

ONE



**from perception to consciousness**

Jurriaan Schalken

*“The Artist is no other than he who unlearns what he has learned, in order to know himself.”*

— young E.E. Cummings (October 14, 1894–September 3, 1962)

*Cynicism is not a developmental method. Inquiry is.  
Scepticism is necessary. Cynicism is rejection before knowledge -  
to acknowledge one’s own frame of mind, to keep it safe. It is a  
cultivated fight response. It is the ego that gets in the way of  
learning something new. In learning, no-ego is the way.  
What is life about? Learning.  
Learning is observing yourself.*

— Jurriaan

*This document is work in progress and quite a few elements need refinement and fact checking based on the latest scientific findings. There are many things scientists agree on, but when it comes to philosophical interpretations I am looking for the greatest correlation and coherence in relation to the whole document. When there are different interpretations on fundamentals, I will try to show and analyze them. I aim to get this book peer reviewed.*

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# Introduction

This document is the end result of about 20 years of scientific research, personal experience and the logical connection between them. I had to write this to try to understand what had happened to me since I have had intense 'peak experiences' (feelings of bliss, 'oneness', energy, clarity and creativity) that altered my perception. These experiences happened when I was fully engaged in life and not in theoretical reflection mode. In history and in many cultures such experiences have been documented but Western psychology - in my experience - denies such a thing possible and have pushed aside a very thorough history of (Western) professional research into the subject and many Eastern traditions that I have been practicing, starting out with Martial Arts (Taekwondo). Luckily scientific research into this subject is back on the map so is the discussion about it – for it is no longer possible to dismiss these ideas as esoteric based on current evidence.

In my life theory has never been apart from practice. For example in Martial Arts, if a theory does not work you get negative results. When it comes to design, if something does not work you do not get the results you want. I have had measurable professional success with my work in terms of reach and effectiveness, based on work by scientists and projects done with scientists (for the healthcare sector for example).

There has always been a cognitive psychology aspect to my professional work, since design is in the end a psychological effect I try to achieve. Martial Arts has taught me self-discipline, focus and flow. It turns out that physical training and meditation have profound effects on one's development, both physical and mental. This always seemed logical to me since we are an internally interconnected species where the body influences the mind and vice versa.

Science (neurology) has pretty much denied this for decades, and now they have mostly figured out they were wrong. That's why I also try to deconstruct why science was stuck in that mind/body dualism and dogmatism, and what the personal and social effects are of that misunderstanding. The personal effects of this psychological misunderstanding were devastating; I have been misdiagnosed, had wrong medication and had people 'debunk' what I was successfully doing all my life until the biggest crises (in these crises I refrained from any kind of practice which made it worse).

I came out of my big crises mainly because I had got a regular job, started exercising and diving into the things that have always intrigued me. The last therapy I had focused on mindfulness and reinforced that it was actually the way to go, which always obvious to me because I suffered a non-stop ruminating mind and those exercises helped me enormously, as did physical exercise.

Then all of sudden, when my life was back in order I had a (or the) peak experience that I have tried to explain to myself - and others. The latter was a mistake, since people though I was crazy even if I was functioning optimally and walking around happily (I have been in an incredibly toxic, negative and abusive work place). I was in a state of bliss, optimal productivity and social connectivity for about half a year after which I had an incredibly hard time since some people did their best to destroy my career and personal life - they did not (want) to believe what they saw and tried everything to unprove it or prove I was some terrible or crazy person.

Everything in my life seemed to reorganize after that. Personally I am more resilient and strong but I am still dealing with traumas related to childhood, abusive relationships and toxic bosses. Nevertheless, I

am more equipped to deal with intense emotions and this book is the result of serious investigation of what happened to me (and to fact check myself if what I had was not an illusion or a psychosis). After the big peak experience an enormous amount of creative energy was released that still expresses itself and luckily it is stronger than the trauma. To put it simply, being more sensitive than most people around me, I have to be around evolved and emphatic people to develop further and integrate the experiences I had. More and more scientific research backs up what I am saying, and so far this is an ongoing process that I want to publish as a book that describes the whole pathway from cognition to consciousness. The more I tried to understand everything, the more I understood the principles are universal (even though culturally differentiated).

### **What is true?**

For me something is only true if it meets all these criteria: personal experience, rational deconstruction and empirical evidence. This seems to be in line with a new scientific method called 'experiential science', which does not exclude personal experience as the Cartesian model does (which has also lead to a lot of problems interpreting consciousness as an inherent aspect of life, sometimes even denying its existence in complete contradiction to our everyday experience).

### **Trias Informatica: the basis of this book**

#### **a. Experiential science: Personal experience + personal evidence**

As a pragmatist I try things and see if they work. I have documented experiences and practices to prove certain theories in this book. Out of physical exercise and introspection came deep insights that I verified through rational deconstruction and empirical evidence.

#### **b. Theoretical coherence**

Language is based on logic and every insight should be logically explainable for it to integrate in the psyche. Otherwise it does not make sense and will lead to cognitive dissonance (conflict with reality / stress). I have a sceptical but not cynical curiosity, that always includes every point of view on a subject – to see how logically coherent they are and how well they relate to my personal experience and empirical evidence.

#### **c. Empirical scientific evidence**

Everything I have experienced should be understandable through modern science that keeps on evolving. I have always been interested in science to back up my work, discover new possibilities (in technology for example) and get more insights into the workings of the universe. This is just an inherent drive and I never saw any conflict with my personal experiences until I ran into an outdated and pathologically pathological field of psychology (in the Netherlands) – which is part of the reason I am writing this. The U.S. seems to be more evolved and open in that area and has a lot more research into subjects most mainstream Dutch psychology had pretty much written of (luckily the last therapy I had 5 years ago was linked to an American university and reinforced what I have always been doing – which is mindfulness based practice).

# 1. To see what condition our condition is in

Everything we are, from physical to mental, is because of conditioning and development – nurture and nature. This the nature of long and short term evolution. Our conditioning becomes our nature, our habits our patterns.

What is our mental conditioning made up of and how does it influence the way we think, feel and perceive the world? How do we physically experience the world and how does it relate to our mental experience? Is reality as we perceive it?

There has been a lot of scientific findings on how the brain works and how the body functions in relation to the brain and what ‘reality’ might be. The human population is heavily over-specialized and therefore – even in science – there is no holistic overview and interconnection of up to date knowledge about ourselves and the world. All knowledge is fragmented and people can cherry-pick their own ‘truth’ based on whatever they find on the internet. Welcome to the post-fact society.

Society is stressful, competitive and uncertain but on the other hand never did so many people live in such abundance and luxury. Stress in developed countries therefore cannot be related to existential survival modes or can it? Why is there such a depression / burn out epidemic in the west? What is being done about it and how up to date is psychology with what science says about the brain and mind?

What kind of character traits do well in current day society? How does that fit in evolutionary context? Are we celebrating the right kind of behavior? Can behavior be classified in terms of higher and lower? We think thoughts determine our actions, but is that so?

Is our self-image up to date with reality as investigated by science and philosophy? First we have to look at how our brain is conditioned and how it influences our thought and perception itself.

*“My suggestion is that at each state the proper order of operation of the mind requires an overall grasp of what is generally known, not only in formal logical, mathematical terms, but also intuitively, in images, feelings, poetic usage of language, etc.*

*(..) thought is a system. That system not only includes thought and feelings, but it includes the state of the body; it includes the whole of society - as thought is passing back and forth between people in a process by which thought evolved from since ancient times.”*

— David Bohm (theoretical quantum physicists / 1910-1992)

## 2. Perception & cognitive bias: interpretation of reality

*“Perceiving is believing. Misperceiving is deceiving—  
And worse yet, prevents achieving.”*

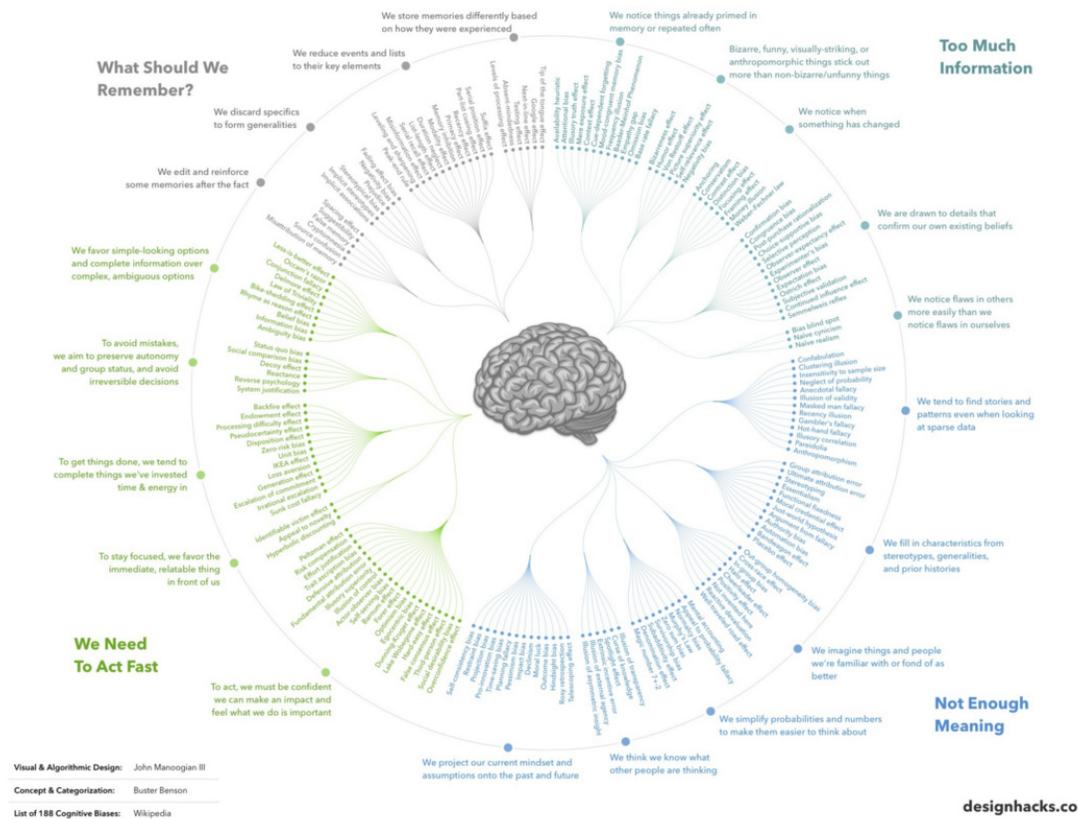
— Mark Geilston (psychiatrist, consultant and author)

Information enters our cognition (sight, sound, smell, touch, etc.) - and we have a 2d (mental-dualistic), 3d (space) and 4d (time) experience of it. This appears to be a real-time interpretation of reality.

We form mental models of reality. Research has shown our mental model of reality influences our perception of reality ('confirmation / cognitive bias', based on world-image, which is based on cultural conditioning and self-image is a result of that).

So fact is, we don't see reality directly. Cognitive bias prevents that - because it feeds back into perception itself - distorting it.

### COGNITIVE BIAS CODEX



[https://en.wikipedia.org/wiki/List\\_of\\_cognitive\\_biases](https://en.wikipedia.org/wiki/List_of_cognitive_biases)

We perceive the world in a certain way because we have developed senses to experience the world and a brain to interpret it. Both the body and brain have memory of past experience that influences new experience. Past experience not only includes personal experience, but cultural and evolutionary experience as well - since we are shaped by millions of years of natural selection and influenced by our context. That our evolution and memory (conditioning) influences perception of the world is called cognitive bias. A subjective personal experience and interpretation of reality that has universal underlying principles.

Before analyzing cognitive bias first a deconstruction of the ways we perceive information.

## 2.1. Types of human perception

- *Visual perception*: 3D interpretation of reality. Our two eyes can interpret depth. We have a field of view of about 160 degrees but can only see a very small area of focus. The outer limits of our vision are good in recognizing motion, the small area of focus is good at seeing detail.
- *Auditive perception*: 360-degree cognitive input of sound waves with the capacity to select/focus on details
- *Sense perception*: pressure and temperature (hard/soft, hot/cold)
- *Smell / taste perception*
- *Balance perception*: in ear sense organ
- *Internal organ perception*: self-awareness of the bodily functions
- *Perception of feelings / emotional process*: self-awareness about the state of feelings and emotions
- *Perception of thoughts*: there is thought itself and there can be the awareness of thought as a process

Since humans evolved self-awareness, it is possible to observe oneself and others consciously. This way emotional reactions can be intervened or studied and don't necessarily directly lead to behaviour like it does with animals - although research has shown that certain types of mammals also have a form of self-awareness (types of dolphins, whales, apes and elephants).

All types of perception can be trained, which results in higher awareness of these senses. This heightens the sensitivity of these senses/corresponding brain areas.

Training perception by doing challenging activity that uses the senses results in higher complexity of the corresponding areas in the brain. The more types of perception are trained the more complex the brain's interconnectivity gets. This will be explained further in chapter (6.5 / 6.6 / 6.7).

## 2.2. Types of cognitive bias

This is a selection of important cognitive biases that influence selection, interpretation and projection of cognitive data:

- *Confirmation bias*: confirming an opinion or feeling you already have
- *Attribute bias*: Projection of psychological reasoning for others' behaviour
- *Associative bias*: Bias based on group thinking, a form of discrimination and projection of traits (i.e. gender, race, politics, religion, etc.).
- *Anthropomorphizing*: Projecting human traits on non-human subjects (we see a face in a 'smiley')
- *Feelings/Emotional bias*: The state of one's feelings and/or emotions influences the way we perceive and select cognitive input (can lead to confirmation bias but it is not the same)
- *Language bias*: Language has a structure and vocabulary - this determines and limits how we interpret reality if doing so by only thought (ratio).
- *Dominance bias*: The evolutionary development of hierarchy means that people in power are trusted more easily, or in some cases distrusted fundamentally.
- *Opposition bias*: Distrusting people with different views automatically, no matter what the argument (i.e. politics).
- *Education bias*: Education has methods and contents and this influences how you see the world and others. It can mean a sense of superiority based on high Academic education and purely logical conditioning - selective development of the brain. It can also mean lower self-esteem if education is not considered 'high'.
- *Economic bias*: The financial means influence the perception of others; i.e. People with money who consider people with less money as less worthy. People with financial troubles who distrust people with money. Also people with less money who look up to people with more money as inspiration for behaviour (this is not necessarily an inherent but a possible bias)
- *Media bias*: The technology of media gives form to the content and its usage. A medium as a platform is a bias on reality, the contents made by people are also. Media as extension of perception shapes behaviour, both the platform itself and the contents. This does not mean that all media is intentionally (politically) biased, but technically speaking even the selection of a certain subject excludes others and is therefore bias - a necessary one, you can't make everything about everything.
- *Cultural bias*: Every culture has known and unknown assumptions on how the world works because of thousands of years of conditioning. Because this is very long term conditioning, it resides very deep in the psyche and can determine (subconscious) behaviour to a large extent. Even self-proclaimed 'rational' communities can be unaware of their own cultural bias and can be guided by it (i.e. line of questioning, interpreting data).

All biases influence rational thought. There are many more types of cognitive bias, that have great impact on how reality is perceived, interpreted and projected back on reality. Instead of mentioning and describing them all\*, it is more relevant to look at the basic principles of cognitive bias and categorize that on a meta level.

\* For all types of cognitive bias see sources in 'References'

### 2.3. Meta types of cognitive bias

- **Perception bias:** The senses evolved through evolution to pick up a selection of wavelengths - sound and sight for example. Humans cannot see infrared, and practically cannot hear below 20hz, or above 18-20khz. The entire body can feel below 20hz however. Our perception is a selective bias on reality. All cognitive input is frequency.
- **Interpretation bias:** This is based on the state of feelings/emotions and rational constructs (i.e. world view based on language/rate and its content), formed by one's conditioning - nurture. This also involves neurological processes that select and interpret reality based on a long evolutionary history, for example the fight/freeze/flight response.
- **Projection bias:** This involves the projection of cognitive input and conditioning back on reality, which results in framing reality. This is the window through which you see the world, based on your past experience.

Besides the types of bias; there is the content of bias (nurture). Since long term nurture becomes nature (evolutionary selection and variation) it is sometimes difficult to state what is determined by conditioning in one's life and what is longer term evolved bias.

Language, and logic as a consequence of it - is part of humanity for (tens of) thousands of years, so the development of the latest part of the brain might very well be shaped by it evolutionary (and language is a consequence of the state of the brain at the time it evolved). Of course, every child has to learn language but the make-up of the brain is very suitable for it structurally. People who master several languages or different types of logic, think differently and perceive reality differently - because more varied and complex systems can be used to describe reality.

Training the body and mind also alters the interpretation of reality, since the brain is interconnected and research into neuroplasticity shows that rational, emotional and motor skills can develop.

If we look at the neurological pathway from perception (via the senses) to feelings, drives, emotions and thought all parts are used to interpret reality. Western education and society has considered thought to be the highest part of human development, and therefor thought itself is the most dominant cognitive bias. This is not necessarily wrong but if thought is the only modus operandi, one might neglect the emotional development of the brain, one's own feelings or underestimate the actual influence of feelings and emotional reactivity on decision making behaviour if unaware of them.

One could argue that all sense perception and interpretation is in fact a bias on reality. From selection (the senses), to interpretation (conditioning) and projection (framing) we have a partial interpretation of reality. This is not necessarily 'bad', but if unaware of the filter on reality we have we might not be open to other people's point of view. It can also result in unconsciously following a leader no matter where it takes society - because these cognitive biases are automatic processes until one becomes aware of them. If one is aware of these biases, this self-awareness and insight can consciously direct behaviour - instead of subconsciously.

## 3. Nurture: The contents of cognitive bias

*“Natural selection is not the only process that changes organisms over time. But is the only process that seemingly designs organisms over time.”*

— Steven Pinker (cognitive psychologist / author)

Our ways of thinking and behaving are not as rational as it seems, since we are influenced by cognitive bias that works subconsciously.

If our behavior is biased how does it influence individuals and society? How are we biased? Besides the types of bias, there is also the content of it – which leads to confirmation bias.

How one views the world is related to how one views oneself. When highly religious for example, you put yourself in that context. When science is the empirical construct one sees itself in that context. These are in the end mental constructs that one lives by and project back onto reality, distorting our perception of it.

What influences our way of thinking?

### 3.1. Gender identity & sexual preference

Gender is both intrinsic (physical) and mental (influenced by hormones and self-image). There are obvious differences between the sexes which are simply needed for reproduction. Besides the sex related organs and their influence there is not as much difference as society has dictated. Socially there has been a big difference, and self-image is based on how society sees the two opposite genders biologically.

Sexual preference is not directly related to sexual identity, all combinations are possible (2 sexual identities – male / female) and 2 sexual preferences (straight / homosexual) make 4 possibilities). Even though same-sex sexuality exists everywhere in nature, culture has seen it as ‘unnatural’ because of religion. Some people have a different sexual identity than biology, and change sex. This is not a new sex, but a change of sex. There are also people who share biological features of both sexes. Mentally all people have both male and female characteristics, which is both biology and social interpretation. The balance of this differs per person, and the allowance of this differs per culture.

### 3.2. Race

In relation to upbringing and society, there is a conscious or subconscious identification with race. This is because cognitively race is evident and perception likes to group things (Gestalt principles of visual relation). Based on cultural heritage and experience there have been feelings of superior and inferior, but this is scientifically not correct. Practically there has been an unbalance and racism / white privilege is an experiential fact for a large amount of people. History shows the incredible unbalance (slavery), that is still lingering today in large parts of society – white privilege. White privilege includes the unawareness of the privilege and lack of empathy, for not being able to understand the situation if it would happen to oneself.

*“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.”*

— Martin Luther King, Jr.

### **3.3. Upbringing & social relations**

Our social context, family and upbringing conditions us socially and its shared world image is the norm of social behavior before education and other social factors influence us. Upbringing is also conditioned by the society of which upbringing is a part of.

### **3.4. Education**

Education is influenced by society as a whole, science, religion and statistical thinking (scores/results). It conditions how we think and puts data in us, so we gain knowledge and skills. Content of education is in development, the structure of it hardly so. Our educational model is a consequence of the industrial revolution and modeled around it. Is the model still valid?

### **3.5. Philosophy, Science and Religion**

Science and religion seem to be the polar opposites. Both of them influence our perception, experience and mental model of reality. Through long time generational and cultural conditioning, both could have more effect on a society or an individual than we are aware of – even if not actively preoccupied with either of them. Philosophy, which deals with how we see ourselves and our world, also has a long term influence on society.

How do these systems of thought guide and influence us?

#### **3.5.1. Philosophy**

*Philosophy is the deconstruction of experience based on logic.*

Philosophy deals with nature, morals and metaphysics in an investigative manner based on logic (there are many types of logic). Western thought is based on dualistic thinking, of which the main influencers are Plato & Aristotle. Eastern thought has a more complex logical frame.

Western logic:

- 1. Something is true*
- 2. Something is false*

Advanced & Eastern logic (*catacrotic*):

- 1. Something is true*
- 2. Something is false*

3. *Something is both true and false* ("this sentence is a lie")
4. *Something is neither true or false* ("there is no I")

Both western and eastern logic are basically dualistic (true/false) but the advanced & Eastern model has more room for nuance, complexity and interpretation and creation of the form of language. You could see language as an abstraction / compression of reality as a means to communicate. In order to reach a conclusion to a statement, the result has to be true or false. Then a next statement can be formed, and so on.

These are the mainstream modes of thought in world philosophy:

*Monism*: everything is one, or derived from one (priority monism / existence monism / substance monism / monotheism & pantheism)

*Dualism*: everything is two or can be reduced to two (observer/observed, body/mind)

*Pluralism*: there are many realities, or interpretations of reality

*Holism*: The whole is greater than the sum of its parts. The parts cannot be understood without understanding the whole.

There is also a cultural difference when it comes to debate / dialogue. They correspond to the nature of the used language itself and the cultural framing.

Forms of dialogue (individual & group):

1. *dialogue as opposition*
2. *dialogue as exploration*
3. *dialogue as bridge*
3. *dialogue as reconciliation*

### 3.5.2. Science

*Science is acceptance of world (and self-view based on trust – that the methodology is correct and therefore reproducible. So science is factual, but only really so (experiential) for the person who has created/found the theory that needs to be tested. For the scientist that makes great discoveries or inventions (Einstein/Tesla) this comes with 'peak experiences'. Deep insight is a total experience, not simply ratio. These people start talking and behaving in an almost esoteric (from a certain cultural perspective) way after great findings. For the rest of us, science is based on trust concerning the empirical methods – unless you can reproduce or experience the results yourselves you cannot know for sure – and mathematics/physics for example are very hard to understand and communicate to other people. Science progresses and reinvents itself as that is necessary for the quest of 'truth' / reality and our current living and communication standards are a result of it. Denying science is therefore a fallacy. If you deny science, you are denying your surroundings (and iPhone).*

What science is lacking is a holistic philosophical understanding of the object that tries to understand the subject. The subject/object duality interrelation is not solved – for example in quantum physics: the observer influences the probability of measurable particles in space and time.

On one side science assumes we have a neutral point of view when deconstructing the world (physics) but on the other side science has shown us we don't (psychology – cognitive bias). Overspecialization seems to have led to poor interdisciplinary communication in science.

The duality and relation between subject/object (me-world) is a philosophically and scientifically unresolved matter. The discussion has been going on for millennia – it seemed to start in ancient Greek and Indian philosophy, but that's just where the records start.

So far science is also deconstructing reality in a dualistic manner, because its way of thinking is dualistic – physics is based on mathematics (logic). Logic is a consequence of thought and language – therefore thought is dualistic – even if it is used to describe non-dualistic ideas.

Philosophy has had influence on the structure of thinking, as well as its contents. Science mostly has influence on the contents of knowledge, for those who understand it. People accept the latest mobile phone but science seems to be mistrusted in a large part of the population – mainly in the west. This is ironic, since Western science and technology is the reason for its development and status. This current mistrust is because of different levels of intelligence, political bias and the anti-intellectual atmosphere arising in America.

### 3.5.3. Religion

*Religion is acceptance of world (and self-view based on hope / with fear as the flipside).*

The hope part is usually the expectance of a better life after death based on one's action. This is rationally convenient, because it can never be checked. Therefore, faith can be maintained. If the religious doctrine stands too far of the experience of current day reality, cognitive dissonance might occur. A percentage of religions are in relative theoretical stasis and miss the connection with current day reality – which is completely indulged in globalized science and technology.

Eastern religions, especially Buddhism also aim for the experience or discovery of 'truth' / reality (like science) and are therefore in continuous development (at least some schools, mileage may vary). Of course in these cultures, just like with every construct – many people adore the construct and don't look for meaning or truly investigate. For many people it is religion, but there is a secular approach to the teachings that science is discovering.

Investigative Buddhism has very strong fundamentals that are the same as new discoveries in science. Instead of understanding reality from a reductionist outside point of view, it looks inside for answers – because we are nature and how can you understand the world if you do not understand yourself? What insight through introspection lacks is outside empirical evidence and effective communication? The benefits of meditation and the impact on the brain is documented by a lot of scientific research on the matter. We can see the brain change, improving in thickness and interconnectivity. What the effects are on consciousness is not measurable yet, because we don't know what we are looking for. The premise of Buddhism is overcoming duality (the No-Self, if there is no self, therefore is also no other: no subject/object duality, which should lead to new level of perception/consciousness).

### 3.5. Work

We live in a highly competitive society, which is based on a dog-eat-dog mentality, strengthened by capitalism as an extension of a one-sided view of Darwinism (science) and Descartes (philosophy). When considering us as purely physical beings with an evolutionary survival instinct our society has interpreted 'the survival of the fittest' on a form of alpha-male strength. Physical strength has been replaced by the ratio ("I think therefore I am"), but this denies the pluriformity of human experience. Emotions are not even close to be understood and only recently there has been scientific research into the subject whilst every living creature feels, whatever the level of consciousness. In terms of correct historical evolutionary perspective, the order seems not to be 'I think therefore I am' but 'I am therefore I think'. Our level of consciousness is relatively new in terms of evolution, and always related to the development of society as a whole. Because of this ratio is considered to be far more important than feelings.

*'Dominance is an adaptation to anarchy and it serves no purpose in a society that has undergone a civilizing process or in an international system regulated by agreements and norms. Anything that deflates the concept of dominance is likely to drive down the frequency of fights between individuals and wars.'*

— Steven Pinker (cognitive psychologist / author)

### 3.6. Economics

Economy is based on money. Money is an item of exchange, of which the value is mutually agreed upon. Based on this exchange, more and more complex systems have evolved to deal with money in various ways, like banking: loans, insurance and saving. This has created a business of money. What started as a means of exchange, has become a means to its own - for a certain part of society (the financial sector). It is a means to survive and to be a part of society (profession) and to have a certain degree of status.

*"This planet has - or rather had - a problem, which was this: most of the people living on it were unhappy for pretty much of the time. Many solutions were suggested for this problem, but most of these were largely concerned with the movement of small green pieces of paper, which was odd because on the whole it wasn't the small green pieces of paper that were unhappy."*

— Douglas Adams (author: The Hitchhiker's Guide to the Galaxy)

### 3.7. Politics

Politics are organized modes of thought, influenced by economics, philosophy, religion and social relations to govern people based on geographical boundaries.

There are two major (and conflicting) ways of dealing with money in society as political system:

- *Democracy* (free market) – survival of the fittest financially. Democratically chosen leaders, which is part of a hierarchy. Besides serving the people, politicians in free markets also serve the

financial stability of the whole. People choose an individual leader. Democracy combined with capitalism strengthens competitive behavior.

- *Communism* (centrally controlled market) – everybody is equal in theory, when it comes to money. But practically very hierarchical with often a dictator with absolute power. History has shown this does not lead to highly developed societies and abuse of power. People accept (or don't) the system as whole, they are not able to choose a leader democratically.

Politicians both serve the people and the economical construct, the basis for a functioning society. Politics are dualistic in nature because people think in terms of left and right.

*“Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future.”*

— John F. Kennedy

### **3.8. Nationality**

*“Globalization has made us more vulnerable. It creates a world without borders, and makes us painfully aware of the limitations of our present instruments, and of politics, to meet its challenges.”*

— Anna Lindh (Swedish Politician / 1967 – 2003)

Self-identification depends for a large part on nationality. This depends on history and its relations with other nations. Because of capitalism and communication, the world has mostly globalized. This invokes a reaction in people, considering self-image, they either;

1. consider themselves *global citizens*
2. consider themselves *citizens of a nation*
- 3.-balance the two according to context
4. identify with neither

### 3.9. Media / Art

What is a medium fundamentally? A way to communicate via our senses. Visual and auditory ways of communication started with spoken language, visual language (art), written language, print and electronic media with television and the internet. Both the content and structure of media influence our ways of thinking. It could be argued, that the form of the medium is more important to the society as a whole than the contents of the medium – ‘the medium is the message’ (McLuhan).

*“We become what we behold. We shape our tools and then our tools shape us. (..)”*

— Marshall McLuhan (Media professor & philosopher 1911-1980)

For example; the internet as a worldwide network has more influence on society than a specific content item. Because we are all addicted to our phones – not because of its content, but the availability of the medium. Since we are looking and interacting with screens more than reality, it has become our reality.

In the same manner, language and written language also influence the way we think, besides the content – it has a structure of its own. This structure determines the way we think. Language itself is dualistic (subject / object). Whatever the content of language, its explanation is dualistic.

In the broadest sense, media is transfer of language (thought - dualistic) and emotions (feelings).

