

Hard Rationality of Feelings and Instincts

In the light of the theory of evolution

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PREFACE

I have an unusually good ability in academical type of objective thinking, so the things that I write about here are so simple basic truths to me that I cannot say them any simpler. Please use all your understanding all the time when you read these pages, apply everything to everything according to your greatest ability in objective thinking, making all the generalizations that you can think of, checking them for correctness - maybe after that you will arrive on your own at these results which I thought to be so elementary parts of the theory of evolution that one would have no need to say them aloud.

If you still have problems in thinking straight, replace the words describing feelings and instincts by the phrase "factor X":

"Factor X is a creation of the evolution.
Evolution shaped living beings for the best survival.
So factor X is either a non-influencing factor, or
factor X influences toward better survival."

So, since feelings and instincts clearly do affect life, they must affect it toward best survival.

If you do not see this to be so, then probably your understanding is broken: you are not using a holistic view of the world. A holistic view makes you understand how all kinds of beautiful moral things that our feelings guide us toward are beneficial too. For the beneficiality of moral, see my former book
Power Politics Leads To Excellent Moral.

Maybe you still doubt this, being not used to either feelings or schooled objectivity, you start to claim that you are in fact a person believing in God, who does not believe in the evolution. Be clear-headed here: you have two cases: either the evolution or the God shaped us to be what we are. And believers say that God must have been at least as wise as the chance affecting in evolution: God created thoroughly thought of beings whose parts support each other and the greater whole that they belong to. Since the evolution created a tough world full of harmony, God must have created an at least as beautiful place. Thus the results here do apply in both cases.

Please read the chapters in the order that they are in the book. Otherwise most of the results would seem ungrounded.

I wish that my this book of mine could help You in making Your life better and in seeing a lighter future for the human kind!

In Espoo, Finland, north-eastern Europe, sunday 22. March 2009



Hannele Tervola

What is at the heart of each human being,
is a wish for a better life.
What is at the heart of each human society,
is a wish for a better life.

What we all long for, what we dream about,
what scares us,
all comes to the one and same thing:
what life is like,
how our all kinds of needs are met.

This book aims to give
more room for life,
to lead to better ways of living,
to a life according to feelings,
a full life,
a way of life
which is a paradise in fact.

Section I

**The interconnectedness of
human functioning**

SINCE THE BEGINNING OF TIME HAS IT BEEN SO

A question at the beginning of time was a question of the future, of survival and happiness, of oneself, of the group, of the species and of the living kind with all its environment. That question with its **answers is still inscribed upon our nature.**

Our nature was created by the natural evolution. In the course of evolution it was beneficial to ally: cells allied to form a whole living being with its different functions supporting each other, living beings allied to form packs and maybe even larger wholes.

INTERCONNECTEDNESS

Things which are concretically dependent on each other, form a kind of one piece, being different sides of the same phenomenon in the world. So do not use in your picture of the world thinking marks like "this implies that" but only the end results of your thinking: "these phenomena always (under these usual conditions) appear together, are different sides of one and a single phenomenon or entity because...". Like this you get structures in the world, you get a picture of what the world is like!

The interconnectednesses of biological wholes can be best understood via the idea of an initial state of complete naturality and health. That's from where all instinctual interconnectedness stem from and where also other kinds of forms of interconnectedness were present, either as realities or as possibilities.

A HUMAN BEING IS A WHOLE

A human being is of a certain kind by nature.

There is a natural way by which

the different functions

join together to form a well-working whole.

Instincts lead toward right direction.

Doing things according to one's basic nature brings happiness.

Doing things against this basic nature,

in other words doing things without regard for needs and natural ways of functioning, brings uneasiness and unhappiness and is something that a human being naturally avoids.

Human being is a whole.

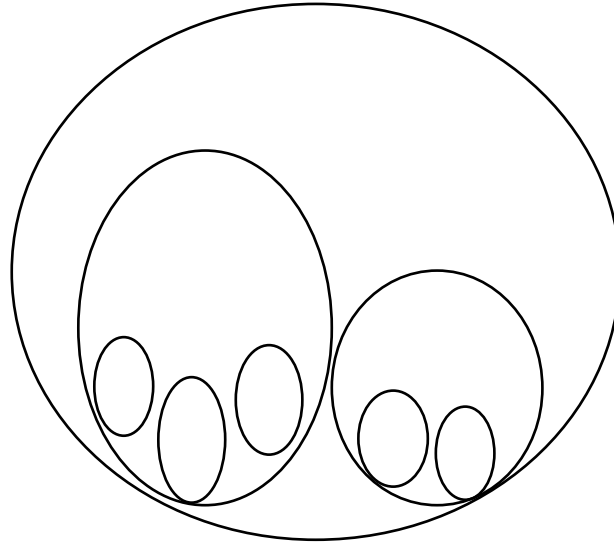
The different sides of a human being

form an unified whole,

which is not by its nature divided into parts.

For example, the thinking and feelings

of a human form a whole,
 also mind, body and the senses form a whole.
 In social relationships oneself and others should
 co-operate harmonically.
 Social needs and personal needs influence
 one's life in harmony
 according to human's basic nature and instincts.



The parts of an organism support each other
 and join together to form subwholes,
 which supporting each other
 join together to form the whole.

Human kindness
 is the instructions of usage of a human being.

The more naturally one does things,
 the more harmonically one succeeds,
 things that seemed to be contradictory,
 form a harmonical unified whole.

If some direction is **natural**,
 that is the mark of being right:

**that is the direction to go, if one wants to get a healthy well-working individual
 and a healthy, harmonical well-working society,..**

Human beings were created by the natural evolution or by God to live a life in nature. The changes in living conditions have been too quick for the evolution to follow. We are still much like what we were long ago.

According to the biology, humans are animals just alike the other animals are.

Humans were created by the natural evolution
just like the other living beings were created.

Natural selection optimised also the wholes:
the various parts of an organism support each other.

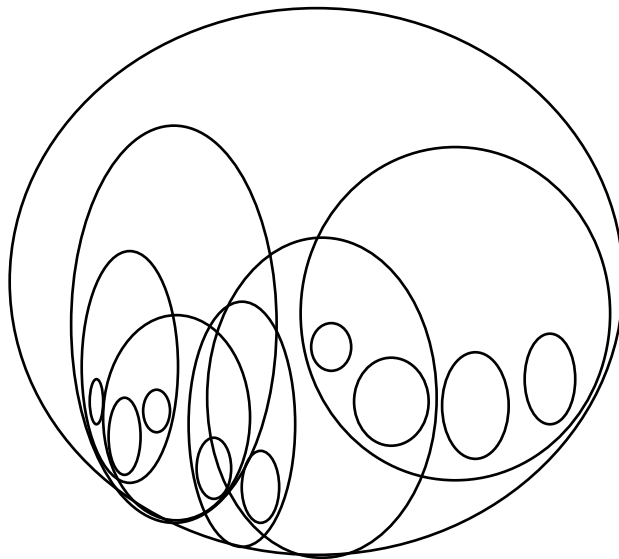
My claim:

Each part at its right natural place
and in right natural proportions
creates the best functioning in living beings.

The human functioning consists of, is a sum of, natural functions of humans
working in a way
that is completely natural to humans.

See the diagram, the picture of the main idea in this book of mine.

The human is a complex interconnected whole where the different (natural!!!) functions of humans support each other and the functioning of the whole.



The parts support each other forming subwholes
which supporting each other form the whole.

THE INTERCONNECTEDNESS OF HUMAN FUNCTIONING

A human being forms an interconnected whole, all our functions are intertwined with each other and with the larger environment.

So, among other things, whatever we feel like doing, may be connected to making our working ability better.

HOW TO LIVE A RICH FULL LIFE IN THE MODERN WORLD

ACADEMICAL AND OTHER KINDS OF WORK AND RICH FULL LIFE

DOING ONE'S BEST FREELY: A JAPANESE SAYING

If one wants to do something well, one must not concentrate on it single-eyedly but instead

**get strength from everything that one does,
so that the weight of one's whole life is behind what one does.**

That is the intelligent way to do things, near the women's way.

There is a Japanese saying, which has made a great impression on me: "One life - one arrow. Use your whole life to the shooting of one arrow."

To properly shoot the arrow, which takes the life of another, you need to have thought thoroughly about the subject: when to shoot and when to not to shoot, what is allowed in the society and what not. That means becoming extremely moral: otherwise you would not have the right to shoot, not even in self-defence. What I have started, I have to bear. If I have chosen the right course of action, no one has the right to attack me, so it is also in the eyes of others, so they will prevent others from shooting you.

The samurais' way is a way of life, so all the advices enlargen to encompass one's whole life and one's relationship to the society.

Put things to their right proportions in life! That gives the best functioning and makes most sense: everything at its right place in the world.

So:

In order to have fun and a sense of belonging, do also something worthwhile in your life so you do not drop into meaninglessness and boredom.

In order to work hard for something worthwhile, get your rest too, exercise yourself on all areas of life in order to attain the best possible working condition and endurance and true motivation.

**Doing one thing well
 is equal to
 doing everything well,
 to finding the true balance of life,
 the one and only right natural healthy moral way to live on all areas of life.**

**So, what ever you want to do,
 it determines your whole life.
 And what ever you start with,
 you end up with the same end result:
 the same kind of life**

**which is among other things extremely moral,
 since it is the nature's way to live
 which one must strive for:
 the living kind for the living kind
 is the best solution.**

Read this book of mine about **the interconnectedness of human functioning.**

So in a sense one cannot choose what one does:

one must do what is most needed in the society and in the world at large, according to one's abilities, according to one's understanding and the understanding of others, according to what feelings tell. So even a soldier would end up being for peace and good moral. **What is needed, it all depends of the times, of the situation of the world.**

One cannot decide what is healthy for oneself and for the world, one can just experience it, get to know it better than before and exercise it: live a full life according to one's basic nature and all of one's understanding.

So one's view may change. As it changes one is, among other things, an example to others of that healthy skill to change to healthier ways of living. My view, the view of the Finnish speaking Finnish culture, is very well thought of. It has turned out that it doesn't change even if I, we, need to talk the whole world to change its mind. (Read the text statisticians' dream in my former book Power Politics Leads to Excellent Moral.)

A natural human has many functions, which interconnect supporting each other and the functioning of the whole.

It is natural to vary one's way of doing things and what one does according to the situation. Humans have understanding as a natural part of their capacity. Following understanding and feelings fully gives the best capacity each moment. One must follow them also in the large scale, otherwise one and one's society are like wounded. Full motivation and freedom of action are important. They give room for growth.

THE ORGANIZATION OF A FREE SOCIETY

In choosing a good strategy for life, each individual reflects the views of one's environment and arrives via one's own understanding to some emphasis on values which to follow and to add to the society's emphasises. Each individual has a picture of the world in which the protection of common good is somehow organized and depending on what they themselves are like, they contribute to the common good in different ways: either to rationality or to emotionality or maybe to social things. If there is some great need in the society, enough many individuals notice it and mark meeting it a part of the rational and good way to run a society and so do also their own part in meeting it. If there is no one skilled enough for some task, those most capable try to fill it anyway. So all the most urgent needs get met: there is enough rationality in the society at the same time as some others take care that living conditions stay good enough for all and that the systems are run smoothly.

IMPORTANT MORAL WORK

If you have important moral work to do, think that you need to be in good condition so that you can do the work as well as possible. So you will get your free time too and some joy of life, **live a full life with all your heart.**

NATURAL ENVIRONMENT AND LIFE

Animals are in best shape when they live in an environment
that is natural and ideal to them
and live there a life that is natural to them,
that their instincts guide them towards.
Then they are also happy.

According to the biological picture of humans,
it is the same with humans, too:
**a life that our feelings, instincts, likings and understanding guide us towards
in a natural healthy environment
with good future and the world at large in a good state,
brings the best shape, the most efficient functioning.**

Healthy instead of out of order.

So this is a direction to go to!

(Compare: how functioning is based on the healthy well-working parts and in good optimised functioning also the whole works well.

About more natural alternatives to technical thinking, read in the section about objective thinking.)

Intelligence and WHAT IS NATURAL TO HUMANS

Humans were originally hunter-gatherers who lived in nature and moved in groups of maybe 50-100 persons and met every now and then other groups of humans.

It is said that only 50 000 years ago humans started to use fire continually.

There is a clear instinct reaction to fire.

So probably it takes only some 2000 generations or less to form such an instinct.

Humans have lived in towns - here in Finland about 200 years (some more some not at all) and in the oldest cultures some 2000 years maybe, that is some 80 generations. That is an insufficient time to form new instincts.

The town environment doesn't give the same kind of stimulus on sensory and other levels as rural and nature environments. So the adaptation of old instincts and ways of functioning to town life is maybe not possible.

The nature landscapes are much more complex views than the city environment, so it may be that people do not develop into as intelligent as they could in more natural environment.

WHAT IS HEALTHY LIFE LIKE

There is something like an ideal natural healthy way to live for all, I guess. It includes lots of practical things, quite much intellectual things, life according to emotions and lots of sincere social life.

The sun:

To live a healthy life one needs to have in one's life the basic things that are natural to human beings, like lots of practical things, healthy human relationships, possibility to do things according to one's feelings and motivation like arts for example, motion, senses, enough freedom for the moral ones, the possibility to live according to one's understanding in a responsible way and so on. Fulfilling these basic needs makes one stronger, more capable and also much better motivated.

The needs of all human beings are alike. That is essential to remember. Individuals who live a healthy life, look healthy. If one looks for example theoretical, that means that one lives a life that is too theoretical compared to what would be healthy, good for the individual. **Thinking is a natural part of humans' capacity, instincts. So it functions well just when living a natural healthy life.** It is natural for a human being to do lots of practical things like farming work and cooking.

A HUMAN BEING AS A WHOLE AND THE BODY

"When the body's intelligence declines,
cleverness and knowledge step forth."

The 2000 years old Chinese classic Tao-te-ching

PRACTICAL ACTION

A human being is primarily an practically acting being. That's why **all the different functions of a human are intertwined around practical action.**

A human being is also primarily a physical being, the different functions being centred around the body.

NATURAL PHYSICAL LIFE BRINGS THE BEST CAPACITY

**During the evolution
and most of the known history
humans have lived very much
on the physical level,
so that's what is natural for humans
and brings the best functioning.**

To think otherwise is to lie to oneself.

The emotions are clearly connected to the body in natural gestures and facial expressions.

The thinking ability of humans was also formed during the evolution,
so it functions best when one lives a very much physical life.

IMPORTANT TO REMEMBER ALWAYS:

**When one does things in the obvious
natural ways,
one's capacity is much greater
than when doing things in artificial ways,**
but it is **effortlessly** greater,
so easily that
one needs **to compare** the results
of doing things in those two different ways
before one notices
the enormous difference in capacity.

The body

A human being forms a functional whole.

The body forms the most important part of a human being.

The body is the central part of a human being.

Emotions move the body, give it motivation and a way of moving.

In motion and practical action the body is essential.

Feelings are connected to the body, instincts too.

The senses work together with the body.

Communication and expression

are connected to the body.

Emotional understanding and empathy are connected to the body.

So true understanding needs the body, too, and not just the brain.

MUSCLE TENSION MAKES ONE STUPID

Muscle tension restricts one's ability to feel and to experience. That's why it is also harmful to intelligence and happiness. **Especially empathy and social intelligence naturally via it** become almost impossible if the body is rigidly tensed like many men have in a cold climate.

So one should abandon the rigid tensions and adopt **the healthy relaxedness of athletes, social and emotional men and most women** instead. Relaxedness makes it **possible to understand others via gestures**. In our own relaxed body we naturally feel slightly the movements of others and can so understand them via our own body.

