

TOUGH POWER BENEFIT  
CALCULATIONS ABOUT

# **Sex & Women**

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This is not my world, I dream of life

When I was travelling in Bali in Indonesia in Asia  
a local artist, a painter, said to me:  
"With art and religion, with everything that you do,  
it is the same thing:  
You can find it from your own heart  
or by the guidance of others,  
by following the rituals follow the way, to learn  
from others."

In everything that you do your instructions of usage  
are the same: the human nature, including feelings,  
instincts, moral and understanding. Following your  
own instructions of usage is what makes you strong  
and intelligent and what makes the society or group  
work well together. Women's values and your own  
heart cultivate these healthy things: follow their  
voice! To learn the basic of that skill, you can  
read this book. But once you are on the right road,  
your true nature, what you feel sincerely your own  
in your heart and not just in role oriented  
thoughts, will guide you - as long as you remember  
to use a holistic view of the world all the time and  
not lie to yourself.

## PRELUDE

### WOMEN AND MEN

I, an objectively thinking woman, am writing this book to men, and maybe also to boys, so that they could benefit from the traditional wisdom of women, from knowing themselves and their partners better in sexual affairs and from understanding their own nature better than before.

I write this book also to those women who either question women's values or want them on a stronger ground. I wish that this alienated view to women's culture could offer you lots of wisdom that is useful in your lives.

NOT THE GENES; IT IS THE UPBRINGING!

96% ??? of the genes of humans and gorillas are exactly the same. The genes of women and men are almost exactly alike. So the biological difference between women and men isn't as huge as one might suspect. But the difference in the upbringing of girls and boys is huge! It is so enormous that it can largely explain the differences between women and men. The rest, a large difference in the roles of women and men, is explained by the conscious achieving for: the women want to look female and do well in female tasks, while the men want to look like men and be manly.

The women's' point of view says:

\* be a rational human being, a holistically thinking individual

\* do things according to your own feelings, things that you like.

Feelings are worth a lot in life.

\* get harmonically along with others: that's good for the functioning of the social group and makes people healthier since such is according to the human nature, demand responsibility, justice and human values with the freedom of the moral individuals: such removes social malfunctions

\* do responsibly your own work

\* think of the whole, how to get things arranged in the large scale for common good in a best possible way

\* be a strong feeling individual from whose example others can learn and upon whose shoulders one can build the society

\* demand moral from you and from others: roughly moral (Approximately, main things right) + really enough room for life, according to justice!

\* keep things at their right places in what comes to their value: that's the best way to benefit the society, honesty in questions of honour and worth

These are important things in life to all humans, to all living beings. There isn't any sex specific in the nature of men and women in these things. It is the cultures of the sexes which make a difference. Made via this book of mine can men too begin to learn something of these valuable things that women understand.

#### WE NEED TO KNOW WHAT ALL HUMANS ARE LIKE

There are two dominant views in the culture which we all know of:

- 1) What all humans are like (women and girls , their culture, keeps up this important wisdom)
- 2) The demands of hard rationality (Men and boys, their role seeks to keep this in mind all the time - it isn't lost from the women either but the understanding of the sexes is so very different that it sometimes appears as if the other sex were completely without brains. Well, they are not! They just are in a different social context andf with a different wisdom of life.)

#### HARD RATIONALITY AND WOMEN'S VALUES

This book explains how hard rationality leads toward women's values, which are the common inheritance of us all. We learn them in our childhood and that understanding is intended to stay with us for our whole life!

The hard evolution has shaped humans. That is why action according to the human nature, which women's values support, is beneficial in the tough men's world.

#### INSTINCTUAL INTEREST IN SEX

The importance of these very, extremely useful values is what makes men instinctually interested in women and sex. It is what makes it beneficial for the men to ally with their wives, to love the women in their lives and to form strong social bonds with women, the men protecting the women and sacrificing their own good when the women and girls so need. In a word: it is an exchange where the men give their devotion and receive very beneficial social influence, at the same time as being able to build a family!

#### EQUIPPING YOURSELF FOR A WAR

1) What matters in a military situation or in an encounter with any enemy to you?

That you would be:

- strong
- intelligent
- wise
- know the culture
- with a good reputation
- good at making social observations
- good at talking

- good at bonding
- with an insight to the human nature
- etc

These are all things that the women's values cultivate.

2) Likewise the women's values cultivate the things that are good for your working life

3) and that make you happy.

Why these three coincide, is a result of the evolution, like you will learn if you bother to read this book through!

WOMENS VALUES = FEELINGS AND MORAL

What are the women's values then? What I mean by the women's values are:

1) Feelings

and

2) Moral.

These are in fact universal values whose usefulness is clear in the light of the evolution, but which takes some time to get through.



PART I

MORAL

# **Hard Rationality of Moral**

Applying the concepts of  
health and harmony

**The Finnish speaking culture of Finland in North-East Europe thinks that intelligence and moral are one and the same thing. Rationally toward good is the point in that: main direction at least right.**



## SECTION I: Optimising toward excellent moral

### THE CONTENTS OF THIS SECTION

How come optimising and moral bring the same result? There is lots of work done in the society. Optimising means thinking how that work done could best benefit the society, i.e. what would be the most moral way to work for the good of all.

