

Vibrational aesthetics and education of consciousness in the process of integral health



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ABSTRACT

This article highlights the research on Vibrational Aesthetics (PARODE, 2004), its relationship with health and education, based on what I call, Consciousness Education for Integral Health. From an interdisciplinary and transdisciplinary qualitative approach, it brings as its foundation the holistic and integral perspective of human development, having as background references studies on Quantum Physics, Neuroscience, Transpersonal Psychology and other areas of knowledge and knowledge, in addition to theory Complexity (MORIN,2001), Multidimensionality (PARODE,2004) and Transdisciplinarity (NICOLESCU,2002). The challenge of this study is to problematize the relationship between body and consciousness, based on Vibrational Aesthetics in its applied bias. The study aims to understand the complex and empirical relationship of energy fields (emotional, mental, spiritual bodies), which are articulated with the biological physical body in the human body, in its vibrational perspective in relation to an existential projection of the being in time and space, in multi dimensions. The study also

aims to highlight, through education from a perspective of Consciousness Education and Multidimensional Vibrational Therapy, the importance of processes related to the Wholeness of the Being (PARODE, 2007) for Integral Health (PARODE, 2010). Aesthetics here, beyond a theory, expands its approach to the field of pragmatic action in relation to Integral Health, enhancing a unity between body, mind, emotion and consciousness. Vibrational Aesthetics, so to speak, is the Aesthetics of Consciousness, which makes it possible, from Consciousness Education and Multidimensional Vibrational Therapy, to fully encompass body-nature-culture and cosmos as a Unit that can generate Integral Health and the fluidity of the Being in the world. In this approach to aesthetics, education and health, we identify Vibrational Aesthetics as an area of knowledge capable of generating awareness of disease prevention, for integral health, that is, of the physical and vibrational body (PARODE,2019). Through not only education for nutrition and food intake, but also for the qualification of human vibrational fields (mental, emotional and energetic). It is in this relationship between Aesthetics, Health and Education, that we perceive the vibrational field as an articulator of the different layers between the individual and their terrain, an existential locus capable of a projectual and at the same time cosmic consciousness. Hence the importance of Vibrational Aesthetics for configuring another philosophical approach regarding the issue of Health, which is multidimensional and which can certainly contribute to Integral Health and the human development of the Being in the world.

Keywords: Vibrational Aesthetics, Consciousness Education, Integral Health.

1 INTRODUCTION

To understand the processes that involve Vibrational Aesthetics and Health, this qualitative and transdisciplinary research is based on a literature review carried out from 2021 to 2022. Vibrational Aesthetics (PARODE, 2004) is a theory that moves in the field of Art theories, being built by the



principle of *reconnection of knowledge* (MORIN, 2001), involving different areas of knowledge to account for the complexity of human life. Theory that is based on Quantum Physics, Neuroscience, Psychology of Consciousness, Biology, Ecopedagogy, Hermeneutic Phenomenology, Multidimensional Philosophy and other areas of knowledge and knowledge. Vibrational Aesthetics is a theory arising from experiments in the field of Arts, Health and Education, articulating thought and practice between the sensible and the intelligible, which is based on the concepts of Consciousness, Continuous and Discontinuous, Aesthetic Experience and Symbolic Imagination, Language and Communication, which is constituted as a whole, from the understanding of the relationship between the Human Vibrational Fields, of Nature and Cosmos, postulating as a principle the fruition between the different dimensions of the human and its *existential locus*. This perspective creates its own cosmology between the internal and external aspects of the body, seeking to establish balances through aesthetic assemblages, homeostasis between the vibrational layers of the bodies.

It is through the notion of unity between bodies and nature, a single, multiform substance with different intensities, power and vibrations, that we identify an approximation between Spinoza's Ethical and Political Thought and Vibrational Aesthetics. It would be in the relationship between the One and the Multiple and the possible interactions, being able to generate what Spinoza defines, in the theory of affects, as joyful passion or sad passion. A body, in this perspective, can compose with another body and thus expand its potency, a joyful passion, or it can annihilate another body, generating a sad passion. By referring to Vibrational Aesthetics, we understand the importance of these compositions and interactions of the physical and vibrational bodies, which are constituted in different frequencies and vibrations.