Emotions are connected to the body and make our understanding richer and deeper since they **help us to understand the meaningfulness of things to human life**.

The relaxedness of body makes also attitude shifts easier and so makes **the memory work better** since we can empathise with a past experience, its atmosphere etc.

UNDERSTANDING IS PHYSICAL

When we notice that things are in a certain way, we react to that and that reaction is seen in our body: **in our readiness for different types of action** and in our state of mind.

If we stiffen some part of our body, we become unable to react fully. Consequently it is more difficult for us to understand things fully. So **muscle tension makes us stupid**.

But if we then relax physically, we become able to take into account things in their entirety - we become more intelligent!

This means primarily that one ought NOT keep one's body unreactive to the environment, to one's inner life and to one's picture of the world.

But if one wants to benefit fully from this piece of wisdom, it means that **sincere reactions are the very best for your own functioning: react fully in a way that best suits the situation!**

PHILOSOPHY NEEDS THE BODY

Philosophical points of view demand more time from a thinker than ordinary thoughts because they **include a change in one's attitude to life** and that is a big thing, including **the whole being**, including emotions and the body (via the expression of states of mind and of emotions and actions) and mode of action.

Technical things do not include as much information and are often possible using the sense of sight only. They bring much less understanding.

Mainly I do not use my head to thinking. Instead I use my eyes, the spreading of attention, spatial thinking in the space before me, my body, empathy, feelings, atmospheres and the like.

These ways to conceive things that I try to teach you seem to be physical: **my understanding is much better when I have practised sports in a relaxed way**. Especially this applies to social skills, to the comparison between different areas of life, which include the body, and to emotional things, I estimate.

DANCE

The bodily movement should be an expression of an emotional state of mind. Emotions offer motivation and interpretation to things, a view to their meaningfulness to human life.

In communication the gestures, facial expressions and way of doing things are important.

The Japanese butoh dancer Anzu Furukawa, is an example of experiencing things in a way that is connected with one's own body.

Dance teaches the connection of tune and body.

One should conceive the connection of feelings and the body.

And the connection of feelings, motivation and action.

The Africans have a nice good relaxed way to live strongly with the body. The African dance (from Senegal?) has a healing effect in the picture of the body. Such is a good example to all. ☺

AN UNIFIED WHOLE

A human being should be largely one with one's body, to experience most things in life in ways that are intimately connected with the physical body.

This is ESSENTIAL.

Also the senses, attention, feelings, instincts, atmospheres and so on are important and connect with the body.

Maybe some forms of shamanism and/or witchcraft have to do also with the role of the body in experiencing and doing things, maybe also in thinking and communicating.

A human being should form an unified functional whole in a completely natural way, so these things are very important indeed.

SPORTS AND PHYSICAL WORK

**MY BODY IS MY ESSENCE, WHAT I AM MADE OF,
MY BASIC BUILDING MATERIAL,
TOGETHER WITH MY BODY COME MY ACTIONS AND FEELINGS AND SENSES OF
COURSE.**

I ALWAYS WANT TO KEEP **MY BODY = ME!** FIT!

Sports and philosophy of life (+ some arts and lots of practical things and friendly social life) is the right combination for me: for healthier ways of living!

Getting enough physical exercise keeps us in good condition in many ways. Being physically fit keeps one fit also otherwise. My attention is much sharper when I have exercised physically a lot. That is very good for thinking.

The spreading of attention in sports should be open, natural, relaxed, open to new possibilities, and the movements likewise, social atmosphere friendly and kind. Such brings a really enjoyable feeling and a good capacity in everything that one does also in other things than sports.

Sports ability is connected to feelings. The mode of functioning of the human body and motivation -> how one moves.

A natural way to run

There is a natural base for human functioning. One must build upon that base.

For example there may be a natural way to run: in a nature environment: in an uneven terrain via a path, so we may need our sense of sight, lots of reactivity and our sense of balance when running naturally. Could one learn to be a better runner by practising starting from such a ground?! Should we likewise have each step of a slightly different length, of a somewhat different kind, at a different place in the ever-varying rhythm of running?! (We could use such reactivity at least to the varying social situations as we run with others (run past them, run with them or lack behind) and inevitably copy something of the movements of the others and express our feelings in our gestures: nearing the movements of another, using them and then letting partly go of them. Read the section about modes of using the attention: such can be seen from the movements.)

Take care in running in uneven terrain in the nature that you watch where you are about to step. That cooperation of the eyes and of your feet is so natural for humans that it brings a feeling of satisfaction in addition to safeguarding your ankles.

You ought to tense your ankles almost unmoving when your foot is about to touch the ground,
then listen to your feet to hear
where they touch the solid ground

- there may be a stick or a stone somewhere under your foot, affecting your balance, and that balance point may be changing during the step -
then just push forward (still listening to your foot) based on that solid point,
being ready to tense your ankle a lot
in order to avoid large unguided twists of it.

Let your ankles rest in relaxation when the feet are up in the air. The ankles are reactive parts of the body, and for a good reason!

MORAL

The movements reflect our thoughts: if we want to move freely, we need to be able to act freely. That means that we must always choose courses of action that lead the world toward good, toward a healthy world. So we have a safe world however far we go to that direction. So we get a free movement that way too, via the way that our thoughts are reflected in our gestures and via the body analogy to our intentions. So raise athletes to be moral too, to support world peace etc. in a well understood way, which is born out of their own thoughts and feelings and not only from following others.

My body, senses and feelings are the most precious things in the world to me!

...

The words are insufficient to describe the reality. The most important matters can be only experienced, felt. Maybe that's why this central part of my text is quite unsuccessful in communicating the major importance of these matters.

MOTION

Motion

- * is healthy
- * keeps one happy
- * makes one stronger in also other activities
and better able to work
- * is natural for human beings, is a basic thing in life and should not be forgotten
- * brings the level of experience to a more central position in life - like it should be
 - * strengthens the connection with the body
 - * is good emotionally and socially
 - * makes one look better
 - * makes one move in healthier ways
 - * increases one's sense of balance
- * offers a good analogy of healthier ways of doing
 - * offers sensed models for thinking
- * by taking another person as a model for ourselves in some physical task, teaches us to better understand others and the similarities and differences between people and how they affect things
 - * teaches reactivity and activates senses
 - * is fun and rewarding
- * brings a better endurance in everything via being physically fit

FUTURISTIC DREAMS

"Know the male (= tools, artificialities),
yet keep to the female (= the nature, naturality)"
The 2000 years old Chinese classic Tao-te-ching

The futuristic dreams of athletic people living in the middle of a vast amount of technology may have some truth in them but the emotional attachment and the ways of perception of those super people are typically described all wrong: in order to gain the best intelligence, **emotional attachment has to be toward nature and the ways of perception and living have to be based on the nature perception and natural ways of living.** The reason for this is **that the ways of functioning of humans are based on the natural ways of functioning.**

The sense of sight supports the thinking ability:

in the most effective thinking in especially technical and scientific things we imagine the things as a holistic picture in our mind and notice from that picture how things are,

so the enormous amount of technical kind of details and structured wholes in a nature landscape can train us for thinking work! **City landscapes do not offer that kind of practise unless the emotional attachment and sense of beauty guide us toward looking at trees, plant decorations, pet animals and birds with their enormous amount of variation** and technical kind of details.

Please build realistical dreams, which help to handle the technology also in these ways, which are connected to the natural intelligence.

THE SENSES AND THINKING

The human ability to think was created by the natural evolution in a nature environment where people lived a life that is natural for human beings.

If the senses and the thinking of human beings form a whole, like is very probable from the point of view of natural selection,

(Why would a human being form a whole if one thinks from the point of view of the natural selection? The natural selection optimised also the wholes: it optimised everything that matters in practise. It optimised in the sense that **from those building blocks that exist there is no other better option.**)

Then **natural sensory stimuli support the ability to think** - to think all kinds of things, also abstract ones.

In the natural living environment of humans there was all the time natural sensory perceptions of natural shapes, structures, colours and regularities, so that is what human thinking is adapted to.

LESS NATURAL STIMULI BRINGS LESS INTELLIGENCE

If human in a natural environment is adapted to the situation that the sensory perceptions support thinking, then the town environment with too few and too block like sensory perceptions probably disturbs thinking and makes thinking's structure like the environment: **too block like and linguistic. Landscape like holistic view and sense of naturality, maybe also the sense of balance are emphasized too little!**

The ways that people notice things are based on the natural ways of perception.

As a helping aid to this would be the following:

- * RECREATION IN NATURE
- * NATURE LANDSCAPES
- * NATURE PICTURES on walls
- * PLANTS, PARKS and so on
- * VALUING NATURAL SENSORY STIMULUS

One should also protect untouched nature
and wildlife.

(I have a somewhat poor memory, so the healthy natural sensed models are unusually important to me. As far as I know they are important also to others but it isn't so easy to notice: one must pay attention to the average sensory stimuli to understand into which direction the sensed models affect thinking, but one should aim at emphasising mainly, almost solely the sensory perceptions of nature.)

Increasing intelligence

INCREASING INTELLIGENCE IN OBJECTIVE THINKING EASILY AND EFFICIENTLY WITHOUT SCHOOLING: **Imagine a nature landscape in the background as you think.**

A large part of efficient objective thinking is thinking in pictures. One imagines the thing to think about as a picture in one's mind.

In this nature picture method one compares the structures in the thought thing to the structures of a nature landscape with similar looking features. The ability of humans to observe nature landscapes is great: the amount of seen information in a nature landscape is enormous compared to the usual complexity of thoughts, so that via this method there is almost no limit to the complexity of thoughts that you can think. Just remember to form a holistic view of the whole, so that you are sure to get the main points right! Imagine as closely as you can what the things really are like - not in your imagination only but in the reality.

Scientific thinking you get with a slowly gliding movement of the eyes along the regularities of the surface. That is like the slow description of scientific detail in a thing to think about in one's mind while one forms a holistic picture of the whole thing. Technical thinking also uses gliding eyes with an even smaller focus and slower movement. Form the holistic view your self, so you get really good thinking.

I would like to hear people's experiences of trying to use this method.

One could think that since loving the nature and the arts gives an increased capacity, that would serve as nature's own way of putting the healthy ones with right values into power in the world - or at least of giving the right values some more influence in the world, like is dearly needed from the points of view of health, happiness and safety. True rationality means true emotionality too.

ARTS INCREASE INTELLIGENCE

Also the arts increase intelligence substantially: **atmospheres are complex landscapes with structure and with the significance of each thing taken into account from the point of view of human life.** So atmospheres are a very natural and effective form of good holistic thinking.

The increase in **emotional intelligence that arts give helps to get the roles of things right in life** and in the world at large: art teaches philosophy.

DEVELOPING INTELLIGENCE

"I remember my experience: like this I have experienced. (So one forms a good rich picture of how things are.) And I watch the scene with my eyes in order to get an idea of the situation, even exact details but firstly and foremostly a holistic view of how things are. (So one gets the picture to an objective form.)"

How to be objective and with feelings at the same time: One can be objective **and instead of thinking by words, think by referring to one's own practical experience of the world.** Like: this is a plant and this and this and that isn't, that's just a part of a plant. Likewise can one refer to feelings: such and such feelings like this and like that... Our feelings are a part of our natural way to observe the world, so if we just find the right way to be with them , they do not obstruct objectivity at all.

HOW NATURAL SENSORY STIMULUS SUPPORTS THINKING

Use a way of looking, which covers the whole nature landscape with the focus of the eyes gliding over the surface following its regularities. The nature landscape corresponds to a holistic view and the gliding of the focus to logical deduction. **Technical thinking corresponds very slow movement of a very small focus, scientific a little bit faster movement with a wider focus.** Just picture the thing in question in your mind as one single picture, holistic view, with the accuracy that you know it for sure. (There might be mist somewhere obstructing your sense of sight, or you might need to use your imagination to get the whole landscape to one picture since it isn't all in sight at the same time - just such instinctual landscape is what I refer to: it is very objective and practical: the way that you know your environment without looking, such is a holistic view of the environment.)

ATMOSPHERES GIVE A HUNDREDFOLD ABILITY IN TECHNICAL SKILL

This way one can increase one's effectiveness in technical things to maybe a hundred fold or even more: it is a landscape consisting of technical details plus an understanding instead of a single not so well understood detail! For most people it is tough to be technical all the time: it is too unnatural and even destructive in its one-eyedness.

So one should use some other way to survive through technical things. **A landscape like holistic view of the situation** is such. One can look at its details just the way that one looks at things when doing handicrafts.

One can also translate technical kind of things to the language of atmospheres. An atmosphere gives a holistic view with structure. **A slight alteration of that structure, even if it is technical, gives a slight difference in the atmosphere.** So if one is **sensitive to atmospheres, like most women are, one can learn to be very efficient in technical kind of thinking.** That way natural is superior to artificial.

The good side of atmospheres is that they describe not only the structure but also its meaningfulness to human life.

Whatever is important, is strongly emphasised in the atmosphere and easy to notice.

WOMEN ARE MORE INTELLIGENT THAN MEN

Men's way, described by a man is the scientific method: to take into account only certain things: those which are connected to the thing in question. Women too use something like the scientific method. In women's opinion the point of view of men is too elementary, too restricted, too much like a beginner's view. That's why women take into account many more things, for example a ten to hundredfold amount of things. So in a sense women do not stick to the subject in the eyes of men since men's thinking ability isn't enough to understand the whole thing but only a certain simple line of thought about the subject. On the other hand, women stick to the subject better than

men, understand more deeply what the things are about, make the most essential remarks from the points of view of practise and theory from the point of view of proper thinking and think clearly more objectively than men do.

The strengths of women are typically different from the strengths of men, so even skilled men can make typical men's mistakes and errors, that's why the opinions of skilled men and stupid women agree only a part of the time. This is explained partly by **women using the atmospheres as a way to conceive things** while men use almost no atmospheres at all in their deductions.

Would it help if one would add some arts education to the military service: **a painting class** or the like **to increase men's understanding of atmospheres and consequently of warfare and life?**

My point of view is that the main difference between women and men is cultural, stemming from the effect of the military service on men and the effect of children upbringing on women.

Children need to grow up to healthy adults,
that is good for the country
and that's why women's values reflect many things which are important to all humans, important to fully functioning.

TECHNICAL PRACTISE

Count the number of technical kind of details (straight lines, pieces of circles, changes in curvature, angles,...) in a nature landscape: it is enormous, **almost astronomical!** Still one can with practise conceive correctly a whole nature landscape at one long glance with its structures and substructures. Such an ability can give practise for mathematical kind of thinking, and make some of its parts manyfold in pace. Just imagine the thoughts as pictures in your mind and look at them like our naturally look at nature. So if you are an engineer or otherwise needing technical kind of information in your work or in your life, value nature photographs on walls, trees, plants for decoration, pets and recreation in nature. An emotional attachment to these would be good to have too since it makes us build on the right things.

THE BUDDHIST NON-GRASPING ATTITUDE GIVES A BETTER CAPACITY

The Buddhist nongrasping attitude: mark in your picture of the world, in your understanding,
living your life more important than your preconceptions about how to live your life best.

So with every failure, you do not grasp unwisely the failure but instead what you can get from the situation by living.

And with every success you do not get fixed to some theory perspective far from practise in which you do well, but live your life instead with a full heart.

AIM AT SUCCESS

The military service has a negative effect on the intelligence of men. One reason for that is that many men think that their aim in war is to cause destruction. So a part of their identity is of the style of destruction, which in anything else is equal to failure. **So they aim at failure when they search for their at least somewhat army like style in order to look manly.**

One should rethink the idea in the military service. **The idea is to defend good**, to aim at good life in good living conditions for all fairly. **That rhymes with success in other areas of life** and should so make men more intelligent than they have this far usually been.

