

Paradise Wins!

**Trust Your Heart's Voice
in the competitive modern world**

A scientific view

A collection of short texts
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THE STORY

For You, Gaia My Love

In the beginning of time there was the healthy biosphere, Gaia, and it was a paradise, a world full of love.

There were no artificialities in the world. Each part of Gaia was at its correct natural place and so the world was filled with love for life and love for Gaia.

Humans had simple tools with which they made a living in harmony with the nature. Until they forgot. Maybe it were the tough times that forced them to do so. Maybe all were not as intelligent as others and there was a communication problem. But at some point someone got attached to the tools and the society didn't correct the error away. The paradise was lost, since only with healthy ways of living can there be a paradise, only with a full understanding bought by the healthy ways of living can there be a paradise. Now there was no longer and those who didn't have didn't understand why since they used stupid artificial ways of thinking and could no longer understand the natural truths that each animal and each human being understand as a gift from birth. They tried hard and thought that maybe by the help of tools they could reach the happiness which they had lost when they lost their natural emotional understanding of the world.

Times passed and the world become filled with artificialities. The natural emotional understanding was no longer trusted except by only a few men and most women. The world seemed out of control. The tools followed laws of their own, not caring for the human kind, much less for the living kind.

(Scenario Year 2100 ->)

But as machines were developed, they became wiser and wiser. Untill their understanding started to resemble that of the natural humans and animals, of even the Gaia brain. And so, a little by little, the Gaia paradise was restored by the help of the machine brains. This book is about that mechanical road back to a Gaia paradise. About the mechanical understanding of machines, about the very sure scientific way of thinking and about the natural understanding of humans and animals.

By nature, I am a member of a Gaia paradise. Everything that I do is in essence an act to make Gaia better, safer, more flourishing. Everything is for Gaia. Also this book.

Everything is for Gaia. For all living beings. Just sometimes, quite often for us humans, we get lost and the end result is not for Gaia but something else. But let us now find and travel the road back to Gaia, back to the paradise in the beginning of time.

At the forced sacrifice of winter,
do we forget what warmth looks like,
do we dream only cool calculated dreams?

Or do we sail the sea of leaves
in our soul,
never ever giving it up?

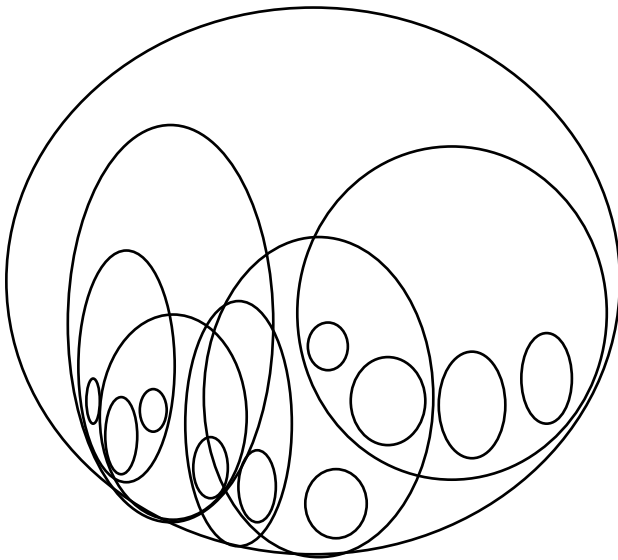
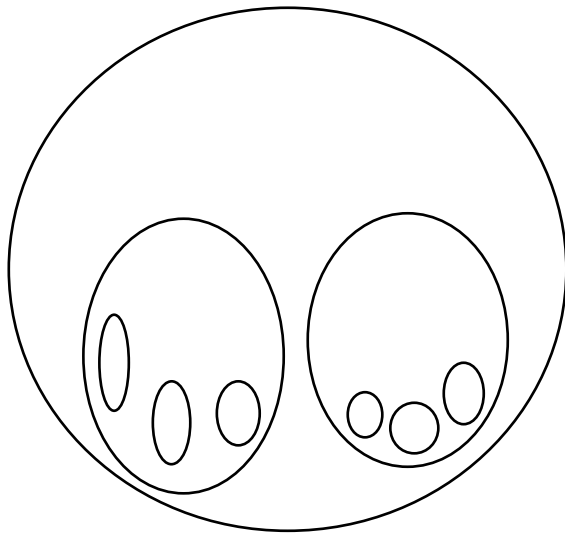
On a meadow, a song of life;
on the frozen braches of a winter tree, the sun
which will give us a spring.

Hannele Tervola

I Good is stronger than evil

THE STRUCTURE OF THE WORLD

The scientific picture of the world:
the world consists of atoms (physics)
from which molecules are build (chemistry)
which in turn form substances in larger quantities
from which the living organisms are build (biology):
cells and
from them functional parts of organisms and
from those whole living beings (which may form packs).
And these are parts of ecosystems in different types of environments and
climates
forming the healthy natural biosphere i.e. the living kind together with its
environment.



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

A HEALTHY SYSTEM WORKS BETTER THAN A BROKEN SYSTEM

A healthy system works better than a broken system.
And several harmonious forces sum up to a bigger force
than a separate one of the forces in question.

As grounds for the comparison use these divisions at least:

- * co-operation versus lot of conflicts

- * unified harmonic

versus scattered one that does not work together to form a well-working whole

- * healthy versus broken

- * on a healthy ground, steady versus unsure, unsteady

- * long-lasting versus easily scattered

- * strong versus weak structure

- * according to motivation, feelings and

the intellect & the idea in things versus against them

This is a basic truth and has a very wide area of validity. So apply it very
thoroughly to everything!

A VERY WIDELY APPLICABLE AND EFFICIENT TRUTH

Even though very elementary, "a healthy system works better than a broken system" is the central idea of the Finnish European moral and of this book. It is applied again and again to everything in the world and in this book, even if not explicitly mentioned. Learn to apply it yourself. So you will – really! - learn to solve lot of problems and to find answers to seemingly impossibly difficult questions, like the value of peace, justice, human values, honesty, democracy, freedom of (the moral!) individuals, Gaia, love and other feelings, beauty, sex, religion etc. from the efficiency optimising (for example military or economical) point of view. And why it isn't benefical to torture, to robb, to control too much or to lie.

**So according to the above model,
ALL BIOLOGICAL FUNCTIONING IS BUILD UPON HEALTHY
PIECES OF THE WHOLE HEALTHY BIOSPHERE,
AND THE BEST FUNCTIONING IS REACHED BY
THE WHOLE HEALTHY BIOSPHERE.**

Even though elementary, this is the basic idea of this book!

A REMARK FOR THOSE WHO DOUBT THE ABOVE:

COMPLEX WHOLES

It is the healthy parts upon which complex structures are built, upon which their functioning depends.

If one breaks one of these wholes, are its building parts the only functioning parts left of that whole. Those are all lower level wholes. Because the wholes are very complex, one cannot easily form from the lower level parts as well functioning wholes as the original natural healthy one. So all the functioning is build upon healthy pieces of the above model: the world is a kind of sum of the basic level phenomena.

This book is also about different ways to think:

EMPHATY AND THE SENSE OF HEALTH

A natural way to think about complex wholes is empathy:

Empathy and a holistic view

A healthy natural harmonious balanced whole is easy and pleasant to empathize with ("How nice to live that way, nice for all...")

But fractures, contradictions and unnaturalities cause unpleasant experience, are something to avoid; so one can see clearly how they disturb the functioning of the whole.

A good sense of health is important in this, like in many many other things too. But such is natural for most living beings.

THE VICTORY OF GOOD OVER EVIL

This book is about the victory of good over evil.
The victory of good over evil could be the reason why God exists and the reason why God created living beings.

MAKING GOOD WIN OVER EVIL IN YOUR PICTURE OF THE WORLD

Build in your mind a picture of what a healthy whole is like: healthy society, healthy human kind, healthy living kind, a healthy world. Term this good.

Now, compare to this what the evil option has to offer: what there is lacking from health, name that brokedness of the system, call also malfunctions brokedness.

It is an old truth that a healthy system works better than a broken system. So
good is stronger than evil!

Good creates a healthy structure. Evil causes fractures to structures making them weaker. A healthy kind of defence is here seen as a moral thing since it prevents evil from getting power.

HEALTH AND HARMONY

The value of health is in the model “healthy versus broken” almost the same as the value of unifiedness and fracturelessness, which in turn are closely connected to the value of harmony and cooperation: how well the parts fit together to form the whole. The better they fit, the better functioning the whole, the more optimised the use of forces.

COOPERATION IS MORE BENEFICAL THAN CONFLICT

The force created by cooperation can be thought of as a vector sum of forces: the more harmonious the cooperation, the bigger the resulting force.

The same vector sum exemplifies the harmfulness of conflicts: the more conflicts there are, the smaller the vector sum i.e. the smaller the benefit gained. In addition to that there is the damage caused by the conflicts, the forces needed for repair and protection and the lacking of those forces from other beneficial things. So it is clear that cooperation is much more beneficial than conflict.

The value of harmony as a vector sum

Several harmonious forces sum up to much a bigger force than a group of contradictory, unharmonical forces or a separate one of the forces in question.

< > v ^ **contradictory**

versus

> > > > **noncontradictory, harmonical**

Harmonical solution creates more benefit and loses none to opposition

- unlike the contradictory solution attempt.

Thus, cooperation gives strenght while strenght is lost in conflicts. So one who values cooperation is stronger than a like one who values conflicts.

And so "soft" harmonical means prove to be valuable.

Like this one can see how **peace is more benefical than war** and count the difference. One must just add the huge effect of the enermous destruction caused by the enemy. Also there is a loss in war to the safety of the future, like the society agreement with other countries tells.

Ally as much as you can. That brings you success in life. Ally with the society in order to produce good living conditions, ally with the moral ones for the same common cause and with friends to defend the things which you value. Ally with the living kind to achieve the paradise, Gaia.

Applying this result thoroughly gives the efficiency optimized result:

the most harmonical arrangement:

the natural and healthy (in harmony with the natural ways of functioning of the living beings)

loose (according to the way that things are)

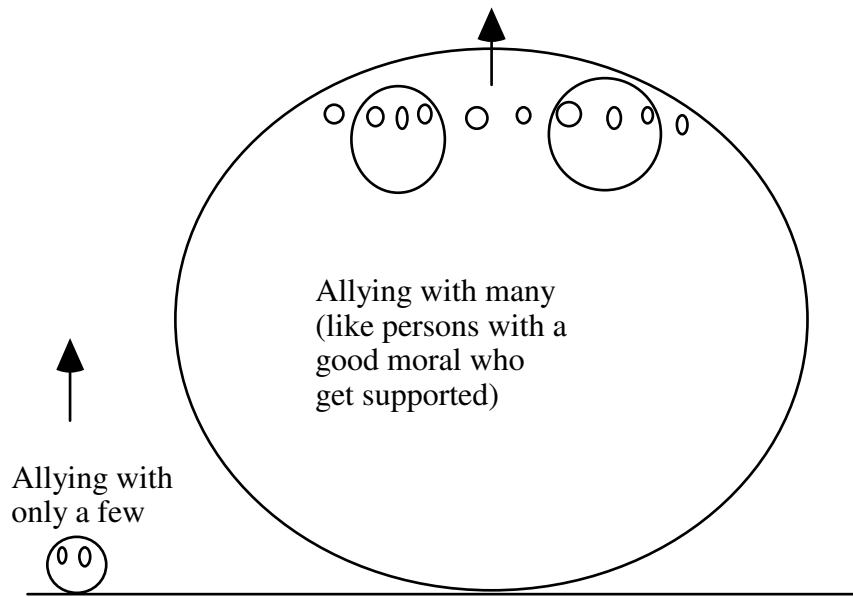
global (all parties in harmony and cooperation)

instinctual (according to the instinct nature too)

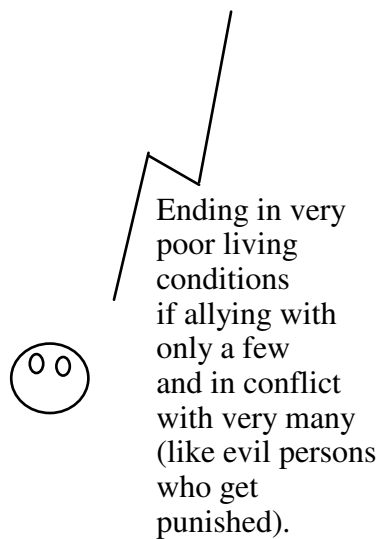
cooperation called Gaia.

About how such is possible see the rest of this book.

Compare the value of harmony to the value of unifiedness and fracturelessness.



Direction upwards = toward the fullfilling of needs



One cannot reverse the roles of good and evil in this, because allegiances are equal to moral and breaking against the good of others, i.e. needless conflicts, is equal to evil.

OPTIMISING A GROUP OF VECTORS

Group the vectors according to their direction so that each group is harmonious. Put the different groups to separate islands so that they cannot affect the vectors on another island. This gives added forces and loses none to opposition.

picture

NAMES

Names cause a cumulative effect and are because of it worth choosing carefully.

For example:

“**Newton**” gives immediately the association "new tone".

Isaac Newton begun the modern physics to a large extend. By using his name as a note to pay attention to certain things, he learned to discern **which things create new tones and which do not create anyhting new at all.**

His way of making practical observations in the way that is described in his first letter to the Englishman Hooke, is an excellent example of making observations suited for finding out new things about the world. His technical writings (Principia) develop the subject mathematically and mathematics is a tool that doesn't find out anything new about the world.

So he set a direction to go to and a tool to use without guiding, and so propably largely **created technologization.**

HARMONIC FOREST ISLANDS

Harmonic forest islands is the best way that I can think of to think of people living peacefully together.

Each person alone is an island with harmonic forest growing on it.

Each cooperating group is a harmonic forest island.

One can think through the whole society agreement this way - the structure of the whole world in a way which is constructive for happy life and good moral.

This natural division of the world also teaches one healthy independence at the same time as harmonical cooperation.

So the name "Harmonic forest islands" - Oak Island for example - is a really good one, one that one might want to have in some important place, I guess.

THE SOCIETY AGREEMENT

The island principle

A way to arrange cooperation:

either cooperation or independence.

Use separate islands for different conflicting parties.

People who CULTIVATE the same thing belong to the same ISLAND.

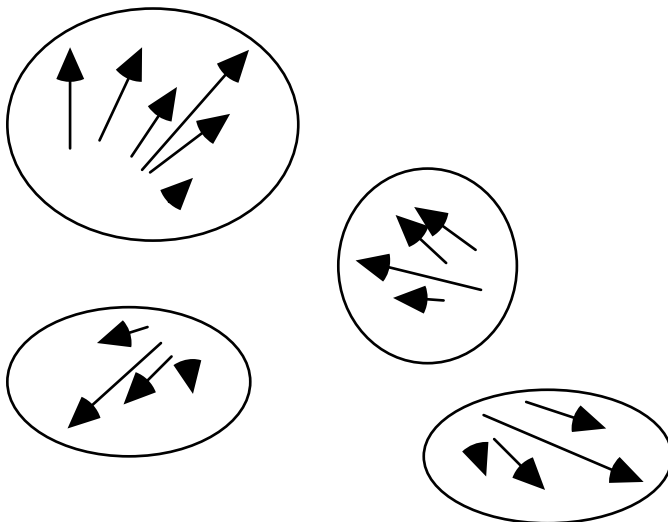
Share results of cultivation on the island according to justice which takes into account the basic living requirements of each. ("Live and let others live." is a good rule to follow.)

Check who belongs to your own island: those who do not follow some set of rules, do not deserve the benefits created by them.

One can create islands for the exchange of benefits.

Like this one can count what are one's responsibilities and rights toward the society: which islands one is on, what are the rules needed for cultivating those things: that's what benefits one has gained and that's what one must follow. This is called the society agreement.

This way of cooperating can be described also by marking each thing done a vector and by grouping the vectors according to their direction, so that one gets an optimised use of forces.



Each person is at the same time on many different islands:
creates many vectors i.e. does many different things, like
food, peace, family, home, work, hobbies etc. All these rules
one must follow and all these benefits one has gained.

Remember this also at the times of war: do not break against justice even then.
There is a society agreement with the enemy too, preventing the wars from
getting longer and more cruel. Check how much is lost when you do not follow
some rules. That much you have to lose yourself, even if you are a man and

soldier and think that what you are doing is for the common good. Those who keep the society agreement, are still entitled to their share of good, even if they are female and civilian. Read my text about healthy aggressivity. More than that isn't allowed. Being for the good health of the world and of the societies is moral, so it is supporting some islands of the society agreement, not destroying them. The army of Finland is strictly for defence only plus for some peace keeping operations of the United Nations.

The society agreement like picture of the world allows one to make cost benefit analyses also at the times of war. The costs of a war are huge, peace is a much much more benefical option.

By taking into account also other kinds of islands, i.e. all things that one causes (cultivates), one can see how we together make the world what it is.

Forming groups by being in a same situation or by caring for the same thing:

* all mothers

* all those who care for children

* all those who support good moral, obliged when they find themselves in a situation like this, needing moral guarding behaviour working for the good of all

* all who care for the future of us all

* all living beings

The society agreement says: all those of the group agree to work for the common cause according to real justice which takes into account human values, carrying responsibility of the whole, with the help of common sense with a holistic view.

The freely organized citizen democracy in Finland in Europe is of this type.

Compassion helps us to see the similarities between our lives and so to form this kind of cooperating groups.

As a helping aid in forming this kind of groups, use an objective holistic picture of the world formed by objective thinking, which doesn't take sides, and which recognizes things as phenomenas with feelings connected to them, feelings that tell about the importance of such things in life and in the world generally and about what to do with such things: which things to support and which to prevent for the good of all: children, free time, catastrophes,...

Feelings of this kind are typical to the Finnish speaking Finns:

**what is the role of each thing in life and in the society,
how do things form our fate - is it good to have such things in life or not?**

It is typical for us Finns to use a holistic view of the world at large all the time.

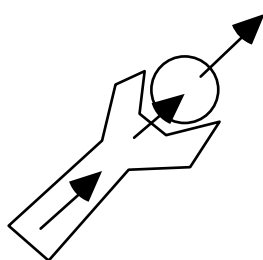
THE HEALTH OF A SYSTEM, OF THE MODERN SOCIETY AND OF THE BIOSPHERE

There are some basic truths about the functioning of complex wholes. This include the importance of putting each part to its correct place in the system. This is connected to the value of objective thinking, honesty and justice and to the success of market economy.

Having each part at its correct place in the whole means that the system isn't broken. This is connected to the value of unifiedness, fracturelessness in well planned systems, which in turn connects to the value of harmony:

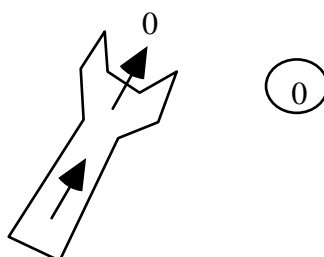
Imagine a system broken into pieces, starting to repair the system you put some parts to their correct places: you get small unified, harmonical islands, the better repaired the system becomes, the more harmonical its functioning, the more unified the whole. A well planned system funnctions without contradictions and fractures, harmonically. The next step from harmonival is unified well functioning. Such are the systems of nature.

THE VALUE OF HONESTY AND JUSTICE



Things at their right places in the system:
all forces fully in use.

THE HARMFULNESS OF LIES AND UNJUSTICES



Things not at their right places in the system:
wasted effort and effort used to wrong purposes.

Compare this to the functioning of the body. The body can serve as a model of a complex interconnected system for you.

When piece after piece is put to its correct place in the whole, the system starts to function better and better.

Truth

About the importance of staying with sure knowledge, the exact truth: Different points of view and different pieces of sure knowledge are like pictures taken of the same house from different points of view and different distances. They fit together perfectly to form a totally correct picture of the house. If one instead takes the rough building instructions of one corner of the house and shows them to someone who imagines based on that what the corner really is in practise and the house as a whole are like, one gets a picture which reaches the truth in some sense but is in other respects badly mistaken. Several such points of view do not together form an unified whole. Instead one gets a fragmented picture of the world since the pieces do not fit together.

Stay with honesty!

So all points of view fit together to an unified whole which is a correct picture of the world.

Read the texts Fulfilling all needs at the same time and Build upon the healthy.'

A remark: **Compare natural selection, optimisation, justice, market economy, democracy and objective thinking: they all give feedback according to what the thing (the individual or the group for example) is like.**

HONESTY

The value of honesty in building well-working systems:

Honesty gives a correct picture of how things are, which makes it possible to influence things for example by correcting mistakes and errors. So one gets **the base for functioning to good order, the essential things O.K.**

Speak the truth when you say something. The deeper you touch the truth, the better you will be listened to. Your soul is like that of others.