There are some easy principles which are worth taking into account:

- **Harmony:** the value of harmony as a vector sum, the harmfulness of conflicts as a vector sum plus as the harmfulness of brokedness
- **Health:** the value of a the health of each whole compared to the harmfulness of the brokedness of each whole
- **Justice and objectivity:** the value of giving correct feedback to things: the value behind the success of market economies, evolution, objective thinking, common sense with a holistic view, honesty and justice; the value of putting each piece to its correct, best place in a system.
- **Society agreement:** the value of rules of behaviour: cultivating something.

**These are in fact simple basic truths. They do not cease being valid and valuable in guiding the arrangements even if the society is huge and complex.**

In militaristic things and often in working life, in questions concerning large systems with laws of their own:

**MOST FORCE AND LEAST OPPOSITION TO YOUR OWN SIDE IS THE GOAL.**

This book is about how to gather force and lessen the opposition, in other words: this book is about the value of peace.

You are a social being: if you ally with others, they will support you, and that can be seen as an increase in your strenght and as a substantial decrease in your opposition.

**In other words: ALLY AS MUCH AS YOU CAN!**

**Things for the large systems and for you to remember all the time:**

### **1. YOU ARE AN ANIMAL**

You are a biological being. That is your nature, your principle of functioning, which even the large systems need to take into account if they want to use you as a worker. Full health gives you the best functioning, so that's what you and even the large systems which do not care about your feelings at all have to aim at.

### **2. YOU ARE A PART OF THE WORLD**

You are by your nature also a pack animal and a part of an ecosystem, an animal whose fate depends on the fate of the world at large. So in order to get you into a fully functioning order, in order to make you completely healthy, you and even the large systems need to consider the health of the practises in the society, moral that is, the health of your environment, of the ecosystem that you belong to, and the fate of the world at large in what comes to

living beings and in what kind of principles are followed in it.

So:

Power play as a game with rules of its own must still value health in all scales

If the generation of force and safety, good organisation of the whole and other matters of military or economical interest are the only things that matter and not the well being of the citizens as a value in itself, then we obviously have to take a look about what that point of view says about things: what will be the role of humans, of human values and justice, of caring for the future, etc then? Humans will be just tools in the hands of the large systems. That is not good for humans since they then often feel that they have lost the power to protect things which they need in life. But that needs not be so: **A healthy human works best, healthy in every sense gives the best working ability,** and answering our needs is what keeps us fit to work, keeps us healthy that is. And we are pack animals by nature, our own actions being supported by the environment, so how the pack functions together is of an enormous importance to how we can work, **a healthy pack is the most capable one,** works together best and **gives the strongest and most intelligent working force.** This means though that the whole understanding of each individual must be used fully, be it **understanding** about the work itself, **emotional understanding** about the working ability of humans, **social understanding about the workings of humans as a group** or **long term and large scale understanding** about the importance of planning the future and about the **value of cooperation** with other powers. In other words, it is **a completely free natural fully healthy society with healthy natural moral, rational and emotionally intelligent ways of living.** That health is the same as health in the beginning

of time, before the artificialities, because the human nature has stayed unchanged.

**If one with unmoral means manages to increase profitability, that increase is based totally on being a parasite. It is not profitable to support parasites.**

All functioning and so all work too is based on good health: health of the individuals, of the society and of the world at large. So all benefitting from work done is in fact benefitting from some sides of the complete health of all scales.

Benefitting from unmoral means means benefitting from health when one oneself does not support full health. Such is the behaviour of a parasite. It is not beneficial to support parasites.

An artist is not a parasite: see the text about understanding women in the end of the book, in the section two about holistic objective thinking: the role of feelings and atmospheres in thinking.

THE WORLD AS A BIOLOGICAL SYSTEM

Think of the world as a large biological system

(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 the biosphere,

**and can be understood  
in that context.**

**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!

**THE HEALTH OF A SYSTEM,  
OF THE MODERN SOCIETY**

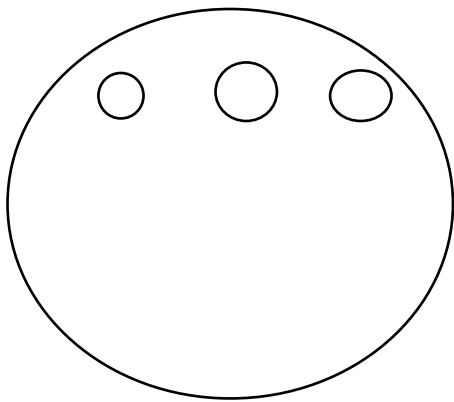
There are some basic truths about the functioning of complex wholes. These include the importance of putting each part to its correct place in the system. This is connected to the value of objective thinking, honesty and justice and to the success of market economy: in each of them one gives things feedback according to what the things are like and that enables one to put each thing to its correct, best place in the system.