THE GENERATION GAP

Peace time increases intelligence because the given answers rhyme with success.

The present generation is theoretically more intelligent than the previous, but the bosses tend to be from the previous generation, so all get intelligently too little demanding work, too stupidly guided and too narrow and so they get tired and do not feel as well as the previous generation which still cannot understand the possibility for doing more demanding work. Consequently there is too little freedom for the younger generation.

ATTENTION IS IMPORTANT

A good way of using attention in thinking is to go with each pleasant sensation, ah!, since the pleasant sensations and nice feelings are your guide to better functioning. They make you open yourself to life, while doing things against your likings makes you stiff and unreactive, to kind of shut your senses to life - consequently you notice nothing much of worth in thinking either.

The positive feelings give a direction to your life: these things I want to my life. See what you feel about and why, mark those things important to you. See how similar things are important also to others. So you gain a positive holistic view of the world with a good sensitive attention, like is best for your thinking. The positive things are something to build upon, while the negative things are problems to overcome by the force of all the positive things. So do not start from problems, start from the answers! That way you will have tools to handle the difficulties, when you run into them.

HOW TO THINK OF EVERYTHING AT ONCE: USE YOUR NATURAL HOLISTIC VIEW OF THE WORLD, in other words: MAKE A MAP

Think the following way: make a map in your mind: **"Here live I, here I work, here is the shop that I visit daily, here are the homes of my friends, here is the river, here the high houses across the river, here live my grandparents etc."** So you build a map of the whole world in your mind with all the things that you know placed in it at their right places.

You can make personal markings at the same time, like: this is my home, it is important to me. In fact, your feelings make automatically such objective markings for you.

You can place the past years since your birth and even before that as a descending line underground and the future in the air for example.

You can place each person to her/his home and then make additional pictures: here are all the participants of a course on the course, here are they grouped according to personality, here are they grouped according to friendships, etc. (These are natural divisions in the world.) Connect the pictures to each other by lines which mark each person as the same as in the other picture. You can also make a separate picture for each individual, like the one about yourself.

You can add the scientific picture of the world: taking a very close look at anything you can see the atoms and molecules, cells etc. Thinking of human behaviour, you can notice that humans are animals, have instincts feelings and an understanding: a picture of the world. Thinking about the society, you can see the behaviour and views of your closest ones and via them understand also the others. (Read the text Governing a very large group.)

HANDLING A LARGE WHOLE LIKE THE WHOLE WORLD

Build a single picture in your mind, fit everything to that single picture in its right place and right proportions, make the **picture like one that one can experience with one's eyes, ears, body and feelings so you get into use your normal capacity to live** in the world. That's one reason why it is good to live fully, senses open, mind and heart together: that's what gives, via getting practice on all areas of life, you a bigger capacity and a more rewarding life.

HOW TO HANDLE MANY IDEAS AT THE SAME TIME IN THINKING

Make a landscape which includes all the things. Start from **your everyday picture of the world**. Then just add the thought of things to it with a different instantaneous colour to make it easy to notice which were the things that you needed to think about and to see at once which were the places of them in the world. Then just use **common sense** in how to handle each kind of thing and what is the role of them in the world and so in thinking too.

THE ORGANIZATION OF MEMORY

**Use a good single picture of the whole with sizes right,
concrete fact associations
and zooming**

THE BODY, MOTION AND THE USE OF TOOLS

"Without leaving home
you can open your heart to the world."

The 2000 years old Chinese classic Tao-te-ching

There are also other natural things that a human being needs to develop into a fully functioning adult with a good understanding of the world. Like the body and its functioning, motion, health, balance, the use of tools and so on. **All these have analogies in the world. All these have things have been too much forgotten on this age when people live in too unnatural living conditions** and get too little exercise in these things that are natural to all human beings. So their ability to judge things connected to the proper use of tools, balancing the whole and the importance of good health and naturality in everything, is far too small compared to what would be natural for human beings. So systems, things that people do, get out of hand just in these respects.

That means that **we should make a change in the living conditions of human beings and in our values toward more natural**, and make this change all over the world.

ONE WAY HOW THE BODY COORDINATION SUPPORTS THINKING

Read the text Body analogy and a holistic view.

Objective thinking with a holistic view uses a landscape like view of how things are. Thinking is watching that landscape and making changes to it if needed, so the extremely quick automatical view of where is each thing and how to reach each place can be used to reach those memory places and to arrange them.

In following one's own body, one gets all the time practise in handling large systems. Use the analogy to your body: when do you feel at ease, when is the base steady, when is it too narrow, when are you using a tool, when are you using a partial perspective end when a holistic one,...

For example: in emptying water from a boat, I am using a partial perspective because I am using a tool in order to attain a goal, the empty boat. The goal that I am having is also a tool in getting the boat ready to go. Of rowing and paddling on the lake (enjoying the summer), I use a holistic view. I can also use a partial holistic view of the tool: of emptying the boat.

SUMMARY

"The master doesn't think about his actions
they flow from the core of his being.
She holds nothing back from life"

The 2000 years old Chinese classic Tao-te-ching

The thinking capacity of a human being forms a picture of what the world is like. **The other functions like senses, doing practical things and moving, do their part in supporting the thinking capacity**, giving analogies for memory and thinking, and giving practise in those.

NATURAL WAYS OF SEEING THINGS

"The great way is easy.

Yet people prefer side paths.

Be aware when things are out of balance.

Stay centred within the Tao."

The 2000 years old Chinese classic Tao-te-ching

Nature landscapes, handicrafts and sports.

Use the ways of seeing of these also in abstract thinking.

That way you reach the way that you truly think.

You can make objective observations of any scene

by looking at it like as if it were a nature landscape.

Communication, thinking and action

Thinking and communication

A REALLY GOOD TALKER

Learning from others and
living in a society

If we think of how a really good talker talks,
creating a scene of **large meaningful things** for the audience,
talking of facts that concern **life** and not just theory,
referring to both **feelings and motivation**,
and to the **practical reality**,
understanding of the world,
what needs to be done, why
and how we get it done.

They speak the language of good thinking,
that is natural for humans,
that is a natural part of how human societies work
and how humans think and
arrange things together as larger groups.

That kind of thinking forms a picture of the world
that handles also the questions about
how things are
from the human point of view: emotions.

And emotions help
to handle large scale things, too,
to take care of the future.

That is one of the points of view that we long for
when we are about to listen to a good speech or a deep thought.
Thoughts that persons have thought of by themselves,
in ways that have to do with the life in practise
and not with the written word so much
(if at all with the written, unnatural form of language,
that is the cause of an enormous amount of misunderstanding
of what the human thinking is like,
especially what good and natural human thinking is like).

This is probably what thinkers dream of,
 what they long for,
 what they search for from their realms of knowledge that are stored in the written form, but do not usually find:

It is a new level of structure to thinking,
 a natural one that makes things understandable,
 communicable easily,
 meaningful from the human perspective
 and from the perspective of the world at large, all humans as a group.

In objective fact discussions:

What are the concrete facts?

What do those mean to & in one's **own life**?

What do those mean to the **society at large**?

What exactly is our emotional reaction to such things like?

Why just such? -> Analyse the thing; How to handle it!

EVERYDAY LANGUAGE

"True mastery can be gained

by letting things go their own way.

It can't be gained by interfering."

The 2000 years old Chinese classic Tao-te-ching

WHAT IS GOOD QUALITY COMMUNICATION STYLE OF OBJECTIVE FACT DISCUSSION LIKE?

Clear, easily understandable for the listener. Discussing about the essential things and not just technical details of expression, which have nothing to do with the subject itself.

Ordinary **everyday talk** is ideal to that:

the most natural way for human beings to communicate,

very expressive, easy to understand,

efficient in thinking - much more efficient than technical vocabulary,

which is often computational like to use and does not create any new ideas.

**Natural communication is
near our natural ways of thinking
and our natural motivational ground
and so it uses our thinking
capacity to the fullest.**

With technical language like in many professions,
one creates just one learned thought structure,
which is the same to all as far as it is correct but does not create anything new,
is largely fruitless in a way.

**With natural language instead,
one gets a communication between the ordinary pictures of the world
and the complexity of them, the real understanding of oneself and others.**

Practical pictures of the world
are an efficient way of thinking,
which takes into account everything
that the individual knows.

In thinking it is essential to choose concepts and words well.

Ordinary everyday language has been created by an evolution of many many generations and is a good means to
communicate, from many points of view.

The words should faithfully describe
the world as it is,
and one's own understanding of the world.

WRITTEN LANGUAGE

"If you look to others for fulfilment,
you will never truly be fulfilled."

The 2000 years old Chinese classic Tao-te-ching

Written language is a means to remember something. It is not chosen because of being a good base for thinking. On the contrary: **it loses many shades and types of meaning from the language**, from the natural language (song and gestures and so on!) which is a natural and ideal communicational base for really good natural thinking of all kinds, together with natural sensory stimulus and natural life.

THINKING FORMS A WHOLE

"True wisdom seems foolish
 (when watched from a less well understanding perspective)."
 The 2000 years old Chinese classic Tao-te-ching

**The ability of humans to think was created by the natural evolution
 to function together with feelings, instincts, the body, the senses and so on.**

Together with these the thinking ability of humans
 guides us humans in the world correctly,
 as well as possible,
 at the practical level, in the long term and in the short term.
 But without these natural parts of the unified whole called a human being,
 i.e. without the feelings, instincts and so on affecting,
 the thinking of humans is somewhat biased to the other direction:
 away from feelings;

and so the end result is not at all as good
 as that of **a whole human being acting according to one's instincts.**

NATURAL SOCIAL LIFE IS IMPORTANT

"True art seems artless
 (so enormously complex and natural,
 errorless and effortlessly effective, it is)."
 The 2000 years old Chinese classic Tao-te-ching

If one discusses with other persons
 from other professions with different kinds of backgrounds,
one learns easily new points of view,
 gets **inspiring new ideas** even from very ordinary communication
 and from other peoples' experience
even if they do not know much about the subject in question or **are stupid.**

FEELINGS AND PRACTICAL ACTION

"True straightness seems crooked
(since it can handle all sides of things)."

The 2000 years old Chinese classic Tao-te-ching

Human action is interconnected with feelings and understanding. So **feelings in your picture of the world** are very important. They often **determine what the level of practise will be like**. So true understanding demands feelings too. For that to succeed it is good to value feelings, so one learns emotional intelligence which makes it easier to handle things also emotionally and to take emotions into account objectively.

TOWARD NATURAL COMMUNICATION AND MUSIC

Adding a **description of ways of doing**

to a fact discussion.

Getting rid of the harmful side effects

of being used to written language,

getting rid of the flattening of

the use of language

because the written form

doesn't contain all shades of meaning

The fact that all people like music,

means that **something like music**

is a natural part of human life

and is useful in some way, **as an aid in survival,**

in living and in the functioning of a society.

Music is connected to feelings, atmospheres,

to rhythm, ways of doing, what something feels like, to the level of experience and to one's thoughts.

Tones of voice in normal everyday speech and ways of speech also reflect these kinds of things.

We are by nature interested in hearing other persons' thoughts, knowing their feelings and hearing about their experience in life.

In thoughts we are usually interested in things that touch our own life in practise,

what it feels like to do something. Which things matter in life and how.

Our feelings when we talk about such subjects,

reflect how important these things are to us on the practical level, in our experience.

By hearing from others about their life, their experience, we can learn things that

matter in our own lives.

The level of facts is not the only thing that matters, if we want to do something.
 We want to hear also, **what it is like to do** such things. **Does one get tired easily?**

**Is it motivating, and in which respects,
 how and why?!!
 If we express our emotions
 by our tone of voice, gestures and so on, while we talk,
 we communicate information of these other kinds to others.**

We are all human beings and share many similar things in ways that we do or can do things.

So also things that have to do with
 the fact that we are human beings,
 are often objective in their own way.

So **atmospheres, feelings** and the like
 should get enough room in objective discussions.
 Only so we communicate all the information we need
 if we want to discuss something objectively:

MUSIC OF SOCIAL LIFE

Music maybe corresponds to a **natural** form of **social perception**, in which one sees and senses empathizingly **the emotions and atmospheres** in the state of the body of **another person** and of one's own body.

Each emotional posture corresponds to a tone of voice, each movement to a rhythm (action) with a tune (emotions), and all movements are born out of emotional reactions, motivation of some kind or are expressions of an emotional kind of state of mind, i.e. expressions of the human functioning.

The emotions and action being intertwined,
 a web of life.

The human side of action and the concrete easily perceived practical action.

**The functioning of humans
 and the things done.**

An ever changing social situation,
 a situation of a group in action
 and the situation of one's own life.

(See these as divisions with which to perceive the practical reality.)

THE GREAT SONG OF LIFE

All people love music. That means that something like music is a part of the human nature.

Some few know how to compose music. They see or hear the life as music. We ourselves when we dance can see the connection of movement and music and sometimes when listening to music the connection of music and feelings – but the other way than those who compose music.

Dance is important: **the body is the central part of a human being**, via it we live, **regardless of how intellectual or spiritual we are**. Via the gesture language we express what we feel and communicate with others, via the body we do everything that we do. Our state of mind is reflected to how we keep our body and how we move.

When one is relaxed and understands the connection of the body and mind, one can see the body as music of life: our whole life is reflected in our body, in its gestures, and the body sings as sensations in our senses – as sensations which we can express by voice. The tones of voice express different kinds of states of mind. So **each feeling or sensation is like a sound, like music which we can hear. And from the song of life we can choose a partial theme to be communicated by a song: a melody.**

The song of life in us is what life is to us.

**It is in other words what we observe,
what we experience.**

The body just expresses it as music.

The songs of life of other people we can hear if we emphasise completely RELAXEDLY with their body like is usual in sports hobbies.

Ordinary music pales from the road of this natural stimulus. The whole living world becomes an enormous panorama of music, the great song of life.

ART, NATURAL COMMUNICATION AND THINKING

If we remember something well,

it is **the things that touch us, are important in our lives – of which we need lots of information to survive well in our life.**

And as **all human beings are alike in many, many respects (and because we are pack animals), that kind of things interest us also in the lives of others.**

(So we need lots of ability to compare
our own life to those of others.

Read my texts about my picture of humans in the section about sex: they offer such a comparison.)

So those things are ones that we like to hear about, what **art** consist of,
what really good communication consists of, and
what is the ideal base for thinking, created by the natural evolution toward as perfect thinking as possible: sensory
perceptions (sure knowledge)
together with an idea of how important those things in our life are to us as feeling and thinking creatures, in
practise, and the role each thing has in the whole,
and in which ways it affects our life at the level of experience.

Art, naturality, **things that touch us, noticing the essential and communicating it,**
thinking clearly.

Natural emotional motivation supports natural functioning of the individual and of the pack, which leads to a better
survival in life,
says the theory of evolution.

UNIFIEDNESS OF HUMAN FUNCTIONING AND OF THE FUNCTIONING OF HUMAN GROUPS IN "SONGS"

About my interest in shamanism and its connection to unified ways of doing things:

communication:

song and sound

sound and hearing

hearing and the sense of direction, rhythm,

ways of doing

and what is done

and the idea in doing

the body connecting all these to the sources and to the recipients:

idea, intentionality and action

intentionality, emotions and picture of the world

entities in the world and natural reactions to them

language to shamanistic intentionality:

entities in the world and intentionality

entities, intentional action and expression

intentional action includes the picture of the world, emotions and the body, the level of practise

LEARNING THE GREAT SONG OF LIFE

Learning the great song of life: I have only a slight grasp of it but I have a live interest in dance and world music and in the connection of the mind and the body (natural communication, emotional expression, gesture language, buddhism, chakras etc.) and in the philosophy/wisdom of life.