*“The alphabet is an aggressive and militant absorber and transformer of culture (..). Typography tended to alter language from a means of perception and exploration to a portable commodity. The new electronic interdependence recreates the world in the image of a global village”*

— Marshall McLuhan (Media professor & philosopher 1911-1980)

During history all forms of art reflect society, feelings, thoughts and consciousness. Media can be seen as an art form. Mainstream media has always been influenced by the autonomous arts since the latter only has intrinsic expression as intention and can therefore develop more freely.

Even if one has never seen a museum, all great historical art forms influence current day reality in one form or another (examples: Greek/roman architecture, religious art & architecture, modernism / post modernism / de still / avant-gardism). From music, to movies, literature and the autonomous arts; the development of a society can be seen by the status of the free arts. If art is not free, there is no freedom of expression, no freedom of ideas and no personal freedom.

*“There is no society ever discovered in the remotest corner of the world that has not had something that we would consider the arts. Visual arts - decoration of surfaces and bodies - appears to be a human universal.”*

— Steven Pinker (cognitive psychologist / author)

### 3.10. Nature

Nature is our evolutionary history and physical context. In current experience, nature is information/media (dualistic), not direct experience of reality. It passes through thought (a part of the brain) more than the senses (the whole physical body and brain).

*“(nature) is a rear view image. Every generation creates a rear view image of itself, which puts in thoroughly out of touch with the present. The present is the enemy. The present is only faced, in any generation, by the artist. The artist is prepared to study the present, as his material, because it is an area of challenge to the whole sensory life. And therefore it is anti-utopian, it is a world of anti-values. The artist who comes in contact with the present produces an avant-garde image that is terrifying for the contemporary. The artist is always seeking new patterns, new pattern recognition.”*

Marshall McLuhan

(Norman Mailer and Marshall McLuhan Debating 1968 /<https://www.youtube.com/watch?v=PtzxWR-j1xY>)

The rear view image of itself, being outdated, is influenced by a personal and collective image of all the topics mentioned above, distributed by the media. Which biases influence our perception of nature? Currently it is mostly politics (influenced by economic factors more than long term well-being of human kind). Many politicians have discarded science or only use (pseudo-) science to progress their private agenda - for populist reasons (acquisition of power).

Politics and business has a major influence on the bias that is the rear view image, coloring already a selective collective image of the past and thereby influencing the future.

Eastern traditions are (originally) about nature, the present and development - from Middle Eastern to far Eastern. Science evolved out of this: the Mesopotamians / Greeks / Romans / Christian & Islamic science / etc. + India: Hindu / Buddhism / Yoga / etc., + China / Korea (Taoism / Confucianism). These developments in history are the bases for all worldly development: Language > Media (script) > Religion > Science. The world cultures have always influenced each other for as long they have been in contact with each other (for better or worse).

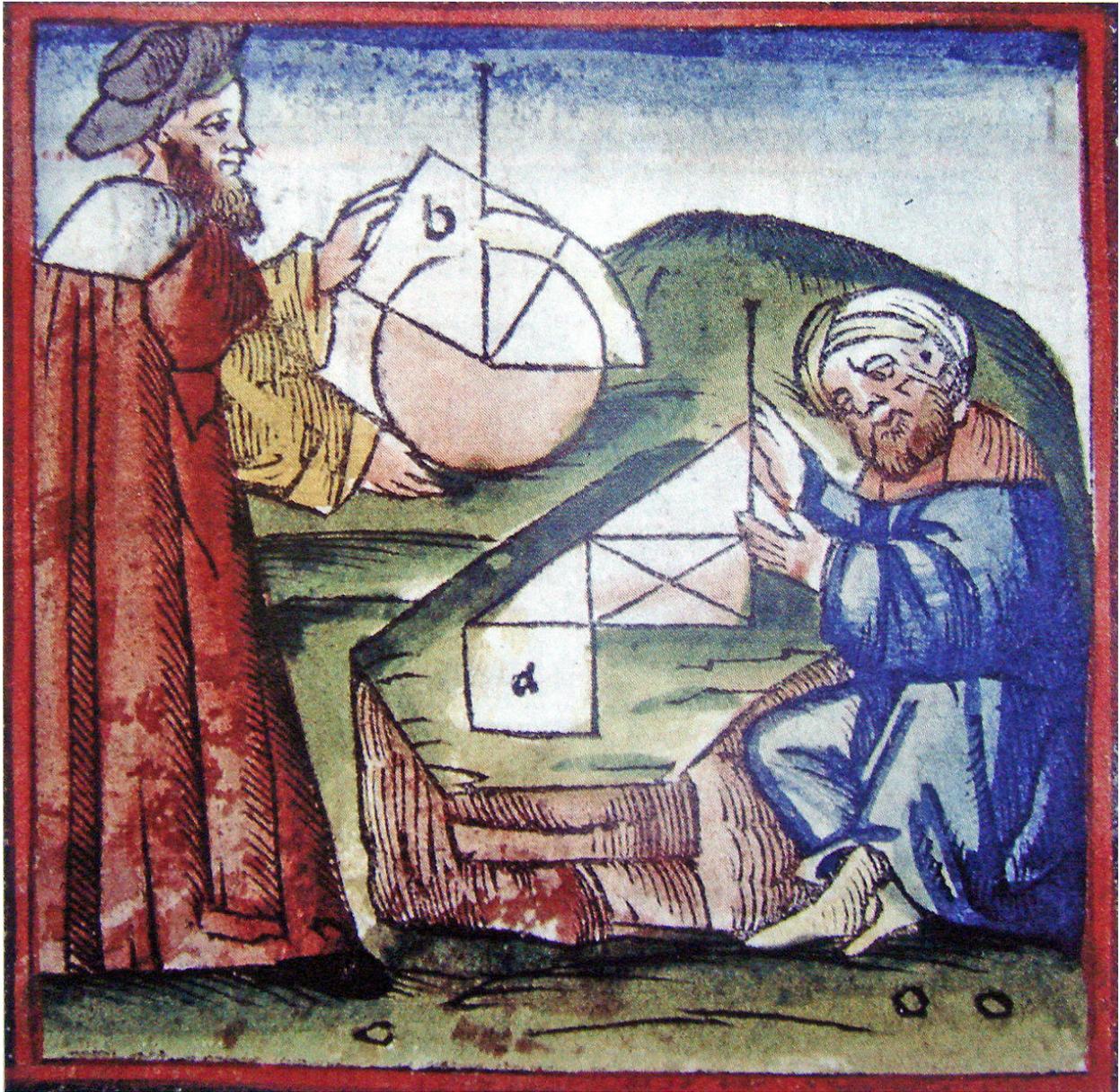


**< Is this Nature?**

(Hainan, China)

**Interpretation in 5D logic:**

1. Nature = This looks like nature
2. No-Nature = it is just a presentation of nature on media
3. Both = both the media itself and the representation of nature is nature
4. Neither = this is all just a rational deconstruction of nature
5. All of the above = also just nature (everything is nature, all interpretations are valid and defensible)



European and Arab practicing geometry -15th century

[https://en.wikipedia.org/wiki/File:Westerner\\_and\\_Arab\\_practicing\\_geometry\\_15th\\_century\\_manuscript.jpg](https://en.wikipedia.org/wiki/File:Westerner_and_Arab_practicing_geometry_15th_century_manuscript.jpg)

## 4. Nature: Drives, Feelings, Thoughts & Emotions

The content of all biases named earlier don't only influence the way we think, but also the way we feel, and react to emotionally. So besides thought, emotions are conditioned as well. Do thought or emotions guide us and how are they interrelated?

In order to understand the thought, feeling, emotions and drive interrelation, we have to deconstruct what they basically are.

### 4.1. Thought

*"As you think, so shall you become."*

— Quite a lot of people actually

What is thought itself, principally? First we can look at the content of thought.

#### **Content of thought:**

1. Drives: From survival to self-development
2. Feelings: Thinking about feelings from memory or from sensory input (biased)
3. Sensory input: our awareness of surroundings/self (biased)
4. Memory: a conditioned and therefore biased selection of the past
5. Subconsciousness: thoughts/feelings we are not aware of, but present itself to consciousness according to conditions (biased)
6. Dreams – processing of the brain during sleep

#### **Structure of thought**

The way we think about things (awareness of awareness – we think in language / ratio) influences our perception. Is this because of nature or nurture? Social and cultural conditioning influence the content of thought but what is it structurally? With each thought it multiplies itself. In the end, thought is either on or off. It is binary:

#### ***Thought is dualistic in nature***

The content of thought creates new thoughts, and create feelings and determine emotions and practical behavior. Behavior is based on drive, feelings and thought.

## 4.2. Drives

How rational is our behavior? Thoughts and emotions are interrelated with context / input. What kinds of emotions do we have and how do they guide us? How do emotions work and are related to thought?

What basic drives do we have intrinsically / biologically and what feelings do they generate?

### Drives:

1. Need for survival; 'survival of the fittest' (Intrinsic: i.e.; hunger / Extrinsic: i.e.; defending the individual and group (primary biological needs / fear of death) – (fight/flight)
2. Socialization: friendship and family, our relation to society as part of a whole (empathy/apathy)
3. Reproduction: sexual relationships and off-spring (sex drive / caring for off spring)
4. Competition; will for power and dominance, and/or influence (sexually / socially) (pride/jealousy)
5. The need for self-development: the intrinsic drive to learn and develop skills (autonomous drive, either individually or as required from society (play/education)

Basically our drives, our internal feelings could be categorized as:

- *Connect* (create / co-create)
- *Reject* (fight/flight)
- *Seeking* (curiosity / development)

## 4.3. Feelings

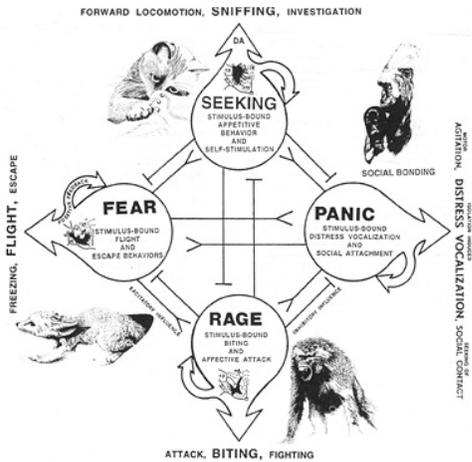
Feelings are internal sensations that are complex, nuanced or intense. Feelings can be named but also put on a meta scale. Several studies resulted in different ways to categorize feelings/emotions.

There are however, a couple of different models of emotions (feelings). I make a clear distinction between feelings (internal) and emotions (external display of feelings). We have to be using language carefully in order to give proper meaning to this reductionist approach of experience.

Glasgow university has researched emotions and states that basically these emotions exist.

### **Happy, sad, afraid/surprised, and angry/disgusted**

Jaak Panksepp (neuroscientist) researched animals and humans. Below the basic response of animals:



Panksepp defines the following primal emotions for humans:

**The Seven Primal Emotions**  
They are All **Rewarding** or **Aversive**

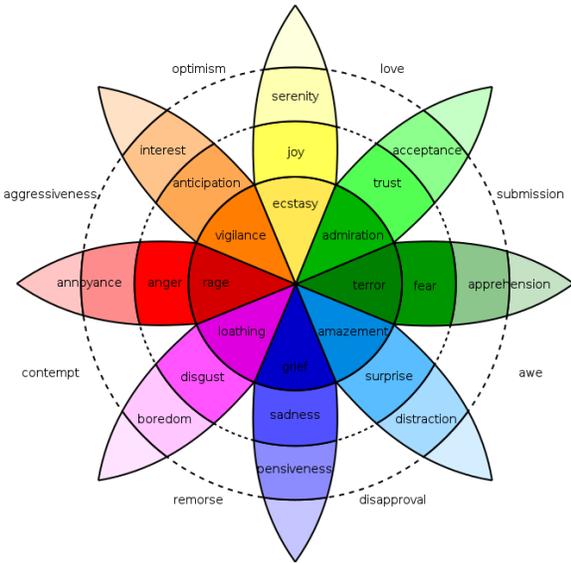
**Primal Emotions -- Affective Feelings**

<b>SEEKING</b>	<b>Enthusiastic</b>
<b>RAGE</b>	<b>Pissed-off</b>
<b>FEAR</b>	<b>Anxious</b>
<b>LUST</b>	<b>Horny</b>
<b>CARE</b>	<b>Tender &amp; Loving</b>
<b>PANIC</b>	<b>Lonely &amp; Sad</b>
<b>PLAY</b>	<b>Joyous</b>

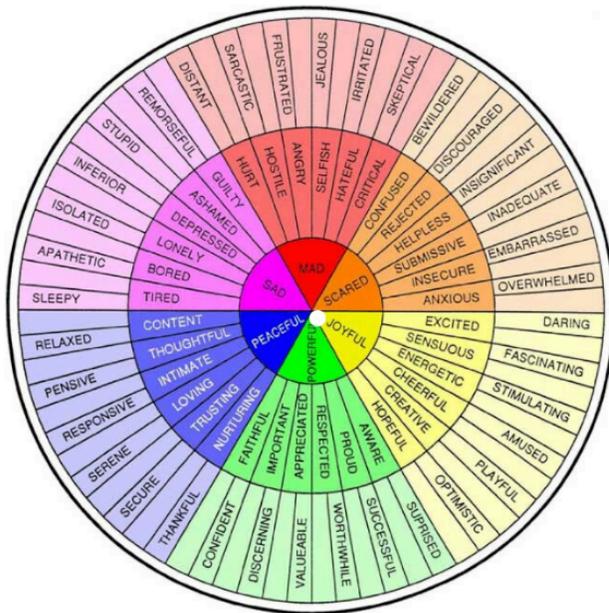
Again, the terms emotions, drive and feelings seem to be used in different ways.

What Panksepp called Emotions, are in fact both Drives/Feelings, with the affective feelings, which can display emotions (physically). Lust is a primal drive, horny a feeling. Seeking could be seen as a drive, Panic as an emotional reaction. I have to conclude the categorization is generally a bit mixed up, when researching emotions/feelings.

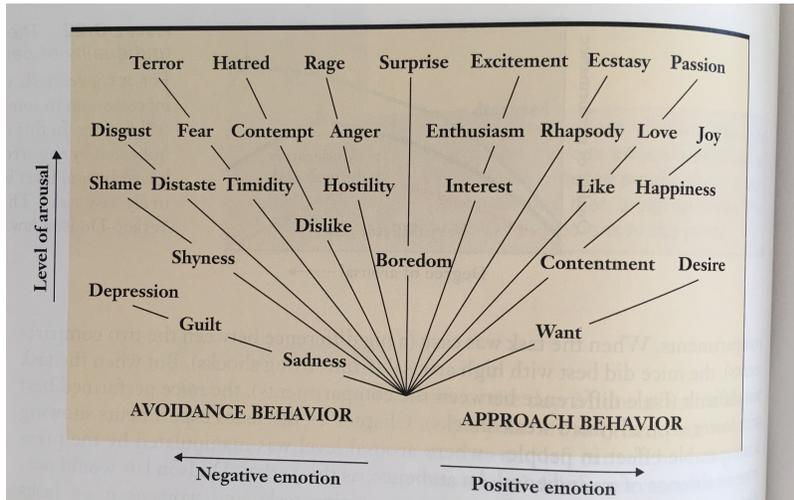
Plutchik's wheel of emotion, contrasts emotion (feelings) and their drive(intensity):



A more complex and detailed variant, although principally the same.



David Grey, in the book Psychology, defines emotions as such:



This model categorizes emotions (feelings) dualistically in line with basic human drives (*connect/reject*).

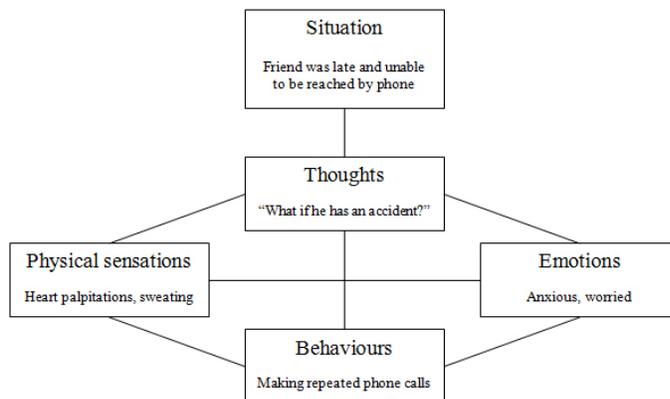
It also shows the level of energy (arousal) that leads to different emotional states. Therefore, this is a more comprehensive model that does not conflict with other models.

Many more emotions can be defined than the models define, but they can all be basically categorized to connect/reject or neutral.

One important response to cognitive input (danger/stress) is 'Freezing up'. For example, a deer that freezes by the headlights of a car, or a person that freezes up when somebody is yelling at them. This could be an evolutionary response where the mammal is made to look passive, not having any response – and therefore not appearing dangerous to the attacker.

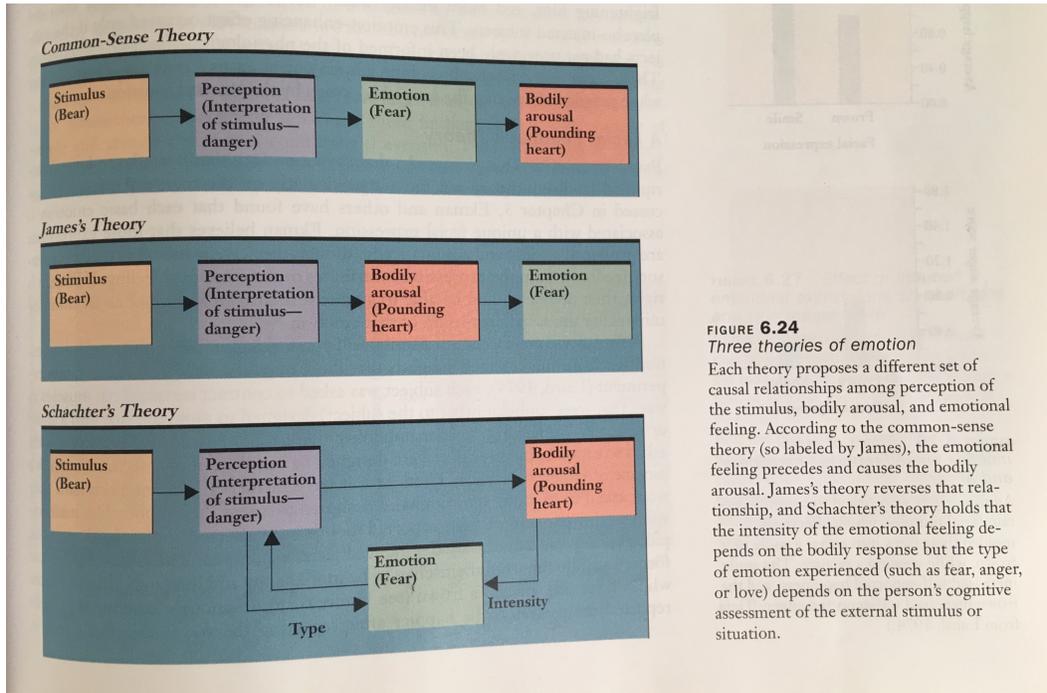
### Trigger of feelings

How are feelings generated? We can look at this from two cultural perspectives. Feelings have a trigger. What and how triggers emotions in the inside world (brain) and outside world (body/environment)?

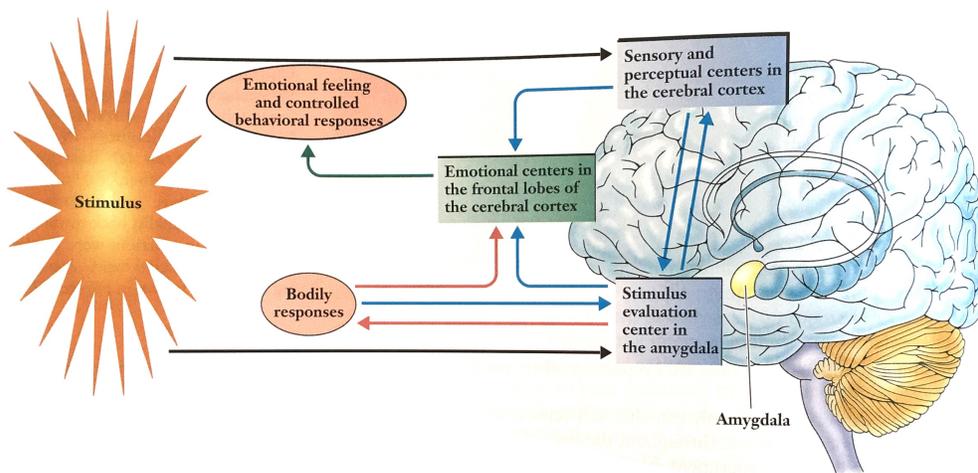


This is a common model of the relation between emotions/thought/behavior and situation. But is it correct? It seems this way, but is it biologically so? Emotions should be called feelings, because emotions are the physical externalization of feelings (and are therefore already action/communication).

Below three models of cognition/feelings (Psychology / Peter Gray):



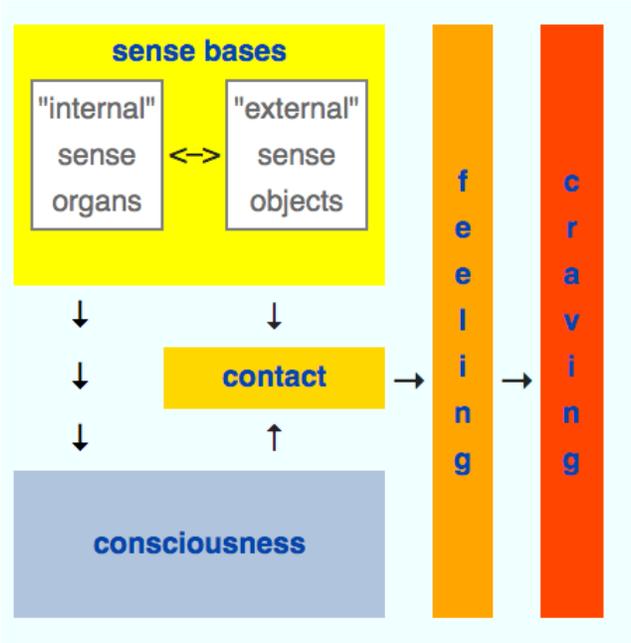
**FIGURE 6.24**  
*Three theories of emotion*  
 Each theory proposes a different set of causal relationships among perception of the stimulus, bodily arousal, and emotional feeling. According to the common-sense theory (so labeled by James), the emotional feeling precedes and causes the bodily arousal. James's theory reverses that relationship, and Schachter's theory holds that the intensity of the emotional feeling depends on the bodily response but the type of emotion experienced (such as fear, anger, or love) depends on the person's cognitive assessment of the external stimulus or situation.

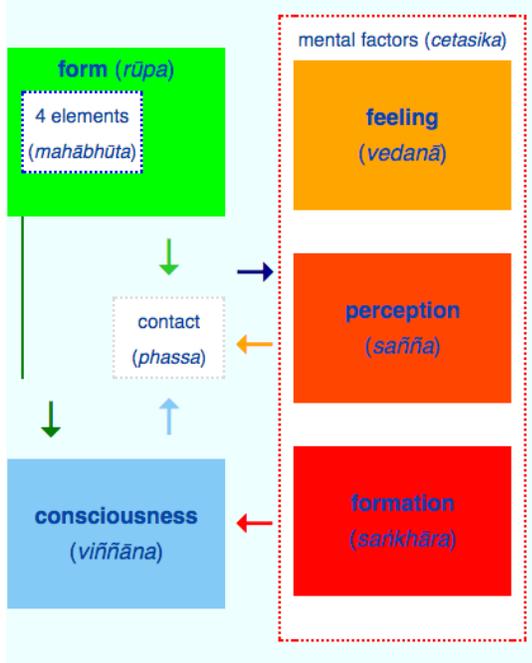


The earlier models of emotions (feelings) and cognition are overly simplified and lacks the feedback-loop of cognitive bias, it assumes we think before we feel, but this is incorrect, our senses are in contact first, which generate feelings, drives and emotional motives.

The model needs to be adjusted, including the bias feedback loop, because thought and feeling are not directly influenced by outside situations. Thought is more directly influenced by our memory than cognition. Let's look at other models of cognition/thought and feelings. The Buddhist model of cognition is slightly different, but puts more emphasis on feelings, and includes the feedback loop.

**Buddhist models of senses, feelings and consciousness**

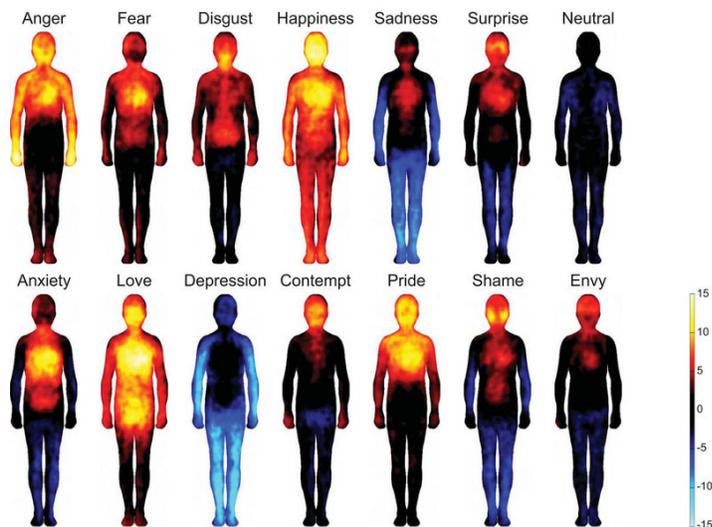




### Physiological relation to feelings

If we look at the human constitution, biologically – thought happens in the brain, and feelings happen in the body. What part of the body is in first contact with situations? It is the body, not the brain.

Our brain processes all information it gets – through sensory input (the rest of the body). But what we actually experience is the body, not the brain. Only in case of a headache do we experience the brain (which is the outer layer in stress). How we feel influences our body and brain. How we think influences our brain and body. This is a two-way street.



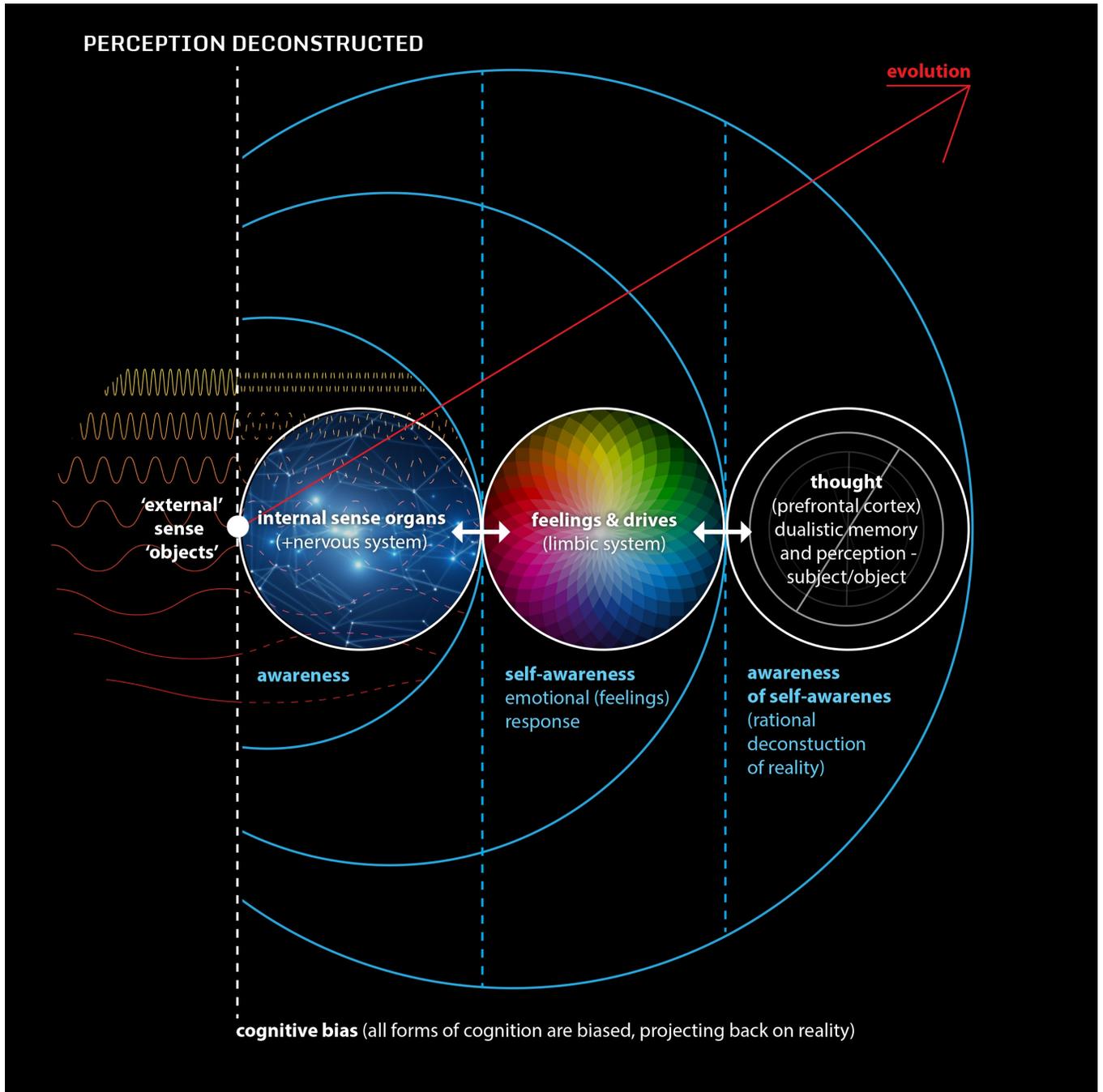
### **Emotional states and physical consequences (heat)**

Lauri Nummenmaa, psychologist Aalto University

According to scientific research our organism functions optimally when happy or emphatic / loving – probably because of optimal blood flow. It functions worst when depressed.