The approach of Vibrational Aesthetics has as its reference the energy that is produced and emanates from the bodies; *élan vital* as Bergson (2005) would say. It starts, therefore, from a thought about the aura, *élan vital*, or even, as Parode (2004) calls it, the Vibrational Body. Quantum medicine, unlike the traditional model of medicine, considers and highlights the importance of the vibrational body and the interrelationship of the physical-biological body with the vibrational body. It shows how much we need to be attentive to the balance of both, especially when it comes to health processes, otherwise, the imbalance is established and the disease is established (PARODE, 2007). All fields are determinant in this sense, physical, mental, emotional, energetic, spiritual field, so that there is a balance of the *Being*. The imbalance of one field affects the others. This perspective refers to the *Theory of Affections* in Spinoza (2017). In addition to the food ingested and its nutrients, the mental and emotional field in imbalance also make a total difference in the health and quality of life of the subjects, which can generate many diseases in the human being. In this sense, illness can settle in the physical body, when the energy body is out of balance,



The theme of this study with its approach validated by the theory of Vibrational Aesthetics, based on the relationship between health and education, by an inter and transdisciplinary approach called by Parode (2010) Consciousness Education, aims to provide opportunities for reflection and understanding about the need for a paradigm shift to expand the multidimensional approach. under vibrational aspects and its practical and effective application. This is because it highlights a specific issue regarding the notion of the body, how much we need to expand our consciousness, advance in this direction, that is, that we need to understand that the human body is not only physical-biological, but also vibrational, energetic. This certainly validates the importance of this research, which relates the issue of the physical and vibrational bodies, evidencing the relationship of the vibrational fields (emotional, physical and energetic) with health, thus contributing to expand knowledge in the area of Health and others, helping to raise awareness of the way the human being perceives not only his food, but also his food. that it is certainly important and can generate health, but also that health is linked to emotion, thoughts, vibrational energy. In this sense, education in daily life is important, we need to look beyond basic needs and realize that the issue of health and disease goes beyond the dimension of the physical and biological body (PARODE, 2019), but is also related to other issues, such as the Vibrational Body (PARODE, 2004) and the multidimensional and referential field. Therefore, the purpose of this study is to expand the knowledge about vibrational energy, as well as to instigate new studies in this area, emphasizing the Education of Consciousness in the process of Integral Health.

2 VIBRATIONAL AESTHETICS

Vibrational Aesthetics, a multidimensional process of expansion of consciousness, is also a process that articulates energy healing systems through the interaction of cosmic and human vibrational fields (PARODE, 2004). It is a multidimensional process that includes multiple systems, including art, therapy, education, meditation, nutrition, multiple languages and interrelated intelligences, and conversation. The composition of these systems in an integrated perspective with qualitative objectives from the point of view of physical, mental and organizational health, were conceived and co-created by the researcher in the field of Vibrational Aesthetics, Valkyrie Parode. Throughout her career, Valkyrie experimented with art therapy, and from aesthetic experiences with groups organized around experimental projects, she obtained practical results, which allowed her to build research methodologies and aesthetic-vibrational approaches, involving the body and consciousness of the individuals who are members of the groups. Initially, it used performance, meditation, group interaction, sensory and emotional exploration between individuals and with nature and with projected artistic symbologies, graphics, symbols, visual language and others. This research provided him, over the course of twenty years, with the possibility of observing the results in his groups.



