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ESOTERIC PSYCHOLOGY AND THE BIOPSYCHOSOCIAL APPROACH TO PSYCHOLOGY IN THE 21ST CENTURY: RETROSPECTION AND CONCENTRATION THERAPY (TRC)

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Abstract: There are various “psychological tools” that are used in psychological care and approaches, as they help in clinical work and enhance the forms of intervention, in order to stimulate deep reflection on the part of the client. Therefore, in addition to verbal discourse, psychologists can use other “tools”, such as varied artistic manifestations and their amplification, as they can make it possible to associate mythology with clients’ dream reports. For psychology, symbolologies are fundamental, as they guide psychological treatment; therefore, the psychologist must not only look at the psychosocial side, but consider the biopsychosocial and spiritual aspects of the clients. In this way, the “psychological tool” to be used by psychology, which is part of the analytical approach, is Retrospection and Concentration Therapy (CRT).

Keywords: Approach, Bose-Einstein Condensates, Concentration, Ego, Psychology, Retrospection, Therapy.

INTRODUCTION

Through this “psychological tool”, Retrospection and Concentration Therapy (CRT), is it possible for psychologists to understand and interpret the synchronistic phenomena of the subject’s religiosity and spirituality (R/S)? However, when this “tool” is used as therapy by the client, can they achieve psychic, mental and spiritual homeostasis, i.e. harmonize biopsychosocial aspects in the nature of the psyche?

Reviewing the psychological literature, when Retrospection and Concentration Therapy (CRT) is used as an object of analytical psychology, it means having an understanding of the unconscious and the human personality that presents itself with all its biopsychosocial aspects; therefore, during the stages of CRT, it also assesses how the subject sees, feels and thinks in relation to internal situations, when they present discomfort, sadness, phobias,

anxiety, low self-esteem, difficulty concentrating, repetitive and distressing thoughts, traumas, insecurity, organic disorders, etc.

For example, as presented in the psychology essays, the vital body is the seat of memory (HEINDEL, 2012). It subconsciously stores the memories of all past events, good or bad, in other words, both the injuries and the benefits done or received. Let’s remember that at death the memories of life are extracted from these archives (psychic and mental), immediately, after the Ego gradually leaves the personality (CRUZ, 2021), because all the sufferings of *post-mortem* existence are observed as the results of the events recorded in the vital body, because they are configured as images and archetypes.

From biology we know that humanity is united in a single race, analogous to the White Light which is subdivided into seven groups connected to the seven rays, like the diffraction of the White Light into the seven colors of the rainbow. These seven groups or races (of the human species) are spread over seven continents on planet Earth, with different cultures, different lifestyles, different types of food, different philosophies, different religions, etc.

As noted in Psychology and Religion, (Jung, 1980), the evolution of humanity is linked to seven major religions with their cultures, peoples and methods of spiritual progress suited to their special, particular and unique spiritual needs and conditions; therefore, they can present different synchronistic phenomena in the subject’s religiosity and spirituality (R/E).

Thus, we can observe the peoples of Western culture by their highly intellectual constitution and very peculiar mind, as they tend to repudiate the heart as the “provider of the force of Love”. Western peoples need a balanced method of psychic and mental development suited to their spiritual condition; however, Esoteric Psychology (CRUZ, 2021) with its analytical approach, through the Retrospection and Con-

centration Therapy (CRT) method, meets these needs at the current stage of development of the human being in the 21st century. Their intellect imperiously demands a logical explanation of everything, about the mystery of the world, the question of life and death (CRUZ, 2024), as well as answers to the questions: “Where did you come from, why are you here on Earth and where are you going”.

Therefore, Esoteric Psychology observes that the nature of the psyche of Western peoples has high vibratory power, due to the strong sensitivity of the central and peripheral nervous systems, linked to the twelve pairs of cranial nerves (SOBOTTA, 2000, p. 267-340), because, through the method of Retrospection and Concentration Therapy (CRT), the subject will harmonize their intellectual propensities by specific activities, to achieve their psychic homeostasis, or some balance between the logical mind and the intuitive heart.

Therefore, provisionally, when the person stops criticizing and accepts as probable truth, statements that they cannot immediately verify, then (and only then) will they develop their latent higher faculties by carrying out Retrospection and Concentration Therapy (CRT). Through this scientific method, you will cease to be just a person who believes or disbelieves and will move towards direct knowledge through the nature of the psyche. With this attitude, as you progress in direct knowledge and enable yourself to investigate, you will be able to see that there are always other truths beyond your reach. He knows they are truths, but his insufficient progress does not allow him to investigate (HEINDEL, 2012, p. 430-497).

It would be good for psychologists and therapists to always remember that logic is the surest guide in any approach. Therefore, anything that is not logical cannot exist in the “universe of psychology”. Nor should they forget the limitations of their own psychic and mental faculties, or that sometimes they

need more powerful powers of reasoning than their own to be able to solve some psychic and mental problems. In fact, there are problems that can only be fully explained when examined in the light of reasoning far beyond the present state of development of the psychologist/therapist’s abilities. Another point that the psychologist/therapist must always bear in mind: the most absolute confidence in oneself is absolutely necessary, because it will be reflected in the patient.

Over time, through this holistic approach, the psychologist will notice that Retrospection and Concentration Therapy (CRT) is quantum, because it involves the centers of forces of the senses (the vortices) of the desire body (HEINDEL, 2012), psychic energy (JUNG, 1985) and the central nervous system (CNS) and peripheral nervous system (PNS) when observing human physiology (GUYTON; HALL, 2011), because they have direct connections with the subject’s twelve pairs of cranial nerves (SOBOTTA, 2000).