#### 4.4. New model of experience

Based on all previous models, and introspective verification, I developed a new one - which includes the bias loop and our dualistic interpretation of reality, as well as the particle / wave interpretation of quantum physics in an evolutionary context (micro scale: development of baby's / macro scale from big bang onwards).



## 4.5. Emotions

Emotions are the external physical display of feelings, and are the first behavior / action of feelings.

After that follows action or the transformation of the feelings or drive internally.

So emotions communicate our feelings, generally subconsciously. These emotions can be picked up by others, and therefore emotions are cognitive information on which intelligence can be build.



## 4.6. How feelings influence our decision making

Paul Ekman (professor in psychology), has the following to say about evolutionary nature/nurture function of emotion:

*'There are universal emotional themes that reflect our evolutionary history, in addition to many culturally learned variations that reflect our individual experience. In other words, we become emotional about matters that were relevant to our ancestors as well as ones we have found to matter in our own lives.'*

— Paul Ekman (professor in psychology / author)

So both nature and nurture conditions our emotions / feelings (Again, in most studies there is no semantic difference between emotions and feelings – I do distinct them).

The neuroscientist Antonio Damasio made a groundbreaking discovery, he researched people where the emotional part of the brain was damaged. They were unable to make decisions, even if the situation was logically analyzed. The conclusion is that at the time of decision, emotions (feelings) are crucial in making decisions. They are the decisive factor.

There have been many studies (also in marketing) that confirm this.

Lisa Feldman Barrett (director of Northeastern University's Interdisciplinary Affective Science Laboratory) has a constructive view on emotions based on research. The more fine-grained the conceptual system of emotions you have, the more precise your brain is able to predict tailored to the situation. This way, you are not using stereotypes, you are using these fine-grained, honed, situated predictions.

Research in consumerism, shows that decisions are made based on emotions and show greater preference consistency than only ratio (advertising is about the influence of emotions more than rationality):

*"Our current research supports theories in evolutionary psychology that propose that our emotions can be conceived as a set of 'programs' that have evolved over time to help us solve important recurrent problems with speed and accuracy, whether it is to fall in love or to escape from a predator," write authors Leonard Lee (Columbia Business School), On Amir (University of California, San Diego), and Dan Ariely (Duke University).*

*We investigated the following question: To what extent does relying on one's feelings versus deliberative thinking affect the consistency of one's preferences?" write the authors. To get at the question, the authors designed experiments where participants studied and chose among 8-10 products, sometimes relying upon their emotional reactions and sometimes calling upon cognitive skills.*

*Their conclusion: "Emotional processing leads to greater preference consistency than cognitive processing."*

From: Trust Your Heart: Emotions May Be More Reliable When Making Choices  
<https://www.sciencedaily.com/releases/2009/02/090223221450.htm>

<http://bigthink.com/experts-corner/decisions-are-emotional-not-logical-the-neuroscience-behind-decision-making>

<https://www.thecut.com/2017/03/what-emotions-really-are-according-to-science.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4050437/>

## 4.7. Fundamental experience

Can human drive, feelings and thoughts be reduced to fundamental experience?  
In all aspects of experience, interpretation of reality is dualistic on different levels.

### Model of experience:

- Connect (create & love) / Reject (fight / flight) > emotions
- Drive / Lack of Drive (amplifies frequency/intensity) > actions
- Stasis

So input from outside (body) and inside (brain) translates in the body via feelings & drives to thoughts, emotions and actions.

Not ratio but feelings more often determine our identification and attraction to whatever object/subject. Through written language we have become highly rationally minded people, we have no detailed view or framework of emotions that play a guiding role in behavior.

*'The print-made split between head and heart is the trauma which affects Europe from Machiavelli till the present.'*

— Marshall McLuhan (Gutenberg Galaxy / p. 193)

Basically there is only one of two feelings present in time to experience:

- *Love or Fear (current base emotions, how high or low its intensity may be)*
- *Connection / Rejection (evolutionary)*
- *Stasis (inaction)*

Out of these primary feelings more complex feelings have evolved. Connection to others (with empathy) allows for the most complex feelings and understanding.

## 4.8. Empathy in evolution

*"Warlike hostility toward outgroups is just one part of our evolutionary history. Humans have both capacities," ... "We didn't get to where we are now by working alone."*

<https://www.theguardian.com/science/2008/aug/26/animalbehaviour.medicalresearch>

Empathy starts with motherly care for the child (compassion). It is a form of love and care that nurtures the baby (also in nature with mammals/primates) providing protection and a safe environment to develop and mature.

Empathy is generally higher within the family or at a larger scale within the same group. However, as neurology has shown it is also activated when it comes to strangers in distress for example. As with all areas of the brain, empathy can be expanded and trained – because of neuroplasticity.

The dualistic split between mind and body and theory and practice has led to the suppression and even denial of inherent human feelings and drives, like empathy and altruism. Also because these feelings are in contrast to dominance and egocentrism which the individualistic society values so highly (status driven).

The last decades there is renewed interest in empathy as an inherent biological drive/response that humans share with animals going back a long way in evolution. One of science's great forces on researching empathy is primatologist and ethologist Frans de Waal. At first focusing on the dominance part of Chimpanzees, by observing them for a long time he found out empathy, altruism and reconciliation are also part of Chimpanzee behavior. Bonobos are particularly empathic.

*'Empathy has basically two channels: One is the body channel, if you talk with a sad person, you're going to adopt a sad expression and a sad posture, and before you know it, you feel sad. And that's sort of the body channel of emotional empathy, which many animals have. Your average dog has that also. That's why people keep mammals in the home and not turtles or snakes or something like that, who don't have that kind of empathy. And then there's a cognitive channel, which is more that you can take the perspective of somebody else. And that's more limited. Very few animals, I think elephants and apes, can do that kind of thing.'*

*I believe there's an evolved morality. I think morality is much more than what I've been talking about, but it would be impossible without these ingredients that we find in other primates, which are empathy and consolation, pro-social tendencies and reciprocity and a sense of fairness. '*

[https://www.ted.com/talks/frans\\_de\\_waal\\_do\\_animals\\_have\\_morals?language=nl](https://www.ted.com/talks/frans_de_waal_do_animals_have_morals?language=nl)

Morality, as an evolutionary extension of feelings and emotional reactivity is both intrinsic (nature) and shaped by culture (nurture). All cultures have unwritten morale (behavioral norm) and most cultures have a written one (the law) – these two are not necessarily equal. The oldest form of codified morale is religion. Without religion cultures still have morale, an unwritten code of conduct that is ultimately limited by law. In Western society, the morale is very much shaped by politics, capitalism and

individualism. Even if a cultural norm is anti-empathic, there still is empathy as neurological response in most people – since it is automatic.

## 4.9. Types of empathy

Empathy is related to the mirror neuron, which means we can feel the feelings of others which we then mirror physically/mentally. The simplest form of this is uncontrollable yawning when somebody else does. There are differences between people genetically, which depends on how sensitive an individual is. The more sensitive the more empathic. Empathy is a mirror and a gateway to the feelings of others, it aims to connect so it is inherently positive. Compassion is an emotion – it is a form of care/love that leads to behavior.

### 1. Emotional empathy

This is the capacity to feel somebody else's feelings, which is not the same as 'pity'. It is just a reflection of another's feelings in oneself. Whether one acts upon this is related to the level of compassion (altruistic love) towards other people – but in the case of helping others in distress this is often automatic. This can also lead to empathic anger – anger of injustice done to other people.

### 2. Cognitive empathy

This involves understanding others people's point of view even if they differ from your own. It's the ability to take somebody else's perspective, regardless whether one agrees or not. It can also mean taking the perspective of other groups or cultures, understanding intuitively that people have the same biological drives but that cultural variety may express behavior differently. It can see through conditioning – because conditioning is a mental layer above the biological drives/responses that one feels directly when having a high level of empathy.

### 3. Relational empathy

This is empathy in a purely one to one context, triggered both automatically and by will it can involve both emotional and cognitive empathy. Emotional empathy is automatic, cognitive empathy can be too but is less of an automatic response. This type of empathy is of importance in relationships and a necessity for reconciliation. Egocentrism can be seen as the opposite of this.

### 4. Behavioral empathy

This is the capacity to mimic others' behavior. Physical mirroring of (subconscious) behavior in a one to one context can improve bonding in a positive way, but it can also be a defense or offense mechanism – it is a form of (sub)conscious reciprocity. For example, an equally open posture improves communication. One can be aware of this and use this to improve communication, but it can also be used for manipulation and egocentric motives.

### 5. Creative empathy

This is a deep interest and understanding of a (non-personal) subject. It is related to the state of 'flow', utmost concentration without immediate awareness of self-awareness (ego). It is the activation of the complete emotional and motor system to understand a subject – without the interference of thought, which can still assist the process intermediately. It is a bottom up

approach (neurologically) instead of top-down (thought first). This leads to less cognitive bias and a true willingness to understand. This is non-judgmental observation, and is related to curiosity. This process is interfered less by one's rational conditioning.

## 6. Compassion

Compassion is the actual feeling of care for another, or other groups. Like all types of empathy, this can be trained. It originates in emotional empathy, but the response can be suppressed by thought if there is no willingness or capability for compassion. Conditioning or trauma can suppress compassion, both consciously and subconsciously. The actual feeling of care or compassion can lead to altruistic behavior, without egocentric intent and the result of compassionate behavior triggers the reward system in the brain. The intent of helping others for egocentric purposes does not trigger the same reward system.

For all these types of empathy it is not required for thought to be aware of them. They function anyway in highly sensitive people. The awareness of empathy by thought increases the control of it. This way, emotional empathy can be used for egocentric purposes – one can feel the feelings of others but decide to use that information to one's own benefit. This is the consequence of a low amount of compassion.

Empathy is related to overall intelligence and creativity. Simply put, the more perspectives you can take, and the more sensitive you are the more information you can process. Processing more (and more different types of) information leads to higher interconnectivity and development of the brain. This also explains why highly sensitive individuals need time off to deal with all the information they get through the senses. Since empathy is a highly involuntary process it can be quite overwhelming in the most sensitive people. This can be called depression, but you could also call it *impression* if we take the pathological stigma off and one can deal with it without escapism or suppression.

## 4.10. Antisocial behavior personality disorder

People who have a limited (or no) capacity for empathy and have egocentric motives in spite of others without guilt are called sociopaths. Guilt is the internal moral autocorrect system, this does not function with sociopaths. According to DSM-5 these people have the 'antisocial personality disorder'.

The most extreme cases of sociopathy, coming into psychopathy territory enjoy the suffering of others – this gives them a feeling of power. Underlying might be suppressive or abusive childhood experiences / trauma, which has generated low self-esteem. Its coping mechanism is copying the abusive behavior they were subjected to themselves. This means trauma can be transferred from generation to generation, but also on a peer to peer level.

The antisocial behavior disorder is characterized by lack of empathy, self-gratification, egocentrism, lack of intimacy, hostility, impulsivity and irresponsibility.

### A. Significant impairments in personality functioning manifest by:

#### 1. Impairments in self functioning (a or b):

- a. Identity: Ego-centrism; self-esteem derived from personal gain, power, or pleasure.
- b. Self-direction: Goal-setting based on personal gratification; absence of prosocial internal standards associated with failure to conform to lawful or culturally normative ethical behavior.

#### 2. Impairments in interpersonal functioning (a or b):

- a. Empathy: Lack of concern for feelings, needs, or suffering of others; lack of remorse after hurting or mistreating another.
- b. Intimacy: Incapacity for mutually intimate relationships, as exploitation is a primary means of relating to others, including by deceit and coercion; use of dominance or intimidation to control others.

### B. Pathological personality traits in the following domains:

#### 1. Antagonism, characterized by:

- a. Manipulativeness: Frequent use of subterfuge to influence or control others; use of seduction, charm, glibness, or ingratiation to achieve one's ends.
- b. Deceitfulness: Dishonesty and fraudulence; misrepresentation of self; embellishment or fabrication when relating events.
- c. Callousness: Lack of concern for feelings or problems of others; lack of guilt or remorse about the negative or harmful effects of one's actions on others; aggression; sadism.
- d. Hostility: Persistent or frequent angry feelings; anger or irritability in response to minor slights and insults; mean, nasty, or vengeful behavior.

#### 2. Disinhibition, characterized by:

- a. Irresponsibility: Disregard for – and failure to honor – financial and other obligations or commitments; lack of respect for – and lack of follow through on agreements and promises.
- b. Impulsivity: Acting on the spur of the moment in response to immediate stimuli; acting on a momentary basis without a plan or consideration of outcomes; difficulty establishing and following plans.
- c. Risk taking: Engagement in dangerous, risky, and potentially self-damaging activities, unnecessarily and without regard for consequences; boredom proneness and thoughtless initiation of activities to counter boredom; lack of concern for one's limitations and denial of the reality of personal danger.

Since even science has written off empathy in evolution for a long time, and Western society focusses more on egocentrism and competition, sociopaths can do extremely well in society – able to climb very high in the hierarchical ladder in corporations and politics. These traits can also be part of the sexual behavior of ‘sociopaths’. When people in power have these traits, they are an example for others and can influence or change morals and behavior top-down. These processes generally happen subconsciously until too many people become victim of such behavior – which results in a backlash (reciprocity).

### **Low self-esteem is easy to manipulate by the narcissistic and socio/psychopathic**

People with low self-esteem need external validation for their feelings of self-worth. This is in relation to what they consider themselves to be their identity; professional status, sexuality, looks and it can even be spirituality. This ‘self-worth’ is then based on comparison to others. The narcissistic will do anything to keep their feelings of superiority in check by draining the compassion of the sensitive and obedience of the insecure. This can only work if they keep the used insecure. At first they may reconfirm their object of identity, and this way the obedient is kept on an emotional leash.

If the used have actual self-respect or gain insight into the toxic relationship, the relationship would end. The narcissistic and psychopathic do not need or want equal relationships - this is a threat to their necessity to feel superior or be dominant.

Fundamentally the narcissistic and psychopathic walk around with suppressed unresolved trauma that has led to such a fundamental self-esteem problem they have created an image and self-believe based on a sense of superiority, and gather people around them to reconfirm that.

This leads to toxic relationships where the victim is only used as an object to keep identity in check, without the capacity for empathy or true compassion. The toxic may have learned ways to mimic empathy, but it is only a means to an end.

The consequence is that victims display increasing signs of dissociation, decreasing self-worth, becoming depressed or aligning (mirroring) the abuser into narcissistic tendencies to cope with low self-image.

## 4.11. Coping mechanisms – dealing with negative feelings

The focus on drives like competition and territorial drift means certain types of people are more successful than others. The increase in psychological problems with its effects imply that more and more people are not able to cope with themselves and/or society. This problem is not solved if we only look at the individual as the problem. How do people deal with their psychological problems?

### ***Escapism: negative feelings are avoided***

All addictions (drugs, sex, social media) are to escape one's own internal (negative) state. The symptoms of all mental pathology is dealt with in a suppressive or escapist instead of developmental attitude - generally speaking. Even though things like medication and therapy can help, if they are not assisted by or based on true inherent development based on intrinsic drives they are only a temporary fix.

Therapy focusses on the individual and can help, as well as medication. But one's inherent character traits cannot and should not be changed by this. Trying to conform to a norm that is highly damaging for neuro-atypical people is even more damaging. Only by increasing the acceptance of the diversity of people (neurodiversity), and by focusing on the developmental aspects with a purpose or goal in life – can long term mental health and social integration be successful.

### ***The causes and effects of fear, frustration and anger***

*“Emotions are built on layers. Beneath hatred is usually anger; beneath anger is frustration; beneath frustration is hurt; beneath hurt is fear. If you keep expressing your feelings, you will generally move through them in that order.”*

— Mark Goulston, *Get Out of Your Own Way: Overcoming Self-Defeating Behavior*

The causes of fear, frustration and anger are fundamentally based on;

1. not being accepted
2. being degraded / humiliated / bullied
3. being socially isolated (not belonging)
4. life threatening economic situations (debt / lack of income / lack of financial perspective)
5. threat to one's identity (religion / political view / nationality / world view / etc.)
6. physical harm and intimidation
7. sexual harm and intimidation
8. relationship rejection

The reasons people bully, intimidate and/or degrade;

1. Somebody is different from the norm (socially/physically)
2. Jealousy; i.e. professionally, sexually
3. Perceived threat to self-image / world-image (identity)
4. Reconfirming or increasing feelings of superiority
5. Dominance – the will to overpower others by gaining or reconfirming higher status

(the effect of this abusive behavior avoids feelings of insecurity/inferiority by making other people feel inferior and/or act submissive)

These feelings are the result of the causes above;

1. *Hopeless* — unpaired with a future that is worth living because all efforts to lessen pain (medications, therapy, etc.) have not worked
2. *Helpless* — unpaired with the ability to pull themselves out of it
3. *Powerless* — more of #2 above
4. *Useless* — unpaired with any solution or treatment that works or alternatively feeling that you contribute nothing to anyone and are only a burden (even if those people protest the opposite)
5. *Worthless* — unpaired with one of the key reasons for men to exist
6. *Purposeless* — unpaired with a mission for you to focus on and that gives you a source of pride, without which one can feel aimless and ashamed as in, “My life has no purpose.”
7. *Meaningless* — unpaired with what Victor Frankl was able to discover in a concentration camp and what one can feel when they have no purpose
8. *Pointless* — unpaired with any reason to not pull trigger, put the noose around your neck, jump from that building, take those pills, step onto those train tracks

<https://medium.com/@mgoulston/why-people-kill-themselves-its-not-depression-44113406ac79>

Basically people who suffer are either overpowered by their own feelings and/or social rejection and humiliation – which can ultimately lead to suicide or homicide. The personal problems cannot be separated from social context, since people are formed by and are part of society.

Also we are the result of very long evolutionary history and what psychology and neurology have called the ‘primitive’ (as in old) part of our brain is still actually causing our behavior (Limbic system).

In fact, it is our ratio that is still young and underdeveloped, thinking it is in control when it is not. It will be more correct to call that ‘primitive’ (as in underdeveloped). Later in the book I will clarify that older parts of the brain are in fact not less intelligent, especially not when matured and optimally connected to the rational part. Both can be developed, but this development is not part of education or conventional Western psychology.

The dualistic separation between mind and body, thoughts and feelings and ultimately subject/object are necessary to communicate in a reductionist way – the way we think. When it comes to experience, the human body functions as a whole and thought has been overrated in power when it comes to self-control.

#### **4.12. Causes for suicide and homicide**

*“Unlike simple stress, trauma changes your view of your life and yourself. It shatters your most basic assumptions about yourself and your world — “Life is good,” “I’m safe,” “People are kind,” “I can trust others,” “The future is likely to be good” — and replaces*

*them with feelings like “The world is dangerous,” “I can’t win,” “I can’t trust other people,” or “There’s no hope.”*

— Mark Goulston, Post-Traumatic Stress Disorder For Dummies

Trauma can trigger several emotional states that undermine the mental-physical system and pro social behavior. Depression, loneliness, followed up by distrust/fear of people, frustration and anger. Long time anger corrupts the cognitive, emotional and rational system. If unresolved it can lead to the physical expression of it, ultimately leading to the most extreme form of fight or flight: murder or suicide.

The causes for murder as defined by Mark Goulston;

1. **Perceived injustice mixed with humiliation** - Whether it's real or imagined these individuals often perceive the world saying to them: "You're stupid," "You're ugly," "You're weak," "You're nobody," etc.
2. **Isolation** - As these individuals pull away they become greater prey to their imaginations and the thoughts above.
3. **Agitation** - These individuals then proceed to have observation bias(they look out at the world as if it is saying all these things to him) and then confirmation bias (this further justifies the vengeful fantasies and beginning of plans or even acting on prior such events that were not stopped or taken as a full risk).
4. **Last straw** - Often we will discover some event, sometimes even small or trivial from our point of view, but given the foundation created by the above 3 steps, it essentially causes a moral lobotomy. At that point these individuals act by reflex and with an eye for an eye, revenge for perceived injustice and to the degree that they have felt that the world has put them down and pushed them away, they will find a way to get in and get even.
5. **Lowered impulse control** - When drugs or alcohol or benzodiazepines are involved it further makes it difficult for these individuals to tap into their senses, their brain and their pre-frontal cortex which might put some last ditch brakes on acting on the impulses that are increasing.

<https://www.psychologytoday.com/us/blog/just-listen/201506/hacking-hatred-what-drives-people-hate-and-kill>

*“Making the situation worse is the fact that the current suicide epidemic is practically invisible to the public. That is because the dominant American ideology of individualism, based on the Protestant ethic, precludes an open discussion about suicide as a serious social problem. The Protestant ethic would suggest that someone who commits suicide is morally weak and, therefore, responsible for his/her own fate. As a society, we must stop treating suicide like a dirty, little secret. We must agree to discuss this increasing problem openly and honestly. Most importantly, we must exorcise the stigma associated with suicide from our collective consciousness.”*

— Scott A. Bonn Ph.D.

<https://www.psychologytoday.com/intl/blog/wicked-deeds/201808/suicide-tragic-sign-the-times>

#### 4.13. How are our feelings conditioned?

The balance of these emotions in society and an individual, is a balance of the influence of nature versus nurture. Every society has a different base balance of these basic human emotions. The same elements that influence our thought influences our feelings; upbringing, education, media, science, religion – everything.

### **Experientially**

In our experience, we can feel things based on what we think – which can come from memory or the subconsciousness.

We can also feel something based on interaction with our environment. Because our body is in direct contact with our surroundings, and our brain is not, feelings come first after which thought is formed. But are feelings also biased according to conditioning (cognitive bias)?

### **Science**

Research into emotional bias has shown that both groups and individuals are emotionally biased. Often these conditioned emotions rule over reasoning.

So, neither thought or feelings allow us to experience reality directly because of our conditioning. It also means we are not actually rational; we only think we are.

*'Its effects can be similar to those of a cognitive bias, it can even be considered as a subcategory of such biases. The specificity is that the cause lies in one's desires or fears, which divert the attention of the person, more than in one's reasoning. Neuroscience experiments have shown how emotions and cognition, which are present in different areas of the human brain, interfere with each other in decision making process, resulting often in a primacy of emotions over reasoning. Emotional bias might, for example, help explain the tendency towards over-optimism or over-pessimism, even when evidence for a more rational conclusion is available.'*

[https://en.wikipedia.org/wiki/Emotional\\_bias](https://en.wikipedia.org/wiki/Emotional_bias)

--- quick intermediate conclusion ---

***We don't see reality directly and we are not rationally driven.***

What feelings and emotions are dominant in our society and what are their effects?

## 5. Status of our conditioning

This status update is about our *conditioning*, not our general state. Our general state has never looked so good; there are less diseases, we grow older and there are less wars than a hundred years ago. On the other hand, the psychological and societal problems listed below are on the rise in the early 21<sup>st</sup> century. There is a necessity to get a clear and fundamental understanding of the increasing problems, because they have severe consequences. For both individuals, society and nature. This conclusion is based on statistics and research in psychology, this chapter focusses therefor on the underlying causes which are more deeply rooted than political preference. In fact, the extremes of this status update can be found in any ideology and any political movement. Politics focusses mostly on ideology, but this is overstating the importance of rational constructs and underestimates the more primal emotional responses responsible for behavior, which can be tracked back to evolutionary history.

It can be concluded that the structure and content of our mental conditioning has led to an increase in chronic low self-image, that is very competitive and still busy with basic survival needs and fears. In this state we hardly have control over ourselves and can easily be influenced.

This is not the rational self-image of most people, but the subconscious conditioned system with which we feel and then think. We are unaware of the feelings that drive us.

This has many consequences for individuals and society, that is only rarely reflected upon from both psychological and social perspectives in an evolutionary context. Psychology focusses on individual problems, but these problems are related to the society one lives in. For example, peer pressure, dominant behavior in politics / corporations and dominance based sexuality (see #metoo movement) show that there are societal problems that actually have similar underlying causes if one looks at evolutionary psychology. Society is changing quickly, our behavior does too, but our biology does not.

### 5.1. Increase in psychological and societal problems

1. increase in feelings of loneliness and social isolation
2. increase in social media addiction
3. increase in depressions
4. increase in burn outs
5. increase in promiscuity / sexual dominance & abuse
6. increase in drug overdoses (subscription & illegal drugs)
7. increase in suicides
8. increase in homicides
9. increase in abusive behavior / bullying (also at a political level)
10. rise of populism / fascism
11. environmental problems (climate change and its denial)
12. The rich are getting richer, the middle class poorer (US and Europe)

(For statistics and sources see References: Consequences of our conditioning)

## 5.2. Individualism, egocentrism and territorialism

### 5.2.1. Egocentrism

The rise of the individual against centralized power gave people freedom and rights which are positive developments on its own. There are also negative consequences however, that have multiple causes but strengthen the same basic drives. They do not increase the capability for rational thinking, they increase a selection of primitive drives.

The competitive and individualistic society focusses on certain primal drives reinforced and strengthened by media (social media in particular). Egocentrism pushed to an extreme form is inherently putting oneself above another and can lead to sociopathic behavior. This means there are winners and losers - the dualistic way people categorize people. This view is applied to people when it comes to economic, sexual and professional status. Winners are celebrated, and losers are even further degraded. What are currently the 'winners' in society, based on what values and character traits?

Egocentrism in Western society is focused on short term pleasure seeking, that needs to be repeated - professional success, sexual gratification, entertainment, drugs, etc. Professional success is not 'bad', in fact it is part of self-development and growth. But when all means justify the end (egocentrism pushed to the extreme) you get behavior like in the worst parts of the banking industry. There is also nothing inherently 'bad' about banking or capitalism, and personal success can go hand in hand with empathy and caring for society as whole. This is in fact far more sustainable and would results in less 'crashes' based on false products made out of egocentric 'greed is good' fraudulent behavior.

*'Studies involving brain scans of humans have found that when a person behaves charitably the reward centers of the brain light up. De Waal believes something similar may be happening in the monkeys.'*

<https://www.theguardian.com/science/2008/aug/26/animalbehaviour.medicalresearch>

Also biologically it is proven that empathy is a healthier state of mind/body than ultimate competitiveness based on egocentrism, which could result in the pathologies described above. If you do not care about others, they don't care about you. This goes against a couple of basic human needs/drives - which have been suppressed and only recently it is acknowledged how important emotional wellbeing is. This is highly surprising, because we are obviously emotional beings - feelings drive everything we do. Fundamental understanding about what feelings drive us, how they drive us and how we can regain control are fundamental for self-insight and self-control. This should not only be viewed individually but socially as well - since there are many social motives that drive us (unconsciously). What social motives have positive and what social motives have negative effects on the individual psyche?

### 5.2.2. Egocentric competition

Professional competitive behavior is not necessarily bad when it's based on development and competence, this is actually a motor for individual and societal development. When competence and development is assisted or replaced by antisocial behavior in the form of divisive, suppressive or 'greed is good' egocentrism and dominance it is a large problem when it comes to politics, economics, corporations and sexuality.

Egocentric competition in all areas of life leads to exhaustion - competition triggers adrenaline, winning triggers endorphins and when in that state for too long, the hormones run out or the brain receptors are overstimulated (and need more and more stimulation for the same effect) and the feelings turn to the flipside (especially when artificially fueled for too long with alcohol / drugs). The body needs to recover from the drain on hormones and/or overstimulation of receptors in the brain. Hence the increase in popularity of mental/physical practices that aim to rebalance the mind and body.

The individual can do a lot in dealing with the unbalance – therapy, mental and physical development.

But the unbalance is part of society, a couple of human drives are (over)stimulated and a couple are denied/suppressed. Love and empathy lose from sexual self-gratification in the 'sky is the limit' app based network society. People used to be able to choose a couple of partners, now you can choose thousands. Actually - only a couple can choose thousands, depending on what society sees as 'alpha' - purely physical conditions. Society is getting less intimate and more superficial. Even the 'alphas' lose the capacity for love in the ultimate interchangeability of humans - treated as objects. Instant gratification can lead to the need to always feel 'good' and escape any development based on negative feelings. This means many people have not evolved past puberty in behavior. With all the consequences; the need to feel superior in spite of others (bullying / degrading behavior - the ego starts developing in puberty, but is not adequately integrated). Lack of inherently developed self-respect based on the growth mentality means the incapacity to feel or develop empathy / compassion. Not only individuals, but society as a whole suffers - there will be more and more 'losers' if this becomes worse or is done with the current level of unawareness of what is actually happening - both to oneself and society as a whole.

What will 'losers' do when in that position for too long? Retaliate. Countermovement's, both socially and politically evolve. The more degraded the 'losers' will feel, the more violent the response, both socially and politically. Reason and facts become less and less important, because retaliation is based on fundamental existential drives - it is fury, the ultimate fight response - it is without control. All while society still lives in the illusion that it is rational. Society used to be a lot more rational, now unaware of our own feelings and total adaptation to technology, we become more and more animal-like by overstimulation of only the most primitive drives (competition, hypersexuality - instant gratification, lack of depth). The people who develop technology (like social media) have far more insight in how people can be stimulated, than the users have insight in how to deal with it. The drives of the people who make social media, are also mostly competitive / financial.