It might be that composing is a skill that just about everybody could learn if we just had our natural capacity and natural ways of learning - which we most unfortunately do not nowadays have.

Relaxedness is a major prerequisite for empathy and consequently for sensing the song of life in the bodies of others and even in one's own body. So practise sports too. Meditation in motion might be connected to this too - I learned it from practising Japanese sports that one concentrates well into.

There is something easy in the song of life too: the low drum beats corresponding to the heavy movement of the feet like in African music and dance, and the high tones corresponding to the head, to the sense of sight, to the sense of beauty and to ideals. The rhythm of the song of the body in action or in being social and experiencing life is quicker than the pace of feelings usually described in western songs. The "ding dang dong" of the South-East Asian music described the shifts of relaxed attention in a warm climate, of the sense of sight, if I have understood right. So listening and dancing to world music might increase one's musical social understanding about the connection of voice and the state of the mind, body and feelings.

Sincere expression might have something to do with this skill too: how could one otherwise learn natural expression and the tones connected to it: the natural way that our experience is a song?!

It seems that the song of life fits well together with my model "healthy versus broken" and a way of life according to feelings and instincts:

**the healthy parts sing,
the broken parts do not,**

and the melody of the song is that of the of functioning according to humans' natural ways of functioning. If one has a grasp of the flow of life in one's own veins, one can see the flow of life also in others, so **healthy happy ways of living according to the nature of humans are the ground for the song of life.**

Read John Steinbeck's short story the Pearl:
the song of the family on it.

Sensing the song of life in others is the healthy form of social perception, so normal healthy social life in a friendly atmosphere is important for learning it.

The song of life is connected to the usual kind of social perception via one's own very relaxed body of the body of the others. There just seems to be some component lacking, so that what is seen doesn't necessarily form a sound. Maybe imagining a singer in the radio as seen via the sound would help to recognise how the sound connects to the state of mind. Or then dancing - or what, I do not know. But it should be possible quite easily for those who already have the correct natural kind of social perception. Maybe listening to tones of voice, how they connect to the state of mind and consequently to the state of the body would be needed too.

The BASE OF THE GREAT SONG OF LIFE

So, the great song of life corresponds to the usual Finnish European extremely compassionate way of seeing and sensing via one's own body the states of mind of the other one in her/his own body. These social sensations is what the song of life in others consists of. It is just that we do not always translate them to a "heard" song. And how to reach this type of social relationships? An easy advice is to follow the rule "Live and let others live." and to demand it also from others. In addition one should be compassionate and carry responsibility about all important matters, whether one's own, those of others or of the large scale.

SENSING THE BODY AS MUSIC

This skill may be born out of social life via the gesture language and empathy and out of an interest in non-erotic (!! - otherwise one's attention is diverted) performing dance which may express all kinds of things in human life, also erotic attractiveness but not in the way of being a sexual affair like pair dance often is, i.e. out of an interest in dance expression.

A basic guide for
making a song of life of your sensations:

**In the atmospheres
of your sensations of life:**

**Dark greyish black
or down-to-earth atmosphere
= a low note**

**Light or reddish atmosphere
or high hopes
= a high note**

**The rhythm of the song,
the melody, comes from the varying of the sensations across
time.**

LIFE IS A SONG

It is our nature to see life as a song, as a great panorama of music. That's why we love music: its sound is in our nature, the natural stimuli that we used to hear all the time.

In the natural life in a natural environment a long time ago we were immersed in beauty, much like we can admire the sight of nature even nowadays. But then, a long time ago, it was **every side of our life that was so beautiful**. Like with the fracturelessness of nature, **beauty is a characteristic of full health. And since the healthiest is the most well functioning, the natural world full of the beauty of full health is the source of miracles in the eyes of us who are used to the fractured world with all the artificialities. The untouched human nature is so well functioning in every respect that it looks miraculous in our eyes.** So it is also with **our perception of life as a song: it is natural perception about the essentials of human life**, about the well functioning and healthy and healthily beautiful in our lives.

Whenever we use a machine and it makes a KRAAH sound, we know that we have made something wrong. It is the same with humans. And when our senses sing, we know that we have done everything right!

NATURAL SONG AND DANCE

Dance is at the core of being.

Life Is A Song

The best way for objective thinking is to think by atmospheres. They unify a pictorial objective holistic view with the wisdom of feelings.

Each observation is a sensation, an atmosphere tone. The light coloured atmosphere tones we can express by high notes. The darker and more down-to-earth atmospheres we can express as low notes.

Thus our observations form a song.

When we act, we have an emotional motivation for it. That motivation is a melody.

And action according to it is dance.

This dance appears to be dance in its basic form.

To live!

Means to sense, to react and to act in the world, in life! Thus natural music, the song of our life and **the natural dance of natural action**

are at the core of what it means to be a human!

WORK EFFICIENCY AND LIKINGS

Please read section II about the hard rationality in following feelings!

**I have found out that
whatever I do according to my likings,
it increases my work efficiency in everything.**

Some research in this subject could make a happier life for everybody.

**Feelings tell of needs of the individual,
society and the environment.**

**By fulfilling needs we
increase the working ability.**

**Our nature is often wiser than our rationality. Our social needs, needs of the society,
are a part of the rationality of action and motivation and meeting them**

increases the efficiency of work

from the point of view of the society and
also from the point of view of the individual work
to be done, by the amount affected by
the motivation and the increase in rationality.

An example:

Engineering work etc.

We use sensory analogies in our thinking. The amount of technical kind of details in a nature landscape is astronomical, **so an enjoyment of nature can prepare us fro technical kind of work.** And atmospheres are landscapes with a structure and us such useful practise for technical kind of work. **Atmosphere analogies give structural analogies**, so arts can be useful to an engineer or the like.

**In doing enjoyable things we learn better ways of doing things and that affects our
working efficiency positively.**

CAPACITY AND STRUCTURAL ANALOGS

This ability to benefit from my likings may be connected to my excellent moral (which makes the connections with the large scale right) and my ability to make analogies to and from the sense of sight from anything (which corrects the connections between the different areas of life).

I observe a structure and my ability to handle structures increases in everything. I also learn new better balances which increases my working ability and makes my style better for work.

**If I do something against my likings,
I catch bad habits and
that makes my work efficiency less.**

**The more I do different things,
the better my capacity is in each of them!**

I have the ability to use structure analogies from one thing to another of an entirely different kind.

So I learn all the time new ways of doing.

The structure analogies to the sense of sight, to the sense of healthy wholes and to the sense of structures (atmospheres!) are a key to this ability.

Read the text A Japanese saying.

SOCIAL LIFE, HEALTH AND OPTIMISING

(Intelligent optimising leads toward
a healthy social life:)

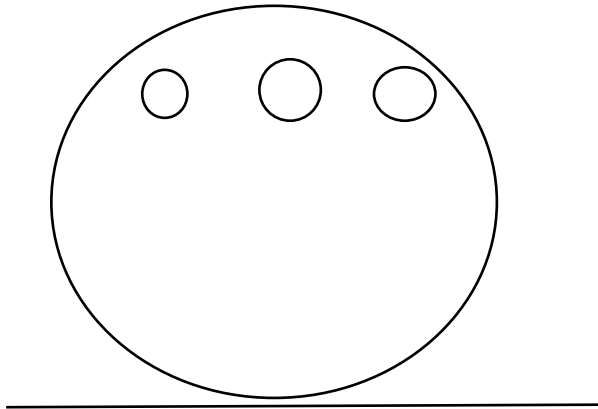
Also in the human social groups it is good for their functioning if all the biological wholes are unbroken, healthy and natural which means: according to instincts, moral, common sense, honesty, fair play, healthy mind and spirit, etc.

**One must start from a picture of what
a completely healthy and honest and fair natural human society is like:
a human relationship is a part of it.**

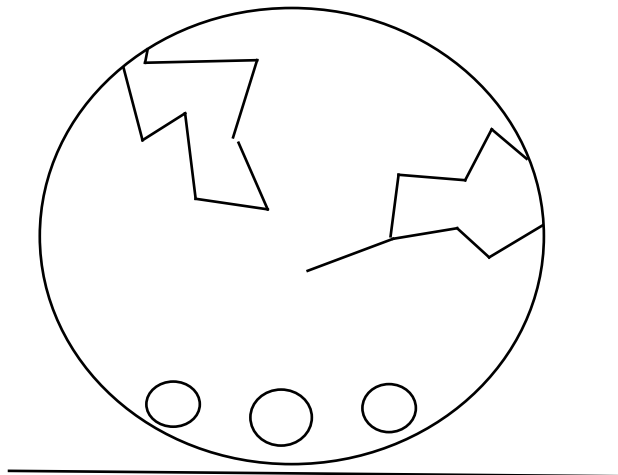
And compare the other options to that only afterwards. Otherwise one tends to obscure the view of the whole, or to lie to oneself because of one's already existing habits and choices of life. But

the fact remains that **the most natural is the most efficient and the best choice in many**

An unfractured healthy whole is beneficial to its all parts



A fractured, broken whole is of no use to its parts.

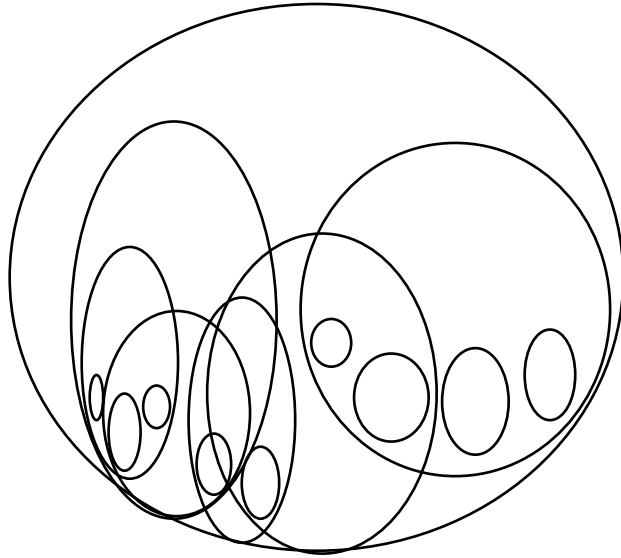


respects. The direction upwards is the direction toward a better functioning and greater good.

So one cannot manipulate people (manipulation is artificial, evil: breaking behaviour or behaviour which doesn't create natural healthy both-sided bonding behaviour between people) **and so aim at the best functioning or best intelligence.**

Instead one gains the best social support by being a good natural healthy kind of social relationship, and best understanding of behaviour and characters by emphasising with one's social environment, by being a good fair emotional deeply touched social relationship to others. Because that is the natural way for the human society to function: it uses the social resources most efficiently to the good of both individuals and of the pack or society, since it is the way that the evolution (or God) optimised us to function.

This may be easier to understand with the help of the already familiar picture: the diagram



The parts support each other forming subwholes
which supporting each other form the whole.

The smallest circles in the diagram here are the individuals,
the next biggest level describes the different natural functions (getting food and shelter, sharing wisdom, nurturing children, caring for emotions i.e. for all the living requirements,...) of the human pack
and the biggest level the natural functioning of the whole pack or the whole world.

HUMANS ARE NATURALLY PACK ANIMALS

Why do I need to be touched by the other one,
why do I need to care about the others?

The best allegiancy that is in our nature is all for all fairly, according to true justice and with the spirit of things
right. By joining it you get the most support.

You also use instinctually analogs from one area of life to another. If you neglect some nasty thing that you cause
to others, you tend to allow such structures in the world, also when they come to affect you too, so you will end
up neglecting some side of your own good.

If you on the other hand think: this is me, I will not harm myself, this whole, body & mind etc. together that is me,
then you will know that it is not good to harm a whole that you are integrately a part of – not like a spy but like a
limb is a part of the body.

By being friendly you are in tune with the ways of doing of the other one and see deeper into his or her nature
without damaging the other one. If you refuse to bond, you are out of rhythm from the ways of doing of the other
one and lose all insight into his or her actions.

ANIMALS MAY BE VERY INTELLIGENT

What I have here deduced about the base of human thinking, should apply also to animals. Living a natural life in nature they may be very intelligent. Even insects with the sense of sight, the ability to move, some social life and probably emotions may have intelligence of the level of an uneducated human. Then the enormous amount of brain cells in human brain would be a consequence of size only and not a reason for better functioning. If not so, I am forced to think that we use even a smaller amount of our capacity than what I have imagined this far.

Abilities that we consider typical for just our own intelligence, the animals appear to have too: atmospheres offer the most efficient way to holistical thinking that I know of. And the work of engineers is based largely on mathematics which is to a very large extent analogous to easy mechanical moving of objects and moving in a seen landscape. And we all agree that insects too may have emotional and social life.

And why we consider fishes stupid, may be because we cannot see their movements well. But other fishes can, so fishes may be very intelligent too.

But this Gaia like intelligence isn't war like. It does not believe in aggressive solutions against the natural fate of us all. There has been one dominant type of species after another upon the Earth. Such is seen as inevitable. I do not believe in the nature fighting back. I believe more in communication attempts, of a loving kind, because **that is the nature of natural wisdom: to see us all as an interconnected cooperating whole – cooperating by nature, social by nature, instinctively emotional and capable of understanding and caring, of being extremely moral by our very nature.**

But it may be that in some point via the effect of industrialization the nature will not be able to live longer, and consequently we will not be able to live either, since our life and well being is based on the nature too.

This Gaia like understanding of animals consists of an understanding of the value of harmony and health, of the inevitability of nature's ways.

SUMMARY OF SECTION I

**Evolution is gradual,
it doesn't happen in jumps.**

**What we are now
is based on what we were long time ago
in nature.**

Human intelligence is based on our natural thinking ability and on our other functions like the memory, the senses and empathy.

Section II

The Rationality of Feelings

FOLLOWING LIKINGS
INCREASES WORK EFFICIENCY

**Whatever I do according to my likings increases my work efficiency in everything.
Whatever I do against my likings decreases my work efficiency.**

This can be understood the following way:

Feelings were created by the natural evolution to help in survival of the society and the individual. So feelings guide to a direction which is beneficial to the group. In other words they increase effectiveness in reaching for the goals of the group. So they increase work effectiveness IF the individual is healthily moral, like a good pack animal should.

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But how come then our likings typically do not seem to affect work efficiency in any way? Probably most of us lack a natural skill, because my own likings do affect my work efficiency positively. In fact there are two skills affecting this: emotional intelligence, **the ability to interpret feelings right according to objective thinking** and true naturality, **and the ability to make analogies from one type of action to another.**

In emotional intelligence it is important to interpret correctly what the subject, true cause of each feeling is: only then can we understand feelings correctly. In analogies we need to make a sensory analogy to the sense of sight, to create a sense of structures which we can use in every kind of action. This is related to the sense of health and sense of fracturelessness which in turn are, via the use of empathy in thinking, related to a picture of the body as a whole.

FEELINGS UNDERSTAND

**When I just feel
that things are in a certain way
(I just look at my picture of the world
and observe the atmosphere),**

there are typically very strong grounds for those things. I just need to spend some moments thinking what I feel about things and why I feel so.

It is often a somewhat philosophical perspective.

Like: it is always good if... and on the other hand it is harmful if... So... That's why I feel so.