This is why the Fundamentals of Esoteric Psychology emphasize esoteric teachings (ARISTOTLES, 1991 *apud* HEINDEL, 2012, p. 430-497), centered on philosophy and psychological knowledge since the passage from mythical-religious thought to philosophical-scientific thought, by finding evidence in the practices revealed by Aristotle, in *Corpus aristotelicum*, by presenting esoteric or acroamatic themes (hermetic, enigmatic, mysterious, mystical, occult, etc.).

Through field observations, practice and criticism in different socio-cultural contexts, it was possible to find practical conditions and ways to analyze and highlight the experiment of psychological and astrological synchronicity (JUNG, 2012, §872-905), based on the research into the separation and composition of psychic opposites in alchemy, in *Mysterium Coniunctionis* (JUNG, 2012).

However, from the literature review, to take advantage of these conditions and practical ways, in summary, the processes of Retrospection and Concentration Therapy (CRT) are presented in three parts:

Process 1 - Conscious psychic process: the Retrospection and Concentration Therapy (CRT) method can be started in the office, when the patient has the logistics and supervision of the psychologist/therapist; however, they must make a **commitment to** themselves. Success or failure depends on the individual's own application of the necessary guidelines and recommendations for practicing Retrospection and Concentration Therapy (CRT). This psychic process is achieved in the medium or long term; however, it leads anyone to achieve their goals with full confidence and awareness of their own thoughts, feelings and actions (HEINDEL, 2012, p. 430-497).

As we tend to forget our inner nature for the pleasures of the Physical World, for common sense, when we begin the phase of psychic, mental and spiritual homeostasis, we must examine the stages of this method of scientific therapy to remind us of the reason why we are seeking our homeostasis, to become adequately useful and achieve our self-realization or psychic wholeness in the present life.

Therefore, by daily and faithfully carrying out the scientific method of Retrospection and Concentration Therapy (CRT), which can considerably reduce countless psychic, emotional and mental problems in the present life, because through persistence and always persisting in carrying out CRT, anyone can eliminate deep and serious complexes in the personal unconscious and gradually gain access to the processes of the collective unconscious (JUNG, 2012), in addition to other biopsychosocial and spiritual benefits.

Process 2 - Semi-conscious psychic process: if the person is self-taught, they must also make a **commitment to** themselves to faithfully

follow the guidelines and recommendations presented for the faithful execution of Retrospection and Concentration Therapy (CRT). However, by carrying out this scientific method, the subject will awaken some psychic and mental power that will transform their consciousness to practice "process 1".

Process 3 - Unconscious psychic process: this is a common condition of people who don't make the effort to follow the process of individuation in their waking state in the 21st century, because, for the most part, it is the state or condition of consciousness of the present humanity.

This condition of consciousness is rife among most people in the 21st century, as billions of people fall into "process 3". Most of them are suicidal, psychopathic, sociopathic, pedophiles, confessed murderers, addicted to psychoactive drugs, alcoholics, mentally ill, etc.; however, they run the risk of falling behind in their psychic, mental and spiritual development.

There is a solution for everything, because when a person with a depraved personality, sociopath, psychopath, pedophile, etc., uses the Retrospection and Concentration Therapy (CRT) method, carrying it out daily and faithfully for six months, that person will be permanently *reformed*, improved and will start to fit into "process 2".

In "processes 1 and 2", through constant persistence, the subject can catch glimpses of the inner planes, the Ethereal Region of the Physical World and the Desire World (HEINDEL, 2012, p. 430-497); however, this is when the subject proves and interacts with their psychic, mental and spiritual reality. Everything depends on the subject's awareness and attitudes, right from the first stages of the Retrospection and Concentration Therapy (CRT) method.

Over the years, during the research and analysis to present the Fundamentals of Esoteric Psychology and its analytical approach

(CRUZ, 2021), it was observed that psychic-quantum processes have become even more interesting because they are not just for people from the West or the East, nor for a certain social class: *they are real and natural events, they are unconscious and semi-conscious psychic-quantum processes that are happening in the nature of the psyche of all human beings.*

Therefore, we reiterate that the client who intends to follow the Retrospection and Concentration Therapy (CRT) method, as it is a psychic and quantum process, must make a **commitment to** themselves to faithfully follow the guidelines and recommendations received from the psychologist/therapist. Everything depends on the subject's awareness, because the process of reintegrating emotional, psychic, mental and spiritual intelligence takes place over the medium or long term; however, it will certainly lead the subject safely and consciously through all the stages.

Therefore, success or failure all depends on the subject's own application of the necessary guidelines and recommendations during the execution of this process so psychic-quantum to know how to be guided by the Law of Success, which we summarize in three stages:

Stage 1 - Law of Success: determine objectively and intensely what you want. For example, to free yourself from alcoholism, addiction to psychoactive drugs, suicidal ideation, a serious illness, psychic entropy, night terrors, depression, etc., as well as from any abnormal psychic, mental or cognitive condition.

Stage 2 - Law of Success: once you have decided on one of the particular goals from "Stage 1", *never* admit to or cultivate thoughts of fear or failure, even for an instant. However, you must cultivate your determination to follow the guidelines and recommendations and pursue your "Step 1" goal, regardless of any obstacles. Try to keep constantly thinking "will is power", or "I can do it and I will do it", or "persistence, persistence and always persistence", "I will win", "believe in yourself", etc.