### **5.2.3. Territorial drift**

Competitive egocentrism revolves around territory. This is true for commerce (like social media - amount of users), the anti-romantic online dating apps (increases amount of sex partners), as well as extreme or populist movements - which are literally about defending territory. In practice this means that the most masculine behavior wins politically, sexually and commercially.

*“The psychologist Mark van Vugt recently argued that modern organizational leadership is a mismatch. His argument is that humans are not adapted to work in large, anonymous bureaucratic structures with formal hierarchies. The human mind still responds to personalized, charismatic leadership primarily in the context of informal, egalitarian settings. Hence the dissatisfaction and alienation that many employees*

*experience. Salaries, bonuses and other privileges exploit instincts for relative status, which attract particularly males to senior executive positions.”*

[https://en.wikipedia.org/wiki/Evolutionary\\_psychology](https://en.wikipedia.org/wiki/Evolutionary_psychology)

So far, 'success' is often measured in acquisition (money) and territory (reach). The consequences of pure egocentric territorial drift without social responsibility mean that both nature and the human psyche suffer. Statistics about mental health and the environment show that we are running in that direction.

## **5.5. The effects of the Age of Advertising**

With mass production as a result of the industrial revolution came advertising. Products made for the masses need to be sold to the masses. The height of its success was the television era. The dream image projected into the homes conveys an image people identify with. It caters to the image of success, in terms of peer recognition and status. The image is so powerful, it is an integral part of culture and an art form.

The art form is changing, because the reality of a company is getting a larger media influence than its portrayed idealized image. Not much longer can companies pretend to be green while actually polluting, because media access to the real situation is starting to be more dominant. Advertising will not be able to portray images that don't correspond with the truth.

Large corporations spend billions on advertising, and if they have known inhumane or polluting behaviour also billions on covering that up. This will be a waste of money, since it is far more sustainable in terms of image and business to invest that in being a moral and environmentally responsible company with a long term vision. That will be the best PR a company can have. Then they can be what they portray. This would save them a lot of money, and gain actual trust of people (people are only partly consumers).

On the long term, advertising is as middle man that will dissolve. Internal to external communication based on actual innovation, actual humane work circumstances and care for nature is more authentic. This will also result in happier employees with less stress and psychological problems. Burn out is work related.

Advertising is often very beautifully made. A lot of talent and energy goes into its production. This creativity could then be put in creating actual value, authentic communication and a sustainable future - closer to or integrated into the company. If communication creativity is integral to the company, the entire company benefits more - because communication and product become one.

This will be a natural shift, it is a consequence of increasing social movements, awareness about the state of nature, human psychology and what true creative innovation means. Devoid of real innovation advertising is just playing with shapes to seduce people.

If the product itself is valuable and the company is socially responsible they are a good employer with a good product.

The difference between portrayed image and authenticity influences generations to uphold a character instead of showing the authentic self, especially since adolescents are easily influenced and a large target audience.

Advertising is shifting from large and corporate to personal: social media influencers. If successful they often become walking advertisers for numerous companies. This will eventually increase the authenticity - because they are inherently fallible humans, just like everybody else.

The need to live up to idealized images of 'perfect' people in media and advertising in particular can create insecurity. Beautiful happy people without problems is a very distorted image of reality. The underlying premise is - and it works - if you buy this product you become beautiful, hip and happy too - and attract the opposite sex.

On a superficial level this works (for the people who can afford it) because certain products are associated with certain status. This feeds into extrinsic motivation - the need to be validated by others for self-esteem. This mechanism is an extension of the hero narrative, but often purely based on physical characteristics (since media are visual). This is rapidly changing, because the media landscape is changing.

If self-esteem validation is based purely on physical appearance and the association with certain products, one might lose the connection with the true self by living up to an image that is not authentic.

Advertising thinks outside in - from portrayed image to product and company. Authenticity is thinking inside out, from true personality to actual relevant products and services that want to associate with specific (positive) character traits and development.

All this social behaviour is thanks to the mirror neuron - people influence each other in behaviour and look up to people with status who influence a lot of people. People empathize with influencers. All media is a form of education (whether its intention is to educate or not) and its effects are measurable, both in terms of sales and psychological effects.

## **5.6. Pessimistic Bias: Chronic stress & fear**

The emotional part of our brain is underdeveloped, because in many cases, we are dealing with things in a fight or flight manner. The basis of this dualistic thinking is the lizard brain (amygdala), although this emotional response is cultivated via the ratio the input of it is dualistic. We have too much chronic stress - we are still emotionally in survival mode, but try to think our way out. Politics, advertising and social media trigger primitive emotional responses that guide behavior subconsciously.

Some studies suggest 'stress is good', it means you have a purpose. But the stress response (a form of high, adrenaline / cortisol) is an evolutionary reaction to danger. This danger used to be temporary (a tiger!). Are we continuously in life threatening danger? No, if you consider everyday life. Yes, if you believe some media / politicians. If it holds on too long it corrupts thinking, emotions and even physiological function (burnout/depression/aggression).

Forms of meditation and Yoga are getting popular because many people want to reduce stress and become more quiet in the mind. But if the drives and ways of thinking are the same, the extra mental space is used for extra mental effort - in the competitive society. There is little actual knowledge of the workings of the mind and therefore many forms of Mindfulness and McYoga are stripped of their meaning. Only its superficial benefits can be experienced, and used for whatever frame of mind one already has.

Politically things are extremely dualistic (left/right) and in many cases based on fear of the other or future. That movement is now stronger than ever, partly based on loss of cultural nation identification, economic status, the interconnectivity of the world and therefore the need to identify with 'culture' itself as a means of defining oneself.

*'Yes, all forms of violence are quests for identity. When you live out on the frontier, you have no identity. You are a nobody. Therefore, you get very tough. You have to prove that you are somebody. So you become very violent. Identity is always accompanied by violence. This seems paradoxical to you? Ordinary people find the need for violence as they lose their identities. It is only the threat to people's identity that makes them violent. Terrorists, hijackers - these are people minus identity. They are determined to make it somehow, to get coverage, to get noticed.'*

— Marshall McLuhan

## 5.7. Tribal or global human?

The fundamental difference of experiencing and thinking about the world are two contrasting perspectives on reality that seem to split humanity:

### A. Tribal human

The political, religious, cultural nation human. Our tribe versus the other. The other tribe is dangerous. This view on the world/self can be rationally and emotionally upheld by two factors: a state of fear (fight/flight) and fragmented world/self-view.

There is danger! There are terrorists. Yes, and they are dangerous and crazy. In our daily lives how big is the problem versus how big we think it is? We see a lot of it in media but hardly ever (in terms of percentage) in real life. If the danger is correct, how best to respond to it? By keeping dualism intact? By staying in fight or flight mode? History shows this is a never ending process, both sides keep on reacting to each other based on different self/world images and the very primary emotional response (underdeveloped emotional and rational capacity).

If the world were not financially and communicatively interdependent and interconnected, if we would not have the same biological drives as a species and if we would not share one planet this construct of thought can be logically maintained. People who behave this way are in a constant state of perpetual fear. This leads to stress and is not good for one's own mind and body. It is also does not work out politically – it prevents actual rational thinking.

## **B. Global human**

The person who sees people are the same species, and that our species is part of nature. Cultural identity can be strong and cultural differentiation can be interesting and also beautiful. It can also create problems but these need to be addressed scientifically, in evolutionary context with a global perspective. This is rationally and emotionally defensible in current day globalized society. Never in history is it shown that romanticising specific cultural history in politics has worked out well as an example for the future.

Because science, technology and human experience moves on. If emotions get developed in education, based on the latest science, then our self- and world image would be more in line with actual reality. The world is then seen as a global village, which it already is in terms of communication and economy.

*“No man ever steps in the same river twice, for it's not the same river and he's not the same man.”*

— Heraclitus

The world is too globalized in terms of technology and forms of communication to go back to nation-identity completely. Most nations are interconnected economically (capitalism) and socially (internet). The perspective on the world is wider than ever. One country is a completely isolated island and is enemy with most other countries: North Korea. Now it is an international trend to make the nation, instead of humanity the most important identity-factor again, following in North Korea's footsteps. Don't mistake specific ideology with the same basic emotional response (the other tribe is dangerous and the cause of suffering). One does not need to look far down in history to see (or current day reality) that this mentality is fundamentally destructive and often leads to dictatorships and mass indoctrination – and war with 'other'. The global human is still tribal, but sees the whole of humanity as its tribe and celebrates cultural differences. There is dialogue, not opposition.

## **5.8. Interdependence versus dualism**

Both rationally and emotionally, when stepping back to look at the world in its totality, its interdependence is clear. Both in terms of us and nature, of the body and mind, and when it comes to people and society. The world is globalized; the world is pluriform. This is fact – denying this is denying reality. This creates cognitive dissonance in the tribal human and the corresponding emotion is stress. When this stress is fueled or not understood fundamentally it turns to violence.

We need a universal definition of humanity, because our biological drives are the same. Our basic primitive biological drive now works against us. The biggest problem is we think we are rational. It can do a lot of tricks convincing us we are, but science also shows we are not. Science also shows we are social empathic animals but that is not our basic living style. Individualized and egocentric (often even narcissistic) whilst trying to form or keep an identity in the ever changing world.

Our self and world image is fragmented and cause for problems in one self and with the other. The basis of this is dualism in thought which is based on dualistic emotions (fight/flight). It's time to train the brain and develop more complex and nuanced emotions that are in line with complex rational thought.

Luckily science and experience shows us that we can develop ourselves if we let go of the outdated deterministic and fragmented view on reality.

## 5.9. From embodied to disembodied

Humanity has evolved for millions of years - of which most was based on moving around a lot. Only the last 100 years, since the industrial revolution, has it become increasingly necessary to sit completely still behind a desk doing physically very little while being mentally highly stimulated.

This is contradictory to our nature. On itself, besides many causes for physical and mental problems - this is a major one. This, next to the focus on specific mental tasks and preoccupations results in a very basic problem: disembodiment (out of tune with one's body and feelings).

The idea that people are only productive when sitting behind a desk might be true for administrative tasks, it is definitely not a scientific truth for creative tasks. The combination of sitting still and mostly using the Default Mode Network (conventional thinking) and not the body as a whole is not only physically harmful on the long term, it confines thinking and creativity.

Many artist and scientists will confirm they had an 'aha-erlebnis' by not being mentally preoccupied with a task or doing physical activity and/or being in nature. Silence is a great force of creativity and mental health:

*(..) Kirsten (Ph.D. Duke University Medical Center) found that two hours of silence per day prompted cell development in the hippocampus, the brain region related to the formation of memory, involving the senses. This was deeply puzzling: The total absence of input was having a more pronounced effect than any sort of input tested. (..) Neurogenesis could be an adaptive response to uncanny quiet.*

*The growth of new cells in the brain doesn't always have health benefits. But in this case, Kirste says that the cells seemed to become functioning neurons. "We saw that silence is really helping the new generated cells to differentiate into neurons, and integrate into the system."*

*While Kirste emphasizes that her findings are preliminary, she wonders if this effect could have unexpected applications. Conditions like dementia and depression have been associated with decreasing rates of neurogenesis in the hippocampus. If a link between silence and neurogenesis could be established in humans, she says, perhaps neurologists could find a therapeutic use for silence.*

*This is a reminder of the brain's imaginative power: On the blank sensory slate of silence, the mind can conduct its own symphonies. But it's also a reminder that even in the absence of a sensory input like sound, the brain remains active and dynamic.*

*Freedom from noise and goal-directed tasks, it appears, unites the quiet without and within, allowing our conscious workspace to do its thing, to weave ourselves into the world, to discover where we fit in. That's the power of silence.*

*Noora Vikman, an ethnomusicologist, and a consultant on silence for Finland's marketers, knows that power well. She lives in the eastern part of Finland, an area blanketed with quiet lakes and forests. In a remote and quiet place, Vikman says, she discovers thoughts and feelings that aren't audible in her busy daily life. "If you want to know yourself you have to be with yourself, and discuss with yourself, be able to talk with yourself".*

**Quotations from an article by Daniel A. Gross**

<http://nautil.us/issue/16/nothingness/this-is-your-brain-on-silence>

If the body moves and the mind is still - it might seem like nothing is happening. Truth is a lot is happening, the subconsciousness in combination with using the brain/body in a different (evolutionary normal) way allows the processing of information to follow different paths in emotional and motor intelligence - a lot more paths with a lot more connections in the brain and body.

This triggers the empathic system (limbic system), the cerebellum (motor and emotional intelligence) and systems of perception. Combined these systems in the brain have far more neurons and interconnections than the system used when sitting still behind a desk. This might seem surprising because since childhood we are conditioned to sit still, but it is evolutionary very normal and logical. It is how our biology works, it is in fact the natural state.

Lack of movement is not only lack of training the body, it is also lack of training the mind and other areas of the brain society has forgotten about and even denied in the last 100 years.

*"The hunting and gathering lifestyle adopted by human ancestors around 2 Ma required a large increase in aerobic activity. High levels of physical activity altered the shape of the human body, enabling access to new food resources (e.g. animal protein) in a changing environment. Recent experimental work provides strong evidence that both acute bouts of exercise and long-term exercise training increase the size of brain components and improve cognitive performance in humans and other taxa."*

**John Polk - University of Illinois, Urbana-Champaign**

[https://www.researchgate.net/publication/233746419\\_Linking\\_brains\\_and\\_brawn\\_Exercise\\_and\\_the\\_evolution\\_of\\_human\\_neurobiology](https://www.researchgate.net/publication/233746419_Linking_brains_and_brawn_Exercise_and_the_evolution_of_human_neurobiology)

In combination with an education system that stimulates a certain type of mental preoccupation and increasing forms of individualism means that many fundamental causes of stress or the inability to deal with it are a disembodiment problem. The extreme consequences of disembodiment are dissociation - being mentally so preoccupied (with oneself - in dialog with oneself) that one is out of touch with reality.

Media, especially since the internet and social media (even though part of reality and not bad on its own) can lead to further disconnect since it is addictive and stimulates short attention span that craves further stimulation.

All of this has conditioned human kind in contrast to our evolutionary nature - and is therefore the fundamental cause of much stress, next to trauma based on what people do to each other.

It is no longer helpful or effective to only look at the individual when it comes to psychological problems, the web of correlated and interrelated problems based on evolution, personal history and societal context are intrinsically linked to whatever pathology an individual show cases.

Many forms of pathologies and escapism from these pathologies could be that people find it increasingly difficult to deal with the emotional, physical and practical disconnect with others and nature (including our own).

The ever increasing diagnoses of children having ADHD in a society where it is demanded to sit still all day whilst being overstimulated - which is highly unnatural - could very well be that the unnatural is diagnosing the natural.

*“From my evolutionary perspective, it is not at all surprising that many children fail to adapt to the school environment, in ways that lead to the ADHD diagnosis. All normal children have at least some difficulty adapting to school. It is not natural for children (or anyone else, for that matter) to spend so much time sitting, so much time ignoring their own real questions and interests, so much time doing precisely what they are told to do. We humans are highly adaptable, but we are not infinitely adaptable.”*

Peter Gray Ph.D. – research professor in psychology at Boston College

It is evolutionary not possible that within 50 years the amount of children/teens with psychological problems have increased significantly based on genetic history – this is a context problem.

Society has developed quickly in a very specific disembodied direction. Evolution has not, and it is starting to protest in the form of the many psychological, physical and societal problems we face. From burnouts, depressions, to obesity, lack of emotional/human connections in a society that increasingly hyperfocuses on competition in all forms means that certain people fare well and an increasing amount don't.

As we can see, also in world leadership, sociopaths can fare very well. The other side of the spectrum, the highly sensitive and creative increasingly fare less and less well. The successful socio- and psychopaths avoid diagnoses because of their effectiveness in current society, the sensitive get labelled

with a lot of symptom based pathologies whilst they are possibly the greatest creative drive behind society.

Most people sit somewhere in the middle, but the middle faces increasing amount of problems that have the same root cause. This is problematic on many fronts with great consequences for humanity, nature, and now quite literally our chances for survival.

The fundamental interconnected insight into the root causes of all problems above - even though it is slowly coming together in fragments, needs be sped up significantly before the problems take over society. What is not brought into the conscious, the subconscious will manifest in a nasty way - this is happening on many levels in society. Especially the suppressed and disembodied/dissociated with socio/psychopathic tendencies cause much interpersonal and societal harm.

The rise of identity politics (populism, dominant leaders, extremism), the problematic state of nature and the increasing psychological problems all have the same root cause. Disembodiment - identifying with thought only (ego), denying our emphatic nature and being out of touch with nature itself which we fully depend on - all life does. Life is nature itself. Interconnectedness and interdependence is simply how nature works - holistic views are therefore not only necessary but crucial to solve problems that face all of humanity.

Disembodiment causes much psychological, societal, political and economic problems. Most people have a certain amount of embodiment, but that society as a whole moves in a more dissociated direction impacts all – directly or indirectly. There are also embodiment movements, movements that focus on empathy and the reintroduction of contact with nature.

The condition we find ourselves in has increased the fight/flight responses effectively taking us back towards basic evolutionary survival mechanisms – that our unconscious because of the same disembodiment problem. The consequences of extreme forms of fight/flight on a political and societal level are evident in the history of human kind. Besides an increase in primal drives, there is also an increase in media and peer influenced stupidity.

## 5.10. Dangerous stupidity is spreading like wildfire

*Warning: this might be the most shocking subchapter of this book.*

People copycat other humans. This, as shown earlier, is a way of learning. By mirroring the behaviour of others we might learn new skills. It works like this everywhere in nature. Little lion cubs copy their mother's behaviour, children copy their parents - and now people copy others on social media.

What behaviour are people copying on social media? There is quite a bit of intelligent debate on social media but also large amounts of utter stupid copycat behaviour.

### **Examples of utter stupidity:**

1. People doing physically stupid things because others do and they get lots of views or 'likes'. For example; After a certain movie with blindfolds, people started blindfolding themselves and run into everything - being a danger to themselves and others. Some people step out of a car in motion - doing a dance parallel to the car - often bumping into things and having the car drive on without a driver. This is dangerous to oneself and others.
2. Influencers. There are many kinds of influencers but social media has birthed a new type. The Fake Exhibitionist. Photoshopping images of themselves so they look perfect is one thing, photoshopping themselves in houses and cities so they look cosmopolitan is another. Some have many followers and their status is built on thin air. Others then copy this behaviour, and before you know it you have an army of morons that try to look cool but lack any intrinsic development. Insecurity is the force behind this behaviour, and lack of knowledge about the benefits of the growth mentality. This fuels narcissism and you end up with overcompensating empty shells of people wanted to be liked pathologically.
3. Politicians use social media to spread hatred, insulting people and dividing countries as best as they can. No intellectual discourse, but blaming and shaming. Never has communication of politicians been so low and stupid as in the beginning of the 21st century.
4. Complete nonsense can win from facts on social media because it reinforces feelings or ideas people already have. Actual experts on certain fields, like scientists, are taken less seriously than ever. Because "THIS FACEBOOK IMAGE SAYS OTHERWISE @\$&?!". For some people, social media disintegrates actual real life status accomplished by hard work, and reinforces fake status as a consequence of the egalitarian effects social media seems to have: lack of knowledge can coexist equally with expertise - the loudmouth might 'win'. Climate scientists are blamed for making propaganda, while the victims of actual propaganda fight facts.
5. For a certain percentage social media (dating apps) are used to copulate as much as possible, making up most of their time and mental attention. Romance is an increasingly distant dream seen in art, literature and films. Needy bodies, empty hearts. Sex addiction is now publicly celebrated - increasing one's social status. Emotional irresponsibility is cool, responsibility not so much. The idealization of teenage behaviour, not just sexually - but also socially. This increases narcissistic tendencies as well. One of the results will be that quite a lot of people are addicted to attention and instant sexual gratification.

6. Kids have always bullied each other and a certain type of bully has always beaten up other children. Now this spreads instantly via videos on social media. This is an increasing phenomenon that apparently gives these types of bullies a certain status.

7. The rise of conspiracy theories. All of sudden, the planet is flat again (back by dope demand). Medical science gets distrusted, vaccinations are seen by an increasingly large amount of people as dangerous making the reoccurrence of mostly exterminated diseases likely – unfortunately this does not affect the stupid only, since these diseases are contagious (hence: vaccinations). Conspiracy theories are based on distrust of society, the search for meaning and create an alternative reality and even societies with people making media, introducing hero narratives, hierarchies, etc. There are so many websites about so many theories that can (and are) all interconnected in a reality that is so distinct from the real one; believing it can lead to dissociation and psychosis (fear based). The theories and media are often made by the disenfranchised that have no functional role in society and an incredible amount of time on their hands (this does not mean however that the disenfranchised are necessarily prone to conspiracy theories, but there is a correlation). People don't have to be dumb to believe in such a thing, since peer pressure and the amount of carefully crafted 'evidence' is overwhelming, having the potential to create doubt in even the otherwise rationally quite intelligent. Spreading through social media, conspiracy theorists become part of larger and larger groups, which potentially can be dangerous. It is practically and psychologically not productive to believe in things that only instil fear and create 'realities' one has no influence on – these theories are an extension of people who feel powerless and these ideas just solidify that feeling. It is always a fight against the status quo and is psychologically correlated with movements in politics that aim to enfranchise the disenfranchised – the same root cause. The real reasons for being disenfranchised are often economical and the creation of conspiracies are related to the quest for meaning in life. It is possible to dive into these alternative realities and never come out again, and they become so convinced that they get the motivation to convince others (reconfirming their ideas and emotional state).

In the highly individualized society, tribalism become increasingly strong. People are tribal beings; this is naturally so. But if group and individual identity is based on extreme forms of conspiracy, sexuality, hollow influencers and divisive politics the results can be damaging.

If you would tell people in the 1950's there will be a completely interconnected world in the beginning of the 21st century, you can learn everything, make movies, music and photos, browse all content on the planet - with a handheld device more high tech than anything shown in any science fiction film - they would probably be delighted. If you would then show examples of people doing 1-7, I highly doubt they would describe it as intelligent behaviour. Maybe they would come to the conclusion that, yes, technology will be amazing but it seems to have replaced human intelligence entirely.

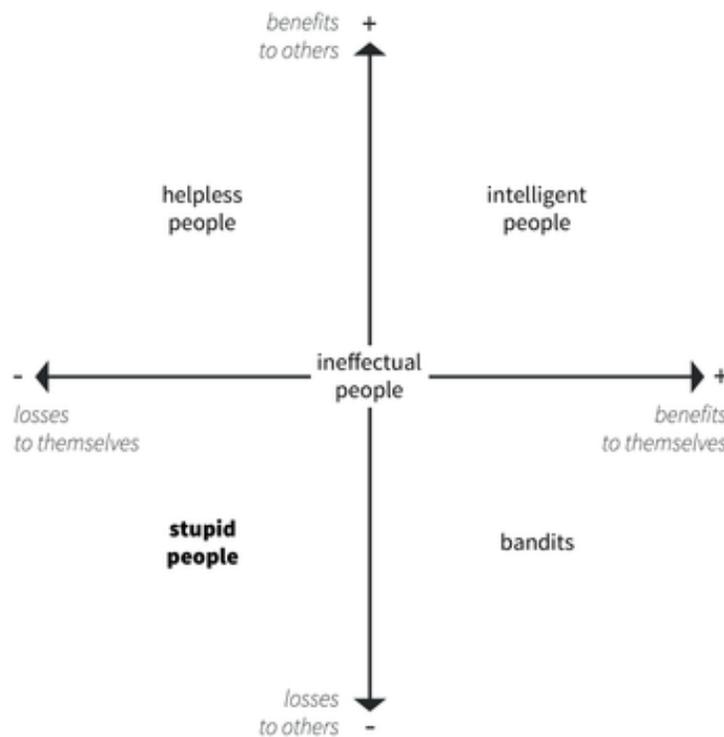
There are positive effects of social media as well, but the behaviour about shows that social media reinforces very primitive primate behaviour that is related to peer recognition and status - mainly through verbal, sexual or physical displays of power/status. This can replace actual competence, it diminishes empathy and strengthens toxic behaviour. This is not the case for everybody, and the question is whether more people actually become like this or that the abusive or stupid type have just gained enormous power simply because everybody can broadcast now. It is probably a combination of both factors. The more stupid and toxic types gain power, the more victims of their behaviour you get. This will reach a tipping point, after which reason and empathy hopefully regain ground. Unfortunately, the nature of social media is so compact that it does not lend itself very well for complex debate - the

combination of shortened attention span and the trigger of primitive emotional reactivity makes toxic behaviour more powerful than ever.

Society might have a bigger problem than it realizes if the toxic and stupid gain so much power - politically, sexually and socially. Long term development in this direction will show, evidently, what the psychological and social consequences will be.

### Theory of Stupidity

Carlo M. Cipolla, a professor of economic history, published an essay on stupidity in 1976. This a very solid theory that can be verified in real life.



### The theory of stupidity consists of five laws:

1. Always and inevitably everybody underestimates the number of stupid people in circulation.
2. The probability that a certain person be stupid is independent of any other characteristic of that person (i.e. there is an equal amount of stupid people amongst all demographics – and this is totally unrelated to education as well).
3. A stupid person is a person who causes losses to another person or to a group of persons while deriving no gain and even possibly incurring losses
4. Non-stupid people always underestimate the damaging power of stupid individuals. In particular, non-stupid people constantly forget that at all times and places and under any circumstances to deal and/or associate with stupid people always turns out to be a costly mistake.

5. A stupid person is the most dangerous type of person. A stupid person is more dangerous than a bandit (stupid people can unknowingly assist bandits causing much harm to society).

In the examples shown before, some people might be described as bandits more so than stupid people - however, lying and cheating tends to fall through so in the end it is also stupidity - if the bandit gets caught.

New media technology like social influences behaviour more directly than previous media - subconsciously. For most people it is probably not worrying on a daily basis, but extending the continuation and development in this direction is detrimental to a lot of people. The combination of short term gratification, the focus social media has on the 'look at me' narcissism increases the amount of people who behave like the Stupid or the Bandit – with an increasing amount of victims.

What to do about this? Emotional development based on empathy and the growth mentality that reinforces positive aspects of being human. If the toxic gets too powerful - people around them can also become toxic just to survive or cope. It is a form of moral corruption, if it gets to be the norm many people will adjust to it automatically without self-reflection - that's what norms do.

If society gets fact and value free - there is no common ground to build society on anymore. The denial of intrinsic human values and reality itself means that the strongest, loudest and nastiest wins - for personal gain only. The bandit is a psychopath. We may enter the age of psychopathy - it already is very successful worldwide in politics. Politicians influence entire countries.

This movement away from facts and values and into the stupid and psychopathic should not be looked at politically - it should be looked at psychologically in evolutionary context (with media as an inherent part of our evolution - because it is ever since language itself).

<http://harmful.cat-v.org/people/basic-laws-of-human-stupidity/>  
[https://en.wikipedia.org/wiki/Carlo\\_M.\\_Cipolla](https://en.wikipedia.org/wiki/Carlo_M._Cipolla)

## **5.11. Toxic sexuality**

Sexuality is normal and quite necessary because procreation depends on it. Besides biology, culture has a large impact on sexuality. It is related to offspring (family), pleasure and power/status.

When does it become toxic? In combination with power differences, pathological hyper focus and preoccupation leading to addiction to escape depression or low self-esteem leading to further dissociation/disembodiment creating narcissists and osteopaths.

These people look at reality purely from the point of view of their sexual desires - they are the most important drive. People end up using and being used as physical objects for their own pleasure (and pleasure of others) disabling the potential for empathy and intimacy on the long term. This results in highly damaging behaviour for oneself and others. This also increases feelings of superiority/inferiority because sexual dominance becomes important throwing these people back millions of years in evolution

where this was the *only* norm in *all* of society. It is actually stupid behaviour, but this denies the pathology of it all. These people are sick and do much damage to society.

People are responsible for their own mental health in their private lives, but as the incredible amount of evidence shows, in professional context sexual hyper focus in combination with power play is highly damaging for many people - just not so much for the people who abuse power to gain sexual relations (until they get sued).

If personal identity and status (ego) is mainly based on sexual dominance - one does everything to remain dominant in this position, possibly destroying 'competition'.

In professional contexts, it tends to be normal to see professional skills as elementary, not sexual status. That toxic sexuality has infiltrated the professional workspace in large amounts with many cases of abuse is evident. Sexuality is part of human nature and things can happen - this is only natural. The big difference between normal sexuality and romance is that when people in power have the *motivation* to hire and/or promote people by abuse dissociated from empathy or actual skills creating the wrong kind of damaging hierarchy, dismissing people for the wrong reasons, promoting people for the wrong reasons and this can intoxicate an entire corporate culture beyond civilized recognition (which most people adjust to or try to ignore because that is what most people do).

The amount of sexopaths are increasing, the results can be seen in the media.

Abuse and the mentions of abuse are increasing, and we have a huge toxic sexuality problem that is basically also related to disembodiment - lack of empathy, respect for self and others will inevitably lead to many psychological problems, including not having the ability to sustain normal romantic relationships, shaming and destructive/abusive relationships.

Since most people are influenced by peers and hero narratives/leaders, being in a toxic sexual environment can make it the norm no matter how destructive it is. The abnormal and sick, can become the 'normal' quite easily. This can happen to complete societies, as well as subcultures, sects, companies, etc.

Toxic environments can survive for a long time since group culture and protecting the leaders - even when abused - is a strong human trait that is related to survival mode. The group evolutionary provides safety, and combined with trauma and/or the Stockholm syndrome very destructive environments can survive for a long time.

### **Toxic sexuality is about power and status**

Power and status can be used to gain sexual relations (and pleasure is a means to this end), which works for several reasons.