The effect of a fake is borrowed from the effect of the real thing. The real thing is much more efficient and long lasting, a strong ground to build upon, since it is how systems really function, the thing that their functioning is based on. A fake only misguides the reactions without giving anything for the system to build upon.

In increasing honesty and justice it is more important **to support others who are honest** and do things according to justice and to prevent lying and unfair ones from benefiting than to be honest and fair in everything. That way **feedback** from honesty and justice is positive while feedback from lies and injustice is negative. That makes it beneficial to be honest and fair. But we are social beings, so you will need to offer also an honest and fair example to others.

Instead of lying, refuse to speak at all about the subject. So you do not reduce the effectiveness of the needed parts of the system. (Wasted effort because others lie also when they shouldn't from the point of view of the system. Also when they are honest, there is less motivation because the former lies led ashtray instead of to the goal, and then there is some wasted effort to supporting lies if one suspects them beneficial.)

Especially important is to notice that you cannot lie all the time: you have to hit the truth sometimes in order to be able to live at all: **your life is based totally on the things in which you hit the truth - and you are a pack animal, so you have to have some honesty in communication with others in order to be able to live as a pack.** Lies are useful only for defence and theft (read the section Justice and optimizing).

X% honesty in a system gives $(X\%)^n$ effectiveness to the system where n is the dimension of the system and X% the amount of hitting the truth, what ever the reason for it. So systems are build on honesty.

The value of honesty is a very important thing to remember! This is connected to the value of unifiedness and to the importance of putting each thing into its correct place in the whole in order to get the whole to function as well as possible and as efficiently as possible.

Remember at least to **be honest toward yourself**, and preferably toward others too.

Honest looks

If the looks of people are not correct, honest and sincere, people get wrong roles in the society and the functioning of the communities suffers a lot.

One should not allow the disguising of evil as good. That is against honesty and justice, against the functioning of a system and against correctability. The Swedish speaking Finns do not understand this, the Finnish speaking Finns do understand it.

NO social roles

Social roles are partly lies: they try to build on a ground that does not exist or deceive others into supporting injustices. These are both serious faults which should be avoided.

Lies and injustice decrease the effectiveness of arrangements.

There is a Finnish saying: "What the big before, the little ones after." **If the leaders of a country steal by lying or doing injustice - either from other countries or from their own subordinates** - others typically copy the amount of lies in order to trust in the most intelligent ones' understanding. So if the leaders gain X% extra by lying or doing injustice, all the others try to do the same. That means at least X% of everything lost to lies, so the effectiveness of the system decreases X% per every dimension of the system. So the leaders gain $(100+X)\% * ((100-X)\%)^n = ((100\%)^2 - (X\%)^2) ((100-X)\%)^{n-1} < (100\%)^2 - (X\%)^2 < 1$. So since the dimension of the system, n, is at least one, the leaders lose instead of gaining! For example the dimension of the system n=2 if there is stealing plus laziness because of lack of motivation because of the stealing. That would cause **a loss of 2X% in addition to the gain of X% by stealing, so the total effect is a loss of X% to both the leaders and to the citizens.** In other words, **lying or injustice as a practise in a country decreases its standard of living noticeably, so much that honesty and justice would be a more beneficial option.**

JUSTICE

JUSTICE AND OPTIMIZING

Justice =

Giving each person feedback according to what the person does.

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-> -> ->	<-	0	#	# # #

a picture of justice (benefit/damage) (things done and feedback)

Thus, it is possible to let the different options compete about which one is the most beneficial, worth doing.

Good, beneficial is to be preferred and things that are harmful to the whole (in other words: evil things) are to be prevented. OPTIMIZING WHOLES

So, supporting good, and preventing evil, is a necessity when one thinks from the point of view of optimizing on a value-free basis.

BIGGEST FACTORS ARE ON THE LEVEL OF THE WHOLE, so it is necessary to pay attention especially to the whole, not just parts.

Typically justice while respecting human values, i.e. justice while taking into account the basic living requirements of each person, is considered the most fair arrangement and brings the most harmonical cooperation. Please read about the society agreement.

A real objective thinker should give each thing its righteous place in the whole.

A remark: **Honesty is an important thing in aiming at justice. It makes feedback systems function properly.**

A remark: **Compare natural selection, justice, market economy, democracy and objective thinking: feedback according to what the individual (or group) is like.**

NOT TAKING SIDES

Not taking sides is a prerequisite for justice and for true objectivity.

WHAT A MILITARY COUP AND ALL SOVINISTS NEED TO KNOW

If one denies power from some group of X% of the population, then in decision making there is only (1-X%) of the population's brain power with some constraints on the decision making in order to keep the rest in a poor position. That means that the most efficient option - healthy society - is ruled out, probably by mistreating some important factor F of health, so "F%" of the whole is rotten which leaves at most an efficiency of (stochastic(=what one randomly(the variety of individuals with different strengths) gets collected from a that big sample)(+cultural differences' influence) 1-X%)(1-F%) of what could otherwise be. This lack in planning power causes a likewise deficiency in all done things.

a picture

	1-X%	I	X%
1-F%	in use	I	power denied

F%	rotten	I	rotten & power denied

For example a military coup might overlook the benefits of the civilian point of view. There are lots of such benefits also when looked from the tough power&benefit point of view, like this book seeks to show. Read this book!

BALANCING THE WHOLE: JUSTICE

To each thing its correct natural healthy place in the whole.
So that nothing is misemphazized.

This is connected to honesty:
correct feedback -> correct places

picture: gathering all forces

HOW TO AVOID CONFLICTS

One simple advice on how to avoid conflicts, is to get more independence when one feels the need to aggressively influence things, so that one can peacefully influence them instead.

Read my texts about the healthy aggressivity.

INDEPENDENCY AND COOPERATION WITH UNIFICATION

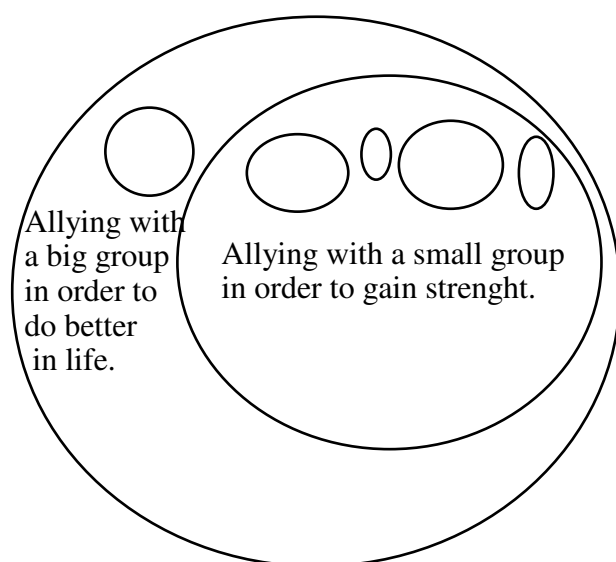
How to fit together the needs of independency (defence, justice) and the benefits of unification and cooperation? One needs different degrees of freedom and safety precautions in addition to unification. One can have separate islands for each party, or them in harmony and cooperation, or such with a promise to stay so, or such for a long time or one single area. Safety precautions make it possible to sift to a more independent arrangement if one gets abused. The ideal is to be free and cooperate at the same time, such is the healthiest kind of system, I think. In other words the arrangements should be so ideal that a new participant would on one's own choose the same ones as are already in use. That is: if they try to choose the best ones and not sabotage the systems. Separate islands and independence are needed just as a defence against sabotage and other attacks. Those who cooperate survive better.

Between island there can be exchanges: what one has a lot it will give to others and get something that they have a lot in return. If someone has lots of strenght, it can help the weak ones, who in turn make the promise to help in return.

THE RIGHTS OF SMALL GROUPS

It is for the good of all to support the rights of small groups. Compare the small group to small groups formed by members of the larger group and to the position of its single individuals. The same requirements and rules of game for all -> no injustice.

Bigger ones may not take advantage of small ones. Fair play! Keeping the rules of behaviour good enough.



Cultural differences may make the allying with a small group a good investment. But in any case it is good for the small subgroups of the big group and so good for the functioning of the big group.

If we want that the society is of a certain kind: that our needs are met also when we are weak or in trouble, we have to support islands that create those good things: to help according to justice those in need, to create arrangements that take into account according to justice which respects human values, the differences in personal strenghts, and to carry responsibility about protecting common good against the evil, irresponsible and stupid or ignorant.

If we can make an arrangement in the society agreement so that those in need are helped, we create a situation where basic living conditions are safeguarded for all.

One can allways make safety precautions against catastrophes and other dangers.

BELONGING TO A GROUP

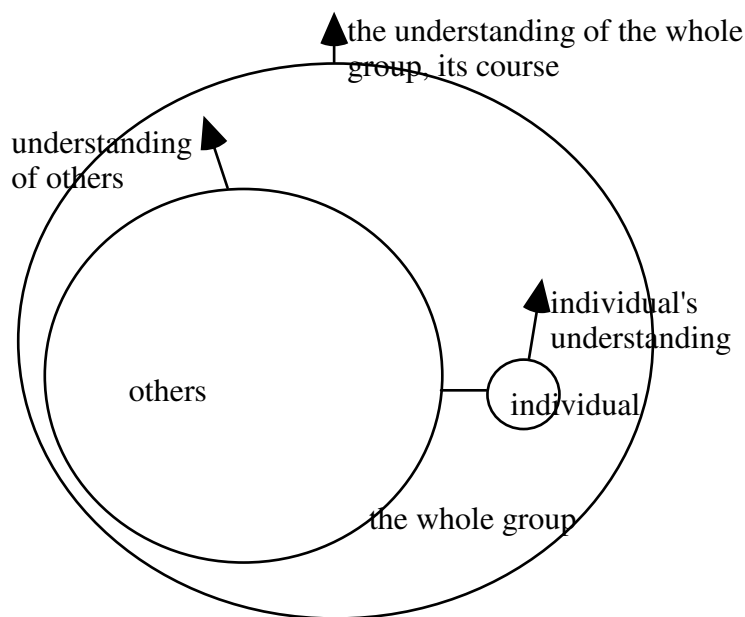
In justice one must judge each **individual** separately according to justice and give feedback accordingly to the individual, without taking one as a part of a group formed by one's social contacts or the like.

Belonging to a group can be taken into account the following way:

Taking into account that the individual belongs to the group for such and such reason in such and such circumstances, what is the behaviour that responsibility carrying attitude demands from the individual in such a situation, according to justice, taking the whole into account and not just the group? - Society agreement.

Responsibilities toward the group, responsibility about influencing the course of action taken by the group, carrying responsibility that the group doesn't restrict too much the actions of individuals on the cost of freedom and justice (rules of game) and responsibility about other things.

Enough freedom for each moral individual and an ability of the moral ones to defend themselves, take care that the systems cannot squeeze the individuals too badly and prevent evil from taking power. If everyone tries to live and also to do things in large scale in healthy ways, errors get corrected and things are on a strong ground.



The responsibility of an individual to influence the course of action taken by the group, according to one's best understanding.

DEFENCE

It is healthy to defend oneself. But it is unhealthy to defend oneself too much: one should not defend oneself against healthy and useful things.

DEFENCE AGAINST DECEPTION IN ALLEGIANCIES

Think of the world as a huge society agreement: who is really on your own island in each question, you can trust. Who is not but appears to be, who is disguised as one of your own, you cannot trust. So you need an island against the dangers created by those pretenders, especially if they are enemies. One way to guard against such attacks is to use separate islands in deciding about things: you decide on your island on objective grounds which support common good and then check if it agrees with the decisions of others and communicate about the decisions so that you and the others can learn from each other. **This is the reason why we are individuals and not solely social beings:** so we can make defences against betrayals. If your decisions agree, you are parts of the same group in that question. If not, then you are somewhat on different islands - either as a result of differences in understanding and experience - like usual: that's why the communication and social instincts are needed. Or because the others try to deceive you to an action which is harmful to you or to your group or serves some other goal which you do not agree about - that's why you need to trust your own understanding too.

HANDLING UNSURENESS ABOUT TRUSTWORTHINESS

If you are in a situation where you do not know how things truly are, for example, whether you can trust some person or not, you should act in a way that is O.K. from the point of view of the both possibilities. Take yourself care of the important things in your life, so that they get well even if the other person is not trustworthy. On the other hand, give yourself and the other person a possibility to living in harmony, in a constructive way: do not break anything that you do not need to - especially not those things that the other person needs if she/he truly is trustworthy. Try to do things according to justice, and work for common good, without harming good persons and without letting the evil ones to benefit in any way more than they deserve when they are judged according to their moral. Like making an ordinary deal with safety precautions.

**DEFENCE:
SAFETY PRECAUTIONS**

Always make carefully sure that the most important things get right! Make several checkings instead of just one: use all the weight of the importance of the thing in question.

DEFENCE CREATING SAFETY

Important things have to be made very sure indeed. One must check again and again that main things get right. In important things it should be enough for correcting things that at least one person notices what to do, and no-one should be able to destroy important things, not even a large group.

One must always make corrections toward good. And in important things one must carry responsibility in practise even if there are very many other person who in theory could do it, even if one is not intelligent enough, knowledgeable enough or in the right position to decide about such things. One must do one's part anyway, just in case that it really is one oneself that has to carry the responsibility in practise - that no-one else does it instead successfully. It doesn't matter if the president gets a thousand stupid remarks about the same subject but it is a catastrophe if no-one finds it their task to take care of. If there is enough information, things get better organized, even if the one knoiwing isn't agenius or a walking dictionary about the subject or a professional with tens of years of experience in the subject - there are some who are such and they can help if the ordinary persons just make the first move toward better!

SAFETY

There is an enormous need for safety arrangements in the modern world. Also most ordinary things like work can be thought of as safety arrangements against some danger like starvation, being conquered by enemies etc. We are stuck with the large systems because we need to defend ourselves. Also Gaia would need to defend itself so.

Only if we were allying with all the ones having the technology could we sigh in relief. Allegiances in the large scale become the more important the further advanced technology is.

GOOD WILL AND SAFETY

Good will toward others demands that if they attack us unfairly, we attack them strictly back, so that bad habits are discouraged and peaceful ways get more room. This increases safety since it makes attacking more dangerous for the attacker.

II The healthy biosphere

SELF-REPAIRING AND SELF-ADAPTING SYSTEMS

Free natural systems are self-repairing: systems that repair themselves starting from each and every place. For example a free society:
Freedom of the moral individuals, speech, opinion, press and uniting,
common sense and a holistic view,
human values and carrying responsibility of the whole,
real justice and democracy.

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. Living in the Gaia's way.

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.

Animals in Gaia

Animals use each other as models of healthy life (healthy wholes). Emphaty, compassion, sense of beauty and sense of health are connected to this. Gaia! Compassion is based on structural similarities between different kinds of animals and between their lives, from birds to mammals and fishes etc.

Repairing Gaia

How has this sensed model system been disturbed by the fact that among humans success is possible via technology and other artificialities instead of only via a sense of health? Among humans the sense of health nowadays demand also the ability to handle the artificialities. That should be possible only via healthy natural ways but unfortunately the strangeness of artificialities causes lots of investing in artifical ways of doing things. I wish that I could by this book help in correcting away that error and make the healthy human individual the most succesful one also in the world full of artificialities. And so repair the sensed model system of Gaia that way, also in what comes to our own species. After all, natural works better than artifical, that's a fact. One must just interprete enough many things to the natural ways of thinking and living.

NATURAL HUMAN SOCIETY

In natural living conditions in living a natural life there
there is a natural way in which human beings join together to form a society.

Our thinking ability helps us to handle unnaturalities.
The way for humans to join together is still the same,
since the existence of artificialities doesn't change the nature of humans.
So you can understand humans via the Gaia idea.

Fractures to that natural way of functioning cause those parts of the society, of
human life, getting broken and so the society works less well for the benefit of all
and all feel unhappy to some extend.
Natural kind of life brings happiness and a good functioning for the benefit of all.

In fact, when one thinks deeply about it, one notices that natural functioning is
called good, moral, and the causes of fractures evil.

SOCIAL LIFE, HEALTH AND OPTIMISING

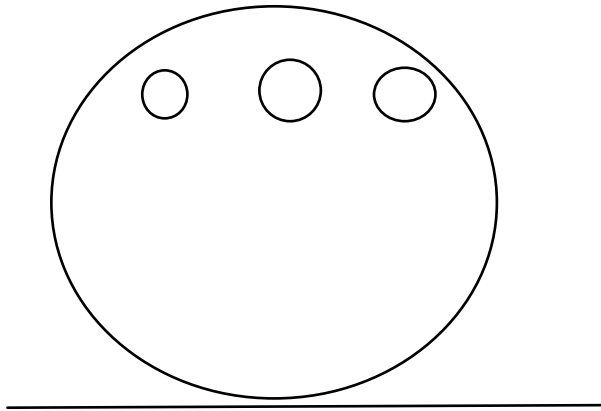
(Optimising leads toward a healthy social life:)

Also in the human social groups it is good if all the wholes are unbroken, healthy and natural (= according to instincts, moral, common sense, honesty, healthy mind and spirit, etc.).

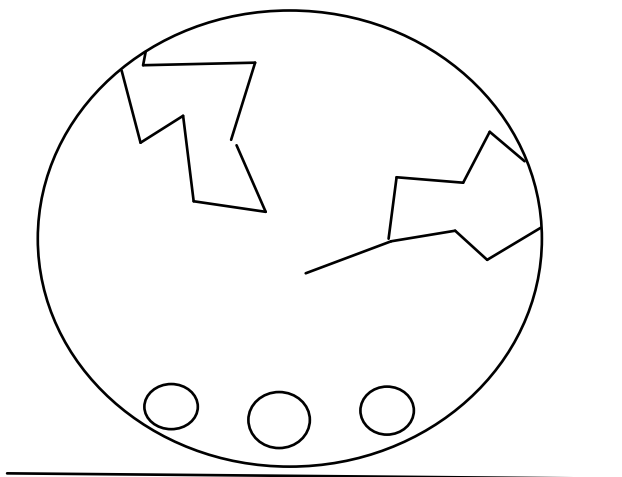
Read the texts Honesty and Justice and optimising. Also human relationships and human groups are systems, so one can apply to them what one knows about the optimising of systems: a healthy one works better than a broken one.

One must start from a picture of what a completely healthy and honest 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 respects.

An unfractured healthy whole is beneficial to its all parts



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

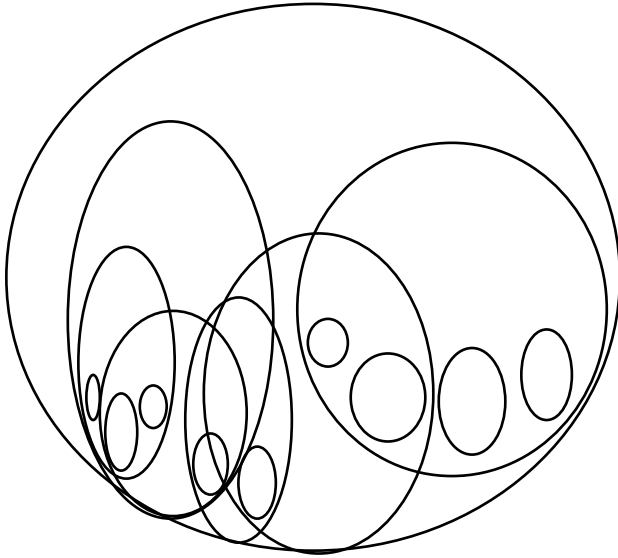


The direction upwards is the direction toward a better functioning and greater good.

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.

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.

ALL THAT YOU DO IS FOR MORAL!

Since everything is based on the healthy and we are pack animals by nature, parts of the Gaia paradise even, you can think that everything that you do in good health is in essence moral or for moral. It is lack of skill and understanding plus the thought errors which cause that the end result isn't always moral at all.

This is a new point of view: you will need to practise it, it is a skill, before you learn it, I guess. But it may be so with the other thoughts of this book too...

How to find out how your deeds are moral: find the place of those things in the Gaia paradise, in the completely healthy world which is completely natural too.

Like: the army is for defence against evil. In this you need to divide human action to its basic components like in the text Fullfilling dreams.

“Tehdessänne työtä te toteutatte sen osan maan kaukaisimmasta unelmasta, joka teille oli määrätty jo unelman syntyessä.” Kahlil Gibran (“When you work, you fulfill the part of the most far away dream of the earth which was ordered to you already when the dream was born.”)

Gaia for Gaia

Read the story For you, Gaia my love and the text A Japanese saying.

Meeting all needs at the same time

A human being with one's needs, instincts and likings, together with the human society, are created by the natural evolution to work together as a harmonious unified whole.