Stage 3 - Law of Success: initially, you shouldn't make any plans on how to achieve the goal (to avoid frustration), until you have reached a state of absolute confidence in yourself and the ability to achieve what you have set out to do; however, emancipating yourself from the difficulties presented by your internal problems. When you have achieved a high psychic and mental level of self-will, when you are totally convinced of your success and positively determined to succeed in any endeavor, there will be no power on Earth or in Heaven that will be able to stop you from achieving what you set out to achieve in "Stage 1". This will be the time to make plans, so that you can realize (by Will and Imagination) the desires of your heart, with a high probability of success.

With the Law of Success in mind, if the client understands the profound meanings of the Fundamentals of Esoteric Psychology and the Retrospection and Concentration Therapy (CRT) method, they will be better able to apply the new practices and knowledge in their daily lives.

In this "new universe" of the space-time of the patient's psychic and mental life, as observed by the folding of psychic time or psychic atemporality (AFRIAT; SELLERI, 1999 *apud* BELL, 1964), many concepts are pertinent to clinical practice, in addition to listening, subjectivity, psychic suffering, unconditional acceptance, behavioral disorder, etc., for psychologists to guide their patients through the psychological process of CRT.

It is the psychologist's duty to consciously and faithfully initiate the person into the practice of the Retrospection and Concentration Therapy (CRT) method, because when the patient reaches a certain degree of consciousness during psychological treatment; however, the patient may be initiating some phase of the quantum state, by quantizing some psychic content in the nature of the psyche, when one has some knowledge of quantum neuropsychology (CRUZ, 2020).

This quantum state in the nature of the psyche can be seen in the practices created since the Middle Ages, from the 5th to the 16th centuries, because nowadays confession doesn't have to be made to a priest or pastor. It is very useful to confess to someone trustworthy; in the case of the patient, confession should be made to a psychologist, psychiatrist, guidance counselor, etc.

In the case of the self-taught person, this confession must be made to the Higher Self - the Ego - when some knowledge of the Genesis and Topology of the Ego is acquired (CRUZ, 2023). The daily confession to the Higher Self can be called the scientific method or exercise of retrospection (HEINDEL, 2012, p. 430-497).

In order for the subject to have some idea of the quantum effects on the nature of the psyche, through the scientific exercise of retrospection, it is necessary to look at the psychological analyses in "Aion - Studies on the Symbolism of the Self" (JUNG, 1998, §68-149).

Sincere and true confession is an attitude of intimate forum; therefore, the practice of the scientific exercise of retrospection, in order to be efficient and effective, must be done with the greatest possible quantity/quality of feeling of contrition. Doing so under these conditions will release psychic, mental and spiritual forces from archetypes and the collective unconscious (Jung, 2012), which have been suppressed due to complexes in the personal unconscious.

The collective unconscious is a part of the psyche that can be distinguished from the personal unconscious by the fact that it does not owe its existence to personal experience and is therefore not a personal acquisition. While the personal unconscious is essentially made up of contents that were once conscious and yet disappeared from consciousness because they were forgotten or repressed, the contents of the collective unconscious have never been in consciousness and were therefore not acquired individu-

ally, but owe their existence solely to heredity. While the personal unconscious so-called consists for the most part of complexes, the contents of the collective unconscious are essentially made up of archetypes". (Jung, 2012, §87-110).

It is necessary to observe the idea of extending the principle of confession or retrospection of the previous years of life, in order to clarify the complexes that have become embedded in the "make-up" made by the *shadow archetype*, through the *persona* (JUNG, 2000), which can frustrate the Law of Success. This process can be called "delayed retrospection", but it is of great psychic, mental value.

This technique can be done in writing in a "written diary", or "virtual diary", on a *notebook*, for example. Sit down and systematically write a general outline of past events involving fear, anger, shame, disappointment, anguish, childhood sexual abuse, family loss, etc. Re-count as much as possible at a time. Later, continue until your whole life has gone through the process of "delayed retrospection".

When using a "written diary", it is recommended to use a water-based pen (fountain pen), or a hydrographic pen (used to paint drawings on paper); however, **do not use a ballpoint pen**.

Gradually, some wonderful mental, psychic and emotional liberation will be discovered. And this will be reflected in better conditions that will have repercussions on your professional side and your daily personal needs. The narrative in the "diary" should be made in a personal and secret way, so names of individuals and companies should be omitted, or use aliases. When the wonderful mental, psychic and emotional release has been found and used to improve your life, this "written diary" should be incinerated (don't tear up the "written diary", **burn** it), if done on a *laptop*, **delete** it from the hard drive.

We know that without health we can do nothing. We can't be truly successful in life unless we have a reasonable state of health; that's why we should consider health as the "treasure" that satisfies our physical, emotional, psychological, mental and spiritual needs.

We must understand that our life force comes from the Inner Power, latent in the Ego (CRUZ, 2023). If anything negative interferes with the flow of this life, through the personality (which is autonomous) and which acts on the vital body (HEINDEL, 1977) and manifests in the physical body as illness, it will affect health. This interference can destroy access through the mind to the collective unconscious, due to a loss of judgment of reality: when the person is unable to distinguish internal reality from external reality.

It is possible to imprison the Ego behind a cloud of thought-forms blameworthy for syncretism and sophistry, so that the constructive flow of psychic energy (JUNG, 1985) is decisively reduced by creating destructive thoughts such as fear, anger, sensuality, suicidal ideation, etc. If we allow ourselves to believe that "psychic evil" has any power over us and if we believe that we are limited in our professional and personal lives, all these things tend to imprison the Ego (CRUZ, 2023).