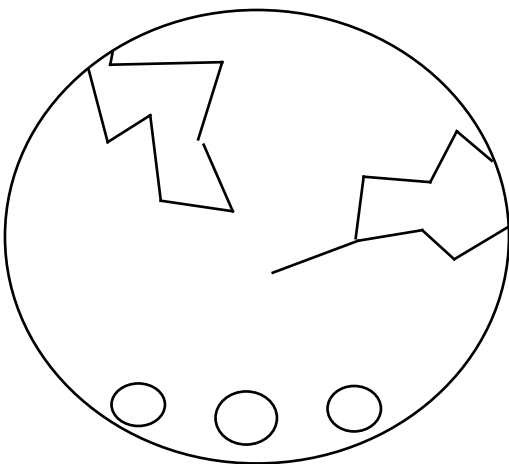
Having each part at its correct place in the whole means that the system isn't broken. This is the value of unifiedness, of fracturelessness in well "planned" systems.

The value of fracturelessness is connected 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 functions without contradictions and fractures, harmonically. The next step from harmonical is unified well functioning. **Such are the systems of nature.**

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.

## HEALTHY VERSUS BROKEN

All functioning is build upon the healthy.  
**Healthy versus broken is the pair of opposites to use in order to understand the world.** I will apply this pair of opposites again and again, all through this book. With it you can understand a lot about the functioning of biological beings and societies and about the value of moral.

What about the old pair of opposites then: healthy versus ill? Illness is a healthy function of a broken biological being, a way of it to try to cure itself. In other words, illnesses are combinations of brokedness and of a curing reaction which seeks to make sure that the living being survives better in the long run by resting, having a fever etc. In my opinion the word "ilness" isn't as useful in understanding things as the new pair of oppoisites that I use.

**So. A healthy individual works better than a broken one. And a healthy society works better than a broken one. But what are the healthy individuals and healthy societies like.** What to aim at?

**A healthy individual is by one's nature a part of a healthy society.** As a part of the healthy society one works best, is the happiest, has a most rewarding life. Healthy functioning at large gives the most rewarding life. **That's what the evolution - or God - quarantees about feelings.** Safeguarding the health of the society is moral. But if the society is broken, it is the same as if in individual is broken: the healthy parts try to cure it back to full health. **Each healthy individual is a center of recovery** for the whole society, even for the whole human kind as a part of the biosphere. **Health in this**

**sense means healthy ways of living. Having found the true chord about the art of living, understanding deeply about life, the healthy individual is naturally a center figure in the social environment having a healthy curing kind of effect on all.** This is a moral thing to do since it is for the good of all. So a healthy individual is by one's very nature completely moral in a healthy happy natural way!

The health of a society means that it is completely morally arranged. A society is a cooperation attempt and cooperation is something which has turned out to be useful during the evolution - or in God's eyes. **Objective thinking says that cooperation is useful because it brings the force of masses.** That can be seen as a vector sum: harmonical or contradictory vectors. Those with like interests can ally for the common good.

#### MORAL

What then is moral in this sense? **Moral turns out to be a relatively simple matter. It means absolute justice, objective thinking with a holistic view, honesty and human values while carrying responsibility about the whole and about all big matters.**

**Human values take care that the parts of the biological systems stay in good health, so it is an important thing in evolution's competition** and in God's plan. Like I mentioned already, our feelings are connected to keeping us healthy. So human values help to give room to our feelings.

**Objective thinking, honesty and justice take care that each thing is treated according to what it is like which is very important to the functioning of the system.** They make it possible to put each part to its best place in the system. Those with good sides from which others can learn, get a good position for the benefit of all. And those with bad sides,

especially irresponsibility, get punished to a poor position so that their harmful qualities get discouraged. **This means having very many partial hierargies: one for each subject, skill, thing to decide, piece of knowledge,...** Always the ones who understand best and carry responsibility about the consequences are in a deciding role.

In doing things intentionally the main point **is to get the main things right**. That means that the biggest matters of the largest scale and of the long run are especially important. Likewise are all questions of life and death important. Here one must remember that 100 000 lives is much much more importat than just one life and that the number of people in the human kind is 6 000 000 000 lives which is about 10 000 000 000 lives which is another 100 000 times the 100 000 lives and so even an much much bigger question than the huge question of 100 000 lives. So the large scale things affect enermously more than the small scale things. **The large scale consists of the small scale, of its added effect**. Our feelings should go with the large scale!

GOOD SHOULD WIN OVER EVIL

The former explains why it is useful to be moral. So good should win over evil in a strongest one wins competition, like the evolution was. To see this clearly, let's go through the problems step by step:

As we have already seen:

**Human values bring good health and via health a stronger force than no or too little human values.**

**Objective thinking with a holistic view brings a better arranged group than lesser quality thinking or no objectivity at all.**

Honesty makes it possible to see how things are and so it is more beneficial than lies as a practise in a society.

Justice gets the society arranged for the common good and is so useful while unjustices fail to support good things and support harmful things instead. So injustice is a much less beneficial practise in a society or group than justice.

Carrying responsibility helps to get at least the main things well, so it is more beneficial than irresponsibility.