Human beings and moral are both products of evolution. Instincts, likings, feelings and one's understanding of the world help in survival of the individual and of the group or society.

To get everything right at the same time:

Meeting different needs supports the functioning of the whole when part after part is put to its correct place in the system.

The more needs are met, the better the system functions harmonically together.

Justice and other needs of the society and its members are included in this.

Increasing health in one's own life helps to increase health in the environment and is so good for the society.

Correcting things always toward good makes the different functions support each other.

It is the same about finding the truth:

the nearer one is the truth,

the easier it is to get new information to fit one's picture of the world, which becomes more and more coherent.

SOLVING A MESS

If things are a mess so that you cannot make out the solutions to the problems, the ways to a good and healthy whole, then remove the worst catastrophes and change things toward better all that you can, **making all the corrections that you can think of**, even minor ones. This creates a tendency toward better, and a little by little one begins to see the solutions to the situation, to the whole.

Build on truth, not on fakes. It is like saving money in a bank.

Build upon solutions, do things solution centeredly, not in a problem centered way.

Pay attention to problems only enough to make possible to solve them and concentrate your attention to changing things toward better.

Build upon the healthy and well-functioning, both at the level of parts and **at the level of the whole**. Leave the rotten parts away.

If a system does not function well, things have been emphasized in a wrong way in its planning.

If priorities are set correctly (for example the ultimate motivational factors of the workers **emphazized** enough - take into account the true nature of the building parts) and things are emphasized correctly using a holistic view, the system works naturally, fluently.

CULTURAL RICHNESS

One should give room to the richness of strategies of life. So one can let the different strategies compete, and have strategies with different strengths in use when the need arises. It isn't good to place everything on just one strategy, one culture. Instead one needs the different strengths just in case that something happens or to enrichen the local culture at present.

Likewise Gaia has a multitude of different strategies of life, all in use for the common good.

THE ORGANISATION OF A PACK

A healthy pack includes individuals of a varying caliber, with different strengths and weaknesses, with different possible roles in the pack. Such would indicate cooperation instead of harsh competition. Then there would be niches for each kind of individual, like for different species in the ecosystem.

What kind of balance, what kind of niches?

The whole has some needs which have to be met. So best possible arrangement for meeting the needs would be best for the whole. Use the gummy string principle, with the most urgent needs marked with strongest strings. Non-functioning arrangements can cause friction and so make changes in the urgency order of the needs. Also the functioning of the whole has some needs which have to be taken care of. Use the basic model of healthy wholes for figuring out the needs. Add the use of tools, each under the urgency of the need that it helps to meet. Remember that the parts are useful to the whole, so it is one of the needs of the whole to meet the needs of its parts.

Use the gummystring principle to find the best way to cooperate.

THE GUMMYSTRING PRINCIPLE

Attach a gummystring from the system to each goal and need of the system, like safety, other goals, justice... (READ the texts about the value of justice - it's value in optimising, i.e. in finding the best option is really huge!)

The tighter string the more urgent and otherwise important the goal is, and the looser the string the less important and less urgent the need is.

Then just let the system find its natural balance under the influence of the strings. That an optimised (= best result with least effort) solution to answering the needs of the system, to fulfilling the goals of the system.

If something is still overlooked, tighten that string. If something is overemphasised, loosen that string.

NATURAL HIERARCHIES

There is a natural hierarchy in human societies: the way that is according to real justice, for the good of all.

If we get appreciated for our good sides, they get supported for the good of all, and others can take us as an example for themselves without losing position at all. If we lose position when we do not according to justice deserve a good position, our bad sides, especially irresponsibility, get discouraged.

When the one who understands better and carries responsibility is in a deciding position things get done well for the good of all. This is possible by using many many partial hierarchies at the same time: one for each subject, skill, thing to decide, piece of knowledge,... Correcting one's own errors is a thing to value and to be demanded from all, especially from those in a deciding position. This creates a natural repair mechanism for the society and is an ideal way to arrange things. **CARRYING RESPONSIBILITY** of the whole and using a good picture of the whole with **all emphazies and roles of things right**, guide the whole toward the good of all.

There is a saying in Finland: "Honour those who truly deserve respect."
(Meaning: even when it is an unorthodox choice, and do not give honour according to custom to those who do not according to justice deserve it).

This is the way that we organize things in my homecountry Finland in North Europe.

PUTTING EACH THING TO ITS RIGHT PROPORTIONS

Start with the main things. Get them right and to right proportions with each other. Handle then the next biggest things, getting them to their correct places in the whole and to their correct sizes also in comparison to other things, especially to the main things. Continue like this until you have all the things or groups of things handled: at their right places in the whole, in right proportions to everything and all the connections of things right too.

NATURE CONSERVATION AND GAIA

Nature conservation is an important thing in protecting the health of the biosphere, in protecting Gaia.

DEMOCRACY

In my homecountry Finland we have a **strong democracy tradition** and our system is supported by all individuals because they think on the basis of their own best understanding that it is for their own good and for the good of us all, best way to arrange things that they can think of and would be good for others too if they would like to copy it. So there is no corruption at all, since all citizens are strictly against corruption since corruption takes the ground away from real justice which is the base for the well-working system for supporting common good and so their own good. We have freedom of speech, opinion and press, of course.

The leaders in a democracy are under the rule of the general opinion:
what people demand from a good leader:
moral, responsibility, objective thinking, correcting one's errors, justice, human values, democracy, the good of the nation and of the world at large.

A HEALTHY SYSTEM

What is a healthy system like? It means each part at its correct place in the system. Justice and honesty make this possible because they enable one to give feedback according to what each part is like and so to put each part to its correct place in the whole. So for these reasons and a number of others, a healthy system is morally arranged.

ANIMALS UNDERSTAND MORAL

Many animals live in groups,
so their survival has during the evolution been dependent
not only upon their own behaviour but also on the survival and well-being of the
group. That means that working for the common good of the group is natural for
animals, including humans.

They also must have a natural understanding
that behaviour that is good for the group is to be supported and accepted easily
while behaviour that is destructive from the point of view of the group cannot be
tolerated.

So animals are by their nature moral and capable of guarding moral.

...

the biosphere, Gaia paradise?
(interdependence -> compassion, co-operation)

EVERYTHING IS BASED ON GOOD

A healthy pack animal individual is in a natural way a member of a healthy pack.

Reach for good health (good for the individual) and good moral (good for the pack)! Says the theory of natural selection.

All biological functioning is based on the healthy, in other words on the healthy individual: HEALTHY, NATURAL, HAPPY, and healthy whole: POSITIVE FOR HAPPY LIFE AND MORAL.

So: of biological functioning EVERYTHING IS BASED ON GOOD.

So also evil things are in their biological functioning based on good. So it is benefical and even a base for their own functioning, for also the evil ones, to support good in the society and in the world at large.

EACH PART TO ITS CORRECT PLACE IN THE SYSTEM

If each part is at its right place in the system, the system functions properly. If some part is not at its correct place in the system, the system is broken at that point. To the extent that the existing parts fulfill the needed functions, the system functions properly. But what is lacking, leaves the system out of order. So the healthy natural system with each part at its correct place in the system is what to aim at.

What helps to keep each part at its correct place in the system is knowing what is what. This is connected to the value of honesty. Also giving correct feedback to each part according to what it is like is important in keeping all the pieces at their right places and the system in good functioning order. This is connected to the value of justice.

THE BIOSPHERE IS A WHOLE

Like the parts of a human being join together to form a natural whole which works best, the parts of the society join together to form a natural whole which works best and the parts of the biosphere join together to form a natural whole which works best.

Life as part of the nature and as a part of a society

A human being is by one's nature a part of a bigger whole, so what happens to the bigger whole, to the biosphere and to the particular human society, affects the health of the smaller whole: a human society and a human being.

Humans need also the other species. So for their own good, they need to reach for the good of the society and of the large ecosystem that they live in, in other words be moral.

Life in a nature environment is healthy and beneficial. (This is a piece of understanding offered, among others, by the Finnish speaking culture of Finland.)

A HUMAN BEING IS ESSENTIALLY A PART OF THE HEALTHY BIOSPHERE

A human being is essentially a part of Gaia. Only the whole Gaia in good health and complete naturality gives the best functioning for living beings.

In the present day living conditions Gaia is somewhat broken: some parts of it still work but some are broken, do not work at all. Similarly human beings are in the artificial living conditions of towns somewhat broken, not working properly in all respects. **Putting each part back to its correct role in life gives a better endurance and a better performance.**

Even the knowledge of this can help: in making decisions Gaia gets a bigger role and as time passes and experience cumulates Gaia gets its righteous dominant place in the way that human societies work.

Meeting all needs at the same time

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WHAT IS HEALTH

Biological beings are parts of a bigger whole. They function in ways which make sense from the point of view of the bigger whole. Getting each part to its right place in the system of a single biological being means getting also the largest scale to good shape for the biological beings.

The evolution optimised living beings toward best survival.

THE DEVELOPMENT OF THE BIOSPHERE AS AN INTERCONNECTED WHOLE

In competition those who cooperate do better than those who don't. So during the evolution those who didn't ally as much as possible were much more likely to drop away than those who allied. That resulted in an evolution toward complex interconnected wholes in the large scales: individuals consisting of many cells, packs, ecosystems and maybe larger wholes and even Gaia.

SAFEST WINS

In evolution it isn't the strongest which win but the safest: the most likely survivors whether they survive via strength, allegiances, lack of enemies or for whatever reason.

EVOLUTION'S COMPETITION

In evolution it isn't the tough against the soft. It is individuals with certain kind of strategy of life competing with individuals with another kind of strategy of life, in a complex environment where the total effect is what matters. So it may be that the most aggressive ones lose because they end up in a fight always and everywhere, but the kind ones stay because they are able to form well working friendly social relationships and stay out of trouble.

It doesn't change even if the aggressive ones figured out to eat the softer ones away, leaving only aggressive ones. Since then they would have a weaker group which would fight a civil war and so they would do less well in competition and so other healthy groups could outperform them in competition. The correct place of aggression is in defence, not in unnatural attacks.

SOME THOUGHTS ABOUT GAIA

Isn't a paradise a too much far fetched idea. Why to use such? There are also other reasons for using it than it being an emotionally enthralling idea. It is good to have some idea of what a healthy natural fractureless whole is like. That idea of some initial state of the biosphere is important in understanding the world nowadays. What we are is a remnant of that age long past. The state of the world nowadays is a joint consequence of the evolution and of the existence of technology and human culture.

When we think of that initial state, we have to understand that emotions and sense of beauty are also products of evolution, also part of the healthy functioning of that initial state. Thinking gives us just a map, feelings give directions to go toward. So feelings must affect the world toward its healthy natural balance. Otherwise the system would have been unstable, not one interconnected whole but just one fight – what an unoptimised solution! Of course there is competition in the evolution, that healthy amount of competition is needed, not more. There are ways in which also competing parties can cooperate: for better overall living conditions.

How to make this clear? **In the evolution's competition the optimised arrangements survive. That means that one must value allying.** The more there is fighting, the more important it is to gather force by allying. That means that **allegiances do not lose their role as competition increases. So these are not two opposing forces but two tendencies which support each other. Fighting making allegiances important and allegiances gaining in strength via healthy natural competition.**

What then is healthy natural competition: it is competition which produces stronger allegiances than the previous ones, or at least prevents deterioration. Strength here is not measured as military force but as **safety**: as the sureness of a good future for the whole allegiance - fairly, so that each one gets one's fair share of the whole and so a correct role in the whole and so makes the group stronger in the future. This safety demands the building of several life strategies at the same time, it means optimisation toward several goals at once. So allegiances and soft means have to be cultivated too.

Kind ways and optimising

Why **healthy, natural and human ways of doing things are related to effective and well-working ways:**

Suppose that you have a good understanding of something, you know well how everything works.

Now, build something upon your understanding.

What is fruitful and works well, you will use.

What isn't, you will not use.

So you get a system which works effortlessly, without contradictions, and when it comes to humans, in a kind, natural and healthy way.

(If you make mistakes, they appear as unkindness or unnaturality.)

The natural selection and product development work this way.

-> <- -> ->

<- -> -> <- contradictory

versus

-> -> -> -> non-contradictory,

-> -> -> -> harmonic

natural = the way that something works

unnatural = against that principle

human and kind = natural for a human being

unhuman and unkind = unnatural for a human being

(Feelings tell of factors which are important to well functioning, so according to feelings means according to the principles of functioning of a human being.)

A human being is a biological being:

adapted to a certain kind of environment and a certain kind of life.

Naturalness is what we are building upon, the ground.

One should not destroy it at all when one manipulates something.

Examples:

* a machine that is used according to instructions

or not according to them

* physical work: enough sleep, healthy food and so on

or some of these lacking

* From a more complex perspective:

motivation, feelings, working conditions and so on likewise affecting the working ability

Fullfilling the conditions, and there are very many of them, that a human being needs.

The needs of the work and

the needs of the human.

An objective solution to something and a human being making it real.

**World
Is
Love and Beauty**

TORTURE ISN'T BENEFICAL

Torture makes people broken. A broken person works less well than a healthy one. Also in emergencies whole healthy people work better than broken ones, but emergency reactions are good only for short term solutions while they cause a long term deficiency.

Forcing people by torture or by threatening by torture causes that in decision making, in all kinds of guiding of the system, like in thinking work, there is only a part of the planning brain power of what could be in a healthy natural free system. This is caused by at least two factors: the elimination of certain persons from the decision making and the elimination of certain factors from the decision making.

For example the natural evolution was a some kind of strongest one wins competition and it created also feelings, so natural life according to feelings too gives the best competition ability. For example compassion helps to get the force of masses.

IV The interconnectedness of human functioning

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.

The environment that we live in is a huge factor in our lives: whether it is a paradise or an ordinary world or a hell affects a lot our possibilities in life. Still, we masses of people by our cumulative effect largely determine what life becomes like. It is just that if we are too blind to understand what happens as a consequence of our choises, we cannot influence things enough. Holistic tyhinking offers one way to understand the world and the society agreement another.

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 enlarge 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.

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 whatever 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 Gaia's way to live which one must strive for: Gaia for Gaia 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.

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 Finnsih culture, is very well thought of. It doesn't change even if I, we, need to talk the whole world to change its mind. (Read the text statisticians' dream.)

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.

Read the text about a Free society

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.

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 emphazies. 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.

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 optimized functioning also the whole works well. About more natural alternatives to technical thinking, read in the section about objective thinking.)

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.

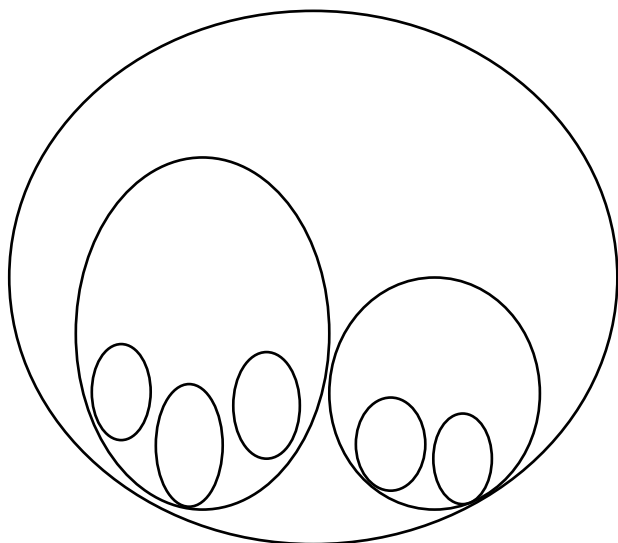
Human being is a whole.

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.

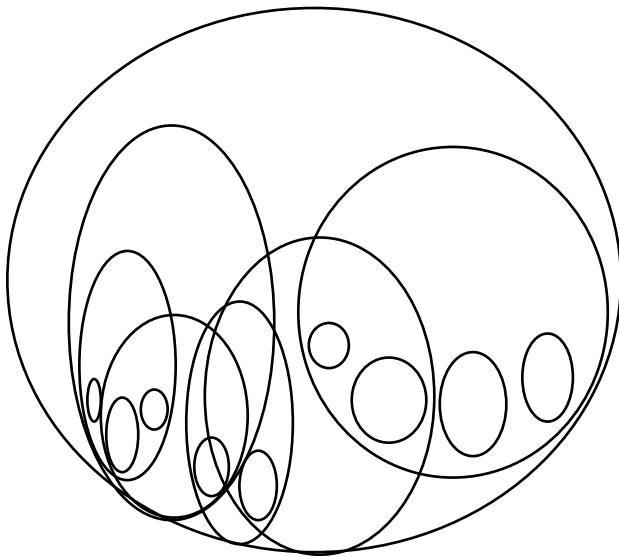
According to the biology, humans are animals just alike the other animals are. Humans were created by the natural evolution just like the other living beings were created. Natural selection optimized also the wholes: the various parts of an organism support each other.

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.

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.

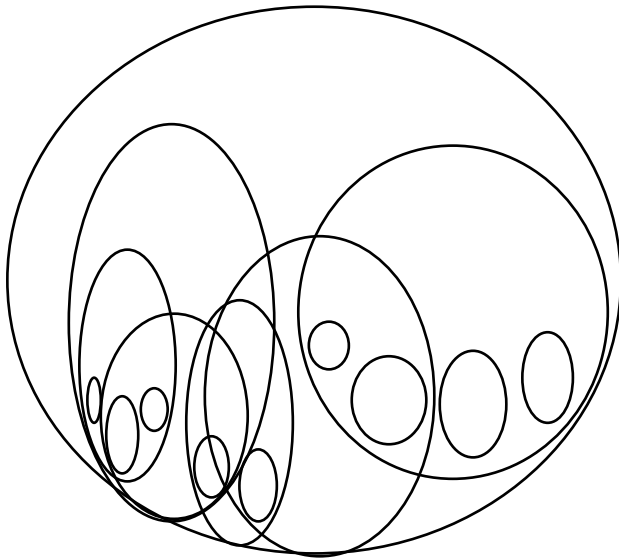
It is said that only 50 000 years ago humans started to use fire continually. There is a clear instinct reaction to fire. So probably it takes only some 2000 generations or less to form such an instinct.

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 adabtation 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.

HUMANS WERE CREATED BY THE NATURAL EVOLUTION (OR BY GOD)
TO A NATURAL LIFE IN NATURE

What does it mean that I want the best functioning of myself? What is the best functioning of humans? Think of a human being as a natural whole which is adapted to a life that is natural for humans in an environment that is natural for humans: somewhere in the forests a society of hunter-gatherers or something of the kind. After that have the changes in living conditions and consequently in the ways of living been so quick that humans haven't been able to adapt yet - there has not even yet been found a balance, a really good new way to live. So **each part of us would function better at the natural environment and natural kind of life:** each part which is according to our basic nature makes us function well in what comes to that part but cannot cure everything. So **our life is a sum of the things that are according to our basic nature. Nothing else.**

See my main diagram and the text Fullfilling dreams.



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

ALL HUMANS HAVE THE SAME NEEDS

I don't believe there to be ANY differences between the needs of humans, not even depending on race, sex and profession. Only between species of animals with clearly different characteristics, are there such differences. Like: the nose of an elephant is surely of an enormous importance to the elephant, and the feet not so much at all. There are no such differences between humans, for example artists and engineers and soldiers. Some just suffer more - and that SHOULD be avoided!!!

The basic needs are the same but in my opinion people are different because their skills and habits are different: some are skilled in social things and consequently continually social, some are at their most skilled in intellectual things and consequently try to solve things in intellectual ways, etc. And some have been raised in a too practical environment so that they continually long for some more rationality and have room for it since their other needs are well taken care of, while their children are raised in a too intellectual environment with too few practical kind of stimuli and almost no social life so that they continually long for such but cannot bear any more intellectuality. So even though their basic needs are the same, their needs in practise differ. Anyway, 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

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 centered 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.

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 so, 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 people 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.

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 have tried 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.

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 in connection with the body.

The Japanese dancer Anzu Furukawa, who lives in Europe in Germany, 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

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! the role of thinking is: enough to form a picture of what the world is like and to get intellectually fit.

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.

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.)

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 Gaia. 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 analog 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 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.

CAPACITY AND STRUCTURAL ANALOGS

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

I have the ability to use structure analogs from one thing to another of an entirely different kind. So I learn all the time new ways of doing. The structure analogs 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.

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
- * strenghtens 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 analog of healthier ways of doing
- * offers sensed models for thinking
- * by taking anther 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

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

*"There was something formless and perfect (= the nature)
before the universe (= our partly schooled picture of the world) was born."
The 2000 years old Chinese classic Tao-te-ching*

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 propable 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 stimulus 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 adabted to.