In order to have good health, it is necessary that during the development of the personality, which is autonomous (JUNG, 1972) the mind cooperates with the Ego and up creating restrictive thought forms. As well as refusing to add this mental cloud from the past, it is possible to "build or weave some instrument" with which the existing cloud of evil thought can be "pierced" and destroyed. This psychic instrument consists of new thought forms of confidence and strength, based on the Law of Success and the certainty that all good things are attainable; however, by awakening the psychic and mental power latent in the Ego. This psychic process can be analyzed by the actions

and reactions of the anima and animus in the nature of the psyche (JUNG, 1984).

[...]. These two crepuscular figures from the dark depths of the psyche, the anima and animus (true and semi-grotesque 'guardians of the threshold', to use the pompous theosophical vocabulary), can take on numerous aspects that would fill entire volumes. Their complications and transformations are as rich as the world itself, and as extensive as the incalculable variety of their conscious correlate, the *persona*. They inhabit a sphere of penumbra, and we hardly realize that both anima and animus are autonomous complexes that constitute a psychological function of man and woman. Their autonomy and lack of development usurps, or rather holds back, the full blossoming of a personality. However, we can already foresee the possibility of destroying their personification, because by making them conscious we can convert them into bridges that lead us to the unconscious. If we don't use them intentionally as functions, they will continue to be personalized complexes and in that state they will have to be recognized as relatively independent personalities. On the other hand, they cannot be integrated into consciousness as long as their contents remain unknown. However, the attempt to explain them should bring their contents to light; only when this task is accomplished, that is, only when the consciousness familiarizes itself sufficiently with the unconscious processes reflected in the anima, will the latter be perceived as a simple function. (JUNG, 1984, §339-340).

If we make new thought forms along this line of useful effort, they will combine into a composite thought form of great strength and power. This will be the set of psychic instruments to "pierce" this mental cloud and free the Ego to its natural development. This psychic, mental and spiritual condition can be achieved through the daily practice the Retrospection and Concentration Therapy (CRT) method.

We must realize that only objectionable thoughts can block the natural power of the Ego. It is possible to change our thoughts, because the psychic and mental power can be released by the Ego to bring about some transformation and change our psychological and mental condition by systemically restoring our health.

Therefore, archetypes created (JUNG, 2012) during the subject's life, from the first half of life onwards, present active challenges that today's humanity needs to be strong enough to deal with the processes or habits it has built up or failed to incorporate into its life. Discern where values have been eroded or misplaced; however, through these psychic and scientific exercises we can improve the course of our lives. In reality, they are unrevitalized archetypes that remain latent in the nature of the psyche and emerge when least expected; however, they are analogous to the complexes in the personal unconscious, or subconscious, when triggered by the actions of the *persona* and the *shadow* (JUNG, 2012).

Therefore, the number of potential conflicts that someone can experience is practically unlimited, because various personality structures are continually in opposition to each other. For example, ideas from consciousness can conflict with ideas that reside in the unconscious; similarly, the shadow, being an archetype, is in constant conflict with the Ego.

We know that the topology of the Ego has been studied by Sigmund Freud, C.G. Jung, Adler, Klein and many others with different approaches; however, Freud and Adler only knew a few aspects and phenomena of this important archetype - the Ego - which creates and revitalizes other important archetypes in the nature of the psyche. Through Esoteric Psychology we will learn about the space-times and compact dimensions in which psychic-quantum processes and psychic phenomena take place in the system of the topology of the Ego (CRUZ, 2023).

To the extent that any human being loses their emotional, psychic and mental balance, some of these conflicts are removed from the "awareness of capacity" to carry out their daily psychic tasks with efficiency, inspiration and ability. And to the extent that the subject is aware of the balance, through the "Ego-Selbst Axis" (JUNG, 1984), they are able to impose or revitalize their efforts with the latent powers of the Ego. The recharging or revitalization by the power of the Spirit - of the Ego - causes the efforts of the Ego-personality relationship, when one observes the psychology of the anima and animus, (CRUZ, 2022).

Since the Ego has many psychic contents of the personality in its system, through negative abilities, tendencies and goals, it needs to be renewed through a specific psychic rebirth through Retrospection and Concentration Therapy (CRT), which specializes in the phase or stage of development in search of its psychic homeostasis. Let this specialization be more consistent and in symmetry with the requirements of self-generated destiny (time, place, kinship, environment, etc.), which are appropriate for the beginning of the revitalization of new attributes, with new attributions in different phases of life.

Each aspect represents an interrelationship between the basic qualities and the powers of consciousness to be exercised. Accomplishing a task requires both equipment and goals, because in the embodied state, the psychic environment is an important and unavoidable factor of the Ego system, as is the consciousness of the Ego. This psychic factor can be observed in synchronistic meaning, which are necessary to evaluate these activities in the subject's life (JUNG, 2012, §872-905).

PHENOMENOLOGY AND INTERVENTION IN THE PERSONAL UNCONSCIOUS: REINTEGRATION OF PSYCHIC AND MENTAL HEALTH

The methodology has been used since the 1909s, given the number of people who have practiced and those who practice the scientific exercises of Retrospection and Concentration (HEINDEL, 2012), as it is classified as a pragmatic, scientific method, because it has proved to be more efficient and effective than any other method for bringing about the psychic process of individuation, at the current stage of development in the 21st century.

Its effects are so far-reaching that it allows us to learn, *here and now*, not only the psychic, mental and spiritual lessons of this life, but also normal experiences mind reserved for future lives, as can be seen in “Man and his Symbols” (JUNG, 1964).