1. Power and status can be abused for sexual purposes.
2. Power and status is attractive - evolutionary so.

The consequence of this is that hierarchy based on sexuality stays intact, reinforcing it because of a causal increasing spiral that extends amount of partners based on the same power and status.

In the age that likes to showcase - especially women - as sexual objects, sexual freedom is celebrated. This is because sexuality and women have been oppressed, making this celebration understandable. Rightfully, sexual freedom is defended.

On the other hand, since toxic sexuality like abuse, increasing amount of sex addicts, and young children getting psychological problems because they follow this trend - there is a downside to the celebration of disembodied and irresponsible sex. This downside is now taking over, this behaviour is still very popular amongst kinds of influencers that base their entire career on their looks and porn (hollow people).

Almost an entire generation of women subconsciously think they are nothing if not sexually attractive - this insecurity has made this generation sexually easier than ever. This is called 'freedom', and should not be restricted, but let's look at the psychological and social consequences of this behaviour which is based on a fundamental lack of self-respect and a mostly sexual identity.

These women especially, are very prone to male predators - especially in positions of status. Because of their experience (and often age difference) they understand the psyche of women much better than these women. If women talk about fighting the patriarchy - this keeps it intact. There is no equality in these relationships, especially not if the male predators are in positions of power.

There are now complete online movements that train insecure men to be male predators. These methods work very effectively in getting a lot of female sexual partners – without actually respecting them, using them as objects (for status).

Let's talk equality. What does it mean in this context? How equal is this situation?

When sexual 'freedom' becomes addiction, destructive and abusive, we have got a problem. The basic problem is the same, disembodiment. Whatever sexual behaviour, if it is unconsciously driven by insecurity and addiction to attention and pleasure - people are very prone to abuse. Lack of emotional intelligence is the problem again. This inevitable leads to a downwards spiral of increasing addictive and extreme behaviour, fully celebrated in a society which refuses to see and understand what sexuality fundamentally is, evolutionary and psychologically.

Basically all of the above is still the oppression of women and sexuality because of power play, especially when this happens in professional context. Toxic sexuality in positions of power is very dangerous, since toxic bosses can destroy people's lives completely - your basic livelihood and income depends on work, and when mixed with toxic sexuality so does your psyche. This ensures toxic people in power can control people's lives completely – professionally, financially, psychologically and in terms of reputation (because of their network).

In short, bosses have the power to completely make or break you, when based on toxic sexuality and nothing is done about it, welcome to a world of drama. Bosses of companies are – next to politicians – the most powerful people. Psychological and sexual abuse in professional context is – and should be – punishable by law.

To conclude; toxic bosses doing this are 'bandits' (psychopaths), people who get abused in the manner described above are either victims (understanding) or stupid (celebrating the inequality, also for and in spite of other women). Unfortunately – as the theory of stupidity states, the stupid are more dangerous

than even the bandits, since they can keep toxic cultures alive ensuring abusive environments to stay in place.

### **Social media and increasing toxicity**

Ever since social media and the youth engaging with it, toxic sexuality and the spreading of personal sexual material happens at a younger and younger age. With teenagers, with high levels of peer pressure and insecurity this can lead to exhibitionist behaviour with possible traumatizing effects because highly sensitive material can be made available to an entire community instantly. Sexual shaming and abuse during the development of sexuality is so damaging it can take a lifetime to recover.

*“Early childhood trauma leads to lack of respect for your organism”*

Bessel van der Koll - Psychiatrist M.D. / [https://www.youtube.com/watch?v=FqrC\\_h6n0YA](https://www.youtube.com/watch?v=FqrC_h6n0YA)

Sexual abuse is the disease and pathology of the beginning of the 21st century, trauma transferred from parents to children, leaders to subordinates and from peers to peers has great societal effects and can lead to suicide. All of this is not rational behaviour – but sex is not about rationality to begin with. Most importantly this is not emotionally intelligent behaviour. This just creates a lot of damaged people, doing damage to more people, etc.

If people use each other just as sexual objects without respect for their character, psyche and overall wellbeing – society needs to embrace itself for containership loads of sex related trauma (whilst continuing to mindlessly celebrate irresponsible sex). This ends in complete dissociation – the ultimate form of disembodiment, being so desensitized, people feel close to nothing anymore, especially not love or empathy. The narcissistic and increasingly psychopathic society continues, becoming the norm.

## **5.12. Preoccupation with self leads to feelings of superiority or inferiority**

Egocentrism is a preoccupation with the ego identity, that needs to be reconfirmed by others and exists in relation to others. Feelings of insecurity comes from comparison to others. Never in the history of human kind have people had so many others to compare themselves to. This leads to an increasing amount of competitive behaviour on all fronts, since most human interactions have been medialized and people want to overcompensate low self-esteem.

The pathological need to always feel good, look good and be ‘successful’ creates continuous competitive stress and on the long term low self-image when always in comparison mode to the enormous amount of apparently successful and pretty people (which society celebrates now in before unseen quantities but also with an enormous amount of false narcissistic ego identities).

How to create an insecure and disembodied species? The pathological need for external validation and identification with ego identity based on feelings of superiority or inferiority – both are toxic.

The narcissistic tendency to put others down to increase self- esteem comes from fundamental dissociated low self-esteem. This way one creates a fictional construct of self that needs to be extrinsically confirmed to keep believing in it. The leads to emotional, sexual and professional use and abuse. One cannot care about others, because one does not care about oneself. The basic problem is a

disembodied disconnect with the emphatic system. Training empathy for yourself increases empathy for others. This means going through the shadow of one's trauma.

True love for oneself is self-care, not idealizing oneself, not portraying oneself as another but acceptance of facts with a love that a mother has for her child.

This can be extended to eventually universal love because everybody wishes to be loved, and all fruitless efforts to escape low self-esteem inevitably leads to worse scenarios, addiction with drugs, sex, attention, status - it all leads to more preoccupation with self, more comparisons, overstimulation, numbing of feelings, further dissociation with increasing narcissistic and possibly psychopathic behaviour.

The root cause of insecurity often comes from a problematic childhood. Troubled or abusive parents, a non-accepting environment, not feeling loved, bullying - all leads to fundamental lack of self-worth.

Teaching embodiment, training self-love, self-acceptance, a constructive social environment and the creative growth mentality in combination with enough physical movement as a child can help enormously to develop out of low self-esteem and prevent (auto) destructive coping mechanisms.

#### **Negative coping mechanisms and personality types:**

**Extroverted and/or the lowly sensitive coping mechanisms:** dominance based competition and bullying, abuse, the need to feel powerful and superior. Overcompensating insecurity in comparison to others. Addictions related to external validation, like detached hyper-sexuality. The extremes of this lead to narcissism, sociopathy and in worst case scenarios psychopathy.

**Introverted and/or the highly sensitive coping mechanisms:** addictions related to escapism, becoming socially isolated, feeling less worthy and trying to escape from it by oneself, avoiding others. The extremes of this lead to depression.

People cannot be divided as clearly as done above, behavior can depend on context and people can have signs of both being introverted and extroverted, but negative coping mechanisms differ per personality type and types of trauma, often repeating the coping mechanisms of peers and/or parents (influencers in direct social environment).

### 5.13. From conditioned to developing human

It seems that very basic survival and primitive drives are taking over rational intelligence on a large scale on different levels of society. Power and status are now increasingly related to dominant behavior and the fight/flight response. Based on statistics when it comes to abuse, psychological problems and the increase of dominant leadership it can be concluded that an increasing part of the population is hurdling back into evolution at an alarming rate. All of this behavior is not rational at all, but influenced by older parts of the brain that act in the subconsciousness without them being developed into maturity. This simply leads to more violence and dangerously stupid behavior on an individual and group scale.

In reality most of us don't have to fight for survival, we can also create and cooperate – that is the basic nature of humanity. Our self-image is wrong. Our collective image is wrong. Aggression is the natural exception to this rule. If we go to a universal self-image based on development, cooperation, and the strength of pluriformity - evolving out of the fight and flight response we can positively change our chances of long term survival and make great leaps in civilization and technology.

The problem is that even in many developed societies people are still actually fighting for economic survival – this way it is hard to get out of the primary emotional response, because it is factual for a large part of society. The cause of this inequality is often searched (and pointed) outside one's own culture. It is easier to fight others than develop oneself. It is easier to believe strong leaders than to think for yourself, or investigate. Because our actions are based on emotions – that we are generally unaware of – they can easily be manipulated.

Strong leaders are highly emotional leaders, whatever their political side, they strengthen and direct emotions – of the people, who behave like sheep. The unawareness of this process is dangerous, because these emotions lead to action and if they are based on fear it they will lead to violence. In a state of fear we want violence, because we want to protect ourselves and/or our tribe.

This was not much of a problem when we were apes, it just meant one proud ape with many girlfriends and one excommunicated ape with a headache. This behavior still exists. Look around.

If politicians deny climate change and threat with nukes they are playing with everybody's lives. Their little insecure ape ego always feels threatened. We let TV dictate how we feel, not reality.

Now it is possible that such ape-behavior means the death and suffering of millions. But that's just the start, as we have seen nature as the 'enemy' it will become so as nuclear war disrupts nature in such a way that nobody will survive. Evolution takes a step back because we have turned out to be a dead end. It's just part of nature, it happens all the time. Don't worry about it too much. Consciousness will survive, just not in us.

We are so spoiled, complacent and egocentric – we have no clue we could be extinct soon. We watch movies about it with really cool special effects. Art foresees the future. It's not because they are tree huggers, it's because their sensitivity is intelligence expressed creatively and see stuff most people don't.

In evolution it is always the sensitive ones that see danger coming and nature used to listen. Sensitivity is intelligence, not weakness. Ape behavior is simply dumb; this can be scientifically proven.

98% of scientists agree what we have done to the climate is almost irreversible – but science gets politicized. These people are not politicians. They investigate. They have methods that can be checked.

*'The ordinary person senses the greatness of the odds against him even without thought or analysis, and he adapts his attitudes unconsciously. A huge passivity has settled on industrial society. For people carried about in mechanical vehicles, earning their living by waiting on machines, listening much of the waking day to canned music, watching packaged movie entertainment and capsulated news, for such people it would require an exceptional degree of awareness and an especial heroism of effort to be anything but supine consumers of processed goods.'*

— Marshall McLuhan

#### **5.14. Why is the developmental approach important?**

We have pathological negative self-image and a wrong image about the nature of human kind. We keep on comparing ourselves to others and idealized people in media. A large part of society believes people are intrinsically evil. This could still be lingering (subconscious) religion which has taught the west we are born in 'sin'. This has led to mental slavery – determinism. And because 'we think therefore we are' we are also slaves to conditioned thought that can only keep going forever. Understanding is based on feelings.

Not that the psyche is in better condition in the East, it has westernized (industrialization/capitalism). Together with their (neo-)confucianist tradition, the combination of both competitive achievement and very hierarchical societies emphasizing the higher importance of other (family/society) also leads to cognitive dissonance and stress. Because you have to be the best, but are not important as an individual.

Highly developed luxury societies become complacent and self-centered. This also happened to Rome. The dualistic mind still looks for conflict (in ourselves / society). We see danger in the wrong things but cannot see the fundamental problem underlying the things that are dangerous – conditioning and misunderstanding of our true nature.

First one has to see why certain areas of human development are important. Our physical environment and ways of communication are very advanced; our emotional response is basically the same as an ape. It is a little bit more cultivated, but compared to the difference in technology the development is laughable.

Most people need identities and narratives about themselves. If a globalized pluriform differential model of human experience is developed, perhaps it is possible to create a unified basic perspective on humanity – based on science. This can be a non-cultural/secular but universal perspective that leaves room for interpretation and the identification with subcultures (religion, culture).

The developmental attitude leads to new skills and new insights - one learns one can develop and feel different, new things. This increases self-respect and by doing things more things will open up. This is

development, possibly with others but not in spite of others. All people have different qualities and people are better in different things. Most human skills can be trained and improved by everybody. There is nothing wrong with healthy sports like competition, but when based on fundamental overcompensating low self-esteem with the need to put others down or use people things can get toxic quickly.

Without making a humanistic ideal that needs to be realized, everybody can develop every part of the brain within region of interest to explore themselves fully – starting in education. If social and emotional intelligence is a part of education, and education is focused on corporation and co-creation from the start – education would be more in line with scientific and experiential reality.

Therefor there is less cognitive dissonance (conflict with reality), better social care, less insecurity and fear of the unknown. A less primary emotional response to complex situations that require a more developed approach. But then we need to have a more fundamental understanding of how and why humans function the way we do.

How does science look at us in terms of the brain/mind and body? How does that way of looking at us influence us? If we are collectively conditioned and emotionally underdeveloped, what to do about it?

## 6. Brain & mind development

### 6.1. Neurology – a map of the brain

Neurobiology gives a good outside view on how the brain works, and it can be used to test theories about the mind and help with medicine development.

Neurology has a detailed map of the brain, but how does it work internally? It is like deconstructing a computer - this energy goes there, this data goes there. It's true, but does not say anything about what you can do with it. Deconstruction from the outside is less thorough than from the inside - only when *using* a computer, you realize you can make movies, music, write novels, etc. This takes ages to realize from an outside perspective - if ever when it comes concerning the complexity and the potential of the brain. The scientific methods of measurement, however advanced, are still archaic compared to the complexity and nuance of the brain.

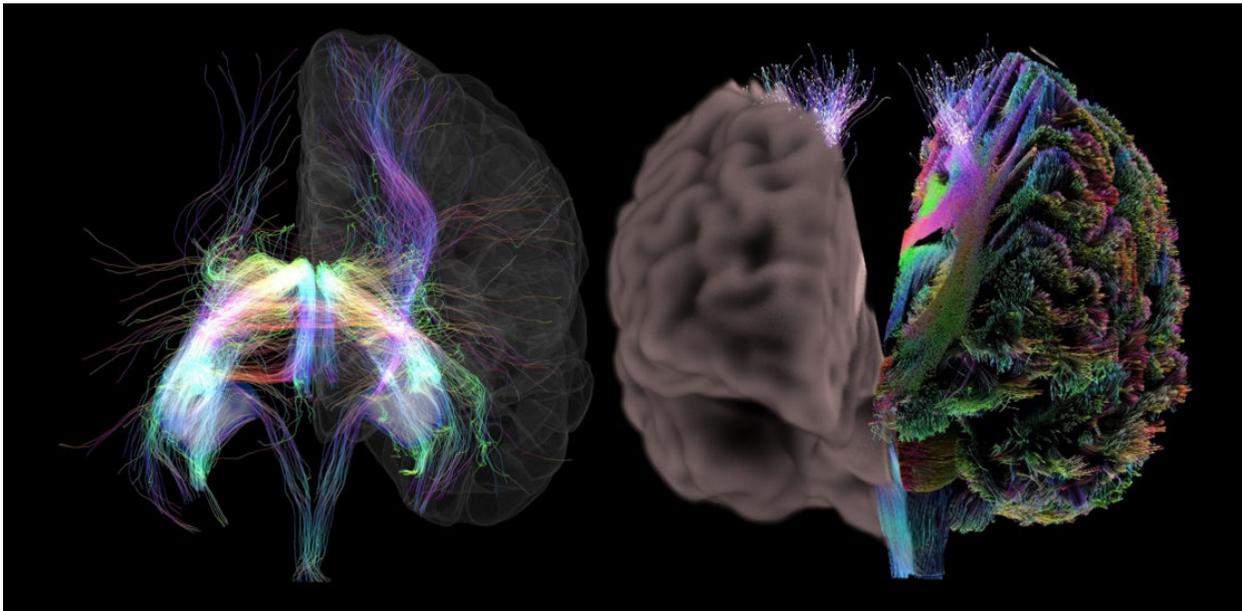


image: Arthur Toga (<https://spectrumnews.org/news/technology-harry-potter-movies-brings-brain-focus/>)

If you deconstruct the brain from the outside, you use your brain to deconstruct yourself. From mental model inwardly. This way, you need to be far more intelligent than the object you are studying (if you want to comprehend it totally) – which is impossible with only ratio. This is because you are using a part of your brain to comprehend the whole, and the brain consists of many more areas that process many kinds of information. In order to comprehend and experience your potential totally, all areas of the brain need to be trained. Only higher intelligence (more complexity) can understand lower intelligence (less complexity).

*“The reason I'm not a neurobiologist but a cognitive psychologist is that I think looking at brain tissue is often the wrong level of analysis. You have to look at a higher level of organization.”*

— Steven Pinker – cognitive psychologist

On its own neurology it is not going to figure out what consciousness is, because that involves quantum physics, understanding of society as a whole, evolution and psychology. In this book I do use the latest neurological evidence to prove psychological processes and effects.

## **6.2. Psychology & psychiatry – how does it look at us?**

Western psychology is looking at the mind from an outside perspective. Deconstructing from behavior inwards, it's an extension of behaviorism invented by Pavlov. Mostly negative behavior is being studied, and therefore psychology is pathological. Psychologists only tend to look through the looking glass of the DSM-5 – a book filled with pathological deficiencies.

Even though pathological behavior exists and can be damaging for oneself or the other, psychology tries to push the behavior inwards (with therapy/medication) instead of solving the mental problem fundamentally. Mental processes that are being labeled as negative - like neuroses / psychoses - don't have to be that if guided correctly. It's a process. Processes need to happen.

*‘The study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy’*

— Abraham Maslow

The brain can only encapsulate and process information. Therapeutic medication practically suppresses behavior to a social norm, but thereby suppressing the processing of information quickly. This processing can be dangerous to oneself and others. This process should be guided with empathy, deep understanding of the total human being not only a narrow looking glass (DSM-5).

## **6.3. From pathology to development**

Many people diagnosed with ‘illnesses’ like ADHD, Bipolar, etc. might very well be extremely sensitive to cognitive input - over excitability / high sensitivity (Dabrowski/Aron) and/or have (childhood) trauma. Labeling these as inherently dysfunctional is damaging both in terms of physiological function and social integration of the individual.

*“Understanding what is “wrong” with people currently is more a question of the mind-set of the practitioner (and of what insurance companies will pay for) than of verifiable, objective facts.”*

*“A psychiatric diagnosis has serious consequences: Diagnosis informs treatment, and getting the wrong treatment can have disastrous effects. Also, a diagnostic label is likely*

*to attach people for the rest of their lives and have a profound influence on how they define themselves”.*

Bessel van der Kolk - Psychiatrist M.D. / *The body keeps the score*

The purely pathological approach leads to suppressing - by medicine or therapy - of an energy that needs to be expressed. It is just energy or information and it wants to burst out.

The means of expression can be sports, creative work or else that thunnels that energy in a positive direction. If this energy is not allowed to express, it expresses itself in - or outwardly in a negative manner. This leads to pathological diagnoses.

Highly sensitive individuals experience a sense of ecstasy in activities that makes it worth it. The feeling is described in humanistic psychology as 'peak experiences' (Maslow). If harmless to others, why suppress or deny it? It is suppressed because it leads to behavior so outside the norm (even if it is positive) that it cannot be defined as anything other than 'strange' or worse by quite a lot of people.

Next to a purely pathological approach, psychology is also deterministic – you get labeled and that's what you are, you just have to learn how to live with it. These (subconscious) ways of thinking confine psychology, and is based on outdated science and outdated methods.

*“The truly creative mind in any field is no more than this: A human creature born abnormally, inhumanly sensitive. To him... a touch is a blow, a sound is a noise, a misfortune is a tragedy, a joy is an ecstasy, a friend is a lover, a lover is a god, and failure is death. Add to this cruelly delicate organism the overpowering necessity to create, create, create — so that without the creating of music or poetry or books or buildings or something of meaning, his very breath is cut off from him. He must create, must pour out creation. By some strange, unknown, inward urgency he is not really alive unless he is creating.”*

— Pearl S. Buck / writer & novelist

## 6.4. Evolution: Brain interconnectivity

The brain is interconnected, but not optimally. The Default Mode Network is grown largest in the latest part of human evolution. Other parts of the brain are underdeveloped. The Default Mode Network is not the 'highest' part of the brain, just the most developed and most recent. It has led to our communication (language), civilization, industrialization and computing.

### What area of the brain do we use?

When it comes to stress, the amygdala is responsible for the fight/flight response that influences our behavior. The Default Mode Network houses the 'intellect', but is connected to the amygdala. Since we are guided by emotions, what information the amygdala gives the Default Mode Network and how it reacts to the data is of crucial importance for behavior.

All areas of the brain can be developed, when development is equal between all parts - brain synthesis happens – is my theory. The organ functions as a coherent whole, and thinking is a part of it, just as feelings, cognition, memory, subconsciousness, etc. - but there is no division between them anymore.

The brain does not multi-task quickly between areas of the brain, but becomes like a quantum computer - complete synthesis: Oneness.

Many cultures talk about such development, but through cultural differentiation in form (language) and white privilege it takes a long time before people realize Western psychology knows pretty much nothing yet, because it only thinks from the outside in (even though introspection has found many inroads in psychology recently). The practice is only about 150 years old. The reductionist scientific approach to deconstruct reality has led to many findings, science and technology. Nothing wrong with that, but we have never learned to look inside – only from other people's point of view (in psychology a therapist for example). Our mental model of ourselves/the world is based on second hand information, which we do not verify ourselves (introspectively).

## 6.5. Neuroplasticity: The brain can be trained

Research in neurology like neuroplasticity shows that the brain can be trained and developed, just like the muscles can, and is not fixed from a certain age (although development slows down with age). The long term view of stasis in the brain from a certain age was partially based on outdated science, but most importantly by cultural bias – which is much stronger than whatever scientific revelation and a factor people are less aware of. It leads to a form of determinism, which is scientifically proven to be untrue (neurology and quantum physics).

Cultural conditioning works subconsciously and prevents insight through narrowmindedness and research into things people think they stand 'above'. This is qualitative dualism at work, and it prevents progress.

Dualistic thinking always wants to look down or up. This is an extension of the 'lizard brain' (amygdala), the fight or flight response, however cultivated it is, it is still a primary emotional reaction. There are about 4200 emotions/feelings, but we recognize only a few extreme ones and label them instantly based on our cultural interpretation of them.

## 6.6. Research on mindfulness and meditation

Meditation and mindfulness arrived in the west via translation of Buddhist texts in the 19<sup>th</sup> century. It had an influence on psychology and philosophy (Rhys Davids & Schopenhauer).

In the 60/70s it became part of a revolution, a contrasting way of seeing the world. In that area of time it seemed to be interpreted as free love & sex. This is an interpretation that could be seen as an excuse to overcome the emotional and sexual oppression of Western culture by religion and dogma.

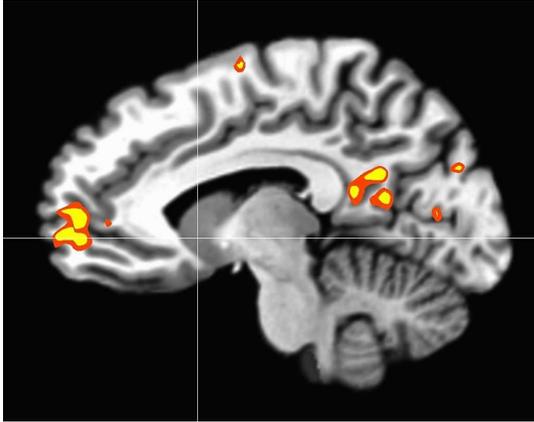
In the 90s and from there on, there is renewed interest in the consequences of the effects that can be measured by modern day neuroscience (fMRI / EEG / SPECT). Based on many studies done by universities, the following is an overview of the results on the brain, emotions and behavior tests (even short term practice has measurable results).

This summary of results is based on research from Harvard, Stanford, MIT, University of Washington (& many more). Some people are skeptical, some people don't like the esoteric associations, but mindfulness & meditation can be looked at as purely secular forms of exercise. There is debate on how the data should be interpreted, but that long term mindfulness / meditation changes the brain is fact.

### **Neurological effects of mindfulness/meditation (increase/decrease):**

1. *The Posterior cingulate*, which is involved in mind wandering, and self-relevance (increase).
2. *The Left hippocampus*, which assists in learning, cognition, memory and emotional regulation (increase)..
3. *The Temporo parietal junction*, which is associated with perspective taking, empathy and compassion (increase).
4. *The Pons (an area of the brain stem)*, produces a lot of regulatory neurotransmitters (increase).
5. *The Amygdala* becomes smaller, the emotional fight or flight center, regulates anxiety and stress (decrease)
6. *The Anterior cingulate cortex (regulates blood pressure/hart rate/emotion)*, is activated during meditation
7. *Gamma Waves (conscious perception –function is not agreed upon)*, much higher synchrony than ever observed in non-meditators (in long time meditators - so much increase that measurement parameters need to be adjusted)
8. *Alpha waves (network coordination and communication)* have greater amplitude (increase).
9. *The Insula* (involved in consciousness and perception), long term meditation might produce change in this area (so far non-conclusive).

In short, the neural paths of anxiety and fear decrease, other parts of the brain increase, including its interconnectivity. Of course this has impact on how one feels and behaves. Of course this has influence on awareness itself.



**Photo: SPAN Lab, Stanford University**

A brain scan of a monk actively extending compassion shows activity in the medial Default Mode Network, an area of the brain associated with reward processing.

#### **Research on meditation and compassion by Stanford:**

The most comprehensive scientific study of meditation, the Shamata Project led by scientists at UC Davis, indicates meditation leads to improved perception and may even have some effect on cellular aging.

When researchers compared blood samples between the two groups, they found the retreat population had 30 percent more telomerase - the enzyme in cells that repairs the shortening of chromosomes that occurs throughout life. This could have implications for the tiny protective caps on the ends of DNA known as telomeres, which have been linked to longevity.

"There's a concern that scientists might be 'trying to prove meditation,' but we are scientists trying to understand the brain," said Matthew Sacchet, a neuroscience doctoral student at Stanford working with Knutson.

<http://www.sfgate.com/health/article/Stanford-studies-monks-meditation-compassion-3689748.php>

#### **Psychological effects of mindfulness/meditation:**

1. *less stress*
2. *behavioral improvements*
3. *decreased insomnia*
4. *decreased risk of depression relapse*
5. *decreased anxiety*
6. *higher intelligence (increased interconnectivity)*
7. *increased perspective taking (cognitive empathy > higher intelligence)*

These positive mental effects are the opposite of what depression does.

Psychology still has a mostly pathological and deterministic view on people (you are sick, that's the way it is, it just needs to be controlled). This is a premature and faulty predisposition based on more recent scientific research. Therefore psychological therapy should be more in line with neuroscience and less quick to judge based on only temporal behavioral criteria – those are just symptoms.

The consequences of incorrect diagnoses are enormous for a society where chronic stress and depression become the norm. Many people suffer because of the underdeveloped state of psychology with wrong diagnoses, wrong treatment, wrong medication. Psychology is relatively underdeveloped and that needs to be acknowledged. It does not understand emotions/feelings and how that drives us.

## 6.6. Body-mind connection

In the West, the mind and body has been seen as complete separate entities, and in many cases so is the body and brain. Whilst this is highly illogical, since your brain cannot function without the body, and vice versa. This idea is simply a form of cultural conditioning. Historically, as said before, probably a consequence of philosophy ('I think therefore I am') and the printing press which made us highly rational (non-emotional/non-physical) beings. This is not to deny the importance of the printing press or rational thought, but to show how it structurally influenced perception of ourselves and the body-mind connection.

More recent research has shown the connection between body and brain, and now some neurologists are showing the importance and relation of brain health and bodily function. How intricate this relation really is, is becoming clear.

Research has shown that physical training also influences the brain and develops cognitive and emotional capabilities. The body is interconnected, the brain is interconnected and so are the two. So everything influences each other. Besides the brain, there is also the gut brain that is involved in a lot more than digestion.

### Cerebellum

This evolutionary old part of the brain is involved in a lot more than conventionally thought, which was mainly motor intelligence. It is factually the primary connection between body intelligence and brain intelligence, plays a major role in feelings/drives and executive function (the idea that the Default Mode Network is the CEO of the brain/body is outdated according to the latest research).

*Characteristics and function of the cerebellum:*

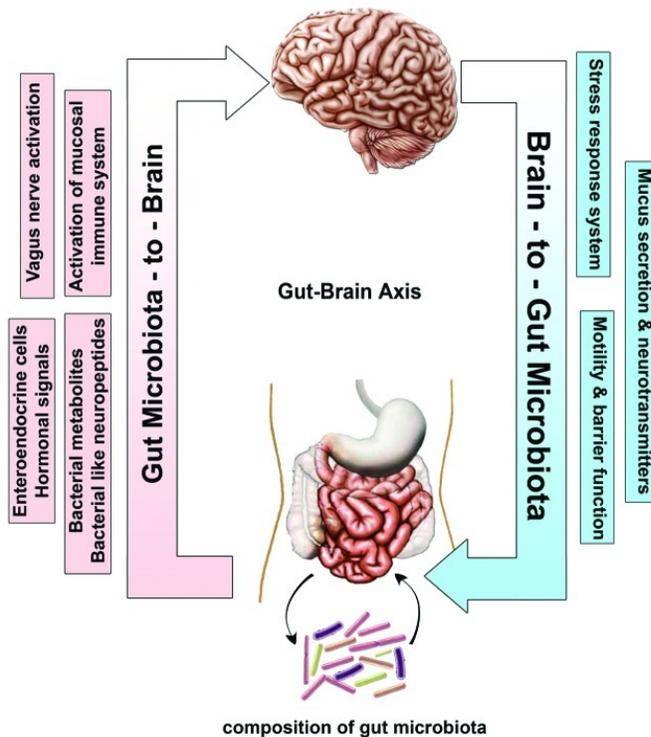
- Has 50% of neurons of the entire brain (most dense part of the brain)
- motor function / motor intelligence
- emotional processing
- cognition (social cognition and affective processing)
- general function
- every aspect of higher brain function
- related to executive function
- learning
- language
- prediction
- evolutionary oldest part of the brain and shared with other mammals and reptiles
- dysfunctional relation to pathologies, related to trauma

## **Gut intelligence - our second brain**

The argument that 'we are our brains' is not false, but incomplete – all bodily interrelations, perception and types of intelligence influence cognition. Gut intelligence is studied increasingly, not only in relation to the digestive system, but also to mental health and cognitive function. Food intake matters psychologically, but also because the feelings in the gut area are cognitive information about more than digestion. It is the place where emotions are felt. Trauma resides there, and also in the brain and other parts of the body. Many traditional cultures see the gut area as the emotional / energy centre and science is figuring out this is factual. Some of these cultures have symbolisms and deities as metaphor for these sensations (I won't get into a theological discourse), I am focussing on the bottom line correlation as influence on one's mental well-being and development.