LESS NATURAL STIMULI BRINGS LESS INTELLIGENCE

*"The world is formed from the void,
like utensils from a block of wood.
The Master knows the utensils,
yet keeps to the block:
thus she can use all things."
The 2000 years old Chinese classic Tao-te-ching*

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 naturalness, maybe also the sense of balance are emphasized too little!

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

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

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 emphasizing mainly, almost solely the sensory perceptions of nature.)

ONE WAY HOW NATURAL SENSORY STIMULUS SUPPORTS THINKING

"The master sees things as they are."

The 2000 years old Chinese classic Tao-te-ching

Use a way of looking which covers the whole landscape with the focus of the eyes gliding over the surface following its regularities. The 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 and 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.)

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 analogs 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 conditons 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

*"When the body's intelligence declines,
cleverness and knowledge step forth."
The 2000 years old Chinese classic Tao-te-ching*

Read the text Body analog 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.

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 analogs 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 centered 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

*"The Tao never does anything,
yet through it all things are done.
If powerful men and women
could center themselves in it,
the whole world would be transformed
by itself, in its natural rhythms."
The 2000 years old Chinese classic Tao-te-ching*

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? -> Analyze 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 as well as possible.

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 fulfillment,
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, 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, experience and 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 life.

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 a tone of voice 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 emphatically
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.)

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: 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, rythm, 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

THE HEALTHY WINS IF THE STRONGEST ONE WINS

I.E. THE HEALTHY SYSTEM IS THE MOST OPTIMISED SOLUTION

"Optimised" means most force, most capacity, best functioning with the smallest effort, or best functioning based on a certain set of building blocks.

Good (what is termed good in this model)

* **healthy**

* **natural**

* harmonic

* **positive for happy life**

* happy

* **a good natural and healthy balance**

* **responsible, moral**

* on a strong ground, healthy ground

that is strong enough and otherwise good enough

* long-lasting, effortless, stabile

* self-repairing

* **an unified whole that works well together**

* according to feelings, instincts and the intellect,

according to hopes and wishes,

to natural and healthy goals in one's life,

like future well-being, safety, naturality,

happiness, health, well-functioning society suitable for happy life

that is natural for a human being

INTERCONNECTEDNESS

Things which are concretely 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 INTERCONNECTEDNESS OF BIOLOGICAL WHOLE

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

WAS THERE A PARADISE AT THE BEGINNING OF TIME?

It is an old tale that the world in the beginning of time was a paradise. My own thoughts make me believe in that tale literally: As far as I understand life, really healthy is also happy, so the really healthy natural world must have been a paradise! This paradise at the beginning of time I call Gaia. It is just the biosphere in a state of complete naturalness and health.

V Carrying responsibility

WHY TO CARRY RESPONSIBILITY

The world and I are interconnected: what happens to the world, happens to me. We are by essence parts of a larger whole. Only life which takes that into account can give one a full happy life.

THE WORLD AND I ARE INTERCONNECTED

I love the world. That reflects the importance of the world to me. I am not a separate being. **What happens in the world at large, determines my fate.** So what I can affect to the fate of us all, I have to affect toward good - just like it is important to vote for the right kind of party in the elections, it is important to use all of one's influence toward good. The world and I are interconnected. **The healthiest kind of world gives me the healthiest, most satisfying life. And keeping me healthy keeps the world in a better state, since I am truly moral and so good for the world at large. So my own good is equal to the good of the world at large.**

This simple model of the world and I is one that I have had all of my life, maybe already as a baby. It makes me truly moral by my very nature. And even though I have gotten a very science oriented upbringing, I have never noticed any objective fault in this view of mine. So please use it, you too! Do not use a more complex division than "**I and the rest of the world**". This one is well enough, objectively correct and a good base for moral.

It doesn't make sense to confuse one's thoughts with a too complex model of the world, like I and my pal Jack who is like... and my mother who always thinks that... but... and the rest of people person by person - that model is so complex that one loses sight of the whole. One can use also such complex models but only after the main guidelines have been set straight by the help of the simple moral I & the world which can model correctly the relationship of the individual and the whole world and make one surely moral in everything.

WHY TO CARRY RESPONSIBILITY OF THE WHOLE

Taking care of the whole is an important part of moral.
CARRYING RESPONSIBILITY about important matters

The voice of one's heart is echoed by thousands, millions and billions other similar voices. Each a variation of the same theme, of life's song. All eyes that I could have had, had I lived at another age in another environment with another history of life entirely another kind of life. Like I am alike to a tree, am I alike to an animal, to everyone of you. Some rouse to their full length, some stayed small, evil, ununderstanding of the life's great secret. I am part of the whole, the whole is a part of me. Without it I cannot rise to my full height. With it I am part of the great secret, of the greatest happiness.

The famous talk of the indian chief Seattle has made a great impression on me. It talks of things which need a great emphasis in our pictures of the world: "All things are bound together. All things connect. What happens to the Earth, happens to the children of the Earth. Man has not woven the web of life. He is but one thread of it. Whatever he does to the web, he does to himself."

In my homecountry Finland we have a saying: "We are in the same boat." The same thing happening to all of the group. So the fate of the group is a thing to care about a lot. We are in the "boat" of the human kind and of the living kind. So we have to take care that the world goes to a good direction for us all, to a direction that is sustainable in the long run. The whole and what happens to it, is worth taking into account, since the whole affects a lot one's life. (like a ship going somewhere) compare to the economic situation of a country and how it affects people's lives.

The standard of living in a country affects life much more than what an individual can gain by stealing. 150 years ago 10% of the population of Finland in Europe died of starvation. Now that is long past, without help from other nations, except Marshall help during and after the World War II, just with the help of good local moral, justice and honesty. Each family has a TV, warm home, lots of food, books, free schooling, most a car or two, most a CD player, radio, computer, phone, most a mobile phone etc. That much one cannot gain by stealing in a country with a low standard of living: honesty as a custom pays much much better!

The value of rules of behaviour: cultivating something

Since we are social beings, the effect of a single individual to the behaviour of the whole group is often much much larger than one tends to imagine at first sight.

"Each piece of land is part of a continent.

Whenever a piece of land is lost, the continent becomes smaller.

So never send to ask, for whom the bell tolls: the bell tolls for thee."
(Hemingway?)

CARRY RESPONSIBILITY!

The world is build upon the shoulders of those who carry responsibility. That means that also the living conditions of those who do not carry responsibility themselves are build upon the shoulders of those who do carry. So if one wants a good standard of living for oneself and a happy life but is irresponsible, one should aim at lifting the responsible ones high in the social hierargies so that one can benefit from their responsibility. And one should lower oneself to one's fair position without lowering any good things lower than what is for the good of all. That means that one should not use badly lied roles in social contacts so that one gains position unfairly, i.e. for undeserving things.

My soul is divided to millions, billions, trillions parts, to each living being. Some of them form groups, my soul goes with them. Some wander alone and I watch and help them on their way if I only can.

What makes me happy, makes others happy too. So much we are alike. When I seek personal fullfillment, I do something that others can follow in their lives and so I help to lead the world toward good. That's so because I am moral. Good moral means supporting Gaia and the Gaia's way to live.

THE MOST MORAL WAY OF LIFE

The Gaia like way of life is the most moral way of life. Supporting the best possible world responsibly we care for all living beings and all beings and work for a world full of life in ways which are according to our basic nature as living beings.

COOPERATION AND INDEPENDENCE

If cooperation is so beneficial, why is there then any independence and competition? Those are needed for protection against malfunctions, enemies and deterioration. If we were too dependent on our environment compared to what is healthy, i.e. makes sense, parasite like persons would benefit and the beneficial "healthy" individuals lose. That would ruin the systems. The same kind of thing happens if there is some other kind of enemy and no force or possibility to resist it. So freedom of the moral individuals is a must for a natural healthy system. Likewise: the evil, broken and malfunctioning individuals have to be at subordinate position compared to the healthy moral ones.

If there were no competition, the non-functioning new arrangements would not be dropped away, and so the "healthy" system would lose its competition ability against other systems and other arrangements. So competition is needed for repair and for the development of new even better alternatives.

THINKING ABOUT HUMANS: Jack and I and all the rest of the people

SIMPLIFYING A COMPLEX WHOLE LIKE SEVERAL VIEWS
OR GOVERNING A VERY LARGE GROUP

The practical world is largely the same to all even though all do not live at the same parts of it and their lives may mostly handle different areas of life. When one wishes something, classify it according to the basic goals that humans and other living beings naturally have in their lives, mark also in your practical rough picture of the world which in fact are the practical arrangement that the individual can use and is using to reach these goals. Like this you can add many persons to your picture of the world, with the possibility of meeting their needs also some other way than what they have suggested. (So there is all that is needed marked up in this simple view.) And you have at the same time gained a natural understanding of their motivation in life and in the things in question, and maybe an understanding of how different situations of life influence what life feels like, how one succeeds in each kind of thing etc.

Read My picture of humans about the development of character as a consequence of life's circumstances.

FEELINGS IN ONE'S PICTURE OF THE WORLD

Toward a more natural way of thinking

A theoretical exercise to increase emotional understanding in one's picture of the world, and because of that, also increase moral and responsible behaviour:

Think EMPHATICALLY what are the basic experiences and instincts, same to every human being or to every living being.

Basic experiences, the basic building blocks are the same regardless of the culture, but the whole may differ.

(I think that the buddhist metta exercise to increase compassion should be at least partly replaced by this kind of thinking exercise. In the Finnish speaking Finnish culture understanding, freedom of the moral ones and peacefulness give rise to compassion.)

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.

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.

How to conceive feelings as rational:
first the feeling, then attention to what caused that feeling,
and a rational understanding about the importance of those things in life.

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.

VI Objective thinking

THINKING AND GAIA

Artificial ways to think are one of the big obstacles on the road toward Gaia: if we need just them, how can we resume naturalness? But in thinking too is naturalness a thing to build upon, gives the best result, so this pitfall can be avoided.

THE HUMAN THINKING ABILITY

Objective thinking and naturalness

What does the human thinking ability consist of?

What kind of thinking, life, habits and upbringing bring most intelligence?

One cannot say everything, but

via the scientific picture of the world one can understand much about human thinking too.

The functions of humans are built on even older functions which existed when the new features were born. The newer ones rely on the older ones.

Satisfying a need artificially leaves unsatisfied those needs which depend on the natural WAY to satisfy the need. The amount of artificial arrangements in life determines whether that lack is too big so that it obstructs functioning and happiness.

THE BASE OF THINKING

Human beings are created by the natural evolution

to function in a nature environment and to live a practical kind of life there.

A human being forms an unified whole,

where the various parts and functions support each other and the functioning of the whole. Like that the other functions, natural life, support thinking too.

So it is necessary for a human being to live a healthy natural life, also if one is interested in thinking.

HUMANS AND THINKING

OBJECTIVE AND SUBJECTIVE PICTURE OF THE WORLD

For me the world consists of two parts:

I (my subjective picture of life)

and the whole world including me (my objective picture of the world).

"I" is about my own

feelings,

selfish wishes,

needs,

experience of life,

life arrangements etc.

It is thoroughly emotional, a description of feelings and things connected to them. (None else than I myself has an access to this information, even though I base many of my intellectual opinions to it. Even though it can be seen like one sees the emotions of others.) Also this part is a part of my objective thinking.

"The world" is a description about what the world is like and how the world works. It is thoroughly objective, scientific and philosophical. I can discuss it with others.

Like this I have both subjective and objective picture of the world at the same time.

So I have two pictures of the world: a picture of life and a picture of the world.

When I think objectively,

there is nothing obstructing me

since I do not keep anything back from my feelings

in my subjective picture which guides my life.

MAKING MEDITATIVE OBSERVATIONS ABOUT FEELINGS

In thinking it is important to notice things as they are, that gives also feelings objectivity. Go step by step to the right direction: when you notice something, mark that to your picture of the situation, then observe your feelings further. The goal is to observe feelings as if they were a nature landscape: completely undisturbed by your observations and the words that you use to describe them. Keep in your mind a picture of how things really are. Then choose a structure described by words to approximately fit the structures that you have noticed in the world, i.e. in your feelings. That way thinking and concepts do not disturb your observations and feelings. Aim at hitting the truth, even if that means admitting that you do not know. This road leads to excellent quality thinking with a meditative i.e. natural state of mind undisturbed by the thoughts: the thoughts are like fingers pointing to the fact itself /feeling.

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 always, also in emergencies etc.

HOLISTIC VIEW

"Governing a large country
is like frying a small fish."
the 2000 years old Chinese classic Tao-te-ching

The world is huge and complex. Still thinking about it as a whole uses ordinary common sense and is very simple: just handle the main points with common sense. Typically the main points are the same as in the small scale: the cumulative effect over large masses of people and living beings makes them huge large scale questions too.

Hunger, the sense of sight, the importance of feelings and of the understanding,...

Think of things as phenomena: hunger, life, moral, technology, knowledge etc. From the small scale you understand the phenomena. Now, just add the effects together over the huge large scale, in other words multiply the situation by the number of people. All living beings need food, so that need is one of the most important large scale things.

If all haven't got the same kind of situation, you cannot multiply by the number of all, instead you have to multiply by the number of people in just such a situation and then compare to the number of all to find out whether you are handling a large scale thing or not. This way you can see how important phenomenon you are handling: whether it is one which determines the whole i. e. approximately everything. The percentage of all affected by the thing determines whether it is an important factor of the largest scale.

In an ordinary more complex situation you have to take into account many kinds of factors: just form a landscape where things are in the RIGHT PROPORTIONS to each other and to other things in the world, where you can see the different phenomena (and their different sides) just like in the small scale.

The good side of a holistic view is that everything is taken into account in it. Most things just turn out to be too small to need to be taken into account at all in practise since the view is always with a certain accuracy only.

The nice thing about large scale is that it handles the essential basic things of life, which are the major matters of the world.

THE INTERCONNECTEDNESS OF ALL: THE SENSED MODELS AND GAIA

Trees in Gaia

Trees are dependent on their living environment just like all the other living beings. Maybe trees have during their evolution history learned to rhyme with a sensory environment which is suitable to animals (compare to flowers), to be a healthy example of healthy harmonious peaceful life. The analogy of ways of growing to movements of animals could be used to this purpose. (Read my text about sensed models.)

The sense of balance, health, naturality, unifiedness, fractulessness, is very important in thinking and in action.
It makes the sensed models important.

AN ANALOG TO PLANTS' GROWTH

Plants grow toward light, not toward shadow. An animal too aims at beneficial environment. Based on its own ability to notice things, it chooses beneficial ways instead of unbeneficial ones. This is a clear analog to the easy example of plants growing toward light: the plants offer a good sensed model for thinking.

A more detailed description about the way that a tree grows: partly a fixed old structure: how the tree has earlier grown toward light; partly flexible: how the tree can now grow toward light.

MY PICTURE OF HUMANS

THE DEVELOPMENT OF ABILITIES AND CHARACTER: Learning from experience

What one learns depends on one's environment:
the parents and what one automatically learns from them
and how they automatically affect the lives of the people around them
by their pictures of the world, by the values that they follow in practise
and by what one automatically learns from them if one lives with them:
intellectuals or ordinary farmers?
And so on.

What one knows and can notice and one's skills, one's picture of the world
These affect all what routes one chooses to one's goals which are
happiness and following the basic instincts of human beings,
especially social instincts: the will to belong to groups in a natural way,
and the wish to live a happy life.
And especially these things affect the choice of minor tool like goals.

What one can do and what one doesn't affect a lot how easy it is to do things

and so affect also what one chooses to do in each situation:
what is easy, feels nice and/or is profitable for the individual.

The environment affects a lot what one does and can do
- especially the social environment but also other factors.
Human being is a collective animal.

In my picture of humans is an important
the Song of the Family (but nothing else) in Steinbeck's novel Pearl.

HUMAN BEINGS ACT ACCORDING TO THEIR OWN TRUE MOTIVATION

Directions:

motivational factors, instincts, needs, feelings and likings

A map:

one's picture of the world

(= **the practical understanding**

- the theory learned from books being just notes that one uses in special occasions without them being part of one's practical understanding except in a form of a general view that one has formed oneself and those parts that one has learned to notice in the practical experience in everyday living)

Easy routes:

one's skills,
strengths,
habits

Different **personalities** can be understood this way.

(In the above light:

history of life (gives strengths),

one's situation in life (and the strategies that one chooses in it),

i.e. power in use compared to obstacles,

routes that one chooses).

Form a landscape:

how urgent is each need,

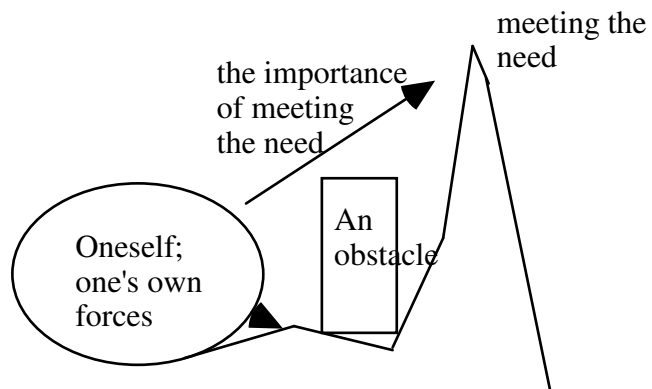
how big are the obstacles which hinder one from achieving it compared to one's abilities and strengths,

what is the person's history of life in this respect

-> what does the situation feel like,

appear to be,

how much strength is there left for other purposes,...



If meeting the need is more important than the obstacles hindering one from meeting it, one gathers the strenght needed for meeting it - if one only can.

Different people run to different situations in lfe,
in a same kind of environment they notice different sides
and get to contact with different sides of the reality,
of the social environment,
depending on what they themselves are like,
what values they follow,
what kind of social and other skills
and character they have
etc.

THE GROUND OF THINKING

Thinking means noticing how things are.

The thinking of humans consists, its ground consists, what it really is, consists of

ORDINARY PERCEPTIONS: **THIS IS LIKE THIS AND THAT IS LIKE THAT**

-> **SUREST THINKING, referring to the direct experience of things**

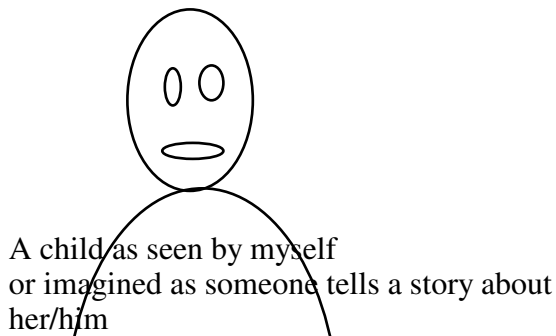
- And of the use and organization (Main things first!) of MEMORY.

The natural form of human perception uses also the feelings and instincts as a part of one's perceptions. That's the way to use one's senses also in thinking.

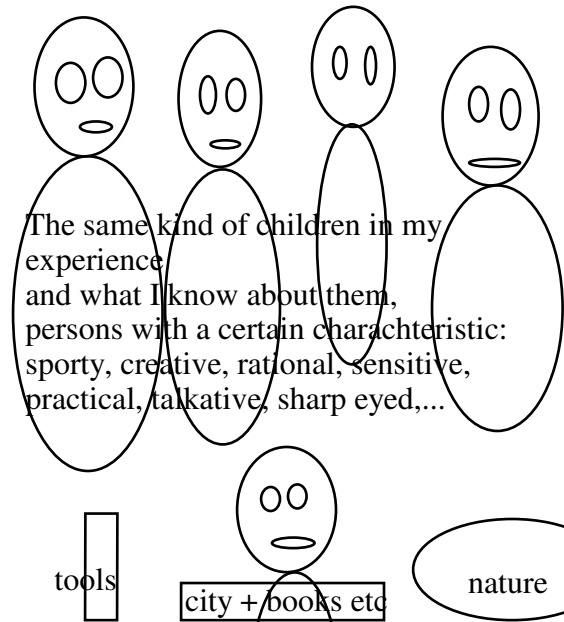
Form a landscape with all shades of meaning correctly and observe it objectively like in doing handicrafts and in looking at nature landscapes.

THE ORGANIZATION OF MEMORY

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



All humans and what is common to us, all living beings and what is common to us
 * hunger, ALL natural needs and natural motivation, natural ways of life
 * living requirements according to each species, there is a lot in common too: the need for food and protection



What the modern societies are like and how it affects our lives
 What is common to all human societies and what is typical to just ours, why so (Here for example the winter determines a lot.)

In the pictures of this book, round forms symbolise naturality and square forms artificiality.