Another factor that stands out is the development of the healing process in middle age (between 40 and 65), when patients are more likely to adapt and develop successfully when carrying out the Retrospection and Concentration Therapy (CRT) method. This is why clients are recommended to be supervised by qualified and specialized psychologists.

Historically speaking, since the emergence of philosophy in ancient Greece, in the 6th century BC, from mythical to philosophical-scientific thought (MARCONDES, 2013, p. 16-101), humanity had no logical or rational answers to the “mysteries of life” that surrounded it, because its environment was surrounded by “mysteries”, in other words, human beings were unaware of the “origin of things”. So, what conditioned him and what took root in his primitive consciousness were questions: Where did we come from, where are we going and what are we doing here on Earth?

In fact, this is a “mystery” that remains in the minds of billions of people to this day, and religions risk (in an exoteric way) answering these questions; therefore, more arguments have emerged and opened up spaces for other questions since the Middle Ages, 5th to 15th centuries.

Therefore, when the client asks, Esoteric Psychology is not going to answer. On the contrary, Esoteric Psychology does not have this obligation, nor is it concerned about it; however, it does observe whether the client is fulfilling the *commitment* they have made to themselves and not to the psychologist. Because the client has to have confidence in themselves and decide if they really want to carry out the healing process rationally, that is, through Reason.

Therefore, it is rational that the Retrospection and Concentration Therapy (CRT) method unfolds far beyond the current methods used by the Main Schools of Thought in Psychology in the 21st century.

The Retrospection and Concentration Therapy (CRT) method is especially recommended for people who want to start and complete the process of psychological treatment. Anyone wishing to follow these recommendations must place all their trust in the methods indicated. *The person will not achieve the slightest result by partially following them*; therefore, it is important that there is absolute trust between the client and the psychologist during the psychological treatment process.

In the psychological sense, this method is verifiable, observable when we turn to classical physics, based on Newton's first law, because with this scientific basis we categorically state that the forces of action and reaction are internal, because this is how psychic contents act on the nature of the psyche, based on the subject's behavior. Thought is considered to be an internal environment of the subject; therefore, it can be analyzed.

This behavior can also be observed during the sleep process, as the force currents of the desire body are constantly flowing, as its vortices or force currents move and rotate with enormous speed (HEINDEL, 2011). As soon as these currents of force interpenetrate the dense body, they are almost neutralized by the dense matter and nerve flows of the vital body, as they continually project psychic messages to and from the cerebrospinal system.

This is one of the aims of the scientific exercises of Retrospection and Concentration, because it seeks to maintain the dense body in the same degree of inertia and insensitivity, analogous to the conditions of the quantum process of sleep; although the Spirit - the Ego - is perfectly alert and conscious within the dense body. Thus, by trying to maintain the conditions analogous to the quantum process of sleep, the vortices or currents of force of the desire body can co begin to rotate in an environment not visible to most people, but in quantum conditions (HEINDEL, 2011).

However, when this scientific method is used, for example, by giving it to someone with a depraved personality, sociopath, psychopath, mentally ill person, etc., to **perform daily and faithfully for six months**, that person will be permanently **reformed** psychically and mentally. In general, people who carry out this scientific exercise daily and faithfully find that it enhances all their psychic and mental faculties, particularly their memory.

Through the impartial judgment of oneself, night after night, one learns to discern reality from illusion, as it prevents psychiatric illnesses and psychological illnesses to a degree not achievable by any other scientific or alternative method practiced in current clinical models, as well as by the main Schools of Thought in Psychology in the 21st century: Structuralism and Functionalism; Gestalt; Behaviorism; Psychoanalysis; Humanistic; Cognitive; Analytical etc.

Being a method that is part of psychological epistemology, because it is in the process of being recognized as a psychological approach; therefore, at this stage not all people feel inclined to accept Retrospection and Concentration Therapy (CRT) as a scientific method. However, it should never be demanded of anyone that they do so, because the **commitment** to cure oneself of psychological suffering and other illnesses, as well as to elevate the mind, must be assumed by the person themselves when it is considered that intellectual knowledge is a means, but not the very purpose of life.

Based on the **commitment** made by each person when starting psychological treatment, it must be made clear that the scientific exercises of Retrospection and Concentration are part of the esoteric instructions researched and written in "*The Rosicrucian Cosmo-Conception*" (HEINDEL, 2012, p. 477-49). 477-497), so that all people benefit, regardless of their preference or intellectual, social, professional, sexual, racial or ethnic condition, etc.; however, always observing the processes of ontogenesis, phylogenesis, sociogenesis and microgenesis

However, it is corroborated by the matrix of psychological thought (FIGUEIREDO (2012), with its analytical basis, since esoteric studies can be observed in the *Corpus Aristotelicum* (ARISTOTELES, 1991), which makes use of the instructions published in "*The Rosicrucian Cosmo-Conception*" (HEINDEL, 2012), which points out the relevance of the investigations and reiterates that the psychotherapeutic proposals adopted in the treatment of the subject are compatible; However, they must be evaluated in clinical psychological experiments.

Based on the matrix of psychological thought (FIGUEIREDO, 2012), the Fundamentals of Esoteric Psychology (CRUZ, 2021) notes that the teachings of Plato (the Theory of Ideas) and Aristotle (the *Corpus Aristotelicum*)

were implemented by medieval philosophy: *Patristics* and *Scholastics*; however, *Patristics* adopted Plato's philosophy and *Scholastics* followed Aristotle's philosophy.