The theory of Vibrational Aesthetics is constituted as Aesthetics and Science of Consciousness, seeking the connection between the field of the sensible and the intelligible, the Education of the Sensible prioritizing a holistic approach that interconnects, or as Morin would say, *re-connects*, the multiple knowledges (MORIN, 2006), areas of knowledge and enables the field of art, education and Health. performance and organizational management of human practices, stimulating, from their interrelated systems, alignment and energetic balance with the entire living system, for healing and the integrality of the *Being*. This perspective of Vibrational Aesthetics works with the idea of awakening the consciousness of the *Being*, of the search for the Wholeness of Being, of the various levels and fields of consciousness, according to Pagode (2010) for the alignment of the REC (Cosmic Balancing Network). The structuring principle of Vibrational Aesthetics is the perception of a cosmic consciousness, an expanding consciousness, consisting of several levels, composed of subtle energy fields, stimulating the cognitive, sensitive and aesthetic dimension in relation to the molecular arrangement of the physical body as a complex system weakened by vital energy, whose flow is intertwined and interconnected to a larger network of cosmic energy. that is, body, mind, emotion and spirit are connected to the cosmic universe and articulated to the Biocosmic Principle (PARODE, 2010).

3 INTEGRAL HEALTH, ENERGY SYSTEMS, VIBRATIONAL BODY

Science has brought the basis that the outer physical world is vibrational and composed of varying spectrums of energies, perceptible or not. This *quantum* of energy that emanates from each body moves in waves with its ranges of amplitudes and frequencies, giving them unique behaviors and characteristics (PEIRCE, 2011). Realizing that we are vibrational beings, in practice, means realizing that we are beings composed of matter and energy, vital extension in time and space, *duration* (BERGSON, 1999), at the same time that we are multireferential beings, we are also multidimensional beings (PARODE, 2019). Thus, Integral Health, which means the health of the physical, mental, emotional and spiritual body of the Being, is not only related to the physical-biological body, but is directly related to this multimonthly approach, to what I call the Vibrational Body (PARODE, 2004), to the electromagnetic, energetic field that surrounds the human being.

4 ENERGY FIELDS AND INTEGRAL HEALTH

Living systems are surrounded by energy fields, the realization of the existence of energy fields occurred from scientific research that advanced due to the discovery and use of Kirlian photographs that record energy fields (PARODE, 2004, COUSENS, 2011). Scientifically, from Bioelectrography it has already been possible to prove and measure the energy field of living systems, as well as the vibratory characteristic of emotions, of emotional energy. Emotions, whether positive or negative, are



manifestations of the vital energy that favors absorption by human consciousness. Emotions are disturbed by physical illness and physical illness can generate psychological disturbances, in turn, psychological imbalances cause physical consequences generated by tensions in the heart and nerves weakening the physical body (FRAWLEY, 1996). A real perception and discernment of emotions maintained by focusing on the present moment is capable of mitigating the emotional or physical effects (CÔRTEZ, 2008).

According to Cousens, the first level of manifestation of vital energies is the living colloidal field, and being healthy, it is essential for the homeostasis of the coagulation system and for the construction of cellular, blood, lymphatic and intracellular structures (COUSENS, 2011). This theory and material approach of the energy field allows us to consider as possible in the field of application, the interaction and affection of bodies by the energetic bias, which in turn is influenced by emotional states. From this perspective, the emotional state can influence the energetic frequency of environments and objects, including food.

The organism psychosaps density, whether it is generated by the vibrational field of the person who manipulates and prepares the meal, that is, from the oscillation of more densified emotions (low frequency measured in Hertz – Scale of Emotions, Dr. David Hawkins). Children, the elderly, and sensitive people are more susceptible to dense and condensed energies in food through food preparation. The mind is also matter and has vibratory characteristics. Life manifests itself in several more subtle planes that must be considered, this more refined matter has vibratory movements in its atomic structure, generating peculiar sounds according to the generating source (CÔRTEZ, 2008). Being sensitive, the mind is influenced by all things and grounds the senses, and can erect a barrier around itself to dull its sensibility. For this reason it is important that we are open to observing paradigms other than materialism, we need to transcend the mechanistic view to understand all these processes. Therefore, in order to improve and enhance energy for health, we need Consciousness and its expansion, that is, to understand the interconnection between us and the Cosmic Universe as approached by Vibrational Aesthetics (PARODE, 2004). According to Cousens (2011), what is absorbed by our body-mind-spirit complex, at different levels of matter density and precipitated from the cosmic force is considered nutrition, what nourishes us as living beings, this is a holistic paradigm approach.