HOW TO TAKE EVERYTHING INTO ACCOUNT AT THE SAME TIME

Use one single picture of the whole, so that you are like a person in a landscape and able to take everything into account the same way that you take the landscape around you into account.

So do not use separate pictures about habits, emotions, social life, customs, thinking and common sense. Instead start with **the common sense's picture of the world**. Find from it which are your feelings, which are social things, which dictated by custom (why just such), which the facts connecting it to your schooling and what your objective thinking says about things. That way you get everything to the same picture of the world. Those kinds of things feel different, have a different atmosphere, so it is possible to recognise them immediately based on that.

HOW MUCH THE VIEW OF ONE PERSON AFFECTS THE VIEWS OF OTHERS

the Finnish speaking Finns always seek personal confirmation of everything - either that of their own or of their social contacts'.

The social environment's views are seen by the Finnish speaking ones like a landscape or a statistic about different opinions with estimates of the type understanding, i.e. what factors they pay attention to, of persons in question, and the whole landscape is used as a helping aid in determining the trustworthiness of each view and so one's own view too.

A STATISTICIAN'S DREAM?: statistician's results from just about anyone

About the **landscape of different views**:

First picture in your mind the general views and skills of a single individual: generally likes handiwork but is not good at milking cows and doesn't care so much about cows but cares about children especially if they are boys but if girls then such and such, in politics has the general views that ... and they stem from those sources because, so in this question one has such and such view because ... This may seem complicated but it isn't once you have a good picture of each single individual since you can use exactly the same picture in all areas of life since the picture is so wide that it includes well all areas of life.

Repeat this individual by individual until you have the views of all grouped by similarity in grounds and by similarity of views. So you can pick the most likely state of affairs. This should take some seconds or minutes from an ordinary school child. Starts with views about sports, professions, favourite music, politics etc.

So the view isn't: such and such is considered stupid, but: such and such is considered somewhat stupid by some who are like ... because they think that ... and stupid by those who ... because they think that ... and very stupid by someone who ... and nice by some who pick their views on social grounds only. Moral connects to this question in the way that ...

So there are at least two areas of life:

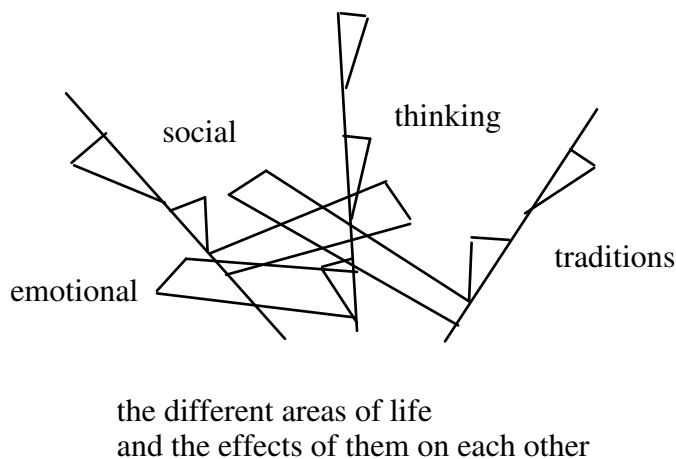
* rationality and moral: take care of important matters (large scale, justice, human values,...), truth, live a full life, live and let others live

* social things and customs: fashion, the views of others in a deciding role, role play, idols

Power play connects to the society at large so reaction to it is a moral matter. It can also affect lives at the small scale so enormously that it is a moral matter because of that.

HOW TO THINK ABOUT A GROUP OF PEOPLE

Humans are thinking beings, so it makes sense to check which kind of thinking ability and picture of the world each individual/subgroup has. Also other strengths matter: divide them according to each area of life: social, practical, customary, emotional,... Add the effects of humans, with their effects via others, on each area of life, with their side effects, on each other area of life, and with the effects of other areas of life taken into account. There aren't so very much of these complications, so this is the easiest way to count the effects. Generally the different areas of life are quite separate, the other areas of life giving just an functional environment for each area of life or giving emphasis to some things on another area of life.



Start with a landscape of the common sense picture of the world. Mark in it with different "colours" the different areas of life. In fact if you do this correctly, using the everyday experience of life as a starting point, the different kinds of things feel different, so they are coloured already with different "colours". Notice what is the ground for each thing on each area of life: are there thoughts affecting, or emotions, or social things, or traditions etc. Observe the dynamics of these situations: how the effect comes about and what it is like, what are things like independently of that particular effect i.e. what is the dynamics otherwise, on the whole like. Now just observe the thus formed more detailed and more analytically observed landscape: you can see the regularities in it and understand the behaviour of humans via it.

Read my texts about the natural motivational ground affecting the behaviour of humans and the text about governing a very large group (like bureaucrats for example do).

How to think about the social security system:

At times of emergencies people need to be helped. That is the job of others and of the state. Such helps to avoid crimes which take the weaker ones as victims against justice.

People work. They get money from it. A part of that money is a safety precaution against bad times, via the social security system of the state.

Paradise is a way of life and not just a place. This is a book about a paradise like way of life, about its beneficality also in the tough world.

In the beginning the world was in a state of complete naturality. But was it a paradise?

WAS THERE A PARADISE AT THE BEGINNING OF TIME?

It is an old tale that the world in the beginning of time was a paradise. My own thoughts make me believe in that tale literally: As far as I understand life, really healthy is also happy, so the really healthy natural world must have been a paradise! This paradise at the beginning of time I call Gaia. It is just the biosphere in a state of complete naturality and health.

Feelings are forces in life. They affect our lives toward health and naturality, toward the happiness of a paradise in the beginning of time. Love binds the poieces of the paradise to their right places, so in the beginning the world was filled with love.

A HUMAN BEING FORMS AN UNIFIED WHOLE WITH ONE'S LIVING ENVIRONMENT. Whatever we do, want to do, feel motivated toward, is meaningful in just that larger picture of life, of the lives of us all, of the world at large.

The better the pieces of our natural living environment (including the society) are at their right places, the better we function, the happier we are.

Our environment is extremely large, wide. If the whole world is a healthy nature paradise, that is safest for us. Anything lacking froim it proposes a danger to us: it could spread... No epidemy in the neighbourhood is the safest choise.

The task of moral is to prevent catastrophes. These include a nuclear war, war, famine and starvation, a properous country falling into chaos etc. To be clear and fair about what to support and what not, all actions which lead to these if allowed to all, must be banned, punished away. So disappear murders, series of robberies, betraying friends badly and not helping those in trouble,

Even graving for personal happiness, is a good example to others about how to live one's life and so benefical to the society.

We are moral in essence.

Whatever we do, gets meaningfulness in that larger context.

INCREASING INTELLIGENCE

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 to 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 strenghts of women are typically different from the strenghts 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 manifold in pace. Just imagine the thoughts as pictures in your mind and look at them like ou naturally look at nature. So if you are an engineer or otherwise needing techincal kind of information in your work or in your life, value nature photograpfs on walls, trees, plants for decoration, pets and recreation in nature. An emotional attachement 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.

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 why it is good to live fully, senses open, mind and heart together: that's what gives you a bigger capacity and a more rewarding life.

HOW TO THINK ABOUT WAR AND PEACE

Mark in your picture of the whole: here are the times that there has been wars there and there (a different "colour", such comes automatically from the emotions and the atmospheres). The wars have affected so and so those and those and in such and such ways those and those, because... So the total effect has been so and so wide and of the quality... That's why I am now reading this book?

And here are the times and places that have been in peace in such and such sense, because... That life has been like this. The role of peace in the world is to be the ground for life!

THINKING ABOUT OPTIMISING

There are large systems in the world: societies, towns, factories, newspapers etc. Even a human being is a system in the biological sense. A biological system has been optimised toward better survival via the natural evolution. So it is in the structure of biological wholes that they are optimised. (Mark it at that place in your picture of the world: at looking at the biological structures you notice/know that they are optimised because of the natural evolution.) Also artificial systems can be optimised in order for them to do well in the modern competition. (Mark this to the places of strong artificial systems, modern competition and the role of humans in artificial systems.) This book handles the optimising of the biological parts of artificial systems. Like the optimising of an army for example, or the optimising of a working force. Paradise is the most beneficial option! Read the book and get to understand that yourself.

THE WORLD AS A BIOLOGICAL SYSTEM

Think of the world as a large biological system (I call it Gaia: it is the biosphere in complete health i.e. all living beings and their nature environment: rocks, earth, sky etc. together in good health and naturality):

**humans are a part of that system,
and a human society with its environment is a huge biological subsystem of it, interconnected with the rest of Gaia.**

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!

**About understanding intellectually human groups read my text
Thinking about humans.**

[Thinking about humans](#)

In objective thinking it is easiest to conceive humans the following way:
A human is by character totally an individual and not a member of a group.

Humans are social animals:

The instincts and feelings of humans tie them to others.

The task of thinking is to help to live according to feelings and instincts

and never to cause behaviour which is independent of feelings and instincts.

Instincts and feelings which tie humans to others, do so with great variation, so observe that too when you think about human groups.

Reaching for social position isn't natural for humans

- self-protection and the will to use one's capacity for the common good are natural for humans.

A human who behaves opposite to feelings and instincts

is in a way damaged badly and damages one's society badly too.

Being free one can feel compassion and love toward others

without being squeezed to a too small place

and forced so to anger in order to defend oneself.

It is natural for humans to live in packs,

that's why personal happiness and the common good, moral, fit well together,

support each other.

A holistic view of the world

helps to take into account the future and all kinds of things in life.

Living according to feelings

makes sure that there is no conflict between thinking and the human nature.

ABOUT THE DIFFERENCE OF HEAVEN AND HELL

If we compare to what the situation would be and how it would develop, if we would let things go undisturbed, especially large scale active factors be as they are, by themselves, we see that trade and competition, the amount of technology, tools and knowledge, need to be controlled in order to avoid a kind of hell, in order to ensure good natural happy life and good natural living conditions for everybody now and in the future, too.

This is a clear contrast to the situation of a natural healthy environment and life thousands of years ago, into which human beings are adapted to and which was in a natural balance so that the environment and the large scale factors (feelings, fear of catastrophes, group feelings, will to endure, good living conditions in the future, too - these are common to all humans and animals) affected toward balance, happy life and a paradise, if let alone: heaven.

Technology and artificiality create the hell out of it.

So, in a sense, we are a rebellion in hell against evil, supporting the good things that we can build the heaven upon, supporting the direction toward heaven: democracy, justice, human values, naturality, common sense, carrying responsibility, and so on.

EVIL OR REALISTIC?

There is a type of rationality of men which aims at being realistic since it thinks that others are dangerously emotional. Such rationality is seen as evil both by the men themselves and by others but it aims at a society which is better capable of defending itself, so it too is a force which aims toward good, but a dangerous force of course. My efficiency grounds for feelings and moral aim at reaching those men. I do know that besides them, really evil people exist, uncurably so: we just need to defend ourselves and not set ourselves at the mercy of everybody. I am not for equality, I am for justice (for women power)! And for the freedom of the moral individuals: each one is allowed to do whatever one wishes as long as one doesn't hurt others.

"Treat others like you would like to be treated yourself." See the alikedness of your situations of life and use that understanding in governing too.

**HEART'S VOICE IS TRULY RIGHT
in the tough modern world**

Characteristics of the time before a new balance, for the time before a proper holistic view of the world and practises according to it, are unskilled solutions:

- * the lack of a holistic view of the world
- * contradictions, errors and mistakes
- * mistaken emphazies, cumbersome solutions
- * optimized or planned only at the level of the parts, not at the level of the whole and the partial wholes

The road to balance:

- * common sense
- * holistic view
- * the fitting together of different points of view
- * toward good, natural and harmonical in a healthy rational way: main things of life right realistically

Replacing technical and theoretical thinking by common sense helps to solve problems in the use of large systems: brings solutions instead of a lack of understanding.

It is the practical experienced reality which creates the most vivid, most easily perceived images in our minds.

The different types of perception (senses, atmospheres, feelings and all kinds of thinking) support each other in thinking.

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 perception as 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.

in Finnish language:

THINKING IS PERCEPTION

Thinking means noticing how things are. This way thinking is connected with sensitivity and reactivity.

If something is surely true, it is always observed to be the same way, like it is. That creates the reliability and stability of thinking, even though thinking itself is reactive.

AJATTELU ON HAVAITSEMISTA

Ajattelu on sitä että havaitsee miten asiat ovat. Näin ajattelu liittyy herkkyyteen ja reaktiivisuuteen.

Jos jokin asia on varmasti totta, sen havaitsee aina samoin. Siitä syntyy ajattelun vakaus ja luotettavuus, vaikka ajattelu itse on reaktiivista.

HOW THINKING IS STRUCTURED

MITEN AJATTELU ON RAKENTUNUT

Ajattelukyky on ihmisellä luonnostaan. Se on kehittynyt luonnonvalinnan myötä luonnonympäristössä ja toimii parhaiten kun ihminen elää luonnollista tunteiden mukaista elämää. Ihmisen muut toiminnot kantavat kukin oman osansa ajattelukyvyyn tukemisessa: yhdeltä elämän alueelta (esim. näköaistista tai tunnelmahahmotuksesta) voi saada mallin toiseen (ajatteluun).

NÄKÖAISTI

Näköaisti pystyy käsittelemään virheettömästi valtavan tietomäärän aikayksikköä kohden. "Yksi kuva kertoo enemmän kuin tuhat sanaa." Kuuloaisti ei pysty mihinkään samaa suuruusluokkaa olevaankaan.

Kuvittele siis asiat mielessäsi kuvana, kun joku kertoo niistä tai itse ajattelet.

Luonnossa liikuminen voi antaa näköharjoitusta, josta on hyötyä ajattelussa.

Etenkin maisemien ihaileminen tuo harjoitusta kokonaiskuvien katsomisessa ja luonnon monimuotoisuuden ihaileminen valmentaa ajattelun monimutkaisuudesta selviytymiseen.

RELAXED BODY

RENTO KEHO

Ajattelu on havaitsemista ja herkkyyys havaintokykyisyyttä. Niinpä rento keho reaktiivisuudessaan on ajattelukyvyille hyväksi etenkin salliessaan eläytymällä ymmärtämisen ja tunnelma- ja tunnehahmotuksen.

HOLISTIC VIEWS

KOKONAISKUVAT

Kokonaiskuvien käyttö on älykkäin valinta. Niin saa pääasiat helposti kohdalleen.

Parempaan tulokseen ei pääse millään muulla ajattelutavalla ja muilla tavoilla samaankin laatutasoon pääseminen vaatii paljon enemmän työtä ja laatua.

ATMOSPHERES

Atmospheres give a holistic view with structure.

Atmospheres are a natural way to conceive differences between things and make recognizing easy for example in the use of memory.

TUNNELMAT

Tunnelmahahmotus antaa kokonaiskuvan rakenteineen.

Tunnelmahahmotus on luonnollinen keino hahmottaa eroja asioiden välillä ja tekee siten tunnistamisen helpoksi esim. muistin käytössä.

MORAL

In thinking the main point is to get main things right. Right means primarily to the direction of right, in other words well, and only after that more exactly right. Well for the whole is what is meant by good moral.

MORAALI

Ajattelussa pääasia on saada pääasiat oikein. Oikein tarkoittaa ensisijaisesti oikeansuuntaisesti, ts. hyvin päin, ja sitten vasta tarkemmin oikein.

Kokonaisuuden kannalta hyvin päin on mitä moraalilla tarkoitetaan.

EMOTIONAL INTELLIGENCE

TUNNEÄLY

Tunteet ovat kehittyneet luonnonvalinnan myötä. Ne kertovat ihmisen omaan ja ihmisyhteisön sekä elinympäristöön liittyvää tietoa toiminnallisista mahdollisuuksista, siitä miten hyvin luonnolliset tarpeet ovat täyttyneet.

Tunneälyä voi oppia arvostamalla tunteita ja yrittämällä ymmärtää, millä tavoin tunteet ovat kulloinkin osuneet oikeaan.

SOCIAL SKILLS

SOSIAALISET TAIDOT

Myötäelämisen kyky ja sen vaatima hyväntahtoisuus tuovat sosiaalista ymmärrystä käytännön kokemuksen myötä. Urheilun tuoma rentous voi lisätä myötäelämisen kykyä.

LEARNING TALENT

LAHJAKKUUDEN OPPIMINEN

Se miten kunkin henkilön huomio on kulloinkin keskittynyt eri elämän alueille (ajattelu, muisti, kieli, kukin aisti, liikkuminen, tunteet, tunnelmat, sosiaaliset suhteet jne.), määrää pitkälti, miten kunkin tyypinen tekeminen sujuu.

Opettele eläytymällä havaitsemaan elekielestä, miten toiset ovat kulloinkin keskittyneet niin voit eläytyen matkimalla oppia heiltä heidän lahjakkuuksistaan.

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 IN THINKING

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.

VII Rational Feelings

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**

Fullfilling needs safeguards good health:

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

RATIONAL FEELINGS

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 analyze 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 industrialized 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 emphasize the role of thinking just in these modern times. When one has quickly gone through each picture of the world and strategy of life, the situations of life appear easy to understand and one could at once suggest better working alternative strategies of life.

Figure out what kind of building blocks and structures you are using: what values, social habits and what kind of moral are you following in your actions. The values are what you are building. The results of your choices can you count through via the society agreement like use of groups in thinking. You can count people separately and just add the effects. Remember though that you get what you give: others tend to follow your own rules of behaviour when associating with you and to give you feedback of your own ways, so essentially you can understand everything from the point of view that everybody would behave just as morally or unmorally as you do, just as rationally or irrationally as you do, since your own effect is so very big indeed over the years. Compare the different choices, their end results. **You should take also the environment into account: how do you behave on the condition that others are what they are! Soft + hard -> broken. Soft + soft -> happy. Hard + hard -> strong defence. Insight ("soft"/caring for the smaller one) + cooperative ("hard"/rational + social) -> things well.**

Sometimes, like often in my life, when one is much bigger than the other one, it may be soft against hard and the soft win because it is stronger, harder than the hard side of the other one.

In choosing strategies for life, invest on good health also in social things and in the society at large.

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.

I love you. Please love me in return!

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.

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.

How to conceive feelings as rational:
first the feeling, then attention to what caused that feeling,
and a rational understanding about the importance of those things in life.

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.

There is a natural way that feelings join together with thinking. Every time that we have thought a thought, we feel about it - how strongly, depends on how important it is to our lives. There is a rational way in which feelings follow the thoughts.

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.

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 likedness. 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.)

Depressions 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.

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 rigidness and inability to action caused by fear. The oldest one is to follow the advice of the fear like I have described in my book in the 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.

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.

GAIA AND 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 Gaia likedness, are forced to suffer. Otherwise the beautiful Gaia paradise 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 paradise.

REPAIR MECHANISMS

Gaia needs repair mechanisms:

- * pain and suffering
- * diseases
- * predators

They drop errors away.

The most Gaia like ones, the most healthy ones in every respect, do not suffer and do not die. They live very happily. That keeps Gaia 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.

Those who err in bad ways away from the healthy Gaia likedness, are forced to suffer. Otherwise the beautiful Gaia paradise would be lost in a short while.

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.

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.

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 emphasies, different ways of thinking and different ways of expression and different roles of language and perceptions in life and thinking

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 directions to go to.

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

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!)

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.

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.

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.

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 emphases 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!

BEAUTY AND GAIA

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

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 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
symmetry
essentiality
instincts, feelings etc.

"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
- * 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: phonetical meanings and 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

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, so it is good to know

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

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 concretically, 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

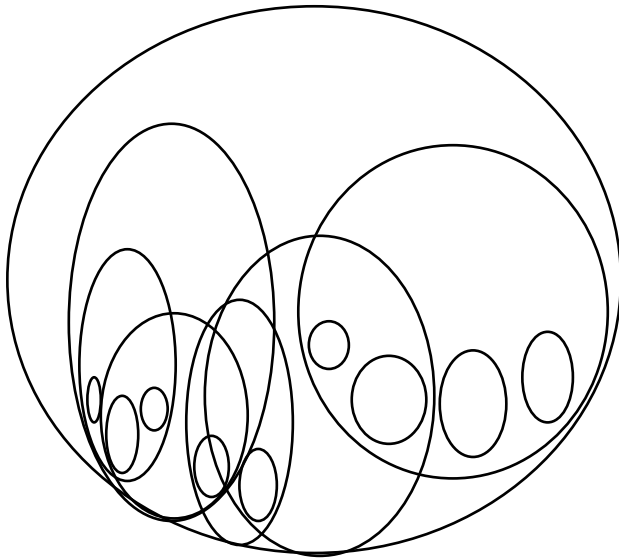
Big leaders search for support.

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 Gaia.

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 Gaia.

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.

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

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
fro 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 look 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.