When implementing the Retrospection and Concentration Therapy (CRT) method, which is the basis of the Fundamentals of Esoteric Psychology (CRUZ, 2023), it is also observed that the intellect imperiously asks for some logical explanation of all things, of the mystery of the world, of the problem of life and death, because the priestly precept "do not seek to know the mysteries of God" has not explained the reasons or the *modus operandi* of existence since its implementation in the Middle Ages, 5th to 16th centuries.

Thus, the Fundamentals of Esoteric Psychology judges, invigorates and affirms the need to observe the reality of the subject's religiosity and spirituality (R/E), because it does not only look at the material side, but also at the spiritual aspect of the subject, insofar as it announces knowing the *cause of* things in the subject's physical, psychic and mental life, because are *causes* analogous to algorithmic logic, always of a finite order. Therefore, it is when Retrospection and Concentration Therapy (CRT) is used as an instrument of psychotherapeutic intervention, that its general objective is, in a technical, scientific and innovative way, based on the concept that human beings generate finite things in their biopsychosocial context, in the modification of psychic and mental health actions; however, in an attempt to generate some healthy development and improve the subject's quality of life. The specific aim of which is to provide and effect the re-establishment of the subject's psychic and mental health.

Therefore, if today's psychology professionals really want to know the subject's inner truth, this scientific method is honestly recommended. These professionals can develop their own psychic and mental faculties,

because no matter what claims are made by others, once they have developed their own faculties, they will immediately know whether the Retrospection and Concentration Therapy (CRT) method is true or not.

For example, empirical scientists can tell how to set up reflector telescopes and how they work from the reflection of light by mirrors. In a reflecting telescope, the light coming from the stars is reflected by a concave mirror called the primary, then reflected by another smaller mirror; the secondary and then goes into the eyepiece. Now point the telescope in a certain direction in the sky and you'll see a moon around a planet.

So, if you follow the advice of these scientists, you will be able to see what they say is in that particular celestial space. If someone refuses to buy the necessary instrument (the telescope), they won't be able to see the moons around a particular planet.

By analogy, trained psychologists and therapists can tell empirical scientists and other health professionals to "Live Life" and do the scientific exercises of Retrospection and Concentration Therapy (CRT) every day, so that they can raise their consciousness and awaken their latent psychic and spiritual faculties. Therefore, anyone will be able to see that we are telling the truth, because they will be compelled to confirm the theories, concepts and hypotheses presented in this article and other psychological essays cited and published by the author.

However, if scientists, psychologists and other people are not willing to follow and enforce the necessary instructions for carrying out the Retrospection and Concentration Therapy (CRT) method, they may remain as unconvinced of the existence of the supra physical worlds (HEINDEL, 2012 *apud* JUNG 2015), as a person who does not acquire a telescope may doubt the existence of moons orbiting different planets.

RETROSPECTION AND CONCENTRATION THERAPY (CRT): PRACTICING THE SCIENTIFIC METHOD OF RETROSPECTION

When you lie down, find a comfortable position and relax your body's muscular system. Mentally visualize your aura, as if it were a "space suit" that interpenetrates and coats your dense body, so that the light from your aura is projected one to two inches outside the physical, dense body.

Next, try to mentally visualize your vital body with its whitish pink-violet color (analogous to the color of a newly opened peach blossom), which interpenetrates and coats your dense body. Your vital body projects its pink light two to three inches beyond the dense body.

Then try to mentally visualize your desire body, which interpenetrates and surrounds the vital and dense bodies. The desire body displays bright, multicolored lights, similar to rainbow lights, whose colors change and mix, forming different hues. This light is projected three to seven inches beyond the vital and dense bodies.

Next, mentally visualize your mental body or mind as a large transparent veil around your head and the head of the desire, vital and dense bodies, at shoulder height; this veil is less transparent near the shoulders. Now, your mind begins to emit sounds, similar to the soft sounds of nature or the ringing of bells.

At this stage, try to mentally visualize the vortices or currents of force in the desire body becoming settled and harmonious. Slowly release the muscles of the dense body that is under your control, so that the blood flow is not obstructed and the memory is released. At this point you are ready to sleep and most people do. This is the time to focus all your willpower on avoiding sleep.

Then try to mentally see beyond this point, because you need to direct your willpower to move your "spacesuit" in a spiral around the desire, vital and dense bodies. Then try to mentally visualize your aura, or "spacesuit", levitating above the other bodies.

Now, visualize your aura, or "space suit", traveling through space-time, with the aim of reviewing the events of your day just ended, i.e. from the moment you went to bed, until you woke up in the morning. ***Returning to space-time is extremely important for the faithful execution of the scientific exercise of Retrospection.***

When you mentally look at your bad deeds and the selfless services you've done during the day, try to be as impartial as possible. Evaluate your good and bad deeds impartially, noting the intentions behind each act, habit, emotion, feeling and thought. Make mental observations to resolve and transform what was not so good and revitalize what was good.

The way and ability to solve problems should be sought in order to correct situations unworthy of their character and how to avoid them so that they are not repeated, as well as feeling deep and sincere remorse when they have committed some injustice towards other people.

If you have committed an injustice, you must decide to make amends or compensate the wronged person the next day. For example, apologize with deep regret, provide some essential service, return some stolen object, etc. By acting in this way, you will gradually cleanse the bad actions ("the sins") from your seed atom and expand your consciousness; when you first feel the ***effects*** and then the ***causes*** of every emotion, feeling, thought and behavior in that particular environment.