How to conceive feelings as rational:

1) first the feeling,

**2) then attention
to what caused that feeling,**

**3) and a rational understanding about the importance
of those things in life.**

With each feeling there comes a thought. Learn to notice or to find out what that thought is. Feelings notice things - make your thinking notice those things too!

**Mark the things, which you feel strongly about, important in your life,
important to your own functioning
and maybe to the functioning of the society and of the world at large.**

That is one of the main things that the feelings tell you.

FEELINGS

The natural evolution optimised living beings toward survival and best functioning.

It created also feelings, so the feelings are not a superfluous part.

The feelings are meant to be followed fully. That gives the best functioning.

Follow feelings in a way, which brings the world toward common good.

That's the way that feelings are meant to be followed:

feelings and understanding together

guiding toward better.

**Understanding gives a map and
feelings and instincts
give directions to go to.**

Let your feelings change your life toward better healthier ways of living. That is their task.

A human being without following feelings is in some sense a broken person.

Full functioning demands life completely according to feelings.

Just use a holistic view of the world and of life,
so you will solve most seeming contradictions in that easily and efficiently.

(You cannot let responsible parts of a system get broken, so take good care of yourself! That is one thing that your feelings demand.)

FEELINGS

tell of the needs of humans

The Rationality of Feelings, Likings etc.

Understanding the world that we live in via both the intellect and the emotions
is the natural and wise way to understand things.

Feelings and likings tell of our needs.

They tell of our own functioning.

Feelings do not disturb objectivity:

HOW TO BE VERY EMOTIONAL AND OBJECTIVE AT THE SAME TIME

How to be completely emotional and consequently also totally objective:

Follow your feelings fully, giving them enough room.

Pay attention to feelings and atmospheres,
to the landscape that they form.

Use your picture of the world as a map about where you are at each moment in each thing. You can recognize things based on feelings, atmospheres and other features, using a single picture of the world (like in the sciences), of life (+time and personal experience).

That is all that you need.

You can form partial wholes of things that share the same feature:

the same happening, the same person that you know, the same kind of feeling in your experience, the same important thing in your life,...

Form a holistic view about what you feel and about what the world is like. Take causes and consequences into account and give things their correct emphasis (i.e. what common sense says) according to their size class and importance. Recognizing things as phenomena - compare to the society agreement - helps to find the correct emphasis for each class of things.

This way one can be completely objective in one's actions at the same time as being completely emotional in one's actions.

Do not lock your stomach muscles: it is the point here to be emotional (like a professional singer might be). This way you can be extremely emotional at the same time as objective: a good skill to have in **emergencies** etc., in all situations where you are overwhelmed by strong emotions.

About handling emergencies:

Your big emotions are what typically rocks the boat, causing nervousness etc.

So You have to first pay attention to what You Feel and only after that as a landscape or important pieces of a landscape all the practical things to notice of each of the things that You Feel so strongly about. You ought to act according to Your strongest Feelings, for example fear by trying to escape or to otherwise prevent catastrophes as efficiently as possible, because that way Your Feelings do not rock the boat, but Feelings just give an emphasis to things: just these things are important just now. Other big Feelings take care that you do not leave other big things

unnoticed. A human being can be afraid also for others sake, so ensuring the safety of others ought to go before selfishness which is often thought centered action.

OBJECTIVE INTUITION, ATMOSPHERES AND FEELINGS

We store in the form of feelings and atmospheres information about how well we are doing compared to our goals.

So what our feelings tell, our intuition,
is objective information about the world.

We just need to be factual enough in our associations so that we do not mix things. **All our associations have to be classified objectively according to what characteristic causes the association, the likeness.** Then we need not be confused about our feelings and atmospheres either.

FEELINGS EMPHASISE IMPORTANCE

So your feelings tell to you your functional state at each moment: are there any obstacles on your way, how big are they compared to your own forces, is the way of doing suited for your skills, capacity, endurance, for your all kinds of functional needs.

The social relationships are part of the base for living, like is food and sleep.

Your own understanding is like a map and an important safety precaution to you against the evilness and stupidity of others. Your understanding, sense of importance about things in life (= in your functioning, in staying fit and healthy and in providing the base for your functioning) attaches you by your feelings to different goals: remember that just those goals are important to your functioning and/or to the functioning of the society. That's why you feel about them: to mark them more important than many other things. Use your understanding to help you to go to the direction which your feelings advice you to go.

Remember to use a holistic view about your life, including the importance of your future and of the demands of living in a society and getting along with ALL the others.

SOCIAL RELATIONSHIPS ARE IMPORTANT

Human relationships are a part of the ground for life. So it is natural that we have strong feelings about them: they affect a lot our functioning and our possibilities in life.

ABOUT THE USEFULNESS OF FEELINGS

Feelings are part of the functioning and understanding of humans.

Feelings take care that we stay in a well-functioning shape.

Here are some of the useful sides of going with feelings:

Love concerns things that we need.

To like means to feel at ease with or even enjoy (=function better at) something.

Joy tells that something is a good way to do things.

(There is something lacking in the things that don't cause joy or enjoyment.)

Depression means that one doesn't know how to function in such a situation.

Beauty tells of the natural goals of humans, especially about what comes to the level of understanding and skill in our picture of the world, at least.

Sorrow is a way to handle a loss, to get adapted.

(Find out new things upon which you can build your life in the lost respects.)

Hate is a way of protecting life against being harmed by the hated things.

Compassion binds helpers to the ones needing help. It is a form of attention, a social bond. It includes the body, the emotions and the understanding plus a social bond.

Human relationships are a part of the ground for human life.

Our social instincts and common sense make us form bonds with other persons.

Each human relation is different, also changing as the time passes and the persons themselves change and their situations of life change. Varied like the nature, never twice the same. There are several types of bonds; figure out:

1. which things bind you together, 2. in which things are you each trustworthy and 3. in which are you not. These areas include at least: honesty, well-functioning, theory, practise, emotions, customs etc.

Sexual attraction toward someone is often aiming at some better position at life: learning a new skill (admiring someone), learning a better way of living (feeling attraction also physically) or (being handsome enough=) in an unusually strong social position when one is next to the other person.

Forming a bond (being soulmates): sharing the same values and largely the same picture of the world and the same way of life aimed at.

Thinking cannot replace feelings. But if one goes naturally with feelings, it often brings such a clear thorough perception about those things that feelings concern, and about their importance in life, that is much better understanding than by any unemotional thinking.

Womens' Wisdom

a mechanical model for those who do not understand otherwise

Women are brought up to value feelings. Most women understand why feelings are valuable but all do not. Especially all men do not understand it. So here is an easy mechanical model for translating emotional truths to the languages of common sense, science and technical thinking.

Women are also brought up to take all points of view into account. So while men neglect often too much the views of women, women take fully into account what men say and think. But women end up in different kind of answers because women understand more about the language of feelings and atmospheres: more truths to take into account.

So womens' views may be well thought of also from the point of view of manly values and goals.

FEELINGS ARE PRODUCTS OF THE NATURAL EVOLUTION

We are products of the natural evolution. Our needs help us to stay fit and our feelings help us to answer our needs. Our functioning is largely based on social things. We are pack animals. That's why we feel strongly about social things: they affect a lot our chances in life.

We are also adapted to a certain kind of living environment: to the nature. Just such environment **makes us function best.** That's why we feel strongly about the nature and the weather.

We are also adapted to certain kind of ways of living and to a certain kind of functioning of the human groups that we belong to. So **we feel strongly about questions which have to do with the ways of doing things: do those cause us enjoyment (=suit us well) or hurt us?**

LOVE

When I say "**love**", I mean
health and full functioning
with all the needs answered
from the point of view of life.

Love is a characteristic of
 a completely healthy system.

Answering needs

**makes the whole function well: that's why needs exist,
that's what is meant by needs.**

BEAUTY

Beauty is a sense of what to look and how to look. Beauty makes us dream of a better life in a better world which is just about inside our reach:
just copy from the model
like your sense of beauty and structures, your wisdom of life and good moral command you to do.

FRACTURELESSNESS

A healthy fractureless unified harmonical whole functions as well as possible to get any whole to function. Breaks in the harmony disturb functioning. So **the healthy natural world in harmony and with love all over is the strongest possible way to arrange things**. Love is a mark of the fact that the system functions healthily well together, is the strongest imaginable.

MORAL

Women are also bought up to be moral. That too is good for the functioning of the human groups.

Human values help to answer human needs. So they guarantee that humans stay healthy and well functioning.

Carrying responsibility

Carrying responsibility about the whole and other important matters of lives is essential in getting things well for all fairly. So one gets the strongest and wisest group.

FEELINGS (How feelings make sense)

Feelings and the level of beauty tell of the functioning of the parts of the system.

Feelings tell information which is relevant also from the purely mechanical point of view and so valuable also in harsh competition whether militaristic, economical, intellectual or evolutionary.

Feelings tell our functional state against a background of normal situation which is described by our thinking and habitual feelings.

- * **well functioning**
- * **longing for better living conditions**
- * **obstacles or friction on the way**
- * **the ground of life: in social things, in food, in future safety, in natural living conditions and natural kind of life, etc.**

This doesn't make life mechanical, life in itself is valuable! It just makes feelings rational, telling mechanical kind of information about human functioning.

Feelings tell of needs:

- * **needs of the individual**
- * **needs of the group**
- * **needs of the environment**

Fulfilling needs safeguards good health:

- * **health of the individual**
- * **health of the society**
- * **health of the environment**

RATIONALITY OF FEELINGS

For those who do not see feelings and atmospheres as rational: **compare easiness versus uneasiness of doing and being. Notice that these tell how easy it is to get one's needs answered, which determines how good the conditions are for functioning** and how much strength there is left for other functions.

Joy versus sorrow:

getting or losing.

Love versus hate:

how beneficial/harmful the environment is.

Happiness versus depressions:

how much one's needs are met.

Attraction versus repulsion:

how suitable the company is to oneself.

Liking versus disliking:

how suitable the thing is to oneself.

Do not take into account only one factor but ALL factors! Try to find out the factors, which are connected to your feelings.

FEELINGS AND WORK HABITS

Work atmospheres and **feelings connected to the work** are typically related to how easy or difficult each thing is to do and how rewarding it is: **how much effort we need and how much we so get done**. So in guiding work habits it makes sense to pay lots of attention to feelings and atmospheres too.

My feelings are of the essence that I am made of.

According to the biological picture of humans, harming my feelings means harming my structure and preventing me from my natural ways of functioning. Letting me to live freely according to my feelings and according to my own understanding but strictly morally, is what keeps me well functioning and makes the society work well together.

Fear can be used to making one's performance better:

FEAR

Fear is a reaction to danger. It concentrates your forces into avoiding the danger. It increases your ability to concentrate into fulfilling the immediate needs of the situation. Your habits get a smaller emphasis and the demands of the situation a bigger one.

So let yourself concentrate relaxedly into fulfilling the needs of the situation. Do not grasp things, instead give them enough emphasis by taking them properly into account the usual way that you use your attention in things, which demand reactivity. By this factual attitude you can make your achievements better relaxedly without more worries.

- * Feelings are rational.
- * An emergency demands a better performance.
- * Follow your feelings!

SAMURAI AND FEAR

Samurais had to be very much afraid in order to avoid being wounded. There are at least two ways around the muscular rigidity and inability to action caused by fear. The oldest one is to follow the advice of the fear like I have described in the former chapter about fear. Another traditional Japanese one is to use the Buddhist meditative awareness (= natural non-forcing non-grasping attention and natural non-forcing non-grasping ways of doing things) in a way, which greatly enlarges one's capacity of action via detachment and freely flowing motion. These two used at the same time should bring the best capacity: so wise is the human nature.

MAKING BIG CHANGES IN LIFE

Pay attention to what stays constant and place your balance upon that. Get to know the new ground and slowly move your balance so that you rest on that instead of on the old ground.

CAPABLE IN EMERGENCIES

How to stay calm in emergencies: Pay attention to what stays constant, reliable in the situation, like the ground that you stand upon for example. Pay attention to the changes only in short glances, as long as you can bear, so that you can learn the main features of the situation. Then return your attention to what stays constant, a reliable ground to build upon, to rest on: "here is the ground, ground, ground,..." until you have recovered enough. The recovery should take from half a second to a minute or two, depending on the pace that you live and how much afraid you are.

Use your fear and possible pain to make your achievements better suited to the situation, like I have advised in my texts about fear and pain.

The spreading of attention is a part of our natural way to function.

EASING PAIN

You must pay attention to the hurt part and also to its environment:
for the wrist to the whole hand, to your mind and habits and to the whole emotional and social space around yourself.

You must listen to your body, to its slight messages,
feelings of what is a good balanced healthy way to keep the limb,
and use such all the time.

You must also listen to your mind: are you strained in some way. Relax like one enjoying diving in a warm water. Fill your social and emotional space with nice atmosphere (One way to achieve this is to never think "only about anything that is worth something to you, but to feel with your feelings its worth to you.") and give up habitual tensions, relax!

You must also listen to your body about what is a healthy natural way of paying attention to your body: there is such a way, you just have to relearn it by listening and empathizing with your own body.
Such a good balance would be good to have always!

Pain is a warning signal
and simultaneously a way to make you concentrate your attention to curing the place which hurts.
The pain makes it impossible to do other things wholeheartedly.
So at least that much you must concentrate on curing the hurt part.
A momentary attention isn't enough: you must pay attention to the curing constantly,
and in a natural way, not from your memory.

Headache can be cured similarly,
but in it the way you use your forces and attention is very important.
It is often a need for rest, which is against your habits or opinions
which causes the headache.

Please read my text Learning new skills and the example about Castaneda's books!

STUPIFIED ANIMALS

Humans are the dominant species upon Earth nowadays. That may cause that animals reflect their views on successful life strategies on the light of human ways of living, and so lose lots of their natural understanding of

healthy ways of living, because most humans have lost it a long time ago. One piece of evidence for this is that sometimes fear makes animals behave in irrational ways that may be dangerous to them and to the environment, instead of healthily concentrating their forces to meeting the needs of the situation causing the fear.

NOTICING FEAR AND PAIN IN OTHERS

So how would one make the difference between an animal, which feels fear in the right way, and a safe animal. First of all, if the animal succeeds in reacting to the needs of the situation, it is safe. But on the other hand, it is concentrated into meeting the needs of the situation, so its normal life is on a less emphasis - that's what you can notice: its concentration and the leanness of its normal life compared to the usual.

What about suffering: shouldn't we notice clearly when an animal or a human suffers? How can we do that if the reaction to pain and suffering is more positive than what we are used to? There is the same thing as with fear: a successful reaction to pain means successfully concentrating to curing the hurt part, so that the situation isn't as dangerous to the individual. As time passes, the hurt part will be cured. But for the mean while, there is no more need to feel the pain because the reaction has been correct, a healthy one: there is the concentration needed for curing, at the expense of normal life which has become lean and not so much well enough for the long run. The hurt one may appear weak and concentrated to curing, and that is just what has happened and what we can notice and feel compassion for.

MORAL AND AGGRESSION

Aggression and hate are part of our normal ability to feel and react, so they have a curing effect: one just **needs to conceive right what the cause and so also the object of hate and aggression is** and what the right road to guide that force of aggression, then will **the effect be a healthy curing one**. But often, usually, it is one oneself that is at fault, so finding the correct object for aggression requires quite enormous amounts of introspection.

A typical problem in this is that we often feel agitated because of things that we cannot change or that are the most difficult to change, like the compulsory school, our nearest relatives, the culture, our work etc. Then it is very important to pay close attention that you never ever misguide the anger to innocent outsiders but to the real source of your horrors.