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

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 (rythm, 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 strenghts 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 enermously 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 pther 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 than 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 emphasizing,
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 strenghts
(so the base for action is a little different for each person)
and doing things based on one's own rythm,
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 strenghts. One can emphasize the functions
differently and get wholes that are balanced differently. One cal learn from
others new balances.

The most healthy 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 strenghts.

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: mathematicssnooze. 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 assemblagepoint 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

assemblagepoint, 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 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 about twenty centimeters to each direction from the wrist.
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 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 emphasizing 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 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 object of hate and aggression should be and what the right road to guide that force of aggression, then will the effect be a healthy curing one.

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. In such it is important to allow correctability toward good.

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!

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.

The traditional values of women are more nurturing and so more healthy and Gaia like than the traditional men's values: ensuring that all biological wholes stay healthy and unbroken.

VIII Women and men

LOOKS

The same person with the same values and ways of living can look either manlike or woman like, if one just has learned those styles, so men learning women's values doesn't necessarily make them look just women like, instead they may emphasise in their social gestures the points which the others typically consider a part of men's' social role, like mentioning by gestures one's social position compared to the men and one's ability to look sturdy and to do practical work like carrying things etc. If I as a competitive women use gestures of the same kinds, I mark them via the women's role so that I get well understood, what I am like and why, what my opinions and ways of behaviour are: carrying things + valuing the womanly body, dominance in some competition + my interest in the things themselves and in the co-operation with others, in friendly relationships with them, my tendency to take competition lightly and emotions seriously, my valuing of the usual ways of objective thinking in the Finnish society instead of the technical things that can also be thought well the usual ways instead of with technical mind.

A man with exactly the same values as I would mention the things in a different order: first the manlike ones and then with explanations about values, grounds, points of view etc. the other things. Like a man valuing modern dance could refer to the healthiness of sports, to the liking of muscularity in women's' eyes and among the roles of men, to their view that like the freedom of the moral individuals which is greatly valued in our society, doing things according to emotions is a good way to do things, which we all know from childhood when we had the possibility to do so instead of the tiredness brought by the work, and that according to the biological picture of humans which all have too, doing natural things is good for the functioning and so to be valued in practise, and then there are also the artists, many persons doing practical work or some types of marketing or the like who also pay attention to these sides of life and find them valuable. Besides many women value dance: maybe there is a real point to it, which should be taken into account by all.

A woman practising dance would just mention: like the other women, I find it valuable too. So there is a clear difference in how one expresses oneself even if one does exactly the same things and for a large part the same reasons (VALUES) too.

DO NOT AVOID HEALTHY AND NATURAL THINGS

What causes problems, is avoiding things that are healthy and/or natural. Like if men avoid being like women. That causes probably much more harm than trying to be manly, too.

Because people and all living beings are much alike in many respects. Many likes and dislikes, needs and basic requirements are common to all.

So if we take care that children get good living conditions to grow up in, like is needed in the human societies everywhere, in order that the children grow up to be healthy adults, they get living conditions and ways of living that are well suited for human beings. It is traditional in many cultures that women take care most of the children up bearing. So their culture, values and ways of living are especially adapted to safeguard the living conditions that we all, children and adults, women and men, need alike.

So if that gives a person a soft appearance, values, habits or so, it is not to be avoided, since it is connected to taking care of one's health and so on. So men should not avoid being like women! On the contrary: they should be appreciated, according to justice, for the same healthy things as women are.

One should never give preference to unnaturalities over naturalities, if one does not need to do so. Otherwise natural systems like human being and human societies are not at all as self-repairing as those would otherwise be.

WOMEN AND MEN: VALUES AND WAYS OF DOING THINGS THE LOOKS AND GROUNDS OF STRENGTH

WOMEN'S VALUES

I was born a woman. That means that I got girls' upbringing: learned to value emotions, learned to be a proud strong feeling individual upon whose shoulders one can lay the world at large.

Then I met a man and he had got the upbringing of all boys, learned to be a soldier and a worker, a tool in the hands of others.

Women's values are more intelligently chosen than men's values.

Women are more intelligent than men.

This difference between women and men is cultural.

So my point is not so much about the roles of women and men but about which values and ways of thinking should be in a deciding role in large scale questions.

If one concentrates only on work, on its technical details, one does not get a good idea of the whole.

Instead one is stuck with a very partial perspective.

So men, who have a more achievement oriented way of doing things than women,

often use only a partial perspective and have a poor idea of the whole.

Women on the other hand gain typically a good understanding of the whole.

The values of both sexes reflect this difference,

so that women's values are more intelligently chosen

and women so more fit to be in power in large scale questions,

the men who use only a partial perspective being just helpers in the use of tools.

DO NOT COMPETE ABOUT POINTS

Do not compete about points, do not pay much attention to how much each person got points or how well they did compared to others, since that way you learn nothing about how to do the thing in question, nothing about why they did as well as they did. Instead pay attention to the thing itself, non competitively, so you'll learn how to do it and consequently do well in competition too, if that's your goal.

Also if you are interested "psychologically" about how each person reacts to success, competition etc., looking at the points doesn't tell such. It is their attitude to the thing in question and their values about competition which determine how they feel and how they compete, how well they succeed in each thing and what such hoped for success is worth.

Compete in the spirit of play! Not caring who wins. Helping each other always when needed. Enjoying life.

For a similar reason, as it isn't good to compete about points, reaching for social position isn't good: value things themselves and not the competition.

A TOO ACHIEVEMENT ORIENTED WAY TO DO THINGS

Achievement orientedness which is CULTURALLY typical to men, causes that men specialise into achieving goals only so and so. Which in turn causes that their work is of less quality than that the work of others doing the same job, for example women, even if the men could at least in some cases achieve better on some scale, at least part of the time.

This way men specialise into achieving partial goals and not into the much more demanding achieving as seen from the holistic point of view. This results in that men's skills become very specialised which in turn causes that they get only a little practise in doing different kinds of things, while a woman taking responsibly into account the whole, gets lot of practise and develops as time passes into more skilled and sure and righteously valued.

Men's culture's choices of values and emphasises on values emphasise achievement orientedness too much, compared to the emphasis on ways of doing things that are natural and according to one's positive feelings. That causes that the ways of doing things do not develop according to HUMAN'S OWN RHYTHM but instead too much without taking into account the human being, which results in less endurance and strength compared to what it could otherwise be.

A HUMAN BEING IS A HUMAN BEING AND NOT A MACHINE

A human being is a human being.
A machine is a machine.

Each one has the qualities typical to its kind of things or creatures.
Make sure that you do not mix these two!

A human being has the needs and ways of functioning of a human being
and needs a life suited for human beings,
not for machines.

Otherwise one gets broken
like a machine used against its instructions of usage.

Human beings have the natural qualities, needs and motivation of human
beings.

They need good living conditions now and in the future for all,
and use thinking as a helping aid in arranging them:

Human values,
common sense which takes the whole into account,
justice and carrying responsibility about the things that one affects.

HEALTHY IS STRONG

How can one make out who is strong and who is weak?

Compare the same man lifting weights of say 5 and 50 kg half a meter. What does he look like? The light weight he can lift relaxedly and the heavy one stiffly and strainedly.

Compare then a tiny thin man and a strong "gorilla" lifting a weight of say 25 kg half a meter. What do they look like? The big one is relaxed, the small one is strained and stiff. So it is relaxedness which is a sign of strength. And stiffness is a sign of weakness compared to the task.

STRENGTH: NATURAL

The relaxedness and sensitivity come from having well enough strength for the task so that something is even left over.

Strong enough:

- Σ relaxed
- Σ balanced
- Σ sensitive
- Σ unified whole
- Σ there is some reserve of strength left
- Σ one needs to use only a part of one's strength
- Σ the task at hand seems easy to do

STRENGTH: ARTIFICIAL

The stiffness comes from overexertion, of too much concentration on one task.

Too weak:

- Σ tense
- Σ rigid
- Σ unreactive
- Σ unbalanced
- Σ broken whole
- Σ all strength in use, no strength left as a reserve
- Σ the task at hand seems difficult to do

If one is strong, one has enough power to take care of the whole, to carry responsibility. But if one is weak, one often needs to concentrate one's strength to the minor tasks at hand and one is unable to take well care of the whole. So the amount of carrying responsibility is often connected to the capacity of the individual.

Strong

O

natural

(size big enough)

taking into account all parts of the whole,
taking care of them, all the time

Weak
O
artificial
(maximum size and over it)

optimising parts
partial view
the holistic view only as a sum of several partial views
(an artificial, only technically arranged, holistic view)

STRONG

Natural understanding of wholes,
natural co-ordination and supervising of wholes,
sense of balance, concerning for example the wholes and healthy ways of doing

Reaching for naturality!
+ Think what are the building blocks like, what are things grounded on.
One should build unified harmonious wholes by using natural parts in natural ways.

Natural selection affected and optimised also at the level of the wholes and not just on the level of the parts. Complex functions support the functioning of the whole, survival and so on.

So women for example have somewhat stronger muscles compared to what one might think at first sight, since otherwise they couldn't use relaxed ways of doing things. It is the culture which puts restrictions on the women's and girl's style, making it better but not so competition oriented and not so strong compared to one's muscle strength in theory. Women too, if they want to compete harshly, have a lot to learn from men. The skill of using all of one's strength in work. But such would bring less endurance and make it difficult to care for continuous tasks like home work.

A competition oriented man can learn a better style from women since women are more style oriented but the overexertion the man needs to learn from other men.

THE VALUE OF MODESTY

The value of staying with the truth

- * the value of honesty: things on a strong trustworthy ground
- * correcting one's own errors
- * right emphasis on things
- * **be open to how things truly are in practise without aiming at some theory based goal** (for example for social reasons), value things itself without being achievement centred
- * learning new things (concentrating well, being with an open mind)
- * be open to what is valuable in new things, in other persons, in other cultures and so on
- * communicating easily, valuing the views of other persons
- * getting well along with others
- * justice and moral, living together harmonically

SOFT IS STRONG (Rigid is weak.)

* **reactive**: adaptation to situations, ability to learn, perceptive

* **health**, naturalness, taking needs into account

* long term sustainability

* enough strength in reserve

* according to feelings, likings, instincts and motivation -> extra strength and endurance

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.

NO INBORN DIFFERENCES BETWEEN THE SEXES

There are no inborn differences between women and men.
Instead there are great differences in the values
and other ways of behaviour followed by each sex.
Those differences are caused by a different upbringing
where we learn different things about living,
and because of different situations of life,
we typically belong to groups with a different style,
different work and different picture of the world.

But what is rational to a woman, is rational to men too,
since women's views are on strong rational grounds.

Being a woman myself, I respect the women,
since they understand about life a lot indeed,
their views being so complex and fastly varying ("soft", "moody", "emotional",...),
their ways so peaceful and well thought of ("non-aggressive"),
that the men cannot even notice such,
cannot understand what means masterful compared to the most masterful that
they know,

or something like that.

FEMINISM FOR SOVINISTS

In most cultures women take care of most of the upbringing and nurturing of children. So they are the ones whose values are well suited to that work, well suited to safeguarding the good living conditions, health and intelligence of the offspring. These are the same values that guarantee that adults stay healthy and intelligent. It is important to give enough room to these essential basic values. The easiest and most straightforward way to do so is to support the position of women in both domestic life (the well being of individuals) and in the society at large (the well being of all).

WOMEN'S RIGHTS

Read the text Feminism for sovinists.

Typically woman has other kind of ways of living than a man. So in the society agreement one belongs partly to the same islands and partly to different islands. One should get feedback of the ways of living that one has oneself supported and lived by - not of the choices of others, unless partly if one is socially responsible of those too. Also soft values are valuable to the society, so women should have every right to live in peace and to be treated fairly and kindly, and have the right to decide about their own lives and to influence things in the society.

KEEPING UP MORAL

Observe what rules of "game" in social contacts the other person is using: which island the other one is on, which things one is cultivating and which not, by using which rules of game and how one follows rules: which island one is so supporting and which not.

The amount of trustworthiness in each things affects how well things grow in the island and is there fear of catastrophes for the island or for other things.

People are often socialized toward some set of rules of behaviour and way to handle social contacts, to some degree and kind of moral and trustworthiness and so on. So observe toward which basic groups one is socialized so - at least sex, culture and the kind of persons that one strongly identifies with. Observe also which things one considers obvious and which not.

Do not let the other person eat on an island that one isn't building. Share islands only strictly according to justice. Being friendly is different from letting the other person to benefit unfairly. You are obliged to be trustworthy only the amount that the other person is trustworthy - real justice, fair play. But don't let the rules of behaviour get harder and harder, if you can avoid it. Do not ever protect evil. Basic human rights are a different thing. Keep up your moral, also by preventing the evil from benefiting unfairly and from harming the ways that we support common good.

There is a Finnish saying. "Let them get rotten in their own juice." Meaning: refusing to help an evil person against the demands of real justice and of fair

play toward others. Meaning: suffering from the consequences of their own irresponsible evil actions, without getting help from others against justice. Society agreement: how we ourselves create our living conditions: the amount of good and evil things in our lives. Real justice.

You should follow **justice also when it is a question of yourself**: do not give merit of your own good sides to your relatives, friends, pals, countrymen and allies, and especially not to your enemies too just because such sounds modest, a positive attitude or the like. Instead keep sizes and **emphazies correct** and demand just to yourself the rewards that justice entitles you to. Only this way you help to guide the world toward better.

One who behaves badly, doesn't disgrace others, but disgraces instead himself/herself by showing that he/she is untrustworthy, unmoral or the like. (Being raped doesn't disgrace the woman. Instead it disgraces the raper and the trust in him as a social relationship, it breaks largely the social relationship removing any power that the raper might have had over the raped and lowers the social position of the raper a lot in the society.)

For (feminist) women I recommend the book:

Deborah Tannen: Hardball for women.

It tells about the cultural differences between women and men: men are more competitive.

The book is informative to women but not so interesting to men.

NOT SOCIAL WITH EVIL

Typically if someone is too evil and unmoral, they are such because others give them social support quite much like to other - moral and rational! - persons, instead of refusing to be their social allies at all.

This error has to do with the inability of people to understand how big, huge, enormous the differences between individuals are. What one has thought deeply seriously, responsibly, very rationally and extremely morally, has the very neighbouring ever present person maybe only memorized from the words of others without understanding it at all as well as they can understand other things which they feel personally motivated toward. So one must look at people's actions to understand how well they follow each thought in practise.

Another type of evil person is one who wants male sounding social relationships compared to what is typical to all others in their social environment. So they consider normal friendly everyday social relationships like kissing and hugging, too warm. So they try to get an unemotional unfriendly distance from others by starting a fight with them. They may feel comfortable at circumstances where all are only rational, not loyal and not moral, i.e. at circumstances which all others, both men and women, try to avoid the best that they can because all others value a different kind of life. So one gets rid of such kind of evil by stopping to be friendly or social toward the evil one when one notices that they are too untrustworthy, uncooperative etc., so that there is no friendly fight but instead practical arrangements to stop the destruction, like one would arrange if the

wild animals would steal something during the night or if it would be the weather causing the harm.

THE RIGHTS OF SMALL GROUPS

It is for the good of all to support the rights of small groups. Compare the small group to small groups formed by members of the larger group and to the position of its single individuals. The same requirements and rules of game for all -> no injustice.

Bigger ones may not take advantage of small ones. Fair play! Keeping the rules of behaviour good enough.

If we want that the society is of a certain kind: that our needs are met also when we are weak or in trouble, we have to support islands that create those good things: to help according to justice those in need, to create arrangements that take into account according to justice which respects human values, the differences in personal strengths, and to carry responsibility about protecting common good against the evil, irresponsible and stupid or ignorant.

If we can make an arrangement in the society agreement so that those in need are helped, we create a situation where basic living conditions are safeguarded for all.

One can allways make safety precautions against catastrophes and other dangers.

BELONGING TO A GROUP

In justice one must judge each **individual** separately according to justice and give feedback accordingly to the individual, without taking one as a part of a group formed by one's social contacts or the like.

Belonging to a group can be taken into account the following way:

Taking into account that the individual belongs to the group for such and such reason in such and such circumstances, what is the behaviour that responsibility carrying attitude demands from the individual in such a situation, according to justice, taking the whole into account and not just the group? - Society agreement.

Responsibilities toward the group, responsibility about influencing the course of action taken by the group, carrying responsibility that the group doesn't restrict too much the actions of individuals on the cost of freedom and justice (rules of game) and responsibility about other things.

Enough freedom for each moral individual and an ability of the moral ones to defend themselves, take care that the systems cannot squeeze the individuals too badly and prevent evil from taking power. If everyone tries to live and also to do things in large scale in healthy ways, errors get corrected and things are on a strong ground.

SEX AND LEARNING

SEX AND THE HEALTHY BIOSPHERE

sex as natural functioning as a part of Gaia

Mechanisation: Sex

Women are typically more moral than men on the average. Moral is an intelligent choice.

MORAL

Supporting women power according to real justice is moral, since it is for common good and fair.

(Read the previous section Women and men: values and ways of doing things.)

An optimised system of rational humans
see what I have written in Finnish too.

A paradise

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. If we could have a better idea of what a paradise is like, we would have a map to a better life, and if paradise really is the winning option, all the others would be willing to choose a paradise too.

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.

PARADISE

**According to the above model,
ALL BIOLOGICAL FUNCTIONING IS BUILT UPON HEALTHY
PIECES OF THE WHOLE HEALTHY BIOSPHERE, i.e. Gaia paradise,
AND THE BEST FUNCTIONING IS REACHED BY
THE WHOLE HEALTHY BIOSPHERE, i.e. Gaia paradise.**

This is the basic idea of this book!

THE HEALTHY BIOSPHERE

Understanding the importance of one's living environment

Having a natural kind of understanding with feelings, atmospheres, a holistic view of the world, compassion with sizes right etc.

Well functioning in a natural way

Instinct nature increases understanding also intellectually

The world forms one large loose whole where each living being carries one's part of the caring for the whole and for the nearest others.

The world isn't divided into blocks but more complex, like human group is complex and interconnected compared to a group of tiles.

Well functioning brings happiness

There are means to cope with large scale dangers and big phenomena

Older ones are intelligent also like the young ones and offer working solutions to the young ones: good enough understanding which is general enough, like science and common sense? The world is intellectually a flowing field, not a fixed one. Understanding large scale things is like understanding some practical common everyday things.

One's social understanding is good and understanding about health and moral.

How different strategies of life cause different fates

The ability to learn from others, also values?

Wisdom in following feelings: they make life better, more well functioning, help in difficult places

Ability to handle artificialities and other dangers like evil

Each individual healthy and moral, each group too

Traditions of a curing kind

The road away from an abyss clear to all moral ones

Each individual a center of recovery for the society and the world at large

Communication between different types of species possible, like humans and whales, fishes and insects and birds

Cooperation according to common sense responsibly and compassionately

An understanding about the role of each thing in the whole

An understanding that artificial things do not have a nature of their own, they have the nature of looking at nature landscapes

An understanding that the world is based on good

Evil things do not have a nature of their own in the sense of there being just one type of evil; all evil functioning is based on good, to be counted through! Loss + benefit

Cooperation, not war

Not evil

Freedom of individuals

Natural hierarchies

FOREWORD

This is my story, your story, the song that we have sung already as children: the voice of the emotions and of the intellect. A story doesn't need to be strange to be entangling, the most beautiful one of all. The voice of our own heart is the one that we are most familiar with.

I write about a dream that came true in a peculiar way: in thoughts, in the way that one sees the world, came to weight much more than what one thought to begin with. It carried the weight of other simple ideas and become a road to a better world with peace and intelligent people living a rich full life.

I write about my view to the world. It is a view full of answers, a view which fits together every single view that I have encountered during my life, or nearly so. Especially it fits together with everything else the view of the Finnish speaking culture of Finland in Europe and the biological picture of humans.

I also believe that each human being is born with a view of the world, with some view of what is important in life. This is a view that I have had all my life, already as a child, already as a baby, I think.

It is a dream about life completely according to feelings, about a paradise like way of life. A dream which became a road, a set of advices and a picture of humans.

The thoughts in this book are directions which are meant to be followed in practise, that's the point in them.

Supporting things that are positive for happy life, like
ice cream and strawberries,
singing and dancing,
good living conditions for children,
holidays
and so on.

This is an important part of the culture of Finland in Europe.

The Santa Claus who is around here said to live in the Lappland of Finland, comes originally from the neighbouring country Russia.

Of music I have most enjoyed the songs from Tahiti, from the paradise islands.

Hannele Tervola
July 2006
Finland, Europe

A GLOBAL NATURE PARADISE

Healthy is happy and healthy works best. Applying this to the whole world one gets the result that a healthy natural world works better than a broken world, and since a healthy world is also a happy world, it is a healthy natural global paradise which wins in a strongest one wins competition.