This is also how we observe the transformation of psychic energy (JUNG, 1985), based on the applicability of the first and second laws of thermodynamics (VAN WYLEN; SONNTAG; BORGNAKKE, 1998 *apud* KREUZER, 1981).

With this scientific basis, you need to carry out the scientific exercise of Retrospection with impartiality and serenity; however, you need to be discerning and non-judgmental. You have to make mental observations about where you want to improve, but without judging. The specific objective is to observe, record and perceive the events of everyday reality; to perceive the preconceptions that define the phenomenon observed during the day; to exercise critical analysis of the preconceptions present in relation to the phenomenon observed; to communicate with oneself and adequately in order to understand psychic, mental and spiritual messages and to express oneself clearly and concisely, with the aim of repairing the mistakes made against other people.

In the morning (after doing the Concentration science exercise), make a mental note to remind yourself during the day of the decisions you made during the Retrospection science exercise.

On the other hand, it may happen that you fall asleep before finishing the scientific exercise of Retrospection, such as time, due to some biological problem, tiredness, etc. However, if there is sincerity and purity of heart from the beginning of the scientific exercise of Retrospection, even unconsciously, it will take a little longer, but the process will be completed. Everything depends on the effort, sincerity, character, intention and fidelity of the person carrying it out.

This training takes about fifteen to twenty minutes a day. Each person will have their own psychic, mental and spiritual progress, which will go on to higher degrees, according to the effort, sincerity, character, intention and fidelity of the daily execution of the scientific exercise of Retrospection.

RETROSPECTION AND CONCENTRATION THERAPY (CRT): HOW TO REGENERATE AND REVITALIZE PSYCHIC ENERGY

Concentration is a word that puzzles many people and its meaning is understood by few; that's why we need to clarify its meaning, which is "the ability to direct attention and thought to a particular idea, subject or task".

Applied to our question, "the ability to direct attention and thought to a particular idea, subject or task", is when we can increase the power of concentration, analogous to the same principle that the power of the sun's rays is increased when focused on a point by means of a magnifying glass.

The scientific exercise of Concentration should be carried out the first moment after waking up. You don't need to get up to open curtains, windows or perform any other unnecessary act. You should immediately relax your body and put it in a comfortable position before starting the scientific training. This is very important because when you wake up, the Ego is still in close contact with the superphysical worlds.

At this time, conscious contact with the superphysical worlds is more easily recovered than at any other time of the day (HEINDEL, 2012, p. 430-497), because if there is a delay, much of the effectiveness of the concentration process will be lost.

This is the aim of the scientific exercise of Concentration, to try to maintain the dense body in the same degree of inertia and insensitivity, analogous to the conditions of the quantum process of sleep; although the Spirit - the Ego - is perfectly alert and conscious within the dense body, in a state of full wakefulness. So, by trying to maintain the conditions analogous to the quantum process of sleep, the vortices or currents of force in the desire body can start spinning in a denser environment and in quantized conditions.

RETROSPECTION AND CONCENTRATION THERAPY - CRT: PRACTICE OF THE SCIENTIFIC METHOD OF CONCENTRATION

By removing all other social issues and concerns from the mind for a certain period of time, the power of thought will be available for use in obtaining the object or resolving the issue we are concentrating on. You must be so immersed in the subject that if a cannon were fired nearby you wouldn't hear it.

By analogy, a person can become so involved in reading a book that they are oblivious to everything around them. As we noted, it is the "ability to direct attention and thought to a particular idea, subject or task".

Therefore, anyone who wants to achieve a favorable result ("Stage 1" - Law of Success) must acquire the power of concentration, so that they can exclude the world of the senses (common sense) from their consciousness and give vent to the superphysical worlds. This is one of the stages of the psychic-quantum process of individuation, for the liberation of the Ego from the prison of the personality, analogous to the experiences observed in "The Red Book - Liber Novus" (JUNG, 2015).

In due course, when you advance beyond this stage, you will be able to catch glimpses of the super-physical worlds, and then see the spiritual side of some object or thing, illuminated by the Invisible Light, as can be seen in "*Etheric Vision and What It Reveals*" (HEINDEL, 2012), because then you can be aware of your inner nature, with full awareness of things that many people think don't exist.

When the person reaches this stage of abstraction, the force currents of the desire body will begin to rotate with a certain speed within the dense and vital bodies, as they will synchronistically position themselves within these bodies. Through the dynamics of the unconscious, in due course, the inner vision, through the nature of the person's psyche, will become

more and more defined and will require less effort to enter into quantum movement.

Over time, through the analytical approach of Esoteric Psychology, the psychologist will notice that Retrospection and Concentration Therapy (CRT) is quantum because, due to its *synchronistic meaning*, it involves the sense centers (the vortices) of the desire body, psychic energy and the central nervous system (CNS) and peripheral nervous system (PNS), because they will have direct connections with the subject's twelve pairs of cranial nerves.

Therefore, it is important to choose a theme or subject that you will develop during the scientific exercise of Concentration, so that you have the full abstraction and will to carry it out every morning when you wake up.

The theme or subject for carrying out the scientific exercise of Concentration can be any lofty ideal, but it should preferably be of a psychic-spiritual nature, which can absorb the consciousness and distance it from the things captured by the five classical senses.

Some theme or subject that goes beyond time and space; however, there seems to be no better theme than the first five verses of the Gospel of St. John (John 1:1-5). Concentrating sentence by sentence, morning after morning, will give anyone extraordinary, admirable insight into the beginning of our universe, with its processes of creation; an insight far beyond any learning taught by current academic and religious systems.