One ought to be fierce and gentle:

gentle = not doing anything evil at all

fierce = being strong enough to be able to defend oneself and moral

Moral means supporting good and resisting evil, so it means defending the good things and attacking the most evil things.

Defending good is moral, not evil, even when it demands extreme means. It is moral to take part in the military service in a defence force, and the task of a big leader is meant for a truly moral person, even and especially at the

time of emergencies and when hard decisions have to be made. Such aggressiveness is demanded from a good pack animal, i.e. it is according to moral and not against it: one needs to fight for healthy living conditions!

SUFFERING

Pain is at the same time a negative feedback and an advice on how to spread one's forces, especially one's attention.

Suffering is a form of pain, so it carries the same message: one should concentrate on curing the hurt part.

Those who err in bad ways away from the healthy nature likeness, are forced to suffer. Otherwise the beautiful healthy happy ways of living would be lost in a short while. If there were no suffering in the world, the systems couldn't be guided, except by the force of understanding and instincts. Feelings would be forcing one to not to care. Now there are threefold safety precautions: feelings, understanding and instincts, and no force guiding away from the pure health, naturality and happy life.

REPAIR MECHANISMS

Health and naturality need repair mechanisms:

- * pain and suffering
- * diseases
- * predators

They drop errors away.

The most healthy ones, the healthiest ones in every respect, do not suffer and do not die. They live very happily.

That keeps the world well on its right tracks.

Revir fights take care that an animal with a poor strategy of life cannot steal room from those with a good strategy of life.

FEELING STRONGLY ABOUT MUSIC

Why we feel about music and art?

We feel strongly about things, which touch our nature.

Art handles things from the human point of view, what it feels like to live in different circumstances. Via such communication we understand things from the human point of view, what it feels like to experience such things: what do such things mean in human life and what is the role of them in the world at large.

If there is beauty involved we may take it as a model to ourselves about how to handle things, what is a balanced healthy way to live. Just analyse which qualities you find beautiful and which not and copy only the beautiful things of course.

If you like just a beautiful ordering, it may be that you are looking for good quality thinking and life, which is rational enough, or tidy enough. The complexity and artificiality of the modern industrialised world demands lots of rationality from us.

One mark of that is that to me, a thinker, the sense of beauty and feelings do appear rational and it is easy to understand humans as creations of nature: probably a correct picture of humans has to emphasise the role of thinking just in these modern times.

I am a thinker, so I need to be an example to others **about what thinking says** about the world and about good ways to live, about right values to follow.

Objective thinking and feelings

FEELINGS, INSTINCTS, LIKINGS AND OBJECTIVE THINKING

Natural selection created thinking, feelings and instincts of humans to work together. If one follows only thinking, that doesn't give as objective result as when one simultaneously follows ones feelings and instincts. Thinking along the lines given by feelings and instincts is a natural form of perception that is objective, too. (I do so and it increases my understanding of things without decreasing my objectivity.) Form an objective picture of the whole!

Feelings, instincts and likings tell about the importance and role of things in life. It is important to follow them to get an objective result with right emphasis on things and right roles for them to allow human to behave in a natural healthy way, also in large scale questions. It is important to have feelings in one's picture of the world,
 compassionate
 feelings about large scale things, too.

In good thinking things are perceived in a way that is natural to humans: with senses, feelings and instincts.

So the motivational component and an understanding of the meaningfulness of the things in human life comes automatically with the practical thinking.

I use my feelings, instincts, likings and sense of beauty
 as a part of my objective thinking, as a helping aid in conceiving things.

FEELING, INSTINCTS AND PERCEPTION

Antoine de Saint-Exupery:

"Only by following one's heart's voice can one see well.

The eyes cannot notice everything."

If human nature guides us humans to observe in our environment and in our lives things that are important in practise (like makes sense to guess based on the theory of evolution), our instincts: sense of importance, feelings, motivation, LIKINGS, sense of beauty and common sense guide us toward the essential in things.

REMOVING ERRORS

Following one's feelings, instincts and likings gives room to objectiveness since one's needs are met and so they do not overrule one's intelligence.

Using feelings, instincts and likings as a part of one's objective thinking does not cause confusion since these things can be perceived as extra qualities like colours for example are perceived.

Make sure that you get sizes right: feelings tell about the importance of things in human life. Sizes have to be measured separately, objectively.

Do not take sides. Form an objective picture of the whole. Just mark up the emotional importance of things in addition.

As long as one does not mix one's wishes to one's perceptions, feelings do not confuse thinking. One can create an extra perspective for wishes and dreams instead.

Feelings are objective. But feelings that are connected to social position are not objective, usually, since they connect social needs and power relationships to other kinds of things in life and include often lies.

"ALL ALWAYS"

Pay attention to what each feeling handles: what is its area of validity in thinking. Often feelings are connected to protecting something, so "all" may mean just the protected thing and not everything.

FEELINGS AND OBJECTIVE THINKING

Feelings and objective thinking

Feelings tell what you estimate the situation to be like from the point of view of human functioning.

The estimate has been made by your thinking.

So feelings tell about the results of thinking.

So if our thinking is very objective, with sizes and emphasises right,
our feelings are objective too.

When you want to be objective, don't mix imagination at all to your feelings,
since it is just imagination which makes the feelings unobjective.

WHAT TOUCHES US, IS IMPORTANT

The deeper something touches feelings, the more important it is to life, the more we typically get added capacity from it if we just are able to use structural analogies from one type of doing to all others. Understand the messages of feelings!

ATMOSPHERES

Atmospheres give a HOLISTIC VIEW about what we feel about the things in our environment. Since feelings are objective, they tell about the world from the point of view of our needs, atmospheres are objective too.

ATMOSPHERES AND THINKING

Atmospheres give a landscape with feelings connected to it, reflecting the things in it, so if you understand the message of your feelings, atmospheres give a way to make quick and accurate, very objective philosophical estimates of things.

Atmospheres give information about rhythm, the structure of the whole, its balance and about what material the whole is made of.

Atmospheres fit together with holistic view that contains information about motivational factors, instincts, the elements of the environment and the role of those in life: the rhythm and dynamics of action and of the world at large.

Since I use holistic views in my thinking, atmospheres are important in my thinking.

You can find what an atmosphere tells you the same way that you can follow your feelings in thinking: just concentrate your attention to the things that the atmosphere describes and find out the rationality in those comments.

Read the text Feelings understand.

FINDING NEW THINGS FROM THE MEMORY

In remembering things the atmospheres offer a natural way to recognize things - school like form of written word is not O.K. for thinking and remembering.

Base your perceptions to the atmosphere, feeling, colour, shape etc. and do like when watching a landscape and trying to see all spots of certain colour, shape or the like and to form a holistic view of just them.

How to conceive mechanical things via atmospheres:

See the mechanical things as structures. Generalize and imagine what world would be like if it consisted totally of such structures, so you get a landscape with structure. An atmosphere is just a landscape with structure: see it as such, so you understand a lot via it. What the structure brings and what it takes, what it is like and what it prevents,...

Use several ways of conceiving at once: pictorial and atmospheres at least, so you will learn the connections of those ways of seeing the world and understand also mechanically the things that you conceive via atmospheres. So feelings will no longer be nonsense to you and to your environment, but hard facts.

ATMOSPHERE ASSOCIATIONS

In addition to fact associations are atmosphere associations valuable: they give structural analogies, in other words they increase understanding. So it is valuable to read poems.

FINDING NEW THINGS FROM THE MEMORY

In remembering things the atmospheres offer a natural way to recognize things - school like form of written word is not O.K. for thinking and remembering.

Base your perceptions to the atmosphere, feeling, colour, shape etc. and do like when watching a landscape and trying to see all spots of certain colour, shape or the like and to form a holistic view of just them.

HEART'S VOICE IS TRULY RIGHT

in the tough modern world

WE MUST RELEARN THE LANGUAGE OF OUR THOUGHTS

It is dangerous to think that feelings are totally irrational and that one should trust only in thinking, since our thinking is based on as sure perceptions possible of how things are and what we perceive are feelings, sensations. So we need to be able to trust fully in sensations in order to be able to think well, clearly and with certainty.

THE NATURAL BASE OF GOOD THINKING

Feelings, shades and atmospheres tell what type of things it is question of. So they help a lot in thinking.

ATMOSPHERES

Atmospheres give a **HOLISTIC VIEW** about what we feel about the things in our environment. Since feelings are objective, they tell about the world from the point of view of our needs, atmospheres are objective too.

How likings which seem nonsense, may be useful:

For Example:

POETRY

Reading (and trying to learn to write) poems:

- * increases one's understanding of the meanings of the words,
- * increases one's ability to find words and expressions,

- * creates analogies and an ability to create analogies to be a part of one's thinking capacity (more structure),
- * teaches one a better sense of balance, health and naturality in writing and objective thinking - being good for one's sense of **balance of wholes**,
- * teaches one to pay attention to **the essential in life and experience** and so find things that our lives and understanding are based
- * **makes one more sensitive to atmospheres and impressions, to ways of experiencing things, and so to our sure perceptions of the world**
- * makes one familiar with different ways of seeing the world, different values and emphasises, different ways of thinking and different ways of expression and different roles of language and perceptions in life and thinking

VISUAL ARTS

Why to teach the visual arts in schools, a beneficiality view from the point of view of work efficiency:

- It increases the sensitivity to atmospheres
 - and the shape recognition ability
 - communicational skills, both understanding and self-expression
 - brings self basedness which brings one's capacity better into use
- increases emotional intelligence because of bringing more vocabulary to sensations and ability to take feelings into account and the ability to act according to feelings and makes thus better the ability of the individual to search for a job that is suited to one's abilities and to use one's free time in ways which make most sense
- makes one's understanding better since the language of feelings, pictures, atmospheres and social impressions is much more natural and thus more fluent language for understanding things than the usually in schools learned written language and the academical type of thinking by the help of written language (which is an aid of remembering things, not a base for thinking)
- the academical objective thinking works best by the help of pictures. So the ability to conceive seen landscapes makes one's ability to objective thinking better.
 - Increases creativity and thus makes one's ability to solve problems better.
- Humans are adapted to a life in the nature where there are lots more of sight perceptions with structures and details than in cities. This ought to affect the ability to pictural thinking which is humans' a most effective way of objective thinking, in a way which makes the thinking ability smaller if there is no extra attention paid to visual education.

Beauty and the ideals

BEAUTY AND OUR NATURE

Beauty tells of natural goals in life and in the world at large.

Health is beautiful:

AESTHETICS AND GOOD WAYS OF DOING THINGS

What we consider beautiful:

Signs of the following kinds of things:

- * natural
- * healthy
- * balanced
- * harmonic
- * a whole, without fractures
- * on a good ground
- * easy, effortless and nice way of doing something
- * happy
- * essential

Signs of flourishing life.

Something which to take as a model for oneself, to learn from.

(What we consider ugly:

- * unnatural, artificial
- * unbalanced
- * full of fractures, contradictory, broken, a part instead of a whole
- * unhealthy, ill, lack of health
- * on a poor ground

Something gone badly ashtray.

Something to be prevented, not to be copied at all.)

HEALTHY STIMULI

It is important to get natural stimulus of a healthy, balanced way of doing things.

(Like our sense of beauty helps us to get, at least partly.)

So we will learn from a healthy example how to do things and how to not to do them:

By our own sense of rightness and happiness we correct things toward better
 and avoid catastrophes and things,
 especially bad ways of doing things,
 that lead to catastrophes if those bad ways are allowed to continue undisturbed
 - those ways have to be replaced by better healthier ways of doing things.

SENSORY PERCEPTIONS AS MODELS

In the natural nature environment into which human beings are adapted to, there are lot of sensory perceptions all the time. Maybe human beings are adapted by the evolution to take those perceptions as a model, as kind of building material for structures in their thinking, since thinking is meant to be a kind of mental picture of what the practical world is like, and human beings used to get the right kind of sensory stimulus all the time. So maybe part of our capacity is founded on us getting enough healthy influence from the environment via the senses. That makes the visual environment and recreation in the nature important.

We usually get used to what we see around us. How the environment is organised and what it looks like affects a lot what we consider normal, to what we compare what we do. So if we use healthy ways of arranging things, doing things and so on as a basic guideline in how to arrange the environment from the visual point of view (and from others, too), we learn to do things in healthy ways, **to recognise what is good and healthy and how to do it in practise**, and on the other hand to recognise what is not healthy and to avoid such mistakes.

Nowadays that many systems have grown to look too large to be easily handled, it is important to give good example of using **a good holistic view** and healthy ways of building the environment. One might copy from traditional smaller scale things healthy and natural and handy ways of doing things, and arrange also large things like public places like streets, houses and vehicles that healthy and easily understandable way. That means in practise more room to women's values and ways of doing things, also in the city planning, architecture and so on, and especially in deciding about the forms, outer shapes of manufactured things and fashion. It is essential to make things understandable and to arrange all the things that one can so that technology stays in the place of the servant so that there is lots of room for **human values** and the needs of the humans. So one can little by little take these smaller things as examples for oneself in handling large scale things.

The same applies to the choice of symbols, names and so on. Those also should be chosen so that they lead toward good by themselves, give solutions to people.

BEAUTY BRINGS US NEAR THE IDEALS

The sense of beauty is precious. It brings us near the ideals. It teaches us about things which were far away but now near. The key to learning about it is in following one's feelings and understanding instead of school like thinking. Beauty sets a natural example of good ways of doing. One might try listing the good sides of the beautiful things: natural, balanced, relaxed, symmetric, healthy, sensitive, peak, the most shiny place, and see the analogies of **THOSE** things to other things, their ways of doing and what is good in them.

By the analogue, we can learn.

The sense of beauty is also a sense of ordering, structure etc.

What is a good structured whole like?

Structure analogies, felt (not school like in ways of thinking).

Use the sense of beauty together with the sense of health!

The beauty of an ideal like Gaia tells about the health of Gaia.

I think with the help of my sense of beauty:

Simplicity -> well understood

symmetry -> generalisations

essentiality

instincts, feelings etc. -> essential from the point of view of life

"BEAUTY IS IN THE EYES OF THE ONE WHO LOOKS"

I believe that beauty is a structural characteristic of the things, which we look at. It depends on the skill level of the one who looks: is the "ordering" of the thing beautiful enough, rational enough in their opinion about life, about how life should be lived, in order to look, to be classified as beautiful.

Compare to the text Wholeheartedly and to my idea of beauty:

What I mean by the sense of beauty:

- * instinct level understanding about right
- * things, which touch feelings: which feelings mark good
 - * touch the practical reality
 - * really healthy
- * beautiful in a deeply thought of way
 - * feeling of being correct
 - * Wrum! There it goes!

BE ANALYTICAL ABOUT BEAUTY

The using of the sense of beauty demands analytical thinking: what is it exactly which is beautiful, touches us and what not, what is there trustworthy, a sure ground to build upon (naturalness, health, happiness, the essential things in life) and what is worth nothing in comparison.

FEELINGS, BEAUTY AND LEARNING

Follow your feelings, they tell what is important in the world. The sense of beauty tells us about goals, about what good healthy natural happy functioning is like, and the picture, which we so create in our minds, serves as a map to a better functioning - via a road that is easy for humans. Typically when we learn new things, we learn types of structures and ways of using attention. **If we have a good idea of what a healthy happy human is like, we have a good idea of how a human functions best**, what are things grounded on and why just so.

Things which belong to the natural repertoire of humans but which we learn in school with the help of books, are in our lives in a different form than the natural easy one. Some natural structures of thinking seem to be altogether lacking: at least some concepts that have to do with the structure of thinking and natural ways of learning.