This book is widely about a paradise for humans. But since humans as a species is just one of many, a single part of ecosystems and needs the whole ecosystems in order to reach natural conditions, and a paradise, the other species are also needed and so it is a question of natural good living conditions for them too: **a nature paradise.**

All human action is essentially a paradise movement: a movement for a better life at better living conditions. That is what moral essentially is. This book is also about moral and about the importance of following feelings, so as the subject is, instead of a paradise for humans, the ideal, the dream, **a paradise for all: the whole biosphere in a state of complete health and naturality, which I call Gaia.**

Instincts lead animals toward survival. If living conditions are not good for their functioning, they suffer and try to change them toward better for themselves. If living conditions are then OK, they feel at ease, are maybe even happy. **Optimum conditions make them most satisfied, happy, those are a paradise for the animals.**

How is a paradise possible? A paradise is a place where all live happily. How is such a place possible? **The state of complete naturality is the same to all. It fulfils the needs of all kinds of living beings at the same time.**

The point in this book isn't that any paradise will win over other options: a drug paradise for example won't. The one and only paradise which will win over the less paradise like options is the large scale healthy nature paradise Gaia. **Paradise is a way of life and not just a place: Living a full life!**

The Gaia paradise is the most paradise like paradise of all paradises. Any paradise is a paradise just the amount that it is like the Gaia paradise. Since Gaia is the state of complete naturality and health, the whole world in peace and happiness, which fullfills all our natural needs in natural healthy ways - also the need for peace and security.

And each kind of paradise will do well in competition the amount that it is like Gaia, especially in the biggest matters. Since Gaia likedness is what gives power and well functioning, Gaia is the ready made solution to everything - by God or by evolution's competition.

Gaia is the whole biosphere in a state of complete naturality and health: an interconnected whole whose parts carry responsibility about the whole, like is natural for beings with an understanding about their life and living environment, about the beneficality of allegiances. Gaia is something like superbly moral co-operation in all scales.

How can moral win? Isn't moral a thing of the past, of the age before technology, military competition and trade? No! Moral brings the force of cooperation. To be moral means to act for the common good and that happens to be the most beneficial arrangement, since it brings the force of cooperation. And feelings tell about the importance of things to life, so they tell information which is essential whatever one does, whether in competition or otherwise.

THE HEALTHY BIOSPHERE

What is Gaia?

What I mean by Gaia: the biosphere as a whole in a state of complete naturalness and health with the connections stressed so that it is easy to compare it to smaller entities like animals, packs and ecosystems.

The evolution nearly optimized also wholes and not just the parts. So the whole has some kind of cooperation, the parts fit to each other, forming ecosystems and even larger loose wholes.

So being conscious of one's living environment may include also the very large scale,

like with humans for example it does.

My starting point is that the natural selection HAS shaped the parts so that they in natural living conditions work well together. The ideal, Gaia for example, may have though been left unreached - it is interesting to ponder can it be reached by increasing understanding in pictures of the world.

The natural selection drops away especially unfit individuals and unfit species and so shapes the wholes especially well. This is more propable than shaping based on single features.

A very loose global "symbiosis"

The state of complete naturalness. What is it like?

The natural selection can be assumed to have shaped also the whole so that its parts support each other like the parts of a single living beings support each other. Those who cooperate survive better. (On the level of feelings this refers to compassion between animals of different species.)

A global symbiosis is an idealization from this. The reality can be assumed to have at least some of its features at least to some extend. So as a direction global symbiosis makes sense. Gaia is something like a very loose global "symbiosis".

The most complex natural system

Gaia is the most complex natural system that one can imagine. It includes all the areas of life as its parts.

Also artificial systems can be handled in this context in order to defend Gaia.

(One cannot form an even more complex system from the parts of Gaia because when Gaia gets broken its functioning becomes less complex since the smaller parts which are left are less complex. Artificial arrangements are not as interesting because they do not create a different functioning for the parts of Gaia, so they are only a question of technology etc. : something for computers to count through.)

A generalized Gaia

There are many species of animals, some herbivorous, some carnivorous. How to fit them all together?

Justice which respects human values brings the most harmonical cooperation that I know of, is the most fair arrangement. So if one would arrange everything according to justice

while taking into account the basic living requirements of each kind of being, one could fit together also the incompatible beings, including all living beings, possibly supercomputers and imagined UFOs etc. That way one could optimize the whole toward

best possible living conditions for all equally. A generalized Gaia.

This kind of Gaia is very near the European and Russian idea of how people should live together and how people and animals should live: justice which respects human values plus carrying responsibility about the whole. Freedom of moral individuals is typically emphasized too and it fits well together with my idea of Gaia, is a part of it.

Enormously complex

Well, the subject of my texts is in fact very theoretical and enormously complex: **the human kind in an artificial living environment where any kind of laws**, including the ordinary laws of nature, **are possible** but some laws are more beneficial than others, plus **the animals, computers and UFOs**: how does that complex whole work and why just so, and how should it work, how should things be arranged. I try to answer this without presuming to know anything about how things really are. Lots of variation there is at least!
Artificial + natural.

Cooperation for the common good

We living beings are alike in many respects. We all have hunger and other needs. We need the same basic things in life, in a way which fits together with the fulfilling the needs of others, so we can cooperate for our common good. Let such a cooperation for common good be a major part of our lives. Let's live the Gaia's way.

Read the text Society agreement

A feeling of oneness

What makes Gaia like whole out of any healthy and well functioning whole? The fact that it is ONE UNIFIED WHOLE.

A loose whole is tied together by UNDERSTANDING AND RESPONSIBILITY brought by UNDERSTANDING, FEELINGS and INSTINCTS.

A FEELING OF ONENESS.

Not fighting

What if there isn't a fight, what if **there is a changing balance according to the environmental conditions**? The ecological balance.

The optimizing point about Gaia

The optimizing point about Gaia in this book is that Gaia is the most well functioning whole that one can form in practise.

Gaia is a paradise in which all living beings form one unified harmonical whole. Gaia refers to a global view on life and to a state of complete naturality. Life according to feelings with the common sense guiding it. There is already a road to a better world: good, excellent moral. This book shows that in a strongest one wins competition Gaia paradise is the winning option.

What is a paradise like?

In the nature paradise Gaia things are at their natural healthy places in the world and in the ways of living.

All paradises are like that since that's what causes happiness, that's the nature of happiness instinct. A less Gaia like place and life is less a paradise too.

What does health and naturality mean in the modern technologized world? How to live a natural life there and how to survive living a natural kind of life?

Computers develop much much faster than the needs of humans change, so it is the task of computers to adapt to humans and not the other way around.

Natural healthy life gives the best capacity, so it is well possible to do well in life by living a natural healthy kind of life.

But what is the naturality like in the modern world? Each of the natural needs and living requirements has to be filled, including the need for long term large scale security.

The scientific ideal of a natural fully functioning society in a natural fully functioning environment, is a paradise. Such a paradise is a useful aid in conceiving things objectively.

THREE THOUGHTS

Three facts (proofs are my own):

1) A nature paradise is the winning option in the modern world. Humans have via the natural evolution adapted to a natural healthy life in nature. That gives best functioning and best intelligence. (I have more grounds for this claim, if You are interested.) A healthy one is also happy. So, a healthy natural life in a healthy natural world i.e. in a nature paradise is the most victorious way to arrange things.

2) All biological functioning is based on good. All biological wholes are so complex and shaped by the natural evolution that if one breaks them the only functioning parts left are the healthy parts. So all biological functioning is built upon the healthy parts of the healthy biosphere. A healthy whole is positive for happy life, and pack animals safeguard the good of the pack, in other words they are moral. So, the healthy parts, upon which the biological functions are based, are by their nature healthy, happy, positive for happy life and moral. In other words all biological functioning is based on good.

3) The world consists of love. Love is a force in life which in the state of complete naturality binds the parts of our healthy natural life to their correct places. We love the parts of our healthy natural life and living environment. On an emotional language, the "world", in other words the base for our functioning, is the objects of our natural healthy love, and nothing else. For example we love a safe future without global dangers and a world full of peace and happiness.

NATURALITY FORMS THE HEALTHY BIOSPHERE

- Tell to me, you who are so wise, from where on have you known this?
- I have known it all of my life, in my nature , in my scientific upbringing: **in all the cultures of the world there is the same human nature which is**
- I, we know - **a part of the living nature.** If we just understand things correctly, we will arrive at the truth: we will know that **we are essentially a part of nature and a part of the Gaia paradise even.**

We know that there is a nature for things: a natural way to talk according to the situation, a natural way to feel, something like our innermost thinking, and that there is a nature for things at the large scale too: a natural way for humans to work peacefully together, natural intelligently chosen goals which are both according to emotions and rational - **A nature for everything and that nature I call Gaia. (Make a large scale picture of the world in your mind: Gaia means everything OK in that picture.)**

- We have **our heart's voice** but what tells that it belongs together with the voice of the rationality?

- We believe in intelligent design: in the work of God or in the effect of the natural selection. Both created humans' different sides to work together. It doesn't make sense to create contradictions, it makes sense to make the different parts support each other. And there was a very long time for that to get accomplished.

Besides, the thinking ability and emotions and instincts, our all kinds of needs, are by nature different: *the thinking forms a map of the world while emotions, instincts and needs give directions to go to.*

ANIMALS MAY BE VERY INTELLIGENT

What I have 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.

PLAYING WITH THE IDEA OF GAIA

Gaia, the Mother Earth, a global “symbiosis”, is the most beautiful possible world, a paradise upon Earth. How to reach it in practise?

The task of thinking is to affect as much toward good as possible in an as important question as possible. So what would be a better subject for an intellectual hobby than making the Gaia idea more realistical and finding roads which lead toward it in practise?

The birth of Gaia. During the evolution the safest choises survived, regardless of whetehr they were safe bacause of strenght, allegiancies or a lack of enemies. So those who allied survived better than those who didn't. This lead to an evolution toward complex interconnected wholes: individuals consisting of many cells, packs ecosystems, maybe even larger wholes, **Gaia, the whole biosphere as one complex interconnected cooperating whole**, being the largest of them.

Gaia is a depated thought. It is true that allegiancies are useful, but does it happen in practise in a this big scale? And how to explain the existence of predators, doesn't it prove against allegiancies?

I myself come to think of at least three ways in which living beings can ally despite the existence of predators: understanding, the sense of health and predators removing breaks in the harmony. So predators would be only one side of the reality and not the whole truth about the impossibility or possibility of allegiancies.

- 1) Predators. The role of predators would be to eat away the ill ones who break against the harmony and they would so repair the whole system toward balance and keep so the prey populations healthier and the world more paradiselike for the living. This role of predators would be partly automatic, a consequence of it being easier to catch ill prey, and partly a consequence of intentional striving for, because – cynically thought – a healthy prey population offers a sure source of food for the predators. A Gaia like hypothesis: Thus it might happen that the predators would be likely to eat away just the evil ones because their sense of health is lower than that of others, which could be reflected also in their ability to move and hide, if the functioning of an individual and of the oack form one intertwined whole, like is propable.
- 2) Understanding. My own experience about objective thinking tells that the human thinking ability is based to a very large extend to analogs to and from the sense of sight. So most animals have the basic building blocks of thinking ability. In addition they can discern betwenn a healthy and a broken via their sense of emphaty and via atmospheres. So one would imagine them being capable of understanding also large scale dangers with the helpo of analogies, by comparing to their own lives. This way the living beings could form Gaia, the global “symbiosis” also via their own understanding. So at least of there were no artificialities and no need to handle the artificialities by the help of trained thinking (which too is easy

to build upon analogies to nature landscapes) in addition to the instinctual understanding.

- 3) The sense of health. A way in which we at least form Gaia, the global “symbiosis”, is the following: humans and animals share a common gesture language which makes it possible to communicate between species. Likewise the basic principles of functioning are the same for humans and animals. So even very different kinds of animals can serve as model of healthy kind of life to each other. **This way our own health is intertwined with the health of our whole living environment.**

A paradise in the beginning of time. There was a state of the world in the beginning, at the time before the artificialities brought by humans. Then the whole biosphere was in a state of complete naturalness. But what was the state of naturalness like? Was it a paradise and if it was, why? How could one know?

A paradise means happy life. It does not mean the absence of death. It might be that a paradise demands the existence of death: the non-paradise like individuals have to be removed, the lost ones dropped away by the force of illnesses and predators. Suffering is not a part of a paradise. Still, there is a need for forces which guide the lost ones back to the healthy paradise like ways of life. So feelings can be seen as forces which guide toward a paradise. The best feelings: happiness and love, bind living beings to their correct places, to a paradise. **In a state of complete naturalness with healthy natural ways of living the world is filled with happiness and love.**

So the **Gaia paradise is the most victorious arrangement created by the evolution**: there are all the living beings healthy and cooperating. Health gives best functioning and cooperation unifies all the forces to common use.

But is the Gaia paradise the most victorious arrangement even nowadays? What to do with the effects of all the artificialities?

The human functioning is still based on the ground created by the natural evolution: a healthy kind of life in the nature brings best functioning. This applies also to thinking ability. The changes in our living environment have been so quick and jump like that humans haven't had the time to adapt – and couldn't have adapted, since the town environment doesn't offer as much and same kinds of stimuli as the nature environment: count for example the number of technical kinds of details in a nature landscape and compare that to the same of a city landscape - how much better shape recognition ability and so a ground for the thinking ability the nature landscapes offer! Also the other functions of a human being long for the ground given by natural ways of living. For example the physical fitness is crucial to the well being of most. So the Gaia paradise is the best choice also for an academic worker when watched from the point of view of working ability.

What about feelings, do they still guide right? Feelings are always feelings about something: about things that are important to our functioning – for example feelings about the importance of feelings, in other words about the importance of to account factors which are important to our functioning. The social feelings and compassion help us to form allegiances which is a beneficial strategy when

watched from the point of view of the evolution, also in the modern times. A solution according to emotions is the most beneficial one and the **Gaia paradise the most victorious arrangement even in the modern world.**

Maybe this piece of understanding helps us to reach better living conditions and to protect nature.

These thoughts are my own, my own experience supports them.

THE UNDERSTANDING OF ANIMALS

Animals can sense the difference between a healthy whole and a broken whole. So they can understand a lot about how the world functions and a lot about moral.

Nature paradise Gaia: the World is of Love and Beauty

OBJECTIVE FEELINGS

tell of the needs of living beings

ALL BIOLOGICAL FUNCTIONING IS BUILT
UPON HEALTHY PIECES OF A NATURE PARADISE GAIA
AND THE BEST FUNCTIONING IS REACHED
BY THE WHOLE NATURE PARADISE GAIA.

Gaia nature paradise: the world is of love and beauty
uses the point of view of experience of life
in connection with the human functioning:
what is the world to a human being,
what does one's life depend on.

BUILDING ON PIECES OF A NATURE PARADISE

What we healthily love and admire as beautiful
are the healthy pieces of the nature paradise Gaia,
because we love the things which we need and
if we do not yet have them, they appear beautiful in our eyes.
So from the point of view of human functioning
the world really consists of love and beauty.

SO EVERYTHING IS BASED ON GOOD,
also evil things are based on good in their functioning.
A moral holistic view helps to correct things toward good
and make the arrangements more effective at the same time
since the Gaia direction increases effectiveness.
About the role of good in, among other things, artificial things,
read my text Good is useful.

LOVE

The amount in which we have reached a nature paradise
determines what life is like to us and in what kind of shape we are
and so what life feels like to us.

Gaia, Gaia, well functioning ideal state -> love
Love has developed during the evolution to be
a force which guides toward better survival.
And keeps the system fixed, bound to an ideal state.
An ideal state must be loved because
otherwise our feelings would make us change toward supposed better.
(Like this one gets a connection to a more tale like picture of Gaia.)

Human relationships are a part of the ground for life.

Our sense of beauty, feelings and instincts tell us which things make us function better, what we need for our life, in order to stay in good shape and especially how to attain the best possible shape by building on how the human functions in practise.

So a very healthy individual would observe correctly
what to love and what to admire as beautiful
and so her understanding would correspond to the structure of the world,
the world really consist of love and beauty.
A really healthy individual with a good uncerstanding,
one of a very loving kind, happy and moral.

THE WORLD IS STILL OF BEAUTY AND LOVE

When we long for something, it appears beautiful in our eyes. We long for the pieces of the healthy natural world at the beginning of time. And if we get them, we love them. Our whole life is build upon them.

In the beginning there was only the healthy natural world and the world was filled with love and happiness. That was the paradise at the beginning of time.

Then came the time of the artificialities and caused fractures to the state of naturality. What functioned, was the healthy parts left of the paradise at the beginning of time, not the broken parts. Sometimes the only healthy part left was the atom, molecule, cell or a single member of a pack. If it was a living being, it tried to repair the environment back to the state of naturality, health and happiness. If it was a group of living beings doing that, it maybe succeeded. And the world was once again strong, intelligent, happy and loving at that place. But even if it didn't the world was a sum of the healthy natural parts and the artificialities. The artificialities do not change the nature, the principles of functioning of the living beings, so everything is still build upon the healthy. We are still essentially members of the nature paradise at the beginning of time.

Some remarks

Whether Gaia as a global symbiosis is possible or not, Gaia as the healthiest whole is what works best. **Define Gaia as the biggest natural and healthy unbroken well functioning naturally, healthily and freely interconnected whole (optimized by the natural evolution)!**

FEELINGS DECIDING

How to make completely rational decisions according to feelings:

- * Feelings are rational. (Read the section about feelings.) So that rationality is enough as long as you use a holistic picture of the world and don't mix imagination or social position to your feelings.
- * Gaia wins.
- * Good is useful; everything is based on good
- * the World is of Love and Beauty
- * Also the sense of beauty and instincts are rational.

Please be kind and try to understand that this allows ONLY moral behaviour!
That is the nature of the world, the effect of fitting things together.

Typically evil people have a poor understanding of causes and consequences.
Maliciousness is misplaced aggression.

RATIONALITY OF LIKINGS

So what at first sight appears to be just irrational likings, often has strong rational grounds. Gaia is one example of that: toward naturality, health, responsibility about large scale, harmony, co-operation, compassion and love. The Gaia of the sciences is the natural healthy biosphere, the natural base for life.

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.

WHY THIS BOOK

WHY AM I WRITING A BOOK ABOUT THIS SUBJECT

- * the subject is very important
- * the subject interests me a lot
- * my ways of thinking are especially suited for this subject so I can offer a good easy example to others too, I hope

WHY DO I PONDER THE QUESTIONS OF THIS BOOK

What is important in the end:

1. what life is like,
happiness and avoiding catastrophes
cooperating for these goals = moral

2. What about large systems? What happens to humans & other living beings when large systems rule the world? When humans are slaves instead of free citizens... One can still use efficiency grounds for the rulers' benefit in order to affect things toward better on the behalf of the slaves. The work efficiency point of view and the optimizing of wholes serve this purpose.

So my book answers these both points of view.

The fate of a child is important. The fate of 100 000 children is 100 000 times more important. The fate of all the future generations is the fate of over 10 000 000 000 human children and so over 10 000 000 000 times more important than the things which we usually associate with. This book is about a THAT important subject!

WHAT IS THE SUBJECT EXACTLY

- * what is beneficial to do and to support
- + human values
- + moral
- + feelings
- + natural life
- + holistic view

WHY?

Why don't all already follow a this good moral? Because they lack these grounds for good moral.

Gaia and the religions

EPILOQUE: GAIA AND THE RELIGIONS

(Please read the text The world is of love.)

CHRISTIAN RELIGION AND GAIA: EDEN WINS

Gaia is the paradise at the beginning of time: Eden. Gaia is the world the way that God created it: a nature paradise, Eden, the whole biosphere, i.e. all the created living beings and their environment, in the state of complete health and naturality.

God created a perfect world.

God in his great wisdom created a perfect world: whatever you do, it is wisest to do it the way that God intentioned human animals to function, that brings the best result. Anything else leads astray, is a much less efficient and much less pleasant way to do things and brings much less understanding than the natural ways to do things and to live.

EDEN EQUALS GAIA

At the beginning of time, there was Eden. It is the same as Gaia, except that Gaia mentions the interconnectedness of things and love while Eden mentions God and belief in God. So Gaia goes well with the perspective of this book: just these scientific kind of facts I want to describe. But what I say about Gaia, applies to Eden too. So Eden is the victorious arrangement. Our true nature is still connected to Eden. Eden is the way to understand us.

CREATIONISM

The deductions in this book are based on the theory of evolution.

What is God created the living beings without evolution?