From the point of view of biologists, the cell has a structured water matrix containing enzyme systems and macromolecules, complemented with sodium and potassium ions, in a polarized water structure. The greater the amount of water structured within the cells, the greater the balance of balanced and concentrated intracellular ions, increasing the energy of the subtle field and benefiting health (COUSENS, 2011). Therefore, water, because it is highly energetic, because of the large amount of ions it has, is altered in its composition and charged with the vibrant energetic impression to which



it is exposed. The subtle energy fields vibrate in tune with the cosmic energy transferring energy to us and as our body-mind system expands and transforms at the level of consciousness of its *spiritual energy*, the greater ease occurs for this energetic transfer (COUSENS, 2008). This approach is close to the Bergsonian approach to *Creative Evolution* (BERGSON, 2007).

5 AWARENESS EDUCATION IN THE INTEGRAL HEALTH PROCESS

Vibrational Aesthetics – a multidimensional process of expansion of consciousness presupposes the Education of Consciousness as one of the possibilities for human evolution, for Integral Health, as this is constituted from a multidimensional and multi-referential approach. This means that the human being needs to evolve, to experience each level of consciousness in order to evolve from the material world to the multidimensional world and vice versa. When we refer to "Integral" we can refer to a more comprehensive, holistic vision, where all things are intertwined and at the same time we cannot suppress differences. Integral Health, which involves the health of the physical and vibrational body, is urgent and necessary for the evolution of humanity in contemporaneity. The process of Consciousness Education can certainly make a difference, as it highlights the complexity of the human being and the world in a time of chaos and disorder, it also points to a new paradigm of science, for health and quality of life, based on the understanding of the multidimensionality of the Being and the Cosmos. The transdisciplinary approach in education, which starts from interdisciplinarity, from the "reconnection of knowledge" (MORIN, 2001) to solve problems, not only in health, but in all the areas in which it is contained, can generate a Creative Evolution, as mentioned by Bergson (2007).

6 METHODOLOGICAL PROCESS

The research consists of a qualitative, bibliographic, inter and transdisciplinary approach and was carried out from 2021 to 2022. For the survey of studies related to the chosen theme - Vibrational Aesthetics – Consciousness Education, Multidimensional Vibrational Therapy (TVM) and Integral Health. Books, articles, websites, scientific journals, dissertations and theses related to the main theme of the study were used. To this end, the following databases were also selected, Google and Google Scholar.

7 DATA ANALYSIS AND RESEARCH RESULTS

After bibliographic research related to the theme in question - Vibrational Aesthetics - Consciousness Education, Multidimensional Vibrational Therapy and Integral Health, in order to disseminate knowledge about Vibrational Aesthetics contemplating a process of paradigm change and expansion of consciousness for a greater understanding of connections of access to the Cosmic



Vibrational Field (PARODE, 2004), dynamics of balance and energetic exchanges between people, The environment, nature and the cosmos We can point out some axes of analysis to understand the process that constitute the results of the research.

Vibrational Aesthetics : the theory of Vibrational Aesthetics is constituted as a multidimensional process of expansion of the consciousness of the Being, articulated to practice, presupposes the change of paradigm, from the Cartesian and linear model to the multidimensional model. The multidimensional approach presupposes the complexity of Being, Nature, Culture, and Cosmos. When it comes to the Human Being, it means to say that our body is not only physical and biological, that we are not only matter, but that we are also energy, we have a *vibrational* body, an electromagnetic field around the physical body and interconnected to it, vibrating at different frequencies and energy waves, which is also interconnected to other energy fields, of other bodies, such as the cosmic, universal field. Thus, in order to understand health from the energy field, we need to expand our consciousness, which can stimulate processes of healing and renewal of the consciousness of the *Being*, and consequently, of the quality of life in all instances. This process, in its pragmatic approach, can be articulated with specific methods and dynamics according to the particularities of each individual, thus projecting an existential planning qualified by the holistic integration of the body with its universe, a process recognized by Morin (2006), from the perspective of complexity, as *re-ligare*.