So

**good moral would win  
in a strongest one wins  
competition.**

Since all do not see this themselves, there may still be some doubt left. So I will go through the problems and classify them according to the above principles and other cost-benefit analysis factors that they break against:

#### **MORAL WINS**

The point of view of optimising of wholes and moral as its end result:

Reasons

why good moral

is the most optimised way to arrange one's forces

**If there is some malicious practise here lacking, it is because I didn't remember it, not because I**

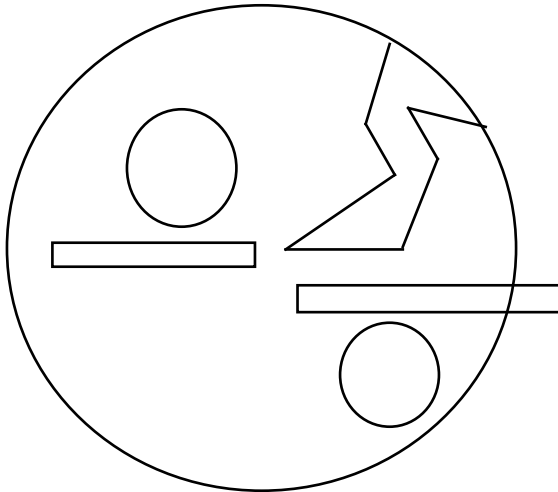
## wouldn't know how to optimise it away!!!

*Robbery, criminals, unjustices of every  
kind*

\* give feedback to those who cause each thing  
in the world (health), so you can optimise  
toward better -> **justice** and fair play,  
responsible behaviour: causes and consequences  
taken into account (health)

\* breaking (= a fractured whole) versus  
**cultivating** (health) in what creates profit ->  
support just cultivating: good moral!

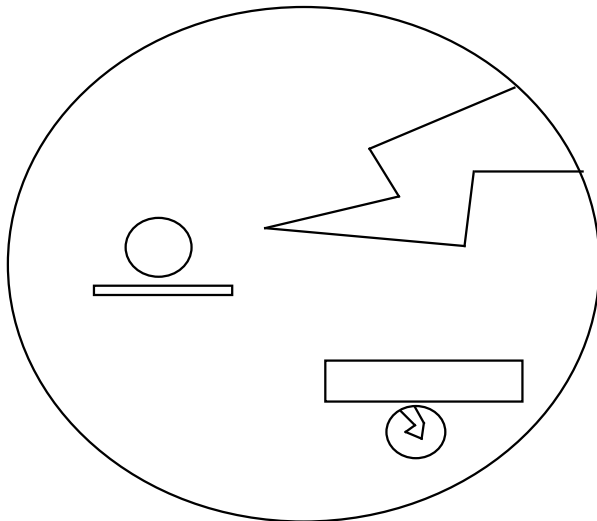
Unjustice makes the system broken.



*Slavery and other kinds of forcing*

\* The human **goals in life** and the human needs  
are connected (health) plus **answering the human  
needs** and **the working condition** of the human  
are connected (health), so depriving a person  
from free moral action lessens the person's  
working ability noticeably (= a fractured  
whole).

\* Too much forcing forces one to a revolution (= a fractured whole), to extreme means, so **keeping the people under control is the harder the more artificial and unhuman, unfair** (= a fractured whole) **the arrangements of the rulers are.**



*Drugs, hypnosis, torture etc.*

\* Less **individual guidance** (= a broken whole) is harmful just like in the cases of slavery and control devices.

\* Typically such means would be used against (= a broken whole) **the reasoning of the individual** (health), against the **individuals' and society's needs** (health) and so against **work efficiency and work endurance and system's ways of functioning** (health) - such doesn't make sense.

\* Also if such means are used to put a wrong class of persons or things into power, against **justice**, that means against reasoning (Read the text Justice and optimising) and is harmful to the whole and to the parts; it also **centres the lives upon** wrong questions (= a fractured



whole) compared to what the efficiency, guidability and work endurance point of view demands (health).

*Fakes, lies, false propaganda, ignorance, mistaken beliefs*

\* such cause that one's actions do not **correlate** (= a fractured whole) well enough **with the reality**, such creates **non-functioning** in those respects (= a broken whole).

\* The natural goals in human life (health) make sense and fit together with the happiness of others too, so one should be able to live with **the whole group in a good functioning order**: that would give the strongest group (health).

*Manipulation by the social instincts, by religion etc.*

\* manipulation by the strongest instincts of humans is like manipulation by causing hunger, it causes a situation where the manipulated person is in a **wrong role in the society** (= a broken whole), the benefit going to different hand than those who created the benefit and so **the system supports** some malfunction instead of **healthy life, prosperity and good of the nation** (health).

*Other kinds of manipulation*

\* manipulation means often that things are used to wrong purposes, some short-sighted technically thinking parasite like persons **benefiting** (= a fractured whole) instead of **those who build the society**, like farmers for example by producing food (health).

*Technology at large, control devices*

\* Compare control to only a few persons of a certain kind via the technology (= a fractured whole) or what freedom of the moral ones gives: **a correctable system with the thinking ability**

**of all used thoroughly** in making the arrangements of the society (health)

\* The benefits of **good moral** would give: **real support which leads to safety, guidability, cooperation, higher intelligence of the system, better endurance, more optimised toward efficiency** (health)

*Supercomputers, computer networks etc.*

\* Can be used to **rationality**, optimising, that's good if it is done morally, like for example this book of mine seeks to teach to do in ways, which are easy to program to computers. (Healthy works better than a broken one.)