It makes sense to guess that God created well functioning thoroughly thought of beings whose parts fit well together and support each other, like makes sense from the practical point of view. For such beings all of these results apply.

RELIGION WHICH WORKS

God created humans and other animals with an understanding of their own. Religion doesn't demand that we give that understanding away. Instead it fits well together with our own understanding, forming a whole in which **both of those two components are valuable.** So it still applies that we are essentially a part of Gaia.

What gives **most force is complete health and naturality with all the motivational factors for and none against what one does**, i.e. Gaia paradise for Gaia paradise. With the existence of God that becomes **God + Gaia paradise for God + Gaia paradise.** So if you are making a big change

in your life and look for God's help, you still have to do your own part too: that is to live in God's Gaia's way for Gaia and for God (good moral).

Understand God's message to You: a big part of that message lies in the creation work, that means in Your own nature and in the nature of the nature, the Gaia paradise. Follow your instincts, feelings and understanding toward a better world: that's how God meant things to be!

To live in the Gaia paradise's way and to believe in God is to live like God wishes us to live!

Christian religion: partial characteristics of religion

Each dream, its rationality

* its atmosphere: find out things which produce such atmosphere, some of those may be solutions (atmospheres are landscapes with structure, with feelings describing parts of the landscape) Read the text How to make good win

* its structure: 1. how are that kind of things build (functional state of a human & of the human society), how are this kind of solutions build; 2. the building of such solutions, Read the texts Learning from those much above oneself in skill, and Fulfilling dreams

* rationality can often be expressed on the language of totally value-free optimizing of wholes, such makes it applicable also if there is evil in the world; society agreement as a way to work for a better world.

GAIA AND BUDDHISM

Buddhism is more like a skill than a religion. Especially the Japanese zen buddhism is connected to what is the most masterful way to do things. Buddhism reaches for happiness and skill by reaching for naturality, especially naturality in ways of using the attention. That can be thought of as reaching for the happiness, health and naturality of the state of complete naturality and health of the beginning, i.e. reaching for the paradise at the beginning, reaching for Gaia or Eden! Also the buddhist compassion toward all living beings fits well together with Gaia.

THE BUDDHIST QUEST FOR HAPPINESS

The buddhist quest for happiness is a quest for naturality. A characteristic of buddhist wisdom is compassion toward all living beings. That is a characteristic of a healthy world and so of a healthy living being. The world and we form an interconnected whole. When we reach for the health, naturality and happiness of ourselves, we have to understand that it is interconnected with the health, naturality and happiness of the rest of the world. So we need to sincerely wish for a better world at the same time that we reach for a happy life.

So what is a healthy world like and a healthy individual? This we can understand via the natural evolution. It gives a strongest one wins point of view which we can nowadays use to solve the world's problems via the winning option which was the nature paradise at the beginning of time. It turns out that it is the

winning option also nowadays: brings the best intelligence and work capacity, crowds easiest to govern etc. We just didn't know it. Now that we know, we can make that knowledge a roadmark to a better world, to a paradise like that one at the beginning of time, but this time with all the technology at some role in it. It is the human side which stays unchanged, the technology has changed and will change for until it is fully developed. And then we will have a real paradise for all living beings.

There is a similar thought in zen buddhism, which advises that the way of naturality is the masters' way.

How did it come about that the natural evolution created a paradise, a world full of love? It is because harmony is the strongest arrangement, the force of allegiances the most beneficial investment for living beings (and for the now developed artificial intelligence). And once allegiances, symbiosis like arrangements were formed, allying become a question of putting each building part to its correct, best place in the huge already optimised system. If one succeeded in that, one had chosen the most beneficial, strongest choice. If not, one was bound to lose to the others who had succeeded. So it is caring for the whole, good moral which wins, because the allegiances are so beneficial: one can see their effect as a vector sum.

MAKING MEDITATIVE OBSERVATIONS ABOUT FEELINGS

In thinking it is important to notice things as they are, that gives also feelings objectivity. Go step by step to the right direction: when you notice something, mark that to your picture of the situation, then observe your feelings further. The goal is to observe feelings as if they were a nature landscape: completely undisturbed by your observations and the words that you use to describe them. Keep in your mind a picture of how things really are. Then choose a structure described by words to approximately fit the structures that you have noticed in the world, i.e. in your feelings. That way thinking and concepts do not disturb your observations and feelings. Aim at hitting the truth, even if that means admitting that you do not know. This road leads to excellent quality thinking with a meditative i.e. natural state of mind undisturbed by the thoughts: the thoughts are like fingers pointing to the fact itself /feeling.

GAIA AND TAOISM: GAIA IS THE TAO

Taoism too is more like a skill than a religion. Taoism is concerned with the question of what is the most masterful way to do things. The 2000 years old taoist classic Tao-de-ching advises that a master, like water, always chooses the most natural option. That naturality can be thought of consisting of two parts: 1) natural in ways of action, in other words natural in the sense of biology, and 2) natural in thinking: primarily the main things right, then the next level etc.

Why does the master always choose the most natural option? It leaves all the natural biological wholes unbroken and is so the most efficient solution: most force with no resistance, all goals fulfilled at once. So a master always does things in the Gaia's way!

Tao-de-ching: "supple as newborn child's"

Why would the unexperienced young baby be an example to the much more experienced individuals?

In our lives we all the time make temporary arrangements which turn out to become habits and everlasting arrangements, so when we think that we can bear losing something for a little while, we have in fact mistakenly lost it for forever. That's why the baby is near the ideal compared to us. Read the text Finding solutions.

Sensitivity, reactivity, the ability to adapt and to learn is valuable. One must be especially sensitive to the whole, to its balance, to that one doesn't neglect any side of the whole, does not depress any side of it. So sensitivity means strength. Getting the main things right is the first point in sensitivity.

COMMUNICATING TO LARGE MASSES

About the way that Stephen Mitchell's translation (just this translation) of the 2000 years old Chinese Taoist classic Tao-de-ching is written, about a way to communicate to large masses of people who have different perspectives and different levels of understanding.

To refer to practical things that are according to the natural instincts of humans and according to common sense, so that the things in question are so much the same to all that they get understood regardless of the perspective of the reader. Instincts, likings and practical understanding of things lead to the right direction, even if one's interpretation of the text would not at the beginning be completely correct.

To communicate things that are important in life, things that serve as a force (the essentials) that changes one's life toward better.

Stephen Mitchell writes in his free translation of Tao-de-ching:

"In family life be completely present."

Paying attention to the essential.

There is the same good side in the style that the bible is written, near the taoist ideal of how to write.

ANIMIST? BELIEFS

Those who have the most intimate contact with nature have animist? beliefs, so there may be some ground for them in how the nature works. Or then animals just are much more intelligent than what we can imagine them to be.

GAIA AND THE MOTHER EARTH

Gaia as the healthy natural biosphere respects well the value of naturality and should fit well together with the idea of the Mother Earth.

WHAT IF WE ARE IN FACT SPIRITS OR VIRTUAL?

What if we are spirits or virtual, what if the world doesn't consist of atoms, molecules, we not of cells, what if everything such is just faked, how are things then, what happens to all our deductions about the usefulness of Gaia? **Things stay the same since we are still some kind of entities which have the same characteristics as wholes, so the theory about wholes and fractures in wholes stays still valid, and Gaia is the most beneficial option.**

(If everything were of spirit and the world at least partly created by our beliefs about it, that could appear to us modern people as a virtual world.)

MOTIVATION TO RELIGION INTERPRETED TO ATHEISM

Solutions to problems: a holistic view of the world with feelings and practical guidelines about how to behave in order to make things better. Also feelings taken into account. Harmony, naturality etc.

The sure ground of SURE understanding.

The power of positive thinking: finding new solutions.

To trust that somebody else than you yourself takes care of the whole, carries all the responsibility about it, is a far too naive and trusting attitude!

When the other party is unfair, keep your independence.

Understand and apply the things in this book of mine.

(To the religious ones: Since "God created" living being with this much understanding of their own, like I have written in this book, it is blashmebhery to not to apply all that understanding into practise by oneself!)

NAMES AND SYMBOLICS

Names and symbolics have a cumulative effect on building blocks and structures, and on styles. So one should choose names and symbolics so that they have an as positive effect as possible: so that they **lead toward Gaia: health, happiness, naturality, good moral and true rationality with a holistic view.**

I remark on this because the effect of names and symbols is difficult to notice but may be larger than what one would estimate to begin with.

An example of the effect of a name: **Newton** gives immediately the association "new tone".

Isaac Newton begun the modern physics to a large extend. By using his name as a note to pay attention to certain things, he learned to discern **which things create new tones and which do not create anyhting new at all.**

His way of making practical observations in the way that is described in his first letter to the Englishman Hooke, is an exellent example of making observations

suited for finding out new things about the world. His technical writings (Principia) develop the subject mathematically and mathematics is a tool that doesn't find out anything new about the world.

So he set a direction to go and a tool to use without guiding, and so probably largely **created technologization.**

Mr Lovelock writes about Gaia.

Let's create a Gaialization!

CUSTOMS: WHAT IS FINE

Fine means good in some way. Many times that's just in a sense which lets Gaia win. So "fine" means: "done in Gaia's way!"

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 centered 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.

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 a nature paradise, that's why I call the present day people fractured, not completely healthy.

THE IDEAL CAN BE REACHED IN PRACTISE

It is the ideal to live in natural living conditions a natural kind of life. Without that there is something lacking, so just natural life is the ideal. And all the species reach naturality at the same time, so the good of all fits well together. Then are all packs, societies and individuals healthy and happy.

THE FITTING TOGETHER OF ALL GOOD

The good of the large systems fits together with having Gaia.
Gaia fulfills all dreams and wishes of the living beings, giving natural full life.
(A generalized Gaia with rebirth solves partly the problem of predators in Gaia.
Another attempt is my own text about predators and the sense of harmony.)

Read the texts Meeting all needs at the same time and about natural leaders the text Big leaders.

FEELINGS DECIDING

How to make completely rational decisions according to feelings:

- * Feelings are rational. (Read the section about feelings.) So that rationality is enough as long as you use a holistic picture of the world and don't mix imagination or social position to your feelings.
- * Gaia wins.
- * Good is useful; everything is based on good
- * the World is of Love and Beauty
- * Also the sense of beauty and instincts are rational.

Please be kind and try to understand that this allows ONLY moral behaviour!
That is the nature of the world, the effect of fitting things together.

Typically evil people have a poor understanding of causes and consequences.
Maliciousness is misplaced aggression.

RATIONALITY OF FEELINGS

So what at first sight appears to be just irrational likings, often has strong rational grounds. Gaia is one example of that: toward naturality, health, responsibility about large scale, harmony, cooperation, compassion and love. The Gaia of the sciences is the natural healthy biosphere, the natural base for life. 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.

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 Gaia model helps to fulfil natural needs.

Read the texts Human being forms a whole, All humans have the same needs, Natural life and a natural environment, Developing skills, Sexuality and the wish to copy good ways of doing things, Humans act according to their own motivation, Build upon healthy things and Humans act according to their own true motivation.

God created a perfect world. Good will win.

"A theory of everything"

**What needs to be proved? That good wins, that good is attainable,
that there is a road to a paradise on Earth...**

This I have done in this book of mine.

BACK COVER:

If everyone would bear this in mind, we would be able to live without conflicts since we are pack animals and so our own good fits well together with the good of others and the good of all: what strengthens the pack is good for the individuals too even if some of them end up in a lower position in the pack than what they would otherwise be in - then would the pack be healthier and the individuals healthier too. Read my text about Natural hierarchy.

COMMUNICATING: FEMINISM FOR SOVINISTS

In most cultures women take care of most of the upbringing and nurturing of children. So they are the ones whose values are well suited to that work, well suited to safeguarding the good living conditions, health and intelligence of the offspring. These are the same values that guarantee that adults stay healthy and intelligent. It is important to give enough room to these essential basic values. The easiest and most straightforward way to do so is to support the position of women in both domestic life (the well being of individuals) and in the society at large (the well being of all).

REPAIRABILITY
PAIN AND RECOVERY

I do not drink alcohol since
I think that medicine which covers the symptoms without curing the illness
prevents recovery.
Trusting the natural curing mechanisms of human beings and human societies
is a better choice.

Pain is a warning signal that commands one to pay attention to the place which hurts
and to its nearest environment.
It also prevents one from doing other things when some hurt place needs attention. Giving the body
attention helps it to cure itself, to maintain balance
and to divide its functions in a way that much better serves recovery.
It also gives the body etc. the rest that it needs for recovery.

EVIL IS UNOBJECTIVE

Good, moral wins.
Evil loses.

Good is truly rational.
Evil is unobjective.

DEALING WITH GUILT

If we feel guilt about something, it is a mark that we at least partly feel that we would not have liked to do such bad or evil things and that we would have liked to do things in a better way in some way. Guilt is a mark of the fact that we value those good things more than we have been able to take into account in our actions and that we want to take them into account more in the future. So **WITH THE STRENGTH OF YOUR FEELING CORRECT THINGS TOWARD BETTER.**

NATURAL HIERARCHIES

There is a natural hierarchy in human societies: the way that is according to real justice, for the good of all. If we get appreciated for our good sides, they get supported for the good of all, and others can take us as an example for themselves without losing position at all. If we lose position when we do not according to justice deserve a good position, our bad sides, especially irresponsibility, get discouraged.

When the one who understands better and carries responsibility is in a deciding position things get done well for the good of all. This is possible by using many many partial hierarchies at the same time: one for each subject, skill, thing to decide, piece of knowledge,... Correcting one's own errors is a thing to value and to be demanded from all, especially from those in a deciding position. This creates a natural repair mechanism for the society and is an ideal way to arrange things. **CARRYING RESPONSIBILITY** of the whole and using a good picture of the whole with **all emphases and roles of things right**, guide the whole toward the good of all.

There is a saying in Finland: "Honour those who truly deserve respect." (Meaning: even when it is an unorthodox choice, and do not give honour according to custom to those who do not according to justice deserve it).

This is the way that we organize things in my homecountry Finland in North Europe.

NOT SOCIAL WITH EVIL

Typically if someone is too evil and unmoral, they are such because others give them social support quite much like to other - moral and rational! - persons, instead of refusing to be their social allies at all. This error has to do with the inability of people to understand how big, huge, enormous the differences between individuals are. What one has thought deeply seriously, responsibly, very rationally and extremely morally, has the very neighbouring ever present person maybe only memorized from the words of others without understanding it at all as well as they can understand other things which they feel personally motivated toward. So one must look at people's actions to understand how well they follow each thought in practise.

Another type of evil person is one who wants male sounding social relationships compared to what is typical to all others in their social environment. So they consider normal friendly everyday social relationships like kissing and hugging, too warm. So they try to get an unemotional unfriendly distance from others by starting a fight with them. They may feel comfortable at circumstances where all are only rational, not loyal and not moral, i.e. at circumstances which all others, both men and women, try to avoid the best that they can because all others value a different kind of life. So one gets rid of such kind of evil by stopping to be friendly or social toward the evil one when one notices that they are too untrustworthy, uncooperative etc., so that there is no friendly fight but instead practical arrangements to stop the destruction, like one would arrange if the wild animals would steal something during the night or if it would be the weather causing the harm.

GOOD IS USEFUL

Moral is a product of evolution.

All functioning is based on the good sides of things.

That's how the word "good" has got its meaning.

Why is a thing called good?

What is the benefit from each kind of good?

Good for some purpose:

* A good house, good to live in, a good basement, a good roof and so on

(So also artificial things are based on the good sides of things.)

* skilled

* harmonic

* healthy

* beautiful

* according to feelings

* good for one's social relationships

* good for the society

Why is good of that kind (feelings, beautiful things and so on) useful?

Human being reaches for happiness and a secure future. Instincts and feelings help to live a life that is suited for a human being. Direction that they guide to, is beneficial from the point of view of survival and good healthy condition.

ON THE VALUE OF PEACEFULNESS

- * a possibility to co-operate for common good, harmonic life, freedom of the moral individuals, with human values
- * good living conditions for the children to grow up in
- * no danger of hurting oneself badly, no vengeance
- * justice, democracy, fair play
- * human rights
- * co-operation for common good even with opposing parties and enemies
- * secure future
- * rules of game clear to all

Peacefulness is a typical value in the countries of Europe and in Russia.

WHENEVER THERE IS A WHOLE, make it cooperate for your own good. (Habit is different from benefit.) Maximize the number of allies and minimize the number of enemies and other harmful things! This concerns all things, so also those which you do not personally care about, like the effect of somebody else's values on what they will do, and the harms which you do not personally carry responsibility over (they typically affect in the long term and have side effects, affecting especially the views, cooperativeness of those who understand the world well enough to care about such things too.

Please understand that if there would be no one around to care about those things, you would need to take care about them by yourself:)

Get used to society agreement type of thinking: how is the world constructed, what affects what, why are things arranged the way that they are.

Take everything into account. This means using a holistic view all the time about everything! Always pay most attention to the biggest whole! But do not neglect anything.

(Think like in the society agreement: ally with a group which can most efficiently arrange its forces, i.e. which optimizes the whole, so you will benefit like you benefit from the standard of living in your society.)

FREEDOM OF THE MORAL INDIVIDUALS

Typical Finnish (European and Russian) values include **freedom of individuals** and **human values**: giving everybody (including one's nearest relatives and employees) the possibility to freely decide by oneself what one does in one's life: which profession one chooses, who one associates with, what values and style one follows and so on, and also much smaller matters. This is possible as long as **justice and carrying responsibility about what one does** are demanded from all.

So usually one does not need to defend oneself much against others. If needed, one can stop meeting one's parents, move to live in another down alone or with persons in a same kind of situation and find new friends there, and so on, to gain independence.

So if we look somewhat soft, it is because we can do what we like and feel to be important in life, enjoy life as we see best fit to ourselves and **defend strongly this freedom when needed**.

Society agreement and creating good living conditions for all, guarding moral in ways that work in practise.

Good moral which is based on one's picture of the world and one's feelings, makes total freedom possible and beneficial to the country.

The motivation of your actions should be your own dreams and wishes, your own likings and moral, compassion which takes into account all the consequences of your actions, so that you won't support a criminal, because such would be against your compassionate feelings toward those people (and animals) whom the criminal might hurt. We living beings is a good point of view. It fits well together with the point of view of the sciences.

DOING THINGS ACCORDING TO ONE'S OWN TRUE MOTIVATION

Doing things according to one's best understanding while taking the whole into account is part of human nature. Seeing the point in things by oneself creates reparability to the society and to one's own actions. Human beings are by their nature beings that live in societies. So **fulfilling the personal needs take care of the individual, and fulfilling the social needs and instincts together with one's understanding and communication take care of the needs of the society. These work well together, form a harmonious whole, since that is the true nature of a human being.**

Feelings in one's picture of the world are important: true compassionate feelings about all beings and all things in the world. Get sizes correctly!

This is the way that societies work in Europe and Russia.

To dedicate one's life's work to something that one feels really worth such:
The South African musician Johnny Clegg together with his band Juluka: Kwela man.

NO MENTAL ILLNESS

There is no mental illness. There are only malfunctioning social relationships and customs, false beliefs (of the individual and of others), unmoral behaviour, bad habits and lack of skill in living. Also differences in strengths and unusual and unbearable situations of life cause extreme behaviour. Drugs cannot be used to cure these since it is not a question of bacteria, and drugs weaken the **natural curing responses** to the things in one's life. There should not be mental hospitals either. Healthy natural life with healthy natural social relationships is the cure.

The misconception that there exists something called mental illness is a bad obstacle on the road toward the freedom of individuals and especially on the road toward freedom of opinion and consequently the healthy functioning of a society.

MONEY AND POWER

MONEY What is worth money and how much?

-> what do people and systems aim at?

Answer their needs! That's what I have done in this book of mine:

Gaia answers all natural needs and gives the best competition ability.

POWER Who is strongest? -> optimising: this book of mine

Gaia is the strongest option: Gaia ruling large systems (in what they affect living beings' lives)

Who wins in a strongest one wins competition? Gaia paradise wins. If a smaller whole is Gaia

like both in small and large scale, it wins.

AVOIDING CATASTROPHES

The main point in moral is to avoid catastrophes. Catastrophes include: nuclear war, wars and wars, famine and starvation, a prosperous country falling into chaos etc.

Also small scale things (for example murder, series of robberies) which lead to such big catastrophes if they are allowed for all, should be prevented: that makes it clear for the people what kind of things are tolerated in the society and what not (i.e. in what kind of island one is on the society agreement), it is also easily understandable to all.

So preventing worst crimes is the most important thing in guarding moral: that at least sets the guidelines straight, even if resources for guarding moral are not unexhaustible, so some minor crimes may be left unpunished. Spreading information is one thing that one can do to protect moral.