Integral Health - we perceive the urgency to develop research based on the new paradigm, with a multidimensional approach, which evidences the conception of an *Integral Human Being*, which presupposes that one works on the Being in its totality (body, mind, emotion and spirit), according to (PARODE, 2010), in the Wholeness of the Being, because the body is not only physical - biological, but Multidimensional, which presupposes, then, that vibrational energy can impact health and well-being. We find that health and education are directly related, what we ingest, feel, think and absorb is vitally important for the health of the physical-biological body, but it is also for the Vibrational Body (PARODE, 2004), so we have to be careful with what we ingest, absorb, feel, think. What can be seen is that the interaction of the physical and vibrational bodies in their internal and articulated process with their environment and cosmos is directly related to possible states of health and disease. In this sense, we need to show that our body is not only physical-biological, but also vibrational. The emotional, mental and energetic field is constituted as a vibratory field of this Vibrational Body, therefore, it can generate many impacts on the human being, determining his health or disease (PARODE, 2007).

Education of Consciousness and Human Vibrational Fields - With regard to the Emotional, Mental and Energetic Fields, it is important to address the problem of oscillations of emotions and negative mental and energetic patterns, how much this can affect the health of individuals, as well as



the oscillations of emotions and their vibrational frequencies that can change, in addition to the vibrational field of the bodies, the vibrational field of the environment, psychosomatization and materialization of diseases in people. The general conception is that everything we ingest, capture by the sensation and perception of the body that we feel or absorb has energy, food, emotions, thoughts produced, perceptions, and can determine health and/or disease. In this sense, it is essential to emphasize the importance of Consciousness Education, to highlight the relationship of vibrational fields for aesthetic and vibrational management of health and quality of life of the being. In addition, it is important to highlight the issue of paradigm transition, seeking alternatives to the traditional and reductive model of education and health, mechanistic, Cartesian and linear, and to adopt a multidimensional logic of complexity to understand the processes that involve Integral Health.

8 FINAL THOUGHTS

When we begin to understand the importance of the electromagnetic field, called the Vibrational Body (Parode, 2004) that is articulated to the physical and biological body and its interaction with the environment, we will begin to cultivate a better awareness of ourselves, as well as how to take care of our health in the Wholeness of our Being (Parode, 2004)

A rescue of Consciousness and multidimensionality, a sensitive look at our integration and action in the environment, are some approaches of Vibrational Aesthetics, which evokes the interconnection of knowledge, uniting the good, the good and the beautiful, together with Science and Consciousness, Education of Consciousness, providing an opportunity for a perception of spirituality and the vibratory energy of bodies in their interconnection and material and temporal processuality. Understanding that the human being is also the result of this interaction between the dense and the subtle, and that the construction of the new paradigm of science to understand education and health in the twenty-first century is constituted in the relationship between the sensible and the intelligible. The vibrational perspective, at its limit, seeks to rescue the soul condition of the relationship between bodies and nature, an approach to the sacred as an ethical, aesthetic, political condition of the existential, having aesthetics as a reference as an articulating intersectional field of knowledge.

Finally, the present study leads us to consider Vibrational Aesthetics - Consciousness Education and Multidimensional Vibrational Therapy as processes that involve several areas of knowledge and knowledge that can generate Integral Health. In this sense, the time has come to choose to know, learn and teach, disseminating knowledge to improve the quality of life and well-being of all of us, after all, the interconnection between beings is known, as well as that we are affected by the environment. We need to understand the paradigm of transdisciplinarity, which involves the complexity and multidimensionality of the *Being*, in order to be able to perceive the interconnected flows between bodies and evidence the Unity in the Whole.



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