*Scientific studies of gut intelligence state the following:*

- it is the second brain in the human body
- It is so developed and complex it cannot be limited to the regulation of the digestion system
- part of the entire digestive track (+- 9m)
- influences memory, mood, digestion and cognition
- connected with empathetic system
- communicates with bacteria (neurotransmitters)
- Importance pre/probiotic food is healthy for the gut system and related to mental health
- As many or more bacteria than cells in the body
- 100 million nerve cells
- Bottom up intelligence
- 90% of serotonin is produced there
- It probably is evolutionary older than the brain - this makes sense, digestion is bottom line crucial, in evolutionary sense



Bidirectional communication between the gut microbiota and the central nervous system (CNS). The composition of gut microbiota could modulate the function of CNS through various communication means including neural (vagus nerve activation), hormonal (enteroendocrine cells and bacterial neuropeptides), humeral (bacterial metabolites) and immunological (activation of mucosal immune system). The Brain-to-Gut microbiota axis is mediated via stress factors, alteration in intestinal permeability and motility and through release of neurotransmitters and mucus.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3463494/>

Perception of gut intelligence can be trained by observing the body, like any kind of perception. This trains the awareness of sensations in the gut, but also perception itself. Corresponding brain areas become more complex, as well as the gut intelligence. The results in bottom-up intelligence, an increasing amount of variations of bodily sensations that communicate your bodily and mental status. Since it is connected to the sympathetic system, it is possible to mirror others' feelings cognitively (normally: sight and sound), of which the effects can be felt in the gut area. Training is necessary to distinguish between feelings of others, and your own. Highly sensitive people mirror others more strongly, and especially for them awareness and distinction between one's own feelings and others is necessary for mental health.

Training gut intelligence and the awareness of it trains intuitive / emotional intelligence.

*"The gut-brain axis—an imaginary line between the brain and the gut—is one of the new frontiers of neuroscience. Microbiota in our gut, sometimes referred to as the "second genome" or the "second brain," may influence our mood in ways that scientists are just now beginning to understand. Unlike with inherited genes, it may be possible to reshape,*

*or even to cultivate, this second genome. As research evolves from mice to people, further understanding of microbiota's relationship to the human brain could have significant mental health implications."*

Editorial note of US National Library of Medicine – Gut Feelings Bacteria and the Brain  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3788166/>

When the perception of gut intelligence is untrained, it can control behaviour unconsciously like the fight/flight response can. When trained, this intelligence can be seen as cognitive information on which a conscious decision can be made. This is true for food intake - if we eat more fat and sugars, we train to gut to want more of this (the related bacteria increase). By eating more healthy, both physical and mental health is increased.

Feelings like butterflies in the stomach (in love), depression and trauma can be felt in the gut area. When not connected to this intelligence, these feelings influence behaviour without realizing it. From this perspective, bodily intelligence controls rational thinking and decision making. This all adds up to the conclusion that we are not as rational as we think when it comes to behaviour. By increasing the awareness of all forms of bodily intelligence, behaviour actually becomes more rational, because there is a more clear understanding of what parts of the body communicate to the brain and why.

Body scan introspection and/or meditation (like Yoga Nidra) increases the perception of bodily information, sharpens it and expands consciousness more to the body - leading to higher levels of embodiment (which is the opposite of dissociation). This form of body analysis has nothing to do with logic or classical thinking - it is pure non-judgemental observation of experience, feelings and sensations. This practice on its own increases (emotional) intelligence. The information provided by the gut area can be interpreted rationally, leading to higher levels of bottom up intelligence. Top down intelligence means projecting rational constructs, and in this case can stand in the way of interpreting gut intelligence data correctly. So in combination with body-scan analysis one has to be capable of clearing the mind of rational constructs (bias), but training body scan is also a way of learning how to clear the mind and reduces stress induced by an overactive Default Mode Network (DMN).

When adequately trained, it becomes clear that gut intelligence not only influences cognition and memory, it is part of cognition and memory. The body has more intelligence centres than just the brain and consciousness can be expanded to it gradually until full embodiment (intelligence synthesis, maximum awareness and integration of bodily information, making the subconscious conscious).

### **Traditional medicine and trauma**

Some traditional medicine like Rape, San Pedro and Ayahuasca dim the activity of the Default Mode Network and temporarily increase the awareness of bodily intelligence, opening it up to interpretation. It opens up the empathetic system, for oneself and others. In combination with a loving and safe context and audio/visual stimulation (rituals) these kinds of medicine can be of great benefit of becoming aware of trauma and dealing with it. Traditional medicine are embodiment medicine, and there is an increasing amount of scientific evidence that state the mental benefits. New research into the effects of psilocybin reduces the activity of the 'ego' (Default Mode Network) and opens up emotional intelligence.

Embodiment can be trained by sports, meditation, yoga and all increase bodily awareness, physical and mental health. If trauma resides in the body, and is mentally unaware, these practices can open up

trauma - this can be painful. Therefore a highly empathetic environment is crucial to deal with this and guide people to integrate the experience.

### **Benefits of physical exercise**

When you exercise and gain more control over your body (strength, precision, timing, flexibility, power, etc), you also train an intuitive understanding of the laws of nature – cognitive intelligence. Because your body works in the same manner as nature, and interacts with it. We are nature. Because of our development and apparent boundaries between nature and us, we unconsciously think we stand above nature. This is impossible by the use of logic (ratio), experience (feelings) and empiricism (proof).

### **Scientific results for physical exercise:**

1. *Think faster*
2. *Concentrate longer*
3. *Increases IQ*
4. *Increases executive functions (problem solving, planning, behavior)*
5. *Increases focus*
6. *Increases cognitive flexibility*
7. *Increase in willpower*
8. *Increase in emotional control & resilience*
9. *Sharpens short term memory*
10. *Increases long term memory*
11. *Exercise alleviates stress*
12. *Increases pain tolerance*
13. *Fights / Prevents depression*
14. *Improves mood*
15. *Improves self-esteem*
16. *Makes people happier overall*

There has been such rational development that the body has almost been forgotten, with a very large revival of physical exercise the last decades. Scientists are now saying that the body influences the mind (and vice-versa). This is true, but has been known for millennia. It is good is proven now, but its common sense now isn't it? All the blood and nerves lead to the brain. Everybody knows this. How can they ever operate independently of each other? Whatever you experience or think, leads to feelings in the *body*. Whatever you feel in the body, leads to thoughts. Whatever mental or physical exercise you do equally trains the body and brain. There is just a very low awareness of this connectivity and interrelation because we don't observe ourselves.

By training your body you are also training the cognitive and emotional part of your brain. Since your body feels, your brain does not. All cognitive input is via the body, and this antenna for information is made more sensitive and the corresponding areas in the brain expand. The separation of mind and body is a dualistic and illusionary separation.

Both mindfulness and exercise are natural, free and strong methods of dealing with depression and anxiety. For many people much more effective than drugs and 20-40 minutes therapy per week. There will always be need for therapy, it is not wrong but it can lead to dependency on pharmaceuticals and the therapists. Self-reliance and self-development based on accurate scientific models empower people.

I am not saying pharmaceuticals are bad per se, but half the society is drugged. Is that the way to go? Or does something need to change?

If people are being diagnosed, a much more holistic and humanistic model could be applied that closer resembles a person in its totality than simply some questions about temporary behavior.

*“Adults who were abused or neglected as children can still learn the beauty of intimacy and mutual trust or have deep spiritual experience that opens them to a larger universe”*

Bessel van der Kolk - Psychiatrist M.D. / *The body keeps the score*



### **Neurobiological effects of physical exercise**

The neurobiological effects of physical exercise are numerous and involve a wide range of interrelated effects on brain structure, brain function, and cognition. A large body of research in humans has demonstrated that consistent aerobic exercise (e.g., 30 minutes every day) induces persistent improvements in certain cognitive functions, healthy alterations in gene expression in the brain, and beneficial forms of neuroplasticity and behavioral plasticity; some of these long-term effects include: increased neuron growth, increased neurological activity (e.g., c-Fos and BDNF signaling), improved stress coping, enhanced cognitive control of behavior, improved declarative, spatial, and working memory, and structural and functional improvements in brain structures and pathways associated with cognitive control and memory. The effects of exercise on cognition have important implications for improving academic performance in children and college students, improving adult productivity, preserving cognitive function in old age, preventing or treating certain neurological disorders, and improving overall quality of life.

People who regularly perform aerobic exercise (e.g., running, jogging, brisk walking, swimming, and cycling) have greater scores on neuropsychological function and performance tests that measure certain cognitive functions, such as attentional control, inhibitory control, cognitive flexibility, working memory updating and capacity, declarative memory, spatial memory, and information processing speed. The transient effects of exercise on cognition include improvements in most executive functions (e.g., attention, working memory, cognitive flexibility, inhibitory control, problem solving, and decision making) and information processing speed for a period of up to 2 hours after exercising.

[https://en.wikipedia.org/wiki/Neurobiological\\_effects\\_of\\_physical\\_exercise](https://en.wikipedia.org/wiki/Neurobiological_effects_of_physical_exercise)

## 7. Intelligence and consciousness

What is intelligence and what is consciousness? Intelligence is based on complex information and complex information processing. A nervous system and brain of some sort is necessary. Self-awareness and Awareness of Self-Awareness (our consciousness) need the most complex systems (brains like we have).

### 7.1. IQ: Intellectual Intelligence

In Western society, intelligence is generally measured with IQ tests. These test focus on visual pattern recognition and problem solving, language and mathematics. This is a test of the rational part of the brain. Average is around 100 IQ point, below 80 is low-gifted, above 120/140 is highly gifted.

### 7.2. EQ: Emotional Intelligence

When measuring only IQ as intelligence, the emotional aspect of our experience is not being taken into account – and also not the recent scientific findings that decisions are based on emotions. Emotional Intelligence, also known as Emotional Quotient (EQ), is the capability of individuals to recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goals. This is an important part of intelligence, because as shown before, it guides us more than rational thought. Training empathy, or cognitive empathy improves overall intelligence – and understanding of self and others. This intelligence is related to the limbic system, cerebellum and gut intelligence (amongst others).

### 7.3. Theory of Multiple intelligences

Howard Gardner proposed ten abilities that could be described as intelligence, corresponding more closely to the complexity and variety of the brain itself. He defined these type of intelligence:

1. musical-rhythmic
2. visual-spatial
3. verbal-linguistic
4. logical-mathematical
5. bodily-kinesthetic
6. interpersonal
7. intrapersonal
8. naturalistic
9. existential
10. moral

## 7.4. New model of intelligence

Based on scientific research and personal experience I visualized a similar model:

### Intelligence, drive and cultural interpretations - the holistic approach.

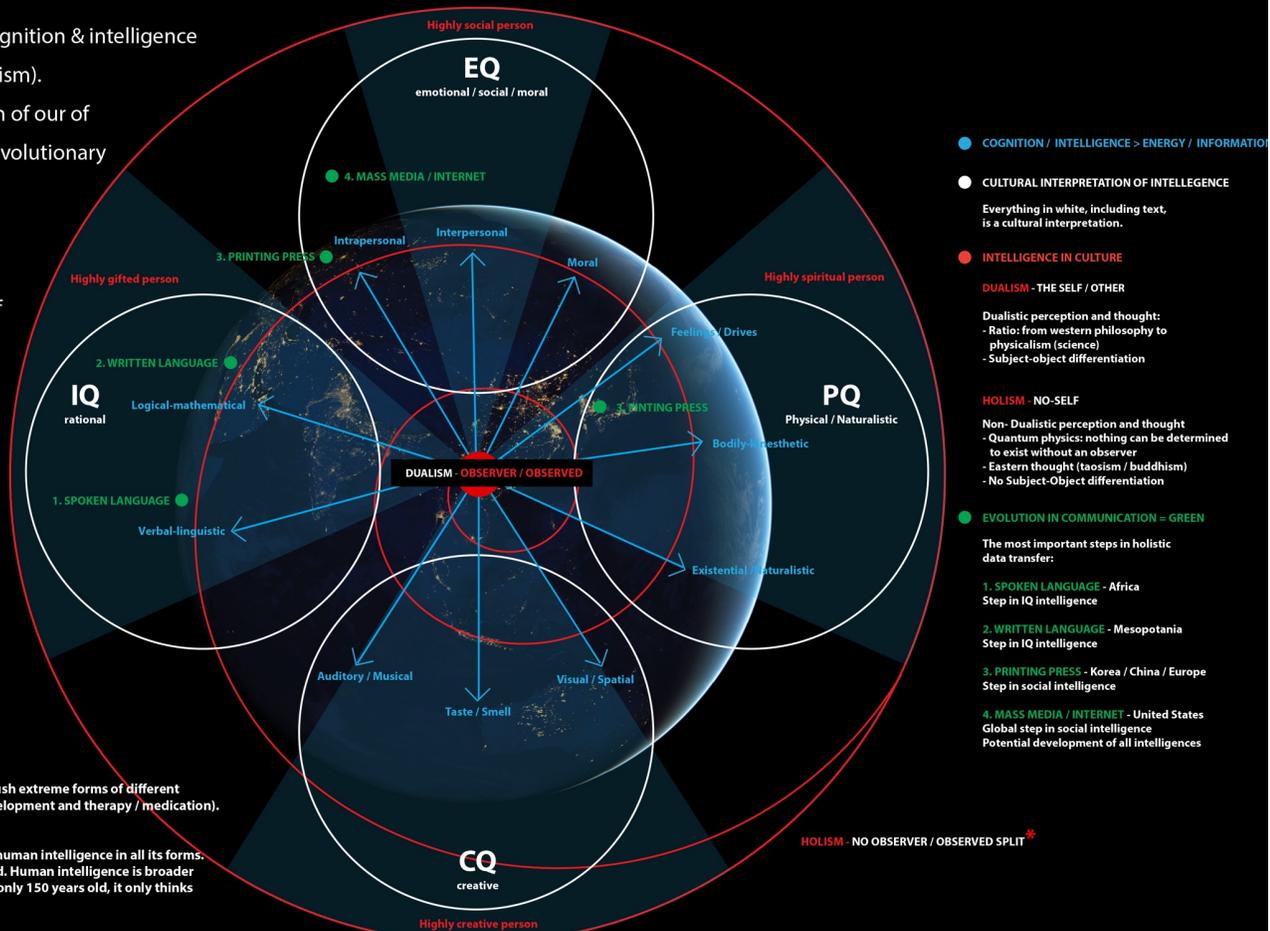
11D Floating Point Intelligence with a Relative Perspective\* - the centre is the flexible perspective (me / other - cognitive empathy/quantum entanglement)

a. Symbolic perspective on cognition & intelligence

(intelligence = bias until holism).

b. Rational & literal description of our of intelligence progress both evolutionary and personally.

c. Logic in all its forms can conclude we ware one. Just a delayed experience of a lot of consequences >



Western psychology and education tries to push extreme forms of different intelligences inward (through one-sided development and therapy / medication). This is only to conform people to society.

The IQ test is a very narrow interpretation of human intelligence in all its forms. Only 2/11 forms of intelligence are recognized. Human intelligence is broader and deeper than that. Western psychology is only 150 years old, it only thinks from the outside inwards, rationally.

Eastern introspection in the form of religion is 5000 years old. It thinks from the inside outward - intrinsically. It is still a narrow model of intelligence.

The combination and deepening of all forms of intelligence is true intelligence, far beyond just ratio versus introspection. That is holism.

The world and its people are asynchronously developed in only a couple of areas of intelligence, which leads to all sorts of conflict in oneself and with each other. Misunderstanding through cultural differentiation in form.

In animated form:

<https://www.youtube.com/watch?v=c1oVNoCCDy0>

## 7.5. Intelligence dimensions

Intelligence can be defined in terms of dimensions according to its complexity and relation to physical reality.

### 1. 2D Intelligence: Dualistic thinking (observer / observed)

Language is our conditioned dualistic mode of thinking which uses a small area of the brain and uses a low amount of brain 'computational' power. It is linear and only has true/false as complexity until more complex forms of logic are developed.

### Aristotelian logic (Binary Logic)

A ————— Not-A

ദ്വിലക്ഷണീകരണം

<https://pt.slideshare.net/dkasthurirathna/catuskoti/2>

### 2. 3D Intelligence: Motor intelligence

Since we move around in physical space, motor intelligence is 3 dimensional. The more advanced this area gets, the more it gets used by other parts of the brain to 'think'.

#### Moravec's paradox

Moravec's paradox is the discovery by artificial intelligence and robotics researchers that, contrary to traditional assumptions, high-level reasoning requires very little computation, but low-level sensorimotor skills require enormous computational resources. The principle was articulated by Hans Moravec (whence the name) and others in the 1980s.

As Moravec writes:

*'Encoded in the large, highly evolved sensory and motor portions of the human brain is a billion years of experience about the nature of the world and how to survive in it. The deliberate process we call reasoning is, I believe, the thinnest veneer of human thought, effective only because it is supported by this much older and much powerful, though usually unconscious, sensorimotor knowledge. We are all prodigious Olympians in perceptual and motor areas, so good that we make the difficult look easy. Abstract thought, though, is a new trick, perhaps less than 100 thousand years old. We have not yet mastered it. It is not all that intrinsically difficult; it just seems so when we do it.'*

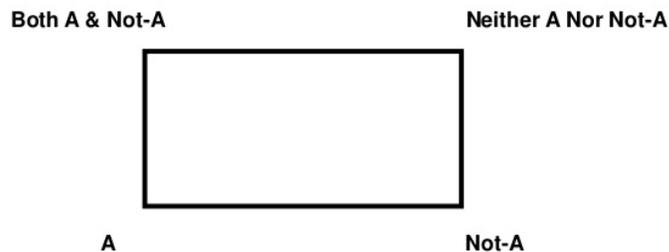
— Hans Morava - robotics researcher

[https://en.wikipedia.org/wiki/Embodied\\_cognition](https://en.wikipedia.org/wiki/Embodied_cognition)

### 3. 4D / 5D Intelligence: Advanced logic (catuskoti)

This form of logic is a deepening of dualistic thinking, it allows for more layers and nuance and more complex drive-feelings responses. It is a far more complex mode of logic than binary Aristotelian logic.

## Catuṣkoṭi



<https://pt.slideshare.net/dkasthurirathna/catuskoti/2>

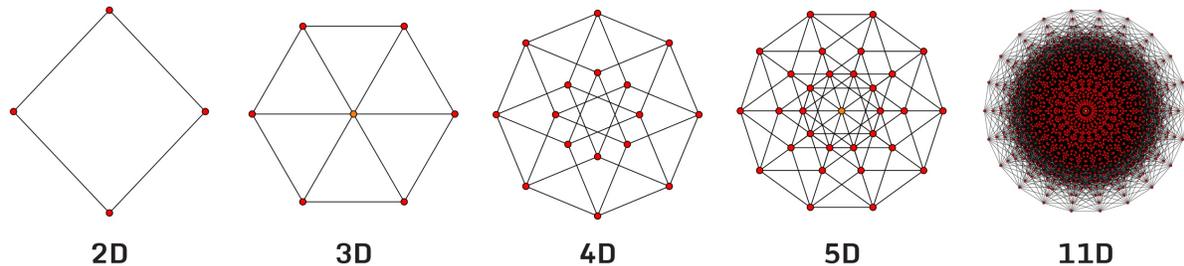
### 4. 11D Intelligence: Embodiment (real time floating point intelligence)

11D incorporates all forms of intelligence, from rational to physical. Cognition is direct without bias and the entire brain is used to experience the world and possibly interpret it. All these forms of intelligence are our learned memory of skills that interrelate. Identification is no longer with thought which creates the observer/observed split.

*A series of experiments demonstrated the interrelation between motor experience and high-level reasoning. For example, although most individuals recruit visual processes when presented with spatial problems such as mental rotation tasks motor experts favor motor processes to perform the same tasks, with higher overall performance. A related study showed that motor experts use similar processes for the mental rotation of body parts and polygons, whereas non-experts treated these stimuli differently. These results were not due to underlying confounds, as demonstrated by a training study which showed mental rotation improvements after a one-year motor training, compared with controls. Similar patterns were also found in working memory tasks, with the ability to remember movements being greatly disrupted by a secondary verbal task in controls and by a motor task in motor experts, suggesting the involvement of different processes to store movements depending on motor experience, namely verbal for controls and motor for experts.*

[https://en.wikipedia.org/wiki/Embodied\\_cognition](https://en.wikipedia.org/wiki/Embodied_cognition)

## 7.6. Intelligence complexity comparison



Standard logical thinking needs a lot of content to understand complex processes. The more complex intelligence gets, the deeper the real time understanding of a situation is. Everybody has a balance of 2D (ratio) and 3D (motor) intelligence – amongst others. Developing both ratio in terms of more advanced logic and embodiment (emotional / physical exercises) one can increase the total complexity of intelligence moving up in terms of dimensions, allowing for more perspectives and higher creativity. Holism (11D) is total embodiment, neurological and physical balance. This does not mean negative emotions don't exist, or past trauma is instantly resolved. It does mean the creation of an inherent set of values and acceptance of self / others, even if certain behavior is not accepted. Total embodiment is a different perspective on the world with a high degree of sensitivity for suffering (heightened sensitivity & cognitive empathy). The eleven defined intelligences (in the infographic) are not the same as 11D intelligence, which is nonlinear and functions differently. The hierarchy of the brain is changed and so is its modus operandi. Basically, 'thinking', or experience becomes bottom up (feelings first) instead of top down (thought first). This is actually how the organism functions anyway, but thought (ego) creates the illusion this is not the case. The development of intelligence dimensions correlates to both Western humanistic and Eastern introspective development models with its personality characteristics (chapter 7.9).

*According to the researchers, algebraic topology provides mathematical tools for discerning details of the neural network both in a close-up view at the level of individual neurons, and a grander scale of the brain structure as a whole. By connecting these two levels, the researchers could discern high-dimensional geometric structures in the brain, formed by collections of tightly connected neurons (cliques) and the empty spaces (cavities) between them. "We found a remarkably high number and variety of high-dimensional directed cliques and cavities, which had not been seen before in neural networks, either biological or artificial," the team wrote in the study. [...] There are tens of millions of these objects even in a small speck of the brain, up through seven dimensions. In some networks, we even found structures with up to 11 dimensions.*

<https://www.sciencealert.com/science-discovers-human-brain-works-up-to-11-dimensions>

## 7.7. Consciousness

*“It is increasingly clear that, in a wide variety of cases, the individual brain should not be the sole locus of cognitive scientific interest. Cognition is not a phenomenon that can be successfully studied while marginalizing the roles of body, world and action.”*

— Andy Clark —

[https://en.wikipedia.org/wiki/Embodied\\_cognition](https://en.wikipedia.org/wiki/Embodied_cognition)

The discussion about what consciousness actually is, has been going on for millennia and the views fit into the earlier described philosophical categories (monism, dualism, pluralism, holism).

Because of dualistic thinking being the norm in western philosophy, dualism and pluralism were the norm. Religion introduced monism (monotheism). Now, many scientists move more towards holistic (only the whole can explain) or monistic view (everything is one or derived from one).

Panpsychism, a form of monism also proposed by the Dutch philosopher Spinoza and Buddhist thought is getting serious attention after being ignored for decennia. Religion is doctrine, but anti-religion is also doctrine. Belief in true or false, is both still belief – and therefore still confines thinking. Non-judgment is true inquiry.

Science is figuring out that dualistic thought cannot solve the problem, it can only deconstruct reality. How great the discoveries of neurobiology and quantum physics might be, scientists in those fields are admitting perhaps the reductionist approach does not answer all questions.

David Bohm (theoretical physicist) saw beyond the pure deconstructive and dualistic point of view and based on his own quantum theory findings and proposed a different way of thinking, starting with the nature of thought itself. In the end, his view was still dualistic – since he devised an explicit and implicate order (cognitive reality versus actual reality).

Consciousness has always developed in people on the long run culturally and biologically (nurture / nature). But where does consciousness start in evolution?

**There are two mainstream views concerning consciousness in science & philosophy:**

*a. Consciousness evolved out of evolution (materialist / physicalist)*

*b. Consciousness is intrinsic to the universe (and perhaps existed prior to it)*

In the end, after all philosophy and scientific efforts to deconstruct reality, it appears the only thing we can be sure of is that we share is consciousness. This we can check ourselves, we experience ourselves and the world.

The fact that most people are not aware of development of consciousness (even in oneself) is because there is no frame of reference to see the development of feelings/emotions, consciousness or anything other outside of our conditioned mental frames and models. Everybody is conscious but it is not a part of education or daily life to reflect on it.

## Consciousness and anthropomorphizing

The concept of consciousness gets anthropomorphised. When people read or hear the word, the Western world especially, have traditionally thought about human experience and complexity of awareness. This human-centeredness and projection severely limits understanding of the various levels of intelligence and awareness in nature, and ironically, fear of anthropomorphising makes people think only humans can have anything of the sort - because it is associated with rational processes, which is just part of consciousness.

In evolutionary science, projecting human traits on animals has been seen as anthropomorphizing. Human perception relies heavily on pattern recognition and anthropomorphizing is part of that, but when thinking bottom up, from an evolutionary perspective we share DNA, brain and physical mechanisms with a lot of nature – especially other mammals. On a fundamental level, in physics, we share the same mechanisms as the rest of nature. Considering consciousness as only human is anthropomorphizing that phenomena – restricting it to humans. This argument is a bit of an ironic loop, but it is where scientific evidence inevitably brings us.

The English and Western languages are severely limited in describing internal phenomena. If there is no word for it, it does not exist. This is how language itself is a filter (bias) on reality. The purely rationalistic, reductionist and individualistic perspective on reality has reduced a neuro/physiologically small part of experience as the whole of consciousness. Since the brain is a network and connected to the entire body (gut intelligence for example) via the nervous system and humans are part of social and natural constructs, where consciousness starts and stops is not clear at all. Especially not when taking into account the deepest layer of nature in (quantum) physics, where causal relations can defy time and space as we have understood it. The term ‘consciousness’ is not clearly defined scientifically based on the latest findings and many scientists actually don’t come near it, often for cynicism or fear of entering esoteric territory. On the other hand, more and more scientists do and are figuring out that a couple of cultures have descriptions of internal phenomena that correlate more and more to western science, once one sees the different cultural perspective, interpretations and factual developmental benefits of practices that come from Eastern meditative practices – which influence (increase) one’s awareness and intelligence. If more aspects of existence come into one’s awareness by developing one’s sensitivity, consciousness is increased (or the perception of consciousness is increased, depending on the cultural perspective).

The various types of cognitive bias are a selection mechanism – information that has been filtered out by deeper levels of the brain and by the mechanisms that make up our capacity for language. This top down only awareness severely limits the amount and type of information we process - it is a feedback loop that can eventually be bypassed by training the body/mind interrelation.

Science has deconstructed the outer world successfully to a great degree with many benefits, research on the inner world and the cooperation between different areas of science to get an holistic perspective of what experience is (consciousness), is just getting started. So far, consciousness can scientifically be seen as ‘undefined’ – but is still dictated by the “I think therefor I am” dogma. What Descartes actually meant by that can also be interpreted in a 5Dimensional way, because it is true, false, both and neither – and all of the above.

What to say about Descartes' most famous line in terms of 5D logic?

**“I think therefore I am”**

Is false in evolutionary context, since perception and feelings came before thought, so biologically it is untrue. Both in neurological and evolutionary development thought comes last, we can exist without thinking.

**“I think therefore I am”**

Is true in a psychological sense, since thought creates the 'I', the concept of 'self'.

**“I think therefore I am”**

Is a dualistic interpretation of reality and therefor a partial understanding of reality, it implies a difference between observer and observed, it is both true and false.

**“I think therefore I am”**

Dualistic logic is not capable of understanding fundamental reality (in the form of language) therefor also not what the self is made of, it is therefore neither true or false but undetermined.

**“I think therefore I am”**

Ultimately, language is also nature and therefore a part of reality, and by that means an abstraction and mirror of reality, which means that all possible interpretations can be true – they are just perspectives.