\* The value of human ways **from the efficiency point of view**: if you use human workers or human subordinates, **human values** are valuable to you (health), like this book of mine seeks to show, regardless of what kind of leadership (= a fractured whole) there is.

\* **Feelings** of humans connect to their **needs, which in turn connect**, to their actions and **well functioning** and well-functioning is important for workers (health).

\* Differences in the types of understanding of humans and computers: **the natural understanding of humans** about human functioning can be used too (health), and be of mutual benefit.

*Artificial living conditions and malfunctions created by them*

\* The human nature is still the same, one created by the natural evolution: human needs and ways of functioning stay the same so **best functioning is attained via healthy happy natural life**

\* The **human being is an optimised whole**: the different parts support functioning (health); if one tries new combinations (= a fractured whole), they typically don't produce a good functioning so there is nothing to gain in work efficiency by artificial living arrangements (= a fractured whole), torture etc. (= a fractured whole)

## **Mutations**

\* mutations usually create **non-functioning** individuals who die very young  
\* somehow beneficial mutations or gene manipulation would bring new qualities which are **not fitted well together to the whole**, so they do not support the life of the organism and the organism isn't strong enough to support them (= a fractured whole), much less of being adapted to the larger environment (health)

### *Cool calculating behaviour*

\* The good side is that **it is important to measure sizes correctly**.  
\* Humans have **feelings** in order to **help in understanding things** (health), not using feelings as a way to guide one's behaviour (= a fractured whole) makes one dangerous to one's social environment (= a fractured whole), a person who even alone destroys much of the functioning of the society.  
\* Understand that you must **always cooperate morally, especially in the largest scale** (health).

### *Selfishness*

\* Humans are **pack animals**: the group supports the functioning of the individual and social life is emotionally rewarding (health)  
\* cooperation creates **the force of masses** (healthy whole), so **moral is beneficial**  
\* moral means cooperating for common good, i.e. for the good of all (health)

### *Commercial things*

\* **Meeting human needs sells best** (health).  
\* If the state has **enough tax money**, one can let the things, which are for, common good (health) compete just like other things compete in a market economy.

### *War, armies, militaristic ways*

\* the value of **peace and harmony** (health) versus the harm caused by conflicts and wars (=a fractured whole)

\* Upbringing of the next generation needs peaceful circumstances (healthy whole).  
\* A home to defend makes the soldiers fight better (healthy whole).

*Short term view at the expense (= a fractured whole) of a long term view (health):*

\* our thinking and our instincts demand us to **take care of the future**, so they do not support our actions if we do not care for the long term success. Such a deficiency in planning and motivation is also a serious short term drawback.

*A partial view at the expense (= a fractured whole) of **a holistic view** (health):*

\* the first point in thinking is to get at least **the main points right**. That is possible only via using a holistic view. So one using a partial view lacks the guidance of true objectivity.

**Understand that every obstacle on the road toward meeting the natural needs of humans, makes smaller the amount of labour force in use and makes its working ability smaller, causes opposition and so makes the system less stabile, less guidable and less self-repairing and less intelligent (because of less natural cooperation and less well functioning workers).**

So, good  
IS  
stronger than evil.

#### THE MORAL OF THE LEADERS

If one can be sure about anything, then also about the fact that good wins over evil. Or at least about the fact that **good is stronger than evil.**

**This can be deduced from the fact that healthy one functions better than a broken one.**

Always when it is a question of some whole it is best for its owner, governor or the like to keep it healthy and unbroken.

This means that **all big leaders need to support good moral.**

**Like allegiances are beneficial in the small scale are they useful likewise in the large scale: value peace!**

So it is beneficial for any kind of leader of a big whole to support good moral.

#### WHAT THE BIG BEFORE...

If you are, like the persons deciding about a country's foreign policy, by your reputation among the most intelligent ones in some group,

the others in the group will try to follow your example about what is the wisest course of action. So if you follow some guidelines in the world at large, they will follow the same guidelines in your own society. So what you follow in the world at large will result in what your own society will become like. So choose the most advantageous course of action: the most moral one, so you will benefit most.

#### **IMAGE OF LEADERS**

**The problem maybe isn't with the leaders, it is with what the masses imagine that would be beneficial for a leader to do: a leader understands that it is beneficial to support moral in the society. If the masses copy all wrong what the intelligent ones do, the system goes ashtray anyway, even if there is good moral and skill at the top. That's one reason why the masses have to be educated, so that they wouldn't follow persons who are not suited to be leaders at all. The leaders have the difficult task to be understandable, i.e. to look convincing and to still govern well. So it is the understanding of the masses, which is in fact in the governing position.**

One should pay close attention to who, what kind of person, group or thing is in power and not let the evil ones get into power at all.

