, we are not referring to a condition of our physical body, but of our energosoma: a complex structure bridging our intraphysical condition with the “subtler,” extra-ordinary (extra-physical) aspects of our manifestation.

The first time I experienced a vibrational state, I wasn’t aware of the existence of this particular condition. It happened to me more than fifteen years ago, in a totally spontaneous way, with an intensity I have not been able to experience again since. It was during a group therapy session, and I remember that I was doing a visualization exercise, eyes closed, which consisted of visualizing a person from my past, to check if a residual “energetic chain” was still binding us. While doing the exercise, I did not interact with the other persons in the room, and I was very calm. I visualized the chain, took it in my hands, then, in a decisive way, I severed it. Following this simple movement, something



totally unexpected happened to me, which at the time I described with the following exact words:

*“All of a sudden my body started to vibrate with an unbelievable energy, and successively a deep pain and sadness escaped from me. The energy circulating in my body and throughout my hands was so intense that I could not stand, and I fell on my knees. I was grateful for this gift of energy, which allowed me to free myself from my pain and sadness. I observed that my body was crying heavily, but within myself I felt totally supported, and happy that I could offer myself an experience so intense and beautiful. An amazing vibrational form of energy was crossing my entire body. I didn’t know how it looked from the outside, but my impression was that I was about to dematerialize, and asked myself if the other persons in the room were still able to see my body. Later on, the therapist told me that he had felt a very strong energy around my person, which at first even caused him to recoil. The phenomenon lasted about a quarter of an hour, with the vibrations gently diminishing, leaving me a bit dazed and without any hunger that evening.”*

Five years following this experience, I came across some intriguing “subtle energy” research, based on experiments with inert gases. The person involved in these studies, with whom I corresponded for some time, described to me for the first time, in specific terms, that “sense of vibration” which is usually associated with the “take off” phase of an out-of-body experience. He also told me that a “vibrational state exercise” existed, that one could practice to promote such a condition. A few years later, this brought me to London, at the office of the *International Academy of Consciousness* (IAC), to attend their award-winning course *Consciousness Development Program* (CDP). It was then that I met for the first time *Nanci Trivellato*, in her role of teacher and director of the research department.

Attending the CDP course helped me to clarify many aspects of my previous energetic experiences. In particular, it was now clear to me that the powerful vibration that shook my entire person years before was almost certainly the result of an intense energetic shower promoted by the extraphysical helpers who were working with the group, which activated in my energosoma and psychosoma an intense and long lasting *vibrational state* capable of deeply cleaning my energetic sphere of old, congested energies.

If the self-researcher in me was happy to have found, in the author and her colleagues, a group of very competent and committed people, teaching and researching the evolution of consciousness in a very open and critical way (a rare binomial in the present “new age”), always balancing the theoretical and practical aspects of their activities, the physicist in me, inevitably, remained with more questions than answers, regarding the true nature of many of the subtle phenomena that I could experience firsthand.

For instance: What was truly vibrating in my vibrational state? And what did the frequency of these vibrations refer to? Also, when we perceive an increase of the frequency of the vibrations, when “moving” from the intraphysical to the extraphysical state, is this variation a subjective perceptual phenomenon, or an objective process, associated with quantifiable variations in the relative speed of some non-ordinary substance circulating in our energosoma? Can we still define a frequency, as we do in physics, when dealing with non-ordinary entities like our “subtle” vehicles, which so far have evaded any attempt to be measured by physical apparatuses, or to be consistently modeled in theoretical terms? And considering that the flow of time appears to constantly fluctuate in an out-of-body situation, with projectors having reported extremely long extraphysical experiences happening in very short intraphysical times, and vice versa, how can we even attach a proper sense to a notion of frequency and vibration, in such a hybrid interdimensional context?

The above are just examples of the questions I was asking myself at the time, when trying to understand the nature of the phenomena that we consciousnesses can experience, like the vibrational state, but cannot easily explain, particularly if we adopt an excessively reductive, mono-materialistic perspective. With pleasure, I observed that Nanci Trivellato, and her colleagues at the IAC, were not insensitive to these interrogatives, as they encouraged me to use my scientific training, as a physicist, and my mental openness, as a self-researcher, to possibly find in the future some new elements of clarification. This is important to emphasize, as nowadays we can find on this planet several organizations proposing different approaches to spirituality, but in most them the aspect of the research remains largely undervalued. This was not the case of Trivellato and her

colleagues, who instead were strongly committed in furthering their theoretical and practical understanding of the multifaceted subject they were teaching.