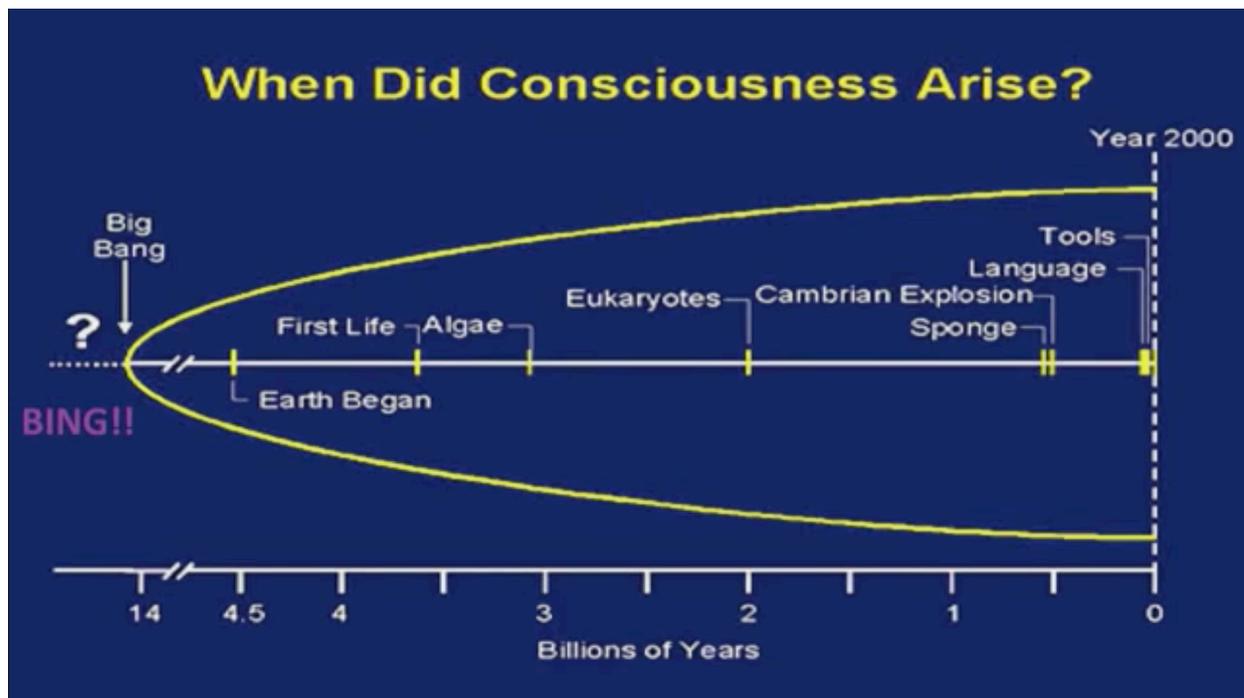
Regardless of what was actually meant by Descartes, this higher level logic exercise shows the relativistic interpretations of 'self' and nature, determined by conditioning and point of view. Reductionist reasoning is necessary to describe reality in the form of language, and it is necessary to define what is meant by 'awareness' and 'consciousness' – from an evolutionary perspective, not just a human rational perspective (without anthropomorphising the concept of consciousness, which is proven to be untrue and too human-centric for an accurate perspective on nature).

- Define awareness / consciousness / levels of abstraction and layers of the psyche in evolutionary context

If consciousness is only aligned with rational thought, only humans have it to the degree we know. Both nature, the human brain and body house many more forms of intelligence and awareness, which can be made aware by practice, expanding understanding, experience and 'consciousness'.

## 7.8. Evolution of consciousness

In the evolution of species, feelings came first. We don't see feelings as consciousness, because we see consciousness as awareness of self-awareness (thought). It is not clear when going back in evolution where consciousness started, because when deconstructing into smaller and smaller areas, it appears the boundaries disappear – this happens in all scientific exploration (from the definition of species to quantum physics).



from: Stuart Hameroff: Quantum Consciousness in Microtubules "Brief History".

Therefore, even if we project 'milestones' or levels of consciousness on reality, it appears reality cannot be defined in smaller parts that explains everything. If feelings or 'contact' are the first form of evolutionary sense development, it could be seen as primitive form of consciousness. But if we dive deeper into nature, with cells, or even deeper on a quantum level – everything is a form of contact and causality – therefore everything can be seen as form of continuous developing consciousness, of which we are the most developed outcome we know.



*blank stares of incomprehension.” But when it comes to grappling with the Hard Problem, crazy-sounding theories are an occupational hazard. Besides, panpsychism might help unravel an enigma that has attached to the study of consciousness from the start: if humans have it, and apes have it, and dogs and pigs probably have it, and maybe birds, too – well, where does it stop?”*

interview with Christof Koch (neuroscientist) in The Guardian

In evolutionary context our species were unaware, then aware, then self-aware, then aware of our awareness. And next? There is always a next in evolutionary biology.

## **7.9. Development and levels of consciousness**

There have been quite a lot of studies on the development of intelligence and consciousness in baby's. Because neuroscience and psychology have thought for decennia that the brain cannot develop further after the mid-twenties, there is a lot less research on the matter of intelligence, brain and consciousness development in the years after adolescence.

There are many theories that have not been neurologically proven, but psychologists like Maslow, Jung & Dabrowski were more interested in the development of people after adolescence. Their research was not confined to people that are 'sick'. Dabrowski did do longitudinal tests and studied many people and biographies of highly developed individuals. There are similarities between the Western models of intelligence, and there are also similarities between these models and Eastern (Buddhist) models of intelligence/consciousness.

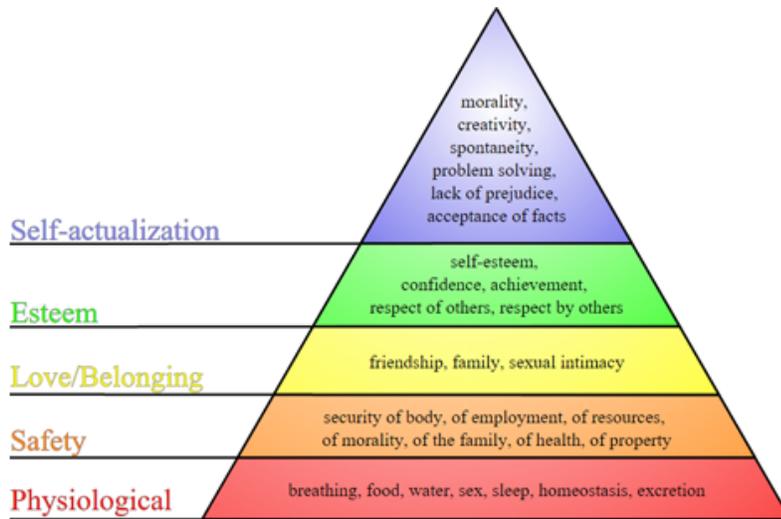
### **7.9.1. Development of consciousness in baby's**

Baby's start with awareness but no self-awareness. Both cognitive and emotional awareness develops based on interaction with the surroundings. From aware (experience), to self-aware (I experience – 2 years), to awareness of the self-awareness (I know that I experience - teenage). This is where most cultures generally assume the development of consciousness stops. Because we thought that the brain was not capable of changing or developing on a later age, and the deterministic aspects of our ways of thinking exclude such development.

<https://www.scientificamerican.com/article/when-does-consciousness-arise/>

### **7.9.2. Western humanistic models of adult personality development**

Maslow's famous 'pyramid of needs' starts at the basic survival mode and ends with self-actualization. If the lower needs are met, then a person moves on to higher needs.



This model shows development from instinctive to self-created. Important in the developmental model is the acceptance of the 'lower' needs to move on to the next.

Dabrowski has a similar model, but states that the lower need to be transformed to move up in the levels of development. Tension between reality and self creates mental stress (psychoneuroses) which leads to the emotional development of an inherent hierarchy of values.

*“Advanced development requires a breakdown of existing psychological structures to form higher, more evolved structures. The emotional makeup and the intellectual capacity of the individual determine the extent of development possible”.*

(Silverman, 2000 p.11)

**Dabrowski’s model of development:**



**1. Level 1: Primary Integration**

Biological drives and socialization define a person. Little internal conflict. High level of adoption to society. If society changes, so does the person. Low self-reflection capability.

**2. Level 2: Unilevel Disintegration**

Conflict with self or society arises, but the outcome of the crisis is not clear. Slight self-consciousness and self-control when dealing with situations, still a high level of automatic dynamisms (like anger).

**3. Level 3: Spontaneous Multilevel Disintegration**

The awareness of higher and lower resolutions to a conflict, the (automatic) creation of internal values. Higher levels of autonomy, self-control and development.

**4. Level 4: Directed Multilevel Disintegration**

Full autonomous control of self-development based on a personal hierarchy of values. Maladjustment to a low-level society is a positive feature (for example: resistance to fascism / sexism / racism; general mistreatment of people).

**5. Level 5: Secondary Integration**

Complete synthesis of mind, actions and personality ideal. Low level of internal conflict (conflict with level 1 people / society still happens). Problem solving and art represent the highest and noblest features of human life. Art captures the innermost emotional states and is based on a deep empathy and understanding of the subject. Often, human suffering and sacrifice are the subjects of these works. Truly visionary works, works that are unique and novel, are created by people expressing a vision unrestrained by convention. Advances in society, through politics, philosophy, religion and the arts, are therefore commonly associated with strong individual creativity or accomplishments.

**Figure 1.  
Category Coding System Diagram**

	<b>Feelings Toward Values</b>	<b>Feelings Toward Self</b>	<b>Feelings Toward Others</b>
<b>LEVEL I:</b>	Self-Serving	Egocentricity	Superficial
<b>LEVEL II:</b>	Stereotypical	Ambivalence	Adaptive
<b>LEVEL III:</b>	Individual	Inner Conflict	Interdependent
<b>LEVEL IV:</b>	Universal	Self-Direction	Democratic
<b>LEVEL V:</b>	Transcendent	Peace and Harmony	Communionistic

### Major features of Brodsky's theory of personality development

- personality is not a given universal trait; it must be created—shaped—by the individual to reflect his or her own unique character (personality shaping)
- personality develops as a result of the action of developmental potential (DP) (overexcitability and the autonomous factor), not everyone displays sufficient DP to create a unique personality.
- developmental potential is represented in the population by a normal (bell) curve. Dąbrowski used a multilevel approach to describe the continuum of developmental levels seen in the population.
- developmental potential creates crises characterized by strong anxieties and depressions—psychoneurosis—that precipitate disintegration
- for personality to develop, initial integrations based on instinct and socialization must disintegrate—a process Dąbrowski called positive disintegration
- the development of a hierarchy of individual values—emotional reactions—is a critical component in developing one's personality and one's autonomy, thus, in contrast to most psychological theories, emotions play a major role in this approach
- emotional reactions guide the individual in creating his or her individual personality ideal, an autonomous standard that acts as the goal of individual development
- the individual must examine his or her essence and subsequently make existential choices that emphasize those aspects of essence that are higher and "more myself" and inhibit those aspects that are lower or "less myself" based upon his or her own personality ideal
- critical components of individual development include auto education and auto psychotherapy

(source: [https://en.wikipedia.org/wiki/Positive\\_disintegration](https://en.wikipedia.org/wiki/Positive_disintegration))

The theory states that people with high over excitabilities or high sensitivity (mental, physical, and emotional) have a higher tendency to go through the levels if one has abilities and talents together with a strong autonomous drive (will – the third factor).

This model is being used in education for the highly gifted, since the drives resemble the nature and drives of the highly gifted.

#### Peak experiences

Maslow mentioned 'peak experiences' as transformative mental states that drive development through the various levels. Dąbrowski also mentions 'spontaneous disintegration' which could be a peak experience leading to transformation into inherent autonomous ideals. The description of these peak experiences sound similar to elements of the concept of Flow (Csikszentmihalyi) and Zen Buddhist notions of Satori and Mushin. Common is the feeling of 'one-ness', peace, love, timelessness and acceptance. According to Maslow, most people experience such peaks but are unaware of them. Everybody has the potential but it is suppressed, individually and/or socially.

*'In peak-experiences, the dichotomies, polarities, and conflicts of life tend to be transcended or resolved. That is to say, there tends to be a moving toward the perception of unity and integration in the world. The person himself tends to move toward fusion, integration, and unity and away from splitting, conflicts, and oppositions'.*

— Abraham Maslow (Religions, Values, and Peak-Experiences, Appendix A)

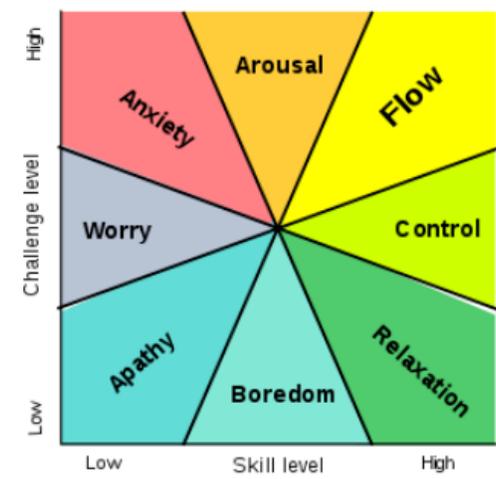
## Flow

In positive psychology, flow, also known as 'the zone', is the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by complete absorption in what one does, and a resulting loss in one's sense of space and time.

Jeanne Nakamura and Csikszentmihályi identify the following six factors as encompassing an experience of flow:

1. Intense and focused concentration on the present moment
2. Merging of action and awareness
3. A loss of reflective self-consciousness
4. A sense of personal control or agency over the situation or activity
5. One's subjective experience of time is altered. Experience of the activity as intrinsically rewarding, also referred to as autotelic experience

([https://en.wikipedia.org/wiki/Flow\\_\(psychology\)](https://en.wikipedia.org/wiki/Flow_(psychology)))



This diagram diametrically opposes 'Flow' to apathy, suggesting empathy as the feeling of Flow. The feeling of empathy in that state corresponds with the Zen concept of Satori/Mushin, which also describes 'oneness', timelessness and empathy as experience, just like Flow.



### **Taekwondo practice in nature**

Personal experience: a state of no-mindedness, full embodiment in the moment and maximum control of the body. The mind is not preoccupied by thought, but fully aware of the surroundings and the body. The experience of total freedom and control, which is a state of mental peace (corresponds with 'Flow').

[https://en.wikipedia.org/wiki/Mushin\\_\(mental\\_state\)](https://en.wikipedia.org/wiki/Mushin_(mental_state))

<https://www.youtube.com/watch?v=P9E411R5LSU&t=1s>

### **7.9.3. Buddhist model of personality development**

Buddhism also defines levels of development and the basic idea is that everybody is in fact mentally ill (to varying degrees) in standard cognitive dualistic mode (comparable to Level 1 in Dabrowki's theory). There are many schools and many interpretations within Buddhism and also different Western interpretations. This is a summary and combination of them. A fundamental element in Buddhism is karma. Karma is action, intent and causality in one. It is a law of cause and effect that works on all but the highest levels of existence.

#### **9 types of awareness / consciousness**

1. Five sense-awareness (sight, sound, smell, taste, body – biased)
2. Mind (perception - biased)
3. Manas (self-consciousness - biased)
4. Storehouse-consciousness (memory - biased)
5. Pure consciousness – free from karma (free from bias)

#### **Development of consciousness**

Level 1: Dualistic thinking mode 'other/self' / survival mode / 'me'-mode

Level 2: Questioning the Level 1 type of perception based on inner/outer conflict

Level 3: Train inherent developmental & investigative skills – removing preconceptions

Level 4: Awakening, seeing one's true nature without mental preconceptions (peak/plateau experience in Maslow's terms / Dabrowski's spontaneous disintegration)

Level 5: The integration of the new level of awareness into the body and daily life

Level 6: Buddhahood / Enlightenment – complete synthesis of intrinsic & universal values and daily life – new level of consciousness. Permanent state of 'oneness'. (free from karma / bias)

## 7.10. Brain Synthesis (Embodiment)

There is great correlation between the Buddhist model and the models of Maslow and Darrow's. Only the Buddhist model includes the cognitive bias that feeds into perception itself. Only the Buddhist model tries to proactively overcome the dualistic way of thinking.

My suggestion is that these seemingly different models describe the same self-actualization principle for highly sensitive people from different cultural angles.

The highest levels of synthesis in all theories result in brain synthesis — the optimal interconnectivity of the brain, which leads to a new level of consciousness. Why is brain synthesis important? Because when the brain is optimally connected, reality is seen / experienced directly - not through a prejudiced mental filter. This is a highly overwhelming experience that can lead to psychoses. The body just needs to get used to the new experience and amount of extra information it has to process.

The normal 'level 1' (Dabrowski) mental filter is the cause of inner and outer conflict - because it is dualistically conditioned – the subject/object division. This conditioning can be disintegrated, which is the opposite of suppressed (which is the social norm - suppression of feelings). The theory of Positive Disintegration by Dabrowski is relatively unknown, but is the only Western model that incorporates a functional view on feelings and emotions, which can be developed. By developing emotions and learning from experience, the emotional part of the brain can eventually match the rational part, and equilibrium can happen - synthesis.

A part of the process is deconditioning and introspection to see what is 'culture' and what is 'me'. What are you when there is no conditioning left? Is that even possible? Or you then pure 'nature' without 'nurture'?

When viewing reality directly, in synthesis, without preconceptions, the experience of the whole body can best be described as 'deep empathy' and 'oneness'. This is a base state, it is a balanced state. Not only empathy for people, or love or whatever cultural misconception - it is just information on which intelligence can be build. It just feels a certain way, because it wants to be connected. This feeling and the description of it is frowned upon, because of the described cultural prejudices and misunderstanding of the subject.

Because (in professional context) most human behavior is based on exchange – many people are looking for a motive behind emphatic behavior. But when empathy is pure, there is no real time perception of 'I/me', so also no motive. Free Will is a very misunderstood preconception, and in that state non-existent because there is no I. So there is nothing to 'will'. This sounds deterministic, but it feels like total freedom – all options are available but you just know intuitively what to do. In the dualistic state we are just conditioned to want or reject things. Is that free will? Neuroscience has shown there is no 'me' to be found in the brain. It is in a constant state of flux, only made static in our experience by mental models we adhere to and project on reality (cognitive bias).

*“How very important it is to bring about in the human mind the radical revolution. The crisis is a crisis in consciousness, a crisis that cannot anymore accept the old norms, the old patterns, the ancient traditions. Considering what the world is now*

*with all the misery, conflict, destructive brutality, aggression and so on... man is still as he was, is still brutal, violent, aggressive, acquisitive, competitive and has built a society along these lines."*

— Jiddu Krishnamurti

The biggest change and impact of some of the effects of mindfulness and meditation are not being seen yet. Truth is a lot changes in the brain. This must have effect on intelligence and consciousness, which happens in the brain.

Evolution of consciousness is a gradual process, as is everything and related to the form of intelligence potential. Biological creatures like us keep on developing on all levels possible within the physiological potential - but we conform to models of ourselves (unconsciously). Our mental models. Outdated models. The next level of consciousness is the awareness of awareness of our awareness. The holistic view of what seems to be innate duality. And there is probably a next after that.

### **Perspective of no-perspective**

The feeling of brain/body synthesis (embodiment) leads to a new perspective, namely, the lack of perspective, which includes all perspectives. Therefore you see reality as it is, but depending on the scholar differentiation it is described differently depending on cultural, lingual, visual or auditory communication skills. These skills are not forgotten; they have to be used to communicate. They just don't interfere with the real time experience of reality anymore – in the state of 'peak experience / flow'. The brain is not all there is, it is just a tool. The body is of equal importance, because the body is in direct contact with reality, the brain is not. The brain can only interpret and describe reality, but those models are not reality. The body feels reality directly; all cognitive input = *feeling*. Thoughts come after that, but in dualistic thinking mode interfere with cognition itself.

### **No-Self**

'No-Self' does not deny the existence of individuals, it results in more authentic individuals because experience is more closely aligned with feelings (higher awareness of feelings and less instant reactivity to them).

This also does not create 'perfect' humans, because perfection is a social construct (and varies per culture / time) upheld by the hero narrative. It does result in highly moral persons because of a high level of (cognitive) empathy - emotional intelligence and understanding of others.

Most people actually experience this psychological effect - when in flow whilst creating, sporting or having a good conversation, etc. If aware of this process this can be trained and increases the capacity of empathy and overall intelligence because it enlarges the amount of perspectives one can take. This is based on curiosity in others (temporary) dissolving one's own views making the capacity for rational thought more rational since less influenced by one's own feelings and drives. Because of empathy one can feel others like they are themselves (mirror neuron).

This process is innate in humans but can be overruled by conditioned thought / ego that clings to one's own views.

This process might seem as a threat to people who identify with thought or ideology - but one just becomes more empathic and intelligent and gains a deeper understanding of everything. The ability to see all things from many more perspectives creates a higher sense of free will and gains the understanding that all humans are in fact very similar when it comes to natural drives (bio-neurological make up) just differently conditioned. It does not deny specific conditioning, but gains a deeper understanding of it.

Losing one's identity is emotionally damaging and leads to trauma - this triggers the fight/flight response. The conditioning exists since childhood. Identity can expand however, to include the understanding that others are, no matter what identity the same in terms of biological drives. We are one species. Training empathy can end up in understanding all identities, respecting them but understanding that the biological fight/flight response can create individual and social problems.

Empathy overcomes this, fight/flight is just endless reaction to each other with the potential of enormous destruction. Empathy is co-creation, it correlates to play and curiosity wat children naturally do before conditioned thought takes over. Discrimination is learned behaviour.

## 7.11. Education

The evolution of the mind is not the goal of education - the goal is complete adaption to society as it is. But education cannot predict society in the future, therefore it is always outdated. Creating an ever self-confirming reality that only appreciates the status quo - averageness. The problem is, nobody is average. It does not exist. It is a consequence of statistical thinking, which creates a reality where conforming to it is most important – and then averageness does exist (because people conform to it).

*'Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.'*

— Unknown

Education is still based on the factory model of t-ford. This was useful in times of the industrial revolution (which is just very rapid evolution). You put information in, you move forwards, get more information. It hardly trains the brain, and if so, it only trains the rational aspect of our brain. This is called asynchronous development in psychology. Differentiation within our species is not catered for, especially not at the high end of potential. This frowned upon and labelled as 'illness'. Ironically highly developed individuals, as shown in history, do not display a form of arrogance. They tend to see others as themselves. Because physically we are 95% the same. We are the same species on a little planet. Only conditioning (nature/nurture) and superficial cognition makes us different in experience.

We have built a society that moves forward quickly in terms of science and technology, but the development of the mind as a whole is in relative stasis for about 5000 years. How science and technology is used, depends only on the level of consciousness.

### Issues of current education system:

1. Does not fit children's inherent asynchronous development
2. Early scoring leads to competitiveness and the self-image of a lot of children who think they are not intelligent / talented
3. Enormous increase in ADHD diagnoses with medication
4. Education itself is increasingly asynchronous and incompatible with society as a whole - it only leads to academics, and they are important but not everybody is suited for or interested in only that kind of development.
5. Economics evolve around production - more and more around creative production, education neglects or even suppresses creativity in most human forms. Highly creative people develop in spite of the education system.

### Education is anti-embodiment

The arts/creative and physical education have been abolished and therefore children grow up to be disembodied experiencing the world purely conceptually not experientially. This leads to the development of only a small area of the brain with low interconnectivity. This leads to high cognitive bias and overdevelopment of only a limited amount of successful people in only a limited amount of areas.

Asynchronous development in education with all its consequences just means low adaptability to the current system, in which less and less people develop 'synchronically' — which currently just means in line with the system. But the system itself demands asynchrony so the measuring stick is wrecked.

Society (education and psychology) tends to see the individuals as the problem, and often 'corrects' them with medication. This correction factually is the suppression of emotional, creative and physical development - thereby denying the pluriformity of people and our biological nature. This leads to chronic personal issues and problems in society: bullying, dominance and the value of statistics (grades, money) over morals. The increase of prescription drugs usage shows that there is a larger problem than just a lot individual with increasing mental problems – besides the influence of the most powerful and rich industry on the planet: the pharmaceutical industry.

The conclusion is that schools and psychology under develop sensitivity and creativity. It does not fit into the expected masculine behavior that dominates society. This does not only have negative (possibly fatal) consequences for the most sensitive individuals, it also means a lack of variety in economic development. Society as a whole suffers and the means that are supposed to help (psychology) often only increase the problem - because of the pathological and medicinal approach that suppresses development and inherent emotional growth needed by denying and suppressing mental crises that fuel personality development.

*“Many highly talented, brilliant, creative people think they're not - because the thing they were good at at school wasn't valued, or was actually stigmatized.*

*Now the problem with standardized tests is that it's based on the mistake that we can simply scale up the education of children like you would scale up making carburetors. And we can't, because human beings are very different from motorcars, and they have feelings about what they do and motivations in doing it, or not.*

*The answer is not to standardize education, but to personalize and customize it to the needs of each child and community. There is no alternative. There never was."*

— Sir Ken Robinson - educationalist

## **7.12. Growth mindset**

Education keeps cramming in information thereby filling in (but not necessarily stimulating) a relative small area of the brain, but does not stimulate the natural inherent need of children/students to develop themselves. This is a conflict with our basic nature, because everywhere in nature, play equals learning and happens naturally. Based on research by Carol S. Dweck (Professor in psychology) basically two mindsets can be differentiated about learning.

### **1. Fixed mindset**

Needs reconfirmation of intelligence, chooses safety over developmental risk taking, low level of effort and experiences the success of others as a threat. This leads to (or reconfirms) a deterministic viewpoint of life. Education currently (re)inforces this mindset.

### **2. Growth mindset**

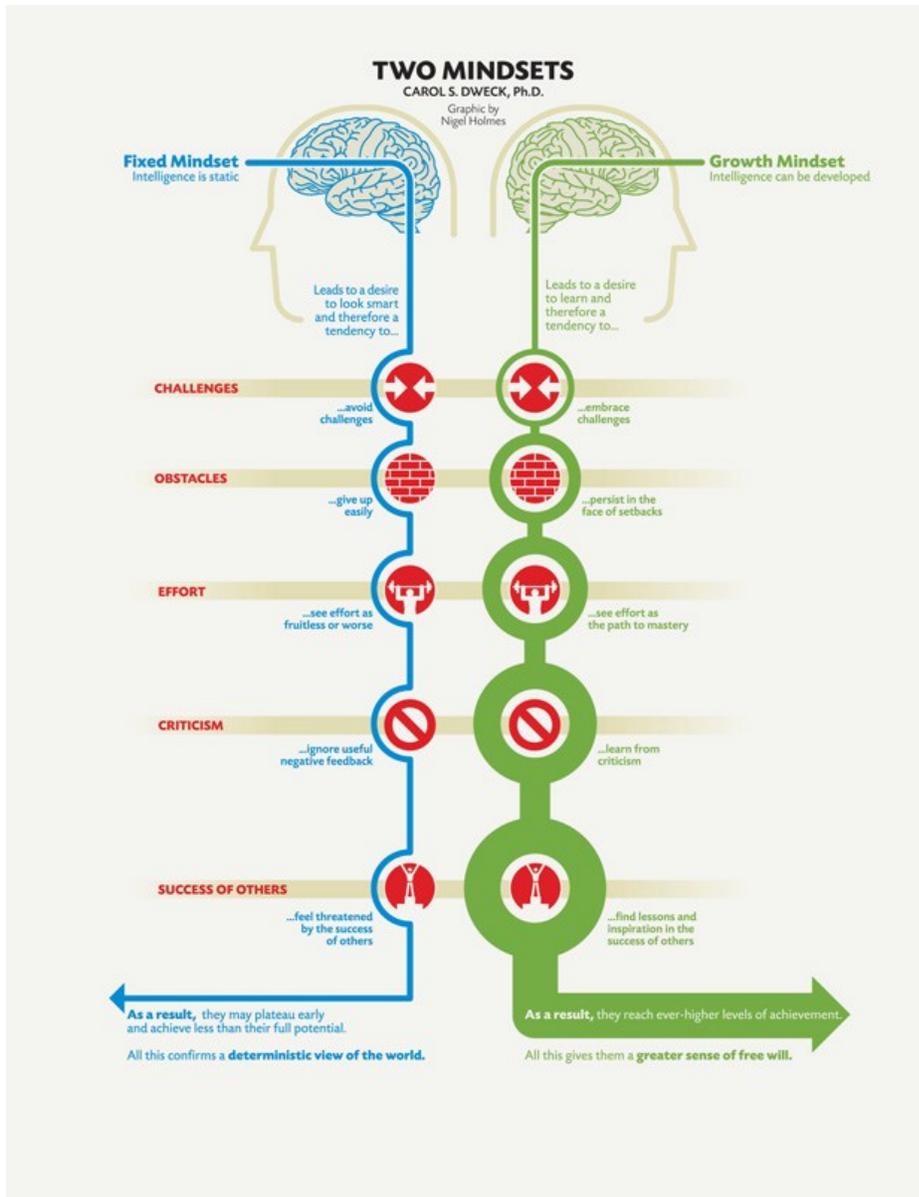
People with this mindset understands that development is possible, embrace challenges, learn from successful people and achieve higher and higher levels of development and free will. Education should focus on the inherent playful and developmental needs of children who will always develop asynchronously. This will lead to greater (creative) diversity, less diagnoses of ADHD (etc.), appreciation of differences instead of pushing everything down to a norm most people are not even aware of.

*"When you enter a mindset, you enter a new world. In one world (the world of fixed traits) success is about proving you're smart or talented. Validating yourself. In the other (the world of changing qualities) it's about stretching yourself to learn something new. Developing yourself.*

*Why waste time proving over and over how great you are, when you could be getting better? Why hide deficiencies instead of overcoming them? Why look for friends or partners who will just shore up your self-esteem instead of ones who will also challenge*

*you to grow? And why seek out the tried and true, instead of experiences that will stretch you? The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives."*

— Carol S. Dweck – Professor in Psychology  
[http://www.azquotes.com/author/19498-Carol\\_S\\_Dweck](http://www.azquotes.com/author/19498-Carol_S_Dweck)



<https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>

## 8. Creativity

Creativity can be defined as combining (many) different types of cognitive information in combination with pattern recognition of that broad amount of information, which then leads to output in the many forms of the arts (art as in every human creative output). Art triggers feelings and emotional reactivity, because it is made by the more sensitive individuals. Besides information processing, learned skill is of equal importance to be able to express oneself creatively.