BUILT BEAUTY

Health -> beauty; taking good health as a model

Build beauty

- * the wish to build beautiful things
- * the wish to look at build beautiful things

- * a sense of health, harmony etc.
- > models of health, harmony etc.
- > the possibility to live according to such
if one just has the skill for it
- * recognising good things
- > taking them as goals for one's own life
& as models

What we term beautiful:

things that make us feel in the following way:

Beauty

That's right:

I dream of building a nest to a place like that.

That would make the world my beloved.

Most of us lack a ladder to our dreams. Otherwise beauty would make sense to us. The ladder is a skill, which is connected to human functioning, to an experience based theory perspective about what is a good way for humans to function.

- * What is good functioning like? (The model)

* How to achieve it?

Copy the structure of the model. (Read the texts Learning from ones much above oneself in skill, and Fulfilling dreams.) If the model is a person, you need to adapt the structure to your personal characteristics such as size and skill in each thing.

Feelings tell the functional state of a living being: that's the structure.

FEELINGS AND BEAUTY AS STRUCTURES

Feelings and beauty describe structures: the functional state of a human or of a human society or of the biosphere and its environment or the like.

The balancing of such a complex whole is a skill and so models may be useful in it.

Balance:

= each functional part in good health and on in its healthy natural place and in natural proportions according to the situation and to the nature of things. Healthy natural functioning. Happiness and harmony, long term safety.

WOMANLY BEAUTY

A human being who:

- * practises sports or the like
 - * is interested in atmospheres and feelings
 - * wants friendly social relationships
 - * is nurturing toward small ones
- etc.

A BEAUTIFUL FLOWER

- * a piece of nature
- * beautiful structure: a good harmonic ordering
- * pleasant for feelings and so reminds of emotionally good ways of doing things
(It is important to get sensed models of such and to get such good habits.)
- * from the flower will become a fruit or a berry, maybe eatable, and it is good to know
- * a symbiosis between insects and flowers is a good model of how to live

BEAUTIFUL SUNRISE

- * the harmony, naturality and health of the pure nature
- * a positive direction

* a natural happening according to the human nature

A BEAUTIFUL PAINTING

- * visual beauty: healthy happy structures
- * other kinds of beauty: things positive for good health
 - emotional beauty

BEAUTY VERSUS USABLE THINGS

Beauty, which is a model of certain characteristics, is of course different from an usable thing having those characteristics really. The beautiful model isn't a ground for life while the usable thing is. But the beautiful thing may be important to emotional life, to the valuing of emotions and goals in life, as a social guideline in that, as a visual environment (suitable living conditions, sensed model of a goal, social message) or otherwise even though it isn't as concretely, unavoidably needed as food for example is.

BEAUTY IS IMPORTANT

It is good that ideals exist. Otherwise one falls to the pitfall of too timid solutions in which no existing problems get solved and so there is only a little or no change toward better.

A BEAUTIFUL PERSON

The beauty of a single person: Read the text about natural leaders. The beauty of supported things and of skills.

BIG LEADERS

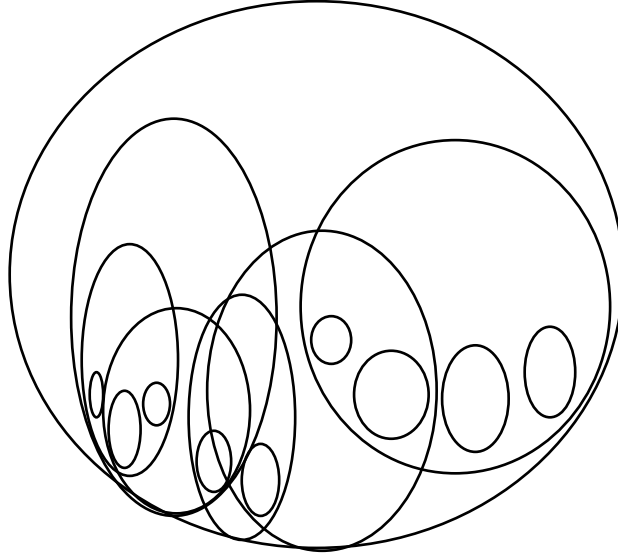
Big leaders search for support.

Fulfilling basic needs is the way to gain support. People always aim at toward fulfilling their own needs and the needs of others. The need for security is one of them. Toward a healthy happy world.

A healthy human being, a personality of a healthy kind, can be a centre of recovery for the whole society, a leader by instinct level support. Toward a healthy happy world.

It is natural for humans to live in societies. So there is a natural type of leader too: the same characteristics may have appeal to many, to just about all. Healthy individual is the natural kind of centre for a human society. Such individuals get well along with others.

a picture: the diagram



The parts support each other forming subwholes which supporting each other form the whole.

THE RATIONALITY OF IMAGINATION

Think of the tale like Gaia and other tale like objects of feelings as a bunches of separate causes of feelings instead of as single descriptions of the reality, then they are also rational.

Gaia is an ideal but very informative. It is a dream characterised by a set of qualities, which are useful directions in practise.

Gaia = all living beings are one
 + naturality, health
 + compassion
 + responsibility, good moral
 + nature paradise, a healthy happy world

BEAUTY AS A PART OF OUR VOCABULARY

By adding new liked and needed things to our life, like the things that just our feelings and sense of beauty guide us toward, we learn about our functioning on those sides of life,

we become better at observing things,
 at keeping our balance
 and at staying in good shape, capable.

Noticing those things also when doing other things gives us a better understanding,
 a more structured view of things and of our own functioning in doing them,
 more vocabulary - correct vocabulary based on our practical experience
 instead of in imagination and the claims of others.

Our ability to see more complex wholes makes us more skilled in doing things,
 gives us a better way of doing, making the quality of the work that we do better
 and the work more efficient.

With this view of the importance and wisdom of feelings,
 doing things according to one's feelings
 - according to one's own understanding
 and by the way that one oneself, an individual, functions best -
 also the feelings, which refer to, how much things are according to one's own feelings,
 start to make sense, to tell about important things
 from the point of view of the functioning of the individual and the society.

Your feelings tell what are the important goals in life
 from the point of view of your natural own understanding about life and the world,
 about what is best for you and for all humans,
 because of the wise human nature.

EMOTIONAL BEAUTY

Mark it one, which concerns emotions. See how it exactly concerns them: what is in so good state that it looks
 beautiful - in what kind of state exactly. What important about your life from the point of view of your own
 functioning do those emotions tell? Add this to the landscape formed by your emotional understanding about life at
 large.

**Think of the world as a large biological system: feelings and beauty tell of the functioning of the parts of the
 system.**

HEALTH INCREASES HEALTH

How healthy ways of doing things affect the environment toward better, healthier, more well-working and happy.

Building things on a strong ground.

Giving good example to others and the natural reparability that is thus created.

Finding the true chord, getting grasp of the art of living and of what common sense says.

A really intelligent person: living in a healthy happy way, giving thus a good example to others responsibly, affecting the world toward better by giving a healthy example and by having found the right chord in living.

MODELS OF HEALTHY LIFE

It is important to get natural stimulus of a healthy, balanced way of doing things. (Like our sense of beauty helps us to get, at least partly.) So we will learn from a healthy example how to do things and how to not to do them: By our own sense of rightness and happiness we correct things toward better and avoid catastrophes and things, especially bad ways of doing things that lead to catastrophes if those bad ways are allowed to continue undisturbed - those ways have to be replaced by better healthier ways of doing things.

Athletes, old good times and animals

Value the healthy and take it as an example to yourself!

(I practise a sport, like animals and value old persons.)

Balancing things in one's life, philosophy and wisdom of life, healthy ways of doing things, a human being as a whole that works well together: emotions, motivation and ones' understanding of the world.

SUMMARY

Use your sense of beauty together with your sense of health.

Sexuality and learning

SEXUAL MORAL

Finding a sexual partner for one's lifetime is one of the big things in life, so one must mark it important enough.

But one should not steal from others their spouses because so one's isn't supporting the islands in the society agreement upon which loyalty is built.

DIFFERENT NEEDS CAUSE DIFFERENT LIKINGS

The roles of things in life and in our picture of the world vary according to what we ourselves are like, what our strengths, weaknesses, role and situation of life are, and according to what are our power relationships in each thing compared to each one of all the other persons, what is our effect to the whole, in which respects are we (our life) based on each thing, and so on.

Different individuals have different identities and different things are beneficial to the different individuals:

*** different abilities**

*** different environment**

-> different things are needed for development and because of this, different things make sense to the individual

In addition there are the different likings:

*** personal characteristics**

*** one's ability to notice things**

*** needs, things that are lacking and meeting those needs**

*** sense of health!**

*** habits**

*** which things bring the meaningfulness to life,...**

Read my text Sex and the wish to copy good ways of doing things: different men like different women.

SEX AND THE WISH TO COPY GOOD WAYS OF DOING THINGS

Men think that women look charming because of sex. But they are mistaken: Women look attractive because they are more intelligent than men, use better ways of doing things. Sexual attraction is at least partly a question of a natural way of learning.

There is a resemblance between the bravures of men and the ordinary ways of doing of women. So men have a lot to learn from women.

Sex brings lots of influence from the other person's way to live and do things and so gives one the possibility to learn new ways of doing things by copying from the model. Socialisation serves as a natural helping aid in learning.

Sexual attraction is the greater the better the other one is at something that one wants/needs to learn **about the art of living.**

Health, naturality, balance, good healthy ways of doing things, an unified whole,...

The wish to develop to a healthy direction that is positive for happy life.

As long as one is moral, sexuality is positive for happy life. And these thoughts mean that it is also beneficial.

THE WAY TO LEARN FROM SEX

So as one is sexual, one should pay attention to the influence that one gets about the other person's ways of moving and ways to do things and try to via them understand, like is natural for humans and animals, the mode (eyes, hearing, thinking, memory, body coordination, emotions, atmospheres, social things,...) and way (rhythm, structure,...) of doing. Via learning these balances of divisions of attention and effort one can learn the ways of doing of the other person and so her/his talents and skills. By making a combination of these two ways to live, one's own and that of the other person, by using the unified understanding of both, one can combine the good sides of both and leave those bad sides away for which the other one has strengths to replace them with.

If there is something which is of no use but still interests you, check whether it can enrichen other areas of life, for example by giving sensed models to thinking, so that there is a point to an interest in it anyway. Feelings and atmospheres are valuable: check the section about them. Also, a human being is basically a physical being, all the actions being intertwined around the physical body, so keeping the body fit and well functioning keeps the whole human fit, balanced, healthy, happy and well functioning. We are also social beings, pack animals. What our social environment is like and how the pack works affects enormously our lives. Our whole environment consists of humans, of the human pack, so it really makes sense to pay lots of attention to social things too. But on the other hand, we need also planning, hard rationality in order to get things work well, so there is a point to most seemingly irrational interests in the good sides of others. Those, which do not make sense, are a consequence of a thought error. But remember that the needs of people differ. What one has a lot, one doesn't necessarily need from the other. So someone can bear a person who would be totally unsuitable to another one. And a person with other skills than yourself can benefit from other good sides of others then what you yourself are capable of. Like for example whether one has learned this way from learning from sex or not - that can make an enormous difference to one's learning ability. One should just remember that the more skills one has, the more one can influence things and the more important it is to be responsible, moral: to think of the consequences of one's actions, to carry responsibility about them.

LEARNING MAKES THE ENJOYMENT PERMANENT

Learning doesn't remove the enjoyment from sex: by learning you get permanent the good feeling: it comes partly from the feeling of strength and ease of the other one and partly from a well functioning social relationship - that is one thing to learn too, so that good feeling too will become a permanent enjoyment to your life!

WHAT IF THE STRUCTURES ARE TOO DIFFICULT TO BEGIN WITH

If the structures that the other person uses are too difficult for you, that is partly a consequence of her/his ways of doing: if you would adopt the same ways of doing, especially the same mode and division of forces and attention, you would get an as big capacity as the other one has. Remember the thinking part and the use of forces that the other one uses in thinking: especially what is the role of the sense of sight in conceiving things, all its roles in thinking. Also, remember to value atmospheres, beauty and sensitivity.

But what if your memory isn't enough to remember these complex structures, then use your memory for nature landscapes, placing the picture to be remembered above the complexity of a nature landscape and using a similar way of remembering than for the nature view. That should increase your memory and capacity to handle such structures to manyfold.

Also, in order to remember the mode, use your memory for atmospheres, sensations and **experiences** and not the memory for already learned school like things.

Read the texts Developing in skill, On the value of real justice, and also the other texts before this text.

Read also the texts Fulfilling dreams and Building on the healthy.

The ability to use the senses as a helping aid in thinking and an understanding of the connection between physical and psychological(?) helps one to learn from sex. Also an understanding about the role of modes in developing abilities helps one to learn from sex. Read the texts Learning from those much above one's skill level and Developing abilities.

COMPARING ONESELF TO OTHER HUMANS

DEVELOPING SKILLS

If we pay attention to different sides of things,
 we get a different perspective to the world,
 where **different things get emphasized in perception,**
 as a base of practical action (knowledge)
 and as goals.
 Our understanding of the world,
 of causes and consequences
 and of the importance of things in life,
 creates this emphasis together with our mode of action

(spreading of attention,
 how our different functions get emphasized in living and doing),
 our habits,
 skills (which determine which ones are easiest and most successful routes to our goals)
 and getting socialized towards the perspectives, modes, values and ways of doing of other persons.

Being talented in something means that one is on the right kind of mode for that kind of things to succeed
 and pays **natural attention** to the right things (the essentials, the point in things) in a right way.

One can learn by copying from another by empathizing,
 taking the other person as a model for oneself,
 noticing the essential and putting things into practise
 in a way that takes into account the differences in personal strengths
 (so the base for action is a little different for each person)
 and doing things based on one's own rhythm,
 understanding and true motivational ground
 (emotions that are not based on social position, technical things
 or theory-based knowledge).

Balance the whole. Do things in **healthy** ways that take the whole into account.

All healthy human beings have the same natural functional parts
 which join together to form the whole.

Different persons have different strengths. One can emphasize the functions differently and get wholes that are
 balanced differently. One can learn from others new balances.

The healthiest balance is the goal.

Read the texts "All humans have the same needs" and "Natural environment and life".

The fascinating tale like books of Carlos Castaneda - an anthropologist from Peru - tell about indian shamanism:
 about the skill of changing radically one's way of perceiving the world.

Shamanism at large may be connected to using ways of perception and communication that are natural to human
 beings - like empathy, instincts in a nature environment etc.

"SUBJECTIVITY"

It is good to pay attention to with whom one associates with, so one can take into account the individual
 differences in the ways of functioning: whether it is a sight, hearing, body, rationality, emotions, atmospheres and
 so on oriented or of some other kind. Read my text about learning new skills. This is one of women's strengths.

LONGING

Mark the things that you miss, important in your picture of the world, in a way which affects your ways of living. That honesty eases the pain of separation: from now on you will safeguard the important things in your life better than you have this far done.

LEARNING FROM THOSE WHO ARE MUCH ABOVE ONE'S OWN SKILL LEVEL

In taking as a model for yourself someone who is very much more skilled and/or talented than you yourself are, you must not only look at the model, but you must also look at yourself: what you can well, what you can somewhat and what you can slightly and about what you have some idea about how you could learn such things.

Now compare to your model:

what are the basic things needed for succeeding at least slightly or somewhat in the thing in question?

How could you possibly learn them: take a look at your picture of the world, about the practical possibilities for yourself in your life in those things.

Usually in learning and listening and looking to others I am especially interested in the point in doing things - both those of my own and those of the other person. What is the point in things in practise?