The difference between a person who is truly committed to a path of research (inner and outer), and one who is only mimicking it, is easy to discern, if one has the chance of observing the evolution of the person throughout the years. I have followed many courses and workshops offered by the author in the last ten years, and what I could observe is a steady progression not only concerning the quality of her teaching, but also of her understanding and contextualization of the subjects she teaches. I remember for instance how impressed I was when, during the *2nd International Symposium on Conscientiological Research*, in 2008, I listened to her detailed analysis of the “vibrational state exercise,” that she more technically renamed *voluntary energetic longitudinal oscillation* (VELO). The difference between what I had been taught until then, and could personally understand about this fascinating technique, and what the author was now able to explain and illustrate, in a very systematic and precise way, was truly remarkable, and demonstrated to me the amount and the quality of the research (and self-research) she has been conducting up to that time. Not for nothing, the article in which these findings were subsequently published, entitled “Measurable Attributes of the Vibrational State Technique” (republished in the present volume) received the first prize of the *2<sup>nd</sup> IAC Global Award for Scientific Contribution to Consciousness Science*.

At that time, I was offering a few courses in my small laboratory, which also included the practice of techniques taken from the tradition of yoga, probably one of the oldest self-research traditions of our planet. It was interesting for me to observe that the VELO technique, so lucidly analyzed and explained by Trivellato, had some points of correspondence with certain yoga practices, usually referred to as *kriya*, *pranayama* and *pranavidya*. Thus, I decided to also include her analysis of the energosomatic attributes in my courses, exploring the possibility of integrating the VELO technique with some of the yoga’s pranayama, in the spirit of an ongoing research possibly bridging the knowledge of the past with our most recent understandings.

Shortly after its publication in the *Journal of Consciousness*, in English and Portuguese, the author's award-winning article was also published in Italian, in the first issue of the journal *AutoRicerca*, of which I am the editor, as it was very clear to me that this was a text of great importance in the "inner technology" panorama. Also, her demystified approach to the energy work was more than needed in a country like Italy (but not only), where, because of religious conditionings, many individuals still believe that "moving energy" can be dangerous for one's "spiritual health."

But let me spend a few more words on this little gem of a book. This is a text with many qualities. The most important one, from my viewpoint, is that it is a truly original contribution. Too often we find, on the shelves of the libraries, volumes that are new only in their titles and dates of publication, but whose contents are nothing more than a long paraphrase of previous writings. This is particularly true in the field of spiritual research, where hardly anything new is ever written, partly because there are many who like to speak and write, but very few who are dedicated to an authentic exploration of the frontiers of our knowledge. The author is one of these few, and *Vibrational State and Energy Resonance* is the proof that new ideas and real progress are possible even in this difficult field of investigation.

Trivellato's book is also a much-needed contribution, as it is a rare example of what a seriously conducted co-operative research, using first-person and second-person methods, can accomplish. This is important because most academic researchers today remain pretty much adverse to any form of special training to obtain more reliable, lucid and self-controlled perceptions, particularly when these concern the more "subtle" aspects of our manifestation. But it is also clear that a scientific debate can only be based, in ultimate analysis, on experimental evidence, and since for the time being we humans appear to be the only instruments that can measure "subtle" energies and work with them in a controlled way, we have to learn, in fits and starts, to have finer grained and better controlled perceptions if we want to study their phenomenology in a more systematic way, and possibly find new explanatory models.

In that respect, Trivellato's book is not only a text filled with new intuitions and findings, obtained thanks to her long experience as a self-researcher and facilitator of other energy workers: it is also a very detailed practical manual, in which one can find clear indications on how to efficaciously work with one's bioenergy and master the fundamental VELO technique, to obtain vibrational states of increased quality.

No need to say, working with the energosoma (energy body), and studying its properties, is a very delicate task. Indeed, this is an entity that, in our ordinary intraphysical state, is deeply entangled (i.e., deeply connected) with our physical body. Therefore, our perceptions, particularly in the beginning of our practice, will necessarily be of a hybrid nature, coming from both our energosoma and our soma. This is one of the obstacles a self-experimenter needs to face, which is almost like a paradox to solve: that of discriminating two entities which we initially perceive as one. But as Trivellato demonstrates in her book, with some perseverance, and the right information, it is certainly possible to experientially separate them, and concentrate with increased efficiency and efficaciousness only on the subtler energosomatic paraperceptions, and the energopsychomotor abilities that are associated with them.

This is precisely what the author has done for us in her brilliant work: thanks to her didactical and thorough analysis, she has disentangled for us the "holosomatic machine," showing how we can work, in a selective way, on some of its parts, thus increasing our ability not only to act on our extraphysical manifestation, but also to create a personal energetic condition which is more favorable to our consciencial evolution.

While awaiting for the author's future works, I'm certain that *Vibrational State and Energy Resonance* is a text that I will study and practice for quite some time, and I can only encourage its readers to do the same, be they scholars or lay people with some genuine interest in the research and development of their multidimensional consciousness.