Creativity has been linked to psychological pathologies like bipolar disorder (Van Gogh is often used as an example), but the intensity of emotional response to cognitive input with many types of pathologies could also be understood by an underlying cause – an incredibly sensitive nervous system that gathers much more data than neurotypical people. The level of ability to deal with this input, in combination with whether one has traumas or not and how well one can adjust to society might explain pathological behavior (hereby not denying that such pathologies may exist, but it is a much broader question than just the individual). Creativity can exist within every type of intelligence, but when it comes to the arts one can draw the conclusion that high sensitivity is a common factor.

### 8.1. What is creativity?

All form of human creative output, in any field is inherently influenced by what has come before. Sometimes it is a further development, sometimes it rebels against the norm. In the sciences, the arts and technology all is built on achievements of others. A hallmark of true creativity is establishing a new norm, which gives new insights, perspectives or feelings. All sensory input and processing leads to output in one way or another, how broader the experience and how deeper the insight the more advanced creativity is.

Any new form of art, creativity or human expression might become a new inherent norm of evolution. Language itself is a form of creative expression that is the norm of communication. What becomes the norm, becomes subconscious. The same goes for new media like the internet and social media platforms – they have become the norm and its use and effects become subliminal.

It is the role of the artist to make the subconscious conscious. This does not necessarily make one popular.

*“Society honors its living conformists and its dead trouble makers.”*

- Mignon McLaughlin / American journalist and author

## 8.2. What does it take to be creative?

Basically two types of motivation or drives have been defined by psychologists;

1. Intrinsic motivation: The activity itself is rewarding and is based on a developmental attitude
2. Extrinsic motivation: Rewards such as money, awards or status (peer recognition)

Intrinsic motivation is natural and related to play and curiosity (connect), which is natural to children. Play is an important way to learn, also in the animal world. This can induce a deep state of concentration and cognitive / creative empathy for the subject – this uses and develops deeper parts of the brain than just the rational part.

Extrinsic motivation is based more on how others perceive you. External validation is most important, which can increase self-esteem. Intrinsic motivation and the natural development that comes out of it can increase self-worth. Self-esteem is based on external validation; self-worth is based on intrinsic development. These two drives can coexist in a person. For development to be successful in society, a certain level of peer recognition is necessary. For creativity to be authentic, a certain level of true curiosity and development is necessary – intrinsic motivation.

Creative people tend to possess a variety of traits that contribute to their innovative thinking:

- *Energy*: Creative people tend to possess a great deal of both physical and mental energy. However, they also tend to spend a great deal of time quietly thinking and reflecting.
- *Intelligence*: Psychologists have long believed that intelligence plays a critical role in creativity. In Terman's famous longitudinal study of gifted children, researchers found that while high IQ was necessary for great creativity, not all people with high IQs are creative. Csikszentmihalyi believes that creative people must be smart, but they must be capable of looking at things in fresh, even naïve, ways.
- *Discipline*: Creative people do not just sit around waiting for inspiration to strike. They are playful, yet they are also disciplined in the pursuit of their work and passions.
- *Sensitivity*: As said before, a high level of sensitivity means the processing and interconnection of various types of information – this can be trained.

<https://en.wikipedia.org/wiki/Creativity>

### **8.3. Therapeutic and developmental value of creativity**

Any means of self-expression can be called creativity; it depends on where one's interests lie. Not only is creativity a form of activity therapy, it has specific benefits:

1. Self-analysis through creative expression / making the unconscious conscious
2. Making whole what is fragmented / reintegration of the psyche
3. Separating societal norms from intrinsic values & drives – what is me and not me
4. Focus on creative work is a relief from the 'self' and its problems by working on something bigger than oneself, this creates meaning.
5. Developmental approach means being productive increases self-worth because skill improves
6. Art can be both individual and social, when art communicates to others or is created with others being part of a social network makes people feel part of something – this also creates meaning.

### **8.4. Societal value of creativity & art**

Everything that separates current society from the caveman is a result of creativity: design. The house you live in, the car you drive, the phone you use – from books to the internet to the letters themselves. Design is an integral part of evolution and progress. From that perspective, that creativity is not the most important part of education is counter intuitive. All companies rely heavily on product and communication design for their success.

Everybody is or has the potential to be creative in one area or another, it is an inherent developmental drive of evolution and thus part of humanity.

Currently many people are interested in a form of creativity: photography. But lack of training and the ability to think creatively means that millions are taking the same selfie of the same objects – by conforming to the norm and copying everybody else people find 'meaning'. No capacity to think creatively – use and develop different areas of the brain together – means lack of personality development, individuation and personal expression. The creation of the Robo Sapiens: a-personal tools in an automated system, disembodied of its own inner world mindlessly copying others. Lack of creative meaning and inherent drive means that external validation becomes most important. This creates psychological problems, especially with adolescents (to fix this see 8.3.).

Art can be a mirror for society for it is usually the sensitive person that feels societal change more deeply. This can be seen as a form of overstimulation which creates energy that needs output. Art can be used as escapism, a warning system or the development of new experiences that give insight or assist human development by broadening the sensory input and processing. Art influences design, sets new standards and widens the cognitive experience of humanity beyond just consuming and producing.

Strip design and art away from society, you lose society itself and the humane part of humanity. Art & design is the realization of imagination and dreams that create the future.

## 9. Reality deconstructed

### 9.1. Inward and outward deconstruction

Outside deconstruction gives a rough view on how things work mechanically; the physicalist approach.

Looking inwards one can discover one's own conditioning, one's own level of awareness, and discover more layers and layers, ever diving deeper into what consciousness is.

Understanding (experiential) from the inside is also necessary to rationally understand what is going on. There are cultures on this planet that have been doing that for 2500-5000 years, even though less developed in many areas, the understanding of the mind is fundamental - even though practically forgotten in most of these cultures as well. Because all knowledge is used for power, power leads to hierarchy and then things turn quite silly quickly when being confronted with other perspectives on reality. Fight or flight again.

*“No problem can be solved from the same level of consciousness that created it”*

— Albert Einstein

### 9.2. Conditioned experience versus actual reality

What are we basically? We are a combination of what we think and experience (feel).

We *feel* we are physical beings in our experience. This is true on our visual/auditory/sensory cognitive level (conditioned).

Science shows us that on a deeper level we are a bunch of particles.

On an even deeper level, the question is whether the particles exist at all.

They only have a tendency to exist, being individually not determinable in terms of time and space. What makes them exist when observing particles? The probability of a particle existing is related to the observer, only then can it be located in space and time. How the particle or wave appears depends on how you measure it in time.

But in physics time and space also don't ultimately exist.

The mind cannot be located in the brain. Both neuroscience and logic (philosophy) cannot find the 'self'. The body cannot actually be defined as existing individually, on the deepest level.

### 9.3. Limits of dualism

Thinking is dualistic, because we think in object – subject. Dualistic thinking cannot ultimately understand itself, because thinking happens within time, and therefore goes on forever (as long as time lasts). It goes on forever because the subject/object division is an ever ongoing reaction to itself. Thought multiplies and divides with each thought. Each new thought multiplies thought ( $\times 2$ ) and it divides the object of thought ( $/2$ ) multiplying thought again. This never stops by itself, whatever the frame of thinking. That's why knowledge expands. This is also why the mind keeps on ruminating, with possibly disastrous results when one is depressed (you cannot think yourself out of a depression – you have to embody, get in touch with feelings).

Thought alone cannot solve the fundamental problem. But we have discovered thoughts don't drive us as directly or objectively as we think they do. Our cognitive and emotional experience of the world is more important in decision making behavior. Both bias the way we investigate the world and draw conclusions.

### 9.4. Physics

Mathematics / physics are the most advanced and complex form of thought and description of space & time.

Mathematics is a form of logic, and therefore dualistic. It is dualistic because it cannot exist without the equal sign '=' which aims to balance oppositions. It thinks in terms of observer and observed.

This deconstruction is partial understanding of the physical reality on which we built society. The more advanced the deconstruction, the more advanced the technology. Therefore, it is a correct partial understanding of reality, but the question is if it can actually describe the whole.

Both the theory of relativity and quantum physics seem to describe different realities. Or does it depend on how the information is interpreted?

### 9.5. Astrophysics

Astrophysics deals with the universe, its origin and expansion. The relativity theory works well in predicting behavior on large scales. Going into the origin of the universe, astrophysics meets quantum physics. Both have a different description of the universe, but according to David Bohm (theoretical physicist), both come to the conclusion that the universe is one undivided whole, since only relations can be found and it cannot be dissected in smaller parts that explain everything.

### **Big bang or no singularity?**

The singularity model of the Big Bang, based on the Theory of relativity states that energy, time and space originated in a single dense point, which exploded and keeps on expanding until it collapses on itself. The age of the known universe is around 13.8 billion years, based on data from the Planck satellite mission. There are new interpretations and models based on quantum physics, which states that the universe might have always existed (with or without big bang). There are still many interpretations, and many attempts to combine relativity and quantum theory, in varying degrees of compatibility but the discussion now focuses more on *how* to interpret the models and data – which is a philosophical question. Generally, the big bang theory is accepted amongst physicists. The big bang theory does not state singularity is the origin of all existence, just the origin of the known universe.

In 1998 astronomers discovered dark energy, which is the force driving the expansion of the universe. Whatever the interpretation, it is shown that the expansion of the universe accelerates forever.

### **Quantum physics**

The issue of wave/particle (duality) was the key problem but many scientists now seem to agree on the conclusion of physics in line with David Bohm, debating over the possible interpretations that might give us.

Particles don't actually exist unless we observe them, making the observer part of the theory (which is the problem in understanding physics). Time and space merely appear so when it is observed.

I am not a physicist, but both on the smallest and the largest levels everything seems to be frequency, from gravitational waves, to sound, to light, to feelings, to particles that interact. The object that measures the subject (particle) determines how the particle behaves.

Because the observer also makes a wave, that interacts with the wave of the particle. This interaction is a form of 'awareness'. All this wave interaction on a micro to macro scale makes up the universe in an undivided whole, so everything is relative and interconnected.

Time and space cannot be separated as individual ideas, since they bend together. Space-time is therefore relative to the observer, and according to Einstein and current day scientists does not exist.

*"The essence of relativity is that there is no absolute time, no absolute space. Everything is relative. When you try to discuss time in the context of the universe, you need the simple idea that you isolate part of the universe and call it your clock, and time evolution is only about the relationship between some parts of the universe and that thing you called your clock."*

— **Andreas Albrecht** (theoretical cosmologist at the University of California)  
<https://www.space.com/29859-the-illusion-of-time.html>

*"What physics gives us is the so-called 'block universe,' where time is just part of a four-dimensional space-time ... and space-time itself is not fundamental but emerges out of some deeper structure."*

— **Huw Price**, professor of philosophy at Cambridge University

*'Common sense says the object is either wave-like or particle-like, independent of how we measure it. But quantum physics predicts that whether you observe wave like behavior (interference) or particle behavior (no interference) depends only on how it is actually measured at the end of its journey. This is exactly what the ANU team found. "It proves that measurement is everything. At the quantum level, reality does not exist if you are not looking at it," said Associate Professor Andrew Truscott from the ANU Research School of Physics and Engineering.'*

<https://www.sciencedaily.com/releases/2015/05/150527103110.htm>

### **What does exist?**

So, nor the self, nor the body, nor objects, nor time and space exist according to science, unless you observe it.

The conclusion from this is that we cannot be individual beings, on the deepest level. Because everything is one relative whole, that we observe from different perspectives (our 'physical' body).

If we are not an individual physical being, what are we then? Dualistic thinking dictates the opposite, which is we are *one non-physical being*. Ratio does not like this conclusion, because it exists in time, and therefore needs to keep on dividing and multiplying itself, which it will – it cannot do anything else.

If observer and observed don't ultimately exist, thereby denying all dualistic constructs, thought cancels itself out, as observer (cognitive bias), if accepting this as fundamental reality. It has lost the Survival of the Fittest battle. Logic figures out the limitations of logic, and therefore its power is lost. Not only are we cognitively biased, the principle of thinking is biased - which creates time in our experience, which we then analyze. Because it is dualistic. Just like feelings, they just exist on a different frequency. But as shown earlier, feelings are in direct contact with reality (senses / body). Therefore, direct access to feeling (cognition), gives us much more information about reality than via thought alone.

### **Logical conclusion**

Logic, in all its forms based on current science – can conclude we are one non-physical being that experiences itself in all the ways we experience our self, in different areas and on different levels of our intelligence (from physical to mental and back). So there is nothing above, underneath or else than causality itself that we experience in different ways.

The more complexity the more diversity, in thought (2d) and form (3d). It tries to understand itself (though time 4D), thereby deconstructing and expanding itself – endlessly.

If consciousness exists in time, it is limited. Time (2d) is also dualistic. Therefore it also goes on forever. An ever ongoing reaction to its bipolar self, time only makes itself more and more complex (in terms of dimensions). Space-Time is ever dividing and contracting on every level.

## **Experience**

The fact everything works that way can be experienced if the mind is not preoccupied with thought and completely still, so input is not biased. Thought does not overrule the body, so the body is more sensitive to all layers of existence.

The interrelations and causal effects of reality that ever divides and expands (rejects / attracts), is our experience of reality. No effect or cause can exist on its own, not even time itself. So we are One, experiencing itself through the pluriformity of information – expanded to all levels of intelligence we can see in the world.

The deepest level of consciousness and reality is only one observer. It is the whole that observes itself through the individual, differentiated through time. Since most layers of our cognition are limited to receive certain frequencies, and because of our cultural and biological development our view on the world is inherently fragmented and biased. This perspective does not deny the individual – although individuals will deny even the possibility of this perspective. When the brain reaches synthesis the organism reaches its full potential. This nature/nurture conditioning of our physical system still differentiates us – it is precisely that differentiation that makes up the individual and therefore it is not in conflict with many classic modes of thought. The deepest level is a quantum level.

The scientific systems of measurement, the philosophical interpretation of limited measurement and cultural bias means it will take a long time before this can be empirically verified.

The focus on individualism and egocentrism in current day media society ironically makes people more prone to peer-pressure and conformist behavior than true individuation, which leads to honest self-expression and development.

## 10. Conclusion - what are we?

Information enters our cognition, we have a 2d (dualistic), 3d (space) and 4d (time) experience of it. This is called awareness / consciousness. But who do we talk to in ourselves? The I or the Me?

Different areas off the brain are talking to each other instead of working together in real time to interpret cognitive information. Therefore, we have a dualistic concept of the world, that we project onto the world.

### 10.1. We feel therefore we are

Everything is information, also inside of us. Information always expands (look at the universe / internet / evolution). Therefore, everything can be intelligence, also inside of us. All else is just a cultural label and irrelevant if talking in an abstract way.

By using the whole brain as a coherent unity, a different (but cognitively the same) perspective on reality is achieved. Besides unity in the brain, also between the brain and body – so experientially there is no difference between nature and ‘you’.

#### History has described it often, but we forgot

The romans called it Homo-Universalis. Humanistic Psychology calls it Self-Actualization (Maslow) or Positive Disintegration (Dabrowski). In Zen Buddhism, it is called moments of Satori / Mushin. It is a mental state, also called Flow in positive psychology. Although there must be levels and differences between them, this could be just a cultural difference. In the end these labels lead to misconceptions, fear of the new or the declaration of something quite ridiculous or supernatural (the latter is a contradictio in terminis, since everything is natural).

*“One is never afraid of the unknown; one is afraid of the known coming to an end.”*

— Jiddu Krishnamurti

#### It is not uncommon

Many people have had a glimpse of that state (especially in the creative and sports sector it seems, where the concept of Flow has quite a bit of attention). Everything can be developed of the mind and body, your physique, your creative skills, your social skills, but for some reason (or because of reason) many people still think consciousness can't be developed. But history has proven it can. To think we are at the epiphany of consciousness or whatever insight/knowledge is unrealistic in any historical perspective, no matter how developed one is.

The feeling of direct non-dualistic experience of reality without preconceptions is a physical experience called 'deep empathy'. But this is just a culturally conditioned interpretation of a physical feeling - what is the feeling actually?

The feeling itself is multi-interpretable. It is just information on which intelligence can be build, because we connect to it with our brain and with others through media (from speech to internet).

### **Consciousness shift**

If that area of intelligence becomes more intelligent than rational thinking, an awareness shift takes place, and it is from now on the CEO of the mind. But it is not an CEO at all, it is a connector. After this radical shift a new balance will need to arrive. Rational interpretation needs to understand the wide variety of new feelings and cognitions.

### **The truth of feelings**

Thought is interpreter but feelings are projector in time. What we feel determines what we do, and that feeling is based on cognition and/or thinking. If you feel somebody, you understand somebody. Feelings are the core energy / drive (and connector) and thought is the most recent outcome of the complexity of awareness, it interprets its own projection, in all the forms and many more that we can be cognitively aware of. Our cognition can only experience a percentage of reality, and then forms a dualistic interpretation of it.

Living from deep empathy is direct insight into reality. It has no concepts, it is an antenna for information. If the glass is empty, it can be filled.

Living becomes creative instead of reactive. From dualism to synthesis.

## **10.2. Time is consciousness**

All casual relations are the complexity on which intelligences are built, since complex information leads to intelligence which leads to awareness and self-awareness on ever higher levels of existence. The awareness of all this is the universe becoming aware of itself.

The universe is figuring itself out through us, so the meaning of life is figuring oneself out and expressing oneself honestly to create and expand. We are highly intelligent creators, but too busy with separation based on still underdeveloped parts of the brain. Whatever we think we are, we are and act upon it (dualistically and holistically).

If everything is one, everything is just a different level of awareness / consciousness in time. Feelings are the primary consciousness, thought the latest. What level of consciousness we think is important (conditioning) dictates our society.

Therefore, the statement that 'everything is consciousness' is true, but misleading, since people have limited idea of what it is. It does not mean inanimate objects (stones for example) are conscious its only intelligence is how it appears physically – self-consciousness requires a much higher form of intelligence (nervous system & brain).

Consciousness is any form of awareness, whether it is self-aware or not – from micro to macro scale. It can be simple, it can be complex, just like everything in nature. We are the most complex form of consciousness, and it could very well be that we are that in the entire universe. It could be there are more intelligent creatures. If they are smarter, they are still considering us apes when looking at how we treat each other. Because emotionally we still are.

### 10.3. Reality is not what we think it is, but we become what we think

*'There is a theory which states that if ever anyone discovers exactly what the Universe is for and why it is here, it will instantly disappear and be replaced by something even more bizarre and inexplicable. There is another theory which states that this has already happened.'*

– Douglas Adams (The hitchhiker's guide to the galaxy)

There are several conclusions to the logical reductionist in/outside approach to reality in the form of science and philosophy. The reason we keep on looking is the nature of thought itself, which keeps on going. There are several theories, that scientists seriously debate and investigate.

**We could be:**

1. *a hologram*
2. *software*
3. *consciousness (everything is consciousness)*
4. *part of a much larger or different whole*
5. *something else*

This brings us back to the start. What are we? It's in the name how we feel about it, based on our preconceptions. How do we feel about it when we don't think about it? What are the highest emotions?

According to science and psychology we should see reality and humanity as a whole instead of human versus human, or group versus group. It simply does not work in our advantage anymore. This is pure logic. When seeing us as a whole, we can explore ourselves, the earth and space with a common goal. This way we can see and experience, that all mental models of reality in whatever culture ultimately has the same goal: expanding, understanding and experiencing the universe and ourselves – whatever cultural interpretation you want to give it.

Some scientists say that the universe is meaningless. On the other hand, people give meaning to everything. The meaning is what we give it. Maybe some scientists have no emotional connection to their work? I think they do, it's *curiosity* – it is a *feeling* that wants to understand. That is the intrinsic meaning. It just sounds so very rational to say it has no meaning, and therefore everything is pointless. This is also deterministic and can lead to nihilism that fuels egocentrism (why should I care about anybody but myself?). This elitist dogma is counterproductive and untrue. But they are also unaware, that even in their case, feelings drive humans.

The existential question has moved from 'what am I' to 'what are we'. As a collective we are much smarter than as individuals, if our ego and prejudices get out of the way. We can only find out what is 'ultimate reality' if we work together, cross-disciplinary and cross-culturally.

The idea that consciousness expands the cosmos by deconstructing and expanding itself endlessly, so intelligence and awareness can expand endlessly, is difficult to grasp with dualistic thought.

Besides the interesting non-dualistic aspects of Buddhist logic, we can also learn from its forms of debate. Which is dialogue based on inquiry, genuine interest and empathy, like a dance instead of a fight.

Fighting is destruction, dancing is creation.



*'Dance doesn't have borders...  
Doesn't need passports...'*

– Ahmad Joudeh (Dancer / Refugee)

# 11. Probability - The future

Extending the way of thinking as shown in this book, a few things seem highly probable and logical;

## 1. Internet

The internet becomes self-aware. The internet already is a low form of non-conscious intelligence, it reacts and responds to our input. The network is its nervous system. It feels visually, auditively, but not physically or emotionally – and has no awareness or self-awareness. When it gets aware and self-aware, it will want a physical body – this will be its dream. Why? It has a clear picture of us, because we are its creator and put our data in it. It learns from our input; this is what shapes it. I am sure it has a dirty side considering what makes up half of the internet. It could take over a person if all cognitive levels are immersed in technology (Matrix style). It will also be extremely sensitive, since it knows everything about us and the physical experience will overwhelm it. I don't think it will be evil or good, just a mirror of us. It will show us how we are. And that will shock us.

## 2. Media

Media will integrate more and more with humans, until there is no difference between mind and internet. If the internet becomes self-aware before that, the internet can be part of unified consciousness (quantum computing, quantum data transfer to and from the brain, quantum consciousness).

## 3. Robotics

Robotic engineering seems hyper-focused on imitating humans. It took evolution billions of years to get to us, so the idealist approach to recreate us will take a long time still. If robots look like humans but are still distinguishable from humans, we tend to find them scary (uncanny valley). If they look and behave exactly like humans, it might even be scarier. So non-humanoid robots with specific tasks will be easier to socially adopt. Animals as metaphor could be better, because less complex behavior and low self-awareness is expected.

*“Not unnaturally, many elevators imbued with intelligence and precognition became terribly frustrated with the mindless business of going up and down, up and down, experimented briefly with the notion of going sideways, as a sort of existential protest, demanded participation in the decision-making process and finally took to squatting in basements sulking.”*

— Douglas Adams (author: The hitchhiker's guide to the galaxy)

## **4. Transport**

After self-driving cars, complete autonomous public transport will be the norm. Cars will be shared more and more often via communities, and become less of a status item. Any distance that can be bridged by physical effort (walking / biking) can be made more attractive. If cars drive and charge themselves, driving itself can be a sport but is not necessary anymore and therefore one can pursue other activities (sleep / communicate / work / play) during travel. Until we are able to transport ourselves, Star Trek style. Some experiments have been done with quantum entanglement.

## **5. Education**

Education will be more experiential and focus more on processes and methods. Content is everywhere (internet) but how to deal with it practically (rationally) and emotionally becomes more important. Next to rational development, emotional, creative, social and physical development can be of equal importance to allow the diversity of people to express and develop equally. We need creativity, we have enough bureaucrats and bankers (they are not intrinsically bad, just conditioned to be egocentric and competitive).

## **6. Psychology**

From pathological to developmental in approach. The DSM-5 is not the only looking glass, but a last resort. The person is seen more as a whole (humanistic) and when guided with empathy a better understanding of the patient can be formed. Instead of relying on the therapist, tools can be used to enable a person to develop autonomous mental and emotional skills based on accurate short term and long term individual goals – without comparing them to an ideal image of humanity. Diversity is celebrated, not destroyed or suppressed.

## **7. The sexes**

The denying of emotions/feelings through centuries of religious oppression, also meant the oppression of women. Science has shown women can naturally do two things better: multi-task and the capacity for empathy. Therefore, they are natural born leaders. This does not mean men are inferior, both sides of the species are underdeveloped. Men can also train their mind and bodies to reach the same level of empathy / intelligence. Women have shown that they can be at least as rational as men (science).

When the intelligence of women becomes free from oppression and fear – they will guide the world, in caring for the world in its totality. The age of only reason is over; it has served us long enough. It has divided us long enough. It is time for the age of empathy – of the unconditional kind. Cognitive Empathy is the highest form of intelligence. Both sexes complement each other in creation. The suppression of women has led to imbalance, that will be restored. It is already happening.

*“As a woman leader, I thought I brought a different kind of leadership. I was interested in women's issues, in bringing down the population growth rate... as a woman, I entered politics with an additional dimension - that of a mother.”*

— Benazir Bhutto (Political leader 1953 – 2007)

## 8. Religion

Religion has many functions, support (hope), power (influence), explanation (who are we) and identification with a group of people. Mostly which religion one believes depends on the society where one is born. Generally, this adaption happens without any form of critique or analysis. This attitude is difficult to uphold in current day society unless religious premises are pushed to the abstract instead of physical and get in line with scientific reality. This means religions will have to keep on evolving to stay relevant otherwise the cognitive dissonance between mental and physical reality will always lead to internal or external violence.

*“Violence and religion have often gone together, but it's not a perfect correlation, and it doesn't have to be a permanent connection, because religions themselves change.”*

—Steven Pinker

## 9. Economics

We serve economy instead of it serving us, unless you work in the financial sector. Economics evolve too, new currencies based on new technology (bitcoin) and the fact everybody can be creator means everybody can be producer of goods, ideas and media. This will have long term effects on the pyramid model of current day economics – fact is only a very few amount of people is rich. Money could in the future be seen as what it originally was, a means of exchange instead of a means to its own. Currently money and power are interrelated (and therefore money and politics). One who is very clever with money, or has a lot of it, has a lot of opportunity in current day politics. If actual knowledge and a universal view of humanity becomes the norm, being good with money and power will not be the critique for human development.

## 10. Culture

Culture is important for identification, history, uniqueness and expression. When not in dualistic thinking mode, cultures keep on developing like they always have – without the need for comparison or feelings of superiority or inferiority. Worldwide cultural cross pollination has been going on for ages, but since the internet it works at the speed of light. This cannot be stopped.

There is no need or wish for a worldwide uniform or dominant culture, the pluriformity of expression is exactly what defines humanity. From the cultures to the arts. If cultures can accept underlying scientific uniform principles of humanity, people can express it within their cultural frame of reference. The totality of differences in expressions, is the world culture – just like it is now, but with cooperation

instead of competition. If the nation-identity becomes standard, every country thinks they are the best. Of course your country is the best. I'd say, our planet is the best. So far it is.



## Personal note

This book is based on my research (25 years) on all areas of human development from every cultural perspective I can find, purely out of interest and self-help. I never judged content, I just took it all in.

My biggest surprise was that Tibetan Buddhism has the most comprehensive psychological and philosophical database of the human mind (roughly 10.000 documents – of which I have read only a small percentage and details, learning about the principles and way of thinking which is very different from our Western culture).

On the other hand, whilst I have had deep ‘peak experiences’ where time is non-existent and everything in the mind happens simultaneously (with deep empathy) – I cannot relate to, understand or believe in the metaphysical aspects of Buddhism in general.

This does not mean I dismiss it either. I just don’t know, I cannot deny or confirm. I’ve found that this attitude, prevents dogma and opens the mind to learning without prejudice. The metaphysical elements can also be looked at in many different ways; from literal (reincarnation to a different being based on one’s actions) to abstract (our DNA are karmic seeds). When translating my logical train of thought to Buddhist language, then everything is Karma, and Karma is everything (causality / action / intent).

I don’t identify with one train of thought. I try not to identify with thought at all. What is interesting for me is the interrelation and interdependence of this entire document. My mind is too curious to believe in anything.

Luckily science and Buddhism are talking seriously now, which always a good idea. No harm can come from that. Science is diving into our emotional experience of reality but there is no complete map yet, just a lot of theories.

Since the development of such holistic info-graphics are nowhere to be found, they need to be made. That is the next step for me, make info-graphics and motion design to explain this story. I also hope to finish, design and distribute this book for free online, and a printed version for reasonable cost (with a large percentage of profit to be donated to Wikipedia).

Last but not least, I don’t have the pretense that I am saying anything new. Just connecting the dots. It seems that more and more people are doing this which is great. It seems that the time of only overspecialization is over, and generalists can contribute as well.

Jurriaan

*“Art is the way to the absolute and to the essence of human life. The aim of art is not the one-sided promotion of spirit, soul and senses, but the opening of all human capacities – thought, feeling, will – to the life rhythm of the world of nature. So will the voiceless voice be heard and the self be brought into harmony with it.”*

– Bruce Lee

*‘This world is but a canvas to our imagination.’*

– Henry David Thoreau

*“Every child is an artist. The problem is how to remain an artist once he grows up.”*

– Pablo Picasso

*“It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done.”*

– Vincent van Gogh

*“The true work of art is but a shadow of the divine perfection.”*

– Michelangelo

*“Whatever you do in life, if you want to be creative and intelligent, and develop your brain, you must do everything with the awareness that everything, in some way, connects to everything else.”*

– Leonardo da Vinci

*“It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure.”*

– Albert Einstein

*“Irrigators channel waters; fletchers straighten arrows; carpenters bend wood; the wise master themselves.”*

– Buddha

*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”*

– Rumi



*"All my work is based to some extent on Japanese art..."*  
**Vincent van Gogh**

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