IF THE LEADERS OF A COUNTRY STEAL...  
- EITHER FROM OTHER COUNTRIES  
OR FROM THEIR OWN CITIZENS

**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.

A proud nation is a self-sustaining nation! Also if it is a big nation capable of mistreating others - It will not mistreat others even if it were strong enough for that. Remember that if you are in an important place in the market economy so that you could gain a lot by stealing a little or even more, you are one of the leaders of a country and so the above calculations apply to you too. (You are an opinion leader, an example to others, especially in your own branch where your money comes from.) So you will lose by stealing and doing injustice, not gain.

THE BASIC PRINCIPLES OF OPTIMISING COMPLEX  
WHOLES, OF RATIONALITY

**The value of harmony as a vector sum**

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

Contradictory versus non-contradictory,  
harmonical

< > v ^      contradictory  
versus  
> > > >    noncontradictory, harmonical

**Harmonical solution creates more benefit and  
loses none to opposition  
- unlike the contradictory solution attempt.**

**Thus, cooperation gives strength while strength  
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  
beneficial than war** and count the difference.  
One must just add to the vector sum the huge  
effect of the enormous 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.

Applying this result thoroughly gives the  
efficiency-optimised result:  
the most harmonical arrangement:



**the natural and healthy** (in harmony with the natural ways of functioning of the living beings and with excellent moral)  
loose (according to the way that things are)  
**global** (all parties in harmony and cooperation)  
**cooperation.**

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 OF A COMPLETELY HEALTHY WORLD, Gaia.

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

## **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.

**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.**

One of the most important **islands** is that **"in  
emergencies one is fairly helped by those who  
are capable of helping"**. It includes an  
obligation to help but one gains the protection  
in emergencies, which is dearly needed.

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

\* all mothers

\* all those who care for children (including children them selves)

\* 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.

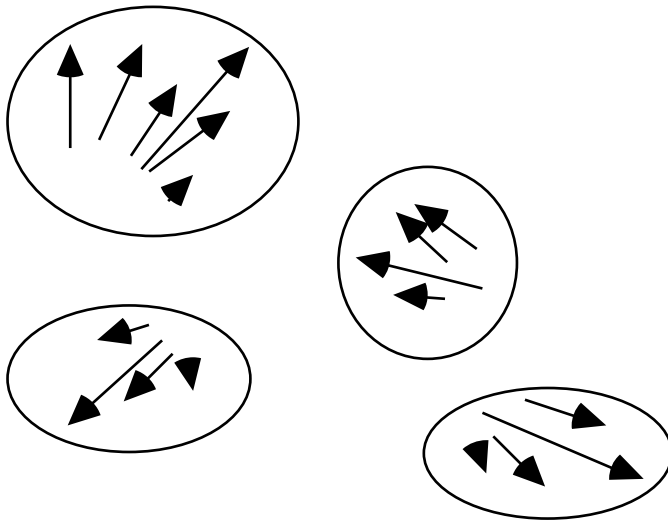
As a helping aid in forming this kind of groups, an objective holistic picture of the world formed by objective thinking, which doesn't take sides, and which recognizes things as phenomena with feelings connected to them, feelings that tell about the importance of such things in life and in the world 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.



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.

#### 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 identified with an island with harmonic forest growing on it (in harmony with the goals in life of the individual but encompassing many different areas of life). Each cooperating group is identified with a harmonic forest island (the individuals in the group may have various ultimate goals but they agree about the practical arrangements to be made). 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.

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: the biggest vector sums with no conflicts which would needlessly spend any of the forces.

#### **THE SOCIETY AGREEMENTS AT THE TIMES OF WAR**

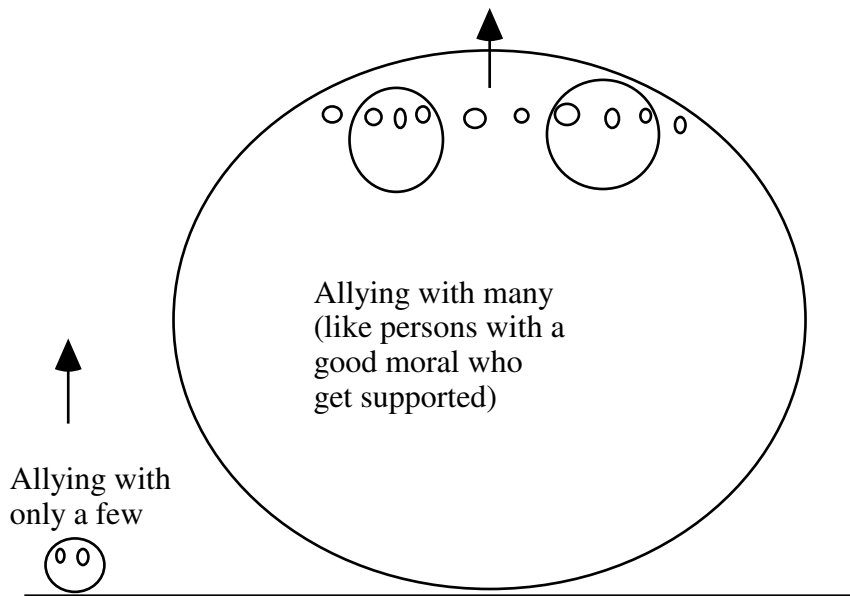
Remember this also at the times of war: do not break against justice even then. There is a society agreement with the enemy too, preventing the wars from getting longer and more cruel. Check how much is lost when you do not follow some rules. **That much (= those islands) you have to lose yourself**, 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. **More than healthy curing kind of aggressivity 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.