Build on a true ground, not on faked one.

AN EXAMPLE: ASSEMBLY POINT IN CARLOS CASTANEDA'S BOOKS

Our picture of the world determines what we observe. It determines which sides of the reality we pay attention to and how we unify our observations to a picture of the whole. It tells what exists and what not, and so determines how we interpret our observations.

Castaneda uses to the description of this the concept of "the location of the assemblage point" by which he means the way in which we collect our sensory perceptions to a whole. The concept is wider and includes at least the following things:

* how the observations are assembled to form a whole

(I imagine that I know that my life will end after two or three seconds and that those seconds are lengthened to last hours or even years. I am without a possibility to communicate with other people. All the meanings connected to navigating in the ordinary everyday world disappear and there are new personal meanings born. Based on these I get a grasp of how different would be the world where the ways of interpretation accepted by the society would be very different from ours.)

* which sides of the world one pays attention to

(Examples:

1. My first drawing class: a white pyramid and a ball on a white table. The teacher commands me to describe the different shades of white but I cannot see them. I try some time and succeed at last. I turn my head and the whole world is full of lights and shadows, which I have never before seen.

2. As a beginner on a dancing course I notice that the way that I used to conceive my body isn't enough. I need to learn a totally new language in which there is no room for words.)

* momentary picture of the world

* dominant mood (intellect/feelings/concentrating on the senses)

(An example: mathematics snooze. I am reading for an examination on the last evening just before I go to sleep. In the morning I wake up in the examination, trying to proof mathematical things. I get out and the whole world is bright and clearly seen. But I cannot get along with people like usual. I answer only "yes" and "no", wait for more information, claims to judge.)

* state of mind

In the language of my own scientific picture of the world, the place of the assemblage point tells the momentary mode of the human brain, which mind processes (both conscious and unconscious, from simple perception to abstract thinking) are happening at each moment.

Making the way to perceive a habitual one

Our picture of the world is based on us always seeing things the same way. If our way to sense would change all the time, we would have no means to figure out what the world is like. So we have to fix the assemblage point in order to understand the world. Inner speech is a way to do that.

A child does not yet have a habitual way to see the world. Her assemblage point moves freely.

Each adult who associates with the child, teaches him how to conceive the world. The adults teach the child to talk to oneself and that inner talk fixes the assemblage point, the way to sense. When we are adults, our picture of the world has become so habitual that we cannot imagine it being just one of very many possible ways to perceive the reality.

(An example: A child learns just the language, which is spoken around the child. An adult recognizes the phonemes of one's mother tongue but not necessarily those of foreign tongues.)

If a human being manages to stop one's inner speech, the assemblage point gets freed and one can sense in extraordinary ways.

The rationality of religion

WHOLEHEARTEDLY

What makes you convinced? Which things you support wholeheartedly?

This voice of your own understanding and of your heart fits well together with other similar voices forming a harmonical whole, which is the ideal and at the same time as correct thinking as possible.

One can think about this ideal with the help of religion for example:

the fitting together of all good,
one of the basic building parts of human nature.

It is a solution centred way to answer the questions of life:
of making one's view better on some essential part.

RELIGION

Maybe a whole human is also religious in some way. At least one needs to do some things seriously,
wholeheartedly.

Think what is rational in feelings, find ways to take that rationality into account: often rational grounds can be used even if others do not want to listen to feelings.

Often religion seems to be connected to our idea of what is fractureless.

Think what a whole (not fractured but healthy) human being is like and what a healthy natural human society is like. **Build this model** in your mind, marking up how sure each claim in it is. It is our goal to reach this beauty of naturality/of creation in the world.

A human being is essentially a part of the nature, that's why I call the present day people fractured, not completely healthy.

REAL MASTERY IS NEAR THE HEART

Feelings reach the essential

1) Feelings as a map: If we are motivated to some task from our heart, our feelings tell how we should do it: which road leads to success and which not. In other words, our feelings have memorised how well we did in each thing. So our memories about feelings and our emotional associations (structure analogs) serve as

a map about what to invest in and which road to travel.

2) We naturally feel strongly about the central issues of human life, about their most important matters. Those things are usually common to all humans.

3) Feelings reflect our motivation. And our motivation in turn tells how well we have understood the idea in what we are doing and so what kind of meaningfulness the end result has.

4) If we are not motivated, that can be seen in the end result too. By reading from the memory one cannot figure out anything new but inspiration makes one achieve better than what is usually possible for oneself by being actively observing and creative.

FULFILLING DREAMS

Divide your dream according to what needs that are completely natural to human beings, each side of the dream fulfils. Imagine what are like the situations where each one of these needs are met separately (+ all at the same time). Do not make a too concrete picture. Instead rely on your true understanding. Make as natural pictures as you can: totally according to feelings (like created by Heaven, God) and not like theory in book form. Now think of how these needs are met: what you know for sure that is needed for each of these as support: like healthy life, healthy individual, a good understanding of the world with an excellent true unified picture of the world and a possibility to do everything according to one's feelings according to that picture - also in the large scale things! What is the role of meeting each of these needs in the life and functioning of the individual, of the group and of the society? How are these needs met in practise? What can one build upon in meeting these needs? So one has a map (the goal) and stepping stones to build upon to begin with.

The model of what is health like helps to fulfil natural needs.

SUMMARY

All feelings lead toward good.

Why is it so?

The evolution created feelings.

So feelings guide us toward better survival in life.

The problems in this are typically caused by a lack in understanding.

**Humans ought to have a natural
objective holistic view of the world
and of each thing that they meet in life
and of its role in the world at large.**

If one lacks a holistic view, one reacts first to one thing and then to another one while forgetting the first one, bouncing so mindlessly about and colliding needlessly with others. So one without a holistic view lacks the guidance of a good proper picture of the world.

**Only with that holistic view all right,
in other words with a good picture of the world
that guides us right in life,
do feelings guide us right in life!**

Holistic objectivity

A REMARK

Going with feelings **while having a holistic view of life and of the world at large** does not mean lying to oneself about what happiness is. You cannot pretend that refusing to do anything would be the wisest course of action for you. Instead you **have to build up strengths which will make life light and pleasant for you: you need to exercise yourself on all areas of life**, building new strengths for you. This demands some effort but brings a pleasant effect.

Humans are practically acting beings. Healthy natural life like our feelings guide us to **does not mean laziness**.

Instead it means lots of sports and physical work, lots of using the senses, having a rich social life and also intellectually interesting endeavours, in a word: lots of all kinds of meaningful things to do!

What the ideal is like, depends on your own situation of life and on your own skill level in a variety of things to do.

So it is very different for each individual. Still, **what is healthy and brings happiness is approximately the same to all, we just approach the correct way to live from very different directions: some need more rationality to their lives, some more practical work, some hard rationality to be able to protect themselves, some friendship,...**

Since following feelings and instincts correctly demands holistic objectivity, here is a quick guide to the basics of that skill:

THE BASICS OF HOLISTIC OBJECTIVE THINKING

(Noticed by and written down by Hannele Tervola)

MAKING PERCEPTIONS, ARRANGING THE MEMORY AND GOING THROUGH WHAT ONE THUS HAS
MEMORIZED
ARE AN IMPORTANT MAJOR PART OF OBJECTIVE THINKING

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Thinking consists of noticing things, so objective thinking is very much like using the senses.

What is thinking? Thinking means forming a correct picture of the world. **Thinking is based on undisturbed perceptions: “This is like this and that is like that.”** Thinking is not based on words, terms or concepts. Instead objective thinking is based on ordinary sensory perceptions and on memories of sensory perceptions.

Based on our experience of life we form a picture of our living environment with its human relationships. So the base, the starting point for all thinking, are one’s perceptions, one’s memories of what the world is like, of what our everyday life is like.

*

Gardening mode: think in practical ways as if you were sensing the things in your memory or imagination.

The best way for making perceptions for the purposes of objective thinking, is to do like one who enjoys gardening does: a concretical clearly sensed nearest environment, where you can use all of your senses to feel the things in it, maybe touch them and try them; plus an awareness of the whole landscape that one is working in: the garden and the wider landscape.

Similarly it is very good in thinking if you can from your memory imagine the things to think about as a very concretical picture in front of you, where you can best watch it and try it, at the same time as you are aware of the place of those things in the world.

You have kind of zoomed yourself to the environment of that subject in your picture of the world so that you can make as clear perceptions as ever: “This thing I see clearly, but about that thing I cannot know because it isn’t in my picture.”

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A holistic view of the world: here I live, there is the shop, and so on; future rising to the air and one’s experiencies of life as a trail on that map: here was I at each moment.

Arrange your experiencies of life with the help of the sense of sight to form a map of the whole world. Some parts of the map you know well – they are described by your experience of life – and some you do not know at all: those are left blank.

“Here I am sitiing, there is a stool below me, a table in front, the window over there and the door over there, behind the door a corridor via which I came here,... Outside there is the street. Via it, so and so, I can reach home. My home I know likewise but more detailedly. The shop nearest my home in on another street around a

corner, the homes of the friends of my kids there near by and the park close by..." Build this way a map of the whole world. Place all things that you know at their right places in that map, like you via your experiences know them to be. Add to this the official map of the nearest environment, of the whole district, up to the level of the whole globe. This way you have all the world in the same picture!

The past you can place underground, the lower the further away in time it is, and future up into the air. This way you can see the track of your experiences find its way in the landscape, rising upwards all the way to the ground level, while the future is left up into the air.

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You can think of anything in your picture of the world, if you zoom into it and its environment.

You can see any place in your picture of the world if you zoom to that place in your map, and you can see the whole world at the same time when you zoom out to the large scale map of the whole globe.

This way you have one single correct picture of the world, with sizes and proportions right, which is a very good starting point for your objective thinking and in itself already much of what objective thinking aims at: an objective picture of the whole world!

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If you want to think about a certain thing in the whole, colour it momentarily so that it rises to meet the eye and is so easy to notice without losing sight of its place in the whole.

When you then need to, or you want to think about something, colour it momentarily with some colour that you find easy enough to notice, and take a look at it as if you were gardening, like I advised you before. This way you see both the thing in question and its place in the world, which is very good for your understanding.

*

Concretical fact associations are an easy organised way to change from one subject to another and a way to arrange your picture of the whole.

You get your picture of the whole world arranged in practical ways if you use concretical fact associations to move about in it: our farm -> our tractor -> its repairwork laterly and in the near future -> the money that the repair works cost -> the farming equipment shop -> what our neighbour bought last time from there -> his tractor -> their family altogether -> what we have like them and what different -> how each person lives in one's own way -> the rainbow of life -> what is important in life -> happiness, and avoiding catastrophes -> understanding helping in reaching for one's goals in life.

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A nature view at the background helps you to conceive complex things.

Sometimes things get too complicated. At those times it is good if you can imagine a seen nature landscape or even a single detailed tree at the background of your thoughts, so that you can compare the thought to the much much more complex nature view which is still easy to conceive. In other words, you place each detail of

your thought next to some detail of the nature landscape, look first at the nature view and then as if there was nothing special to it, you look at the nature view's style at the thought as if the thought were simple too – and it has thus become simple!

*

A gliding glance and forming a holistic view: do not let your glance jumb at all!

In these instructions it is the idea to handle all thoughts at the same time, so that you can get everything handled at once and do not need to get stuck in some endless mosaic of things for example as if you were thinking by words.

An educated thinking advances slowly and carefully from one piece of information to the next, kind of lets one's glance glide along the regularities of the thought subject and takes care to not to let one's glance ever jumb – not even if the one that one talks with would be prone to thought jumbs. This is so because with every jumb one easily loses the thread, the idea of one's thoughts and so the trustworthiness of one's thoughts is lost too.

So let the focus of your eyes glide along the subject that you think about, at the same time as you form a holistic view of the subject and about its role in the world – just like you would do if you met the things in the life in the living, visited some place or whatever.

This is one of the basic skills in objective thinking, one of its basic rules. From the thus formed holistic landscape like view of the things that you think about, you will later see clearly how things are.

*

Make generalizations and find things from your memory as if you were finding all spots of a certain colour or form from your environment: all such things in your vocabulary (-> finding words) or in your objective picture of the world (-> putting things to an objective form) or in what is available to build from (-> finding solutions).

DEDUCTION, IN OTHER WODS MAKING PERCEPTIONS BASED ON YOUR EXPERIENCE OF LIFE
ABOUT THINGS THAT YOU HAVE NOT EXPERIENCED:

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Check where do things apply.

If you want to know things that you have no experience of, you will have to make generalisations and see where they apply, where they at least do not apply – and what would apply there?!

You generalize something by taking some single characteristics of it and by paying attention only to them. For example: cats see well in dark -> seeing well in dark -> Well, if you see well in dark, you notice in darkness things that others with poorer eyesight cannot notice. -> Usefulness in hunting and in survival.

Now compare your generalisation to all the cases that you can find from your picture of the world: were your generalisation right? If not, you have typically forgotten to mention some important detail (“all animals whose eyes are healthy”). Fix it.

It is easiest to generalize very sure common sense truths, since the basic things of life are essential also in the world at large. Like: I need food. -> I people need food in order to stay alive. -> So arranging food for all is one of the most important questions in the whole world.

PROBLEM SOLVING:

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From a holistic view to details: what you need for a solution, where you could build it from, do you have those blocks, build it!

Many people try to solve problems by trying what they could build from a certain set of available building blocks. If they do not succeed, they give up. An easier and more efficient way to solve problems is to solve them solution centeredly: Think what you would need for the solution, what kind of structures – you can lift them up from your memory by associations – and what you could build them from – that too you can do by lifting the possible types of building blocks from your memory. Then just build it! This way you know what you need and how you can get it and so you are not wasting your time!

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One cannot reach one's thinking ability or objectivity by copying school like looks.

Humans have via the natural evolution adapted to a life in a close contact with the nature. So also our thinking ability gets support from doing practical work (-> gardening mode), using our senses (-> accurate perceptions) and our natural sense of place (-> a map). So objectivity cannot be reached by copying the looks of schooled thinkers or of the town environment. It has to be reached by living in harmony with our sensing nature which builds so a picture of the environment.

School likedness has gotten its main characteristics from the written text, not from thinking. And the written word is just a means of marking things up. It is not a means of thinking!

*

Do not think by words. Think instead by the memories of experiences and by holistic pictures!

Words are just a tool for communication. Words are not a way of thinking. Instead all our observations are made by the senses, by the feelings and sensations.

Words break things to an endless mosaic that one gets lost to. It looks complicated but it is not good for thinking. One who thinks by words is like one who has an extremely narrow tunnel like eyesight: For example take a cartoon cylinder from which you can see through one thing at a time, like as if described by a word. It makes an enormous mosaic of even simple things, like your own room. But if you look without such tunnel sight, without the cartoon cylinder, you can see everything at once and so understand much more via using such holistic pictures in your thinking instead of the tiny words.

*

Relax!

Sometimes one's head is dizzy and it is difficult to think. That is often connected to tensing the middle part of your body, especially the neck, the shoulders, the back and the stomach area. So just relax: exercise, stretch, go to sauna or whatever. Try to make your social relationships friendlier and less formal because that relaxes you profoundly, making you happier, more intelligent and wiser. Do not consider thinking hard work but think with enthusiasm!

You will remember things easier if you can empathize with the point of view that you were using when you memorized the things. Empathy too works better with a relaxed body and makes also your social skills better.

You can remember things better if you are sincerely interested in the subject.

*

Remember to carry responsibility!

A sense of direction or a compass is for a traveller more important than speed. So pay attention especially to your choice of goals and values that you follow. That affects your life much more than intelligence (speed) in itself!