After a certain amount of time, when the person has learned to keep the image they have achieved in their consciousness (during the Concentration exercise) for about five minutes (the image or idea they have concentrated on), they can suddenly try to abandon the image or idea and leave a vacuum in their mind. During this time, you shouldn't think about anything else. You should wait to see, mentally, if any image or idea enters this mental vacuum. Through daily persistence in car-

rying out the scientific exercise of Concentration, over time, scenes from the Desire World will occupy this mental vacuum (HEINDEL, 2012, p. 430-497).

The daily persistence in carrying out the scientific exercise of Concentration proves the synchronistic meaning studied in “Synchronicity - the dynamics of the unconscious” (JUNG, 2012).

In all these cases and others like them, there seems to be a priori knowledge, causally inexplicable and unknowable at the time. The phenomenon of synchronicity is therefore made up of two factors: 1) *An unconscious image reaches consciousness directly (literally) or indirectly (symbolized or suggested) in the form of a dream, association or premonition*; 2) *An objective situation coincides with this content*. Both can, so to speak, cause wonder. How does the unconscious image or coincidence come about? I understand very well that people prefer to doubt the reality of such things (JUNG, 2012, p. 41-42).

Once the person's mind has adjusted to this stage of the scientific Concentration exercise, they can direct their psychic energy and determine that any image or idea will appear in this mental vacuum. Sure enough, the image or idea will come and then the person can investigate the image or idea, inside and out and in different space-times.

FINAL CONSIDERATIONS

Because of its relevance, people need a balanced method of psychic and mental development suited to their spiritual condition; however, Esoteric Psychology (CRUZ, 2021) with its analytical approach, has developed the Retrospection and Concentration Therapy (CRT) method that meets these needs at the current stage of human development in the 21st century.

The relevance of Retrospection and Concentration Therapy (CRT) is to evaluate and distinguish the processes of different psychic contents in the nature of the subject's psyche, in order to have a good diagnosis and know how to decide when to intervene during psychological treatment, because the number of potential conflicts that someone can experience is practically unlimited, as various personality structures are continually opposed to others.

However, the psychic processes seem to correspond to the same processes as a *laser*, when we understand the projection of psychic contents, as appressed in “Psychology and Alchemy”, of the psychic nature and the alchemical work (JUNG, 1984).

[...]. Strictly speaking, the projection is never made - it happens, it's simply there. In the obscurity of something external, I am confronted, without recognizing it, with my own interiority or soul life. In my opinion, it would be a mistake to reduce the formula ‘*tam ethice quam physice*’ (moral as well as physical) to the theory of correspondences, making the latter its cause (‘*prius*’). On the contrary, this theory would be much more a rationalization of the experience of projection. The alchemist doesn't practice his art because he theoretically believes in a correspondence, but he has a theory of correspondences because he experiences the presence of the idea in matter (physis). My tendency is therefore to believe that the true root of alchemy should be sought less in philosophical conceptualizations than in the lived projections of each researcher. In my opinion, the practitioner had certain psychic experiences while carrying out the chemical experiments in the laboratory; however, these experiences appeared to him to be behaviors specific to the chemical process. As these were projections, he was naturally unaware, at the level of consciousness, that the experience had nothing to do with matter as such (i.e. as we know it today). The alchemist experienced his projection as a property of matter, but what he was actually experien-

cing was his unconscious. In this way, he was repeating the entire history of knowledge of nature. As is well known, science began with the observation of the stars, in which humanity discovered the dominants of the unconscious, the 'gods', as well as the strange psychological qualities of the zodiac - a complete and projected theory of character. Astrology is a primordial experience, like alchemy. Projections of this kind are repeated every time man tries to explore an empty darkness, involuntarily filling it with living forms. (JUNG, 1984, §342-356).

Based on this projection, according to the quantum processes observed, we can characterize Bose-Einstein Condensates as the state or phase of matter in which atoms are deprived of their "individuality", admitting a single fundamental quantum state (PETHICK; SMITH, 2002 *apud* PITAEVSKII; STRINGARI, 2003).

When we evaluate the process of quantum neuropsychology with the theory of Bose-Einstein Condensates, in a very simplified way, we can infer that the fifth state of matter (in this case, made up of bosons) is obtained when the temperature is so low (close to absolute zero). In this quantum state, the molecules of the system *collapse*. However, it is known that Bose-Einstein Condensates are characterized as an agglomeration of ultracold particles that admit a single quantum

state. Quantum effects can be verified at the macroscopic level, so that all the atoms in the system behave like a single "big atom".

Thus, when analogizing the Bose-Einstein Condensates with the processes of the constitution of the nature of the psyche (JUNG, 2000), one observes the initial subjective and objective quantum activities of attraction, aggregation, condensation, dissolution and assimilation, due to quantum activities in a spiral within a spiral, since they refer to the experiences, *a priori*, in the *Increatum* (JUNG, 1984).

Therefore, this psychological approach, i.e. Retrospection and Concentration Therapy (CRT), is aimed at all health professionals who study, research and evaluate the emotional development and mental and social processes of individuals, groups and institutions, for the purposes of analysis, treatment, guidance and education; who diagnose and evaluate emotional and mental disorders and social adaptation, clarifying conflicts and issues and accompanying patients during the treatment or healing process. However, they investigate unconscious factors in individual and group behavior, making them conscious; they carry out experimental, theoretical and clinical research and coordinate teams and activities in the field and related areas.

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