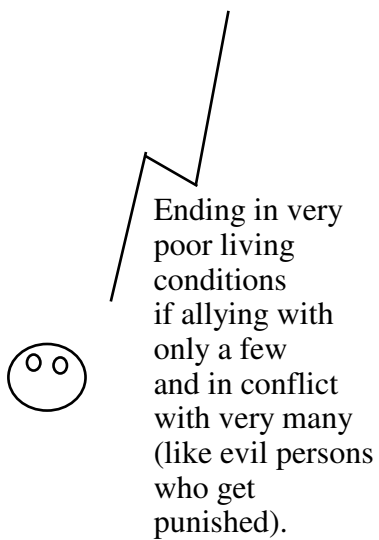
(The army of my homecountry Finland is strictly for defence only plus for some peace keeping operations of the United Nations.)

**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 beneficial option.**



Direction upwards = toward the fulfilling of needs



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

## THE HUMAN SOCIETIES ARE FUNCTIONAL WHOLES

**The human society forms a functional whole. One can benefit from its functioning if one is a part of it or in friendly terms with it.** The society arranges at least water, food, shelter, help in emergencies and means to get such for oneself: work to do.

That's why the individuals i.e. the smallest balls in the picture, are high in the air in the biggest ball i.e. in the biggest group, i.e. have reached far toward the fulfillment of their own personal goals.

But how to get the society work well together for the good of all and why just so? The answer is good moral. This book tries to go through some calculations and estimates which support good moral. It is moral which is beneficial, not evil, since **good moral means working for the good health of the whole. This book is just about the straightforward skilled optimising of wholes.**

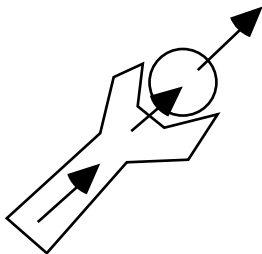
It is much better though if you start with the end result: good moral, and not with the beneficiality point of view, since if you get lost on the way before you end up with good moral, then the end result is a mess and will not bring you the benefits gained by the thorough optimising of wholes, the benefits of good moral: the unoptimised result will not

bring the benefits of an optimised well working whole, i.e. the benefits of a moral society with a high standard of living.



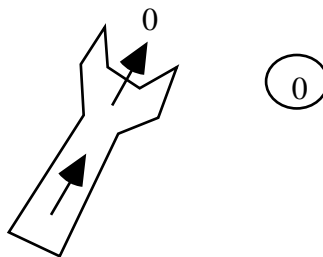
HONESTY AND JUSTICE FROM THE POINT OF VIEW OF  
OPTIMISING WHOLE

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.

## **HONESTY**

**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, whatever the reason for it. So systems are build on honesty.**

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.

### **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 unjustices. These are both serious faults, which should be avoided.

**JUSTICE**

JUSTICE AND OPTIMIZING

**Justice =  
Giving each person feedback  
according to what the person does.**

+	+	+			+	+			+	0
-			-	-			-	-	-	
+	+	+			+	+			+	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.

This is a question of OPTIMIZING WHOLES.

**So, supporting good, and preventing evil, is a necessity when one thinks from the point of view of optimising 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 fairest 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.

An extremely important remark:

**Compare  
natural selection,  
product development,  
honesty,  
justice,  
market economy,  
democracy  
and objective thinking:**

**feedback according to  
what the individual (or group) is like!**

Thus, what you can gain (money) via having a market economy, you can gain too with having these other things!

For objective thinking, product development and evolution it has been understood.

These other things,  
especially justice and honesty,  
still wait their turn,  
even though it is a saying that  
trade is build on turstworthiness.

IF ONE DENIES POWER FROM SOME GROUP  
 (What a military coups and all sovinitists 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 brainpower  
 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.

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.

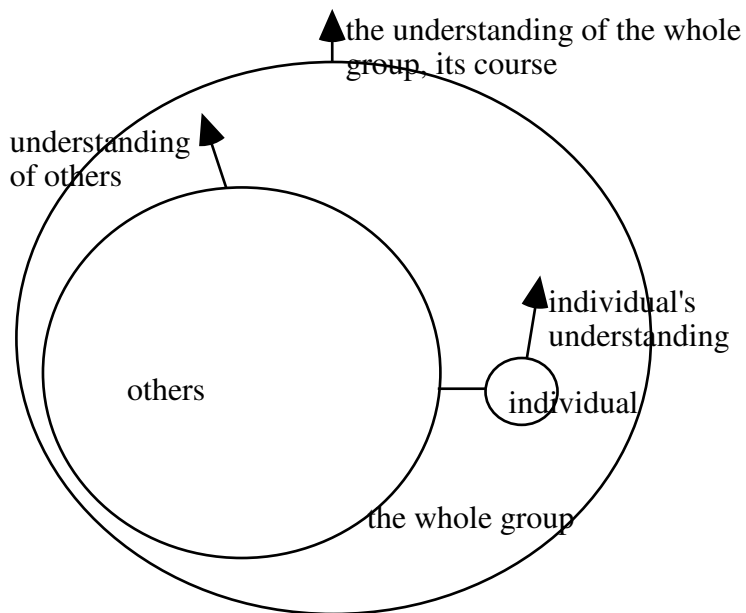
BELONGING TO A GROUP

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.

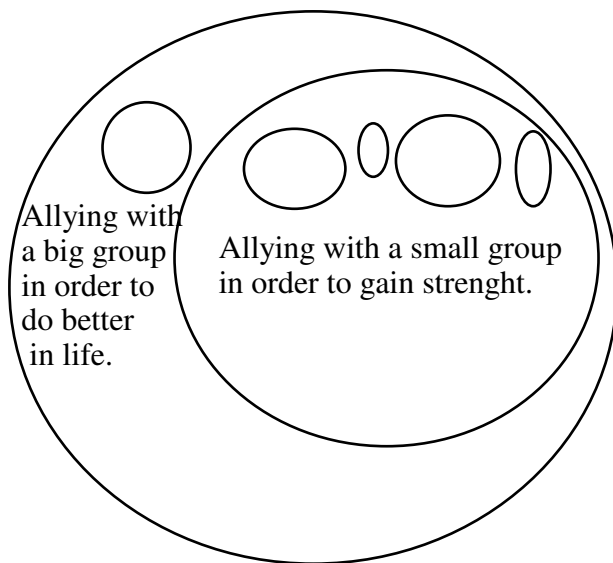


The responsibility of an individual to influence the course of action taken by the group, according to one's best understanding.

#### 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 differencies 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 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 always make safety precautions against catastrophes and other dangers.

WHO IS AN ENEMY?

**The enemy is an enemy only when he breaks against your own good.** You are a biological being whose own good is the health of the world at large since that gives you and your group the best health and the most promising future. **So the enemy is an enemy only when he breaks against the health of the world at large.**

**Healthy functioning of your traditional enemy as a part of the world at large is OK, for the better, for you too. So allow it! Support it.**  
Read Natural hierargies and Cultural influence

NATURAL HIERARGIES

There is a natural hierargy 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 hierargies 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 emphasises 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 home country Finland in North Europe.

#### WHO RULES?

Suppose that there is someone ruling who is only interested in one's own benefit and not in justice and human values. Now, suppose that there is another group who would be a ruler according to justice: a group consisting of more capable persons who act according to justice. Now, compare with each decision made the decision of the wrong ruler and the decision of the rightful ruler: suppose that the wrong ruler would just this once replace one's own decision by that of the rightful, more capable ruler. Then things would be better taken care of on the part that that decision affects. The country (or whatever) would be slightly more prosperous and consequently the

wrong ruler too would do better. If the wrong ruler would replace each decision by the better decision, they would all be more prosperous, since their well being is tied to the well being of the whole and the well being of the whole is a consequence of how well the whole is taken care of. Justice allows the best benefit for all: better than what one could gain by ruling oneself.

About the point "if rulers steal and do injustice", either to&from their subordinates or to&from other countries, read the separate text in the section about honesty.

THE GOAL IS TO HAVE ENOUGH ONESELF,  
NOT TO DESTROY THE RIVALRIES

An epidemy in your neighbourhood, be it an epidemy of evil or a disease, may spread to your own side too. And so may health too spread and that is good since health is a very good thing for you. So **support good health in your whole environment**, that is for your own good. And resist evil, i.e. needless breaking and malfunctions of the society, which is the opposite of health.

**Fair play is an important part of health of the practises**, of the societies and of the world at large, and **to quarantee it there is the need for healthy fair self-defence**. Do not defend yourself any more than you need to: do not defend yourself against any things which are benefical to you, like good moral for example is the ground of any society, really (like this book seeks to show)! And do not make habits any worse in your environment.

**Everything is build upon the healthy, nothing upon the broken parts**, it is only the healthy parts of a partly broken whole upon which one can build any functioning of a broken thing - be they atoms, molecules, cells, individuals, groups, ecosystems or whatever. Only upon the healthy parts of the healthy biosphere can one build any biological functioning, and **the best biological functioning for any purpose which**

**makes sense, is reached by the whole world, the whole biosphere in good health.**

But this result applies also to artificial things, also their functioning is based on the non-broken parts and if the artificial things are optimised (like the nature has been optimised by the evolution or by God's planning) the best functioning is reached by keeping them intact, fully functioning in every respect.

#### 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.

#### 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 strength, it can help the weak ones, who in turn make the promise to help in return.

#### 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.

#### HARMONIC FOREST ISLANDS PRINCIPLE

The harmonic forest islands model offers three different degrees of unification or freedom. The benefits of unification are the benefits of intelligent cooperation for the common good. The benefits of freedom allow defence against deception and abuse. Still, even defence is best arranged together with a larger group. So the direction of development should always be toward greater unity. Its drawbacks can be compensated by common rules about rights of each party and about the obligations of others. So: first there are independent islands, after that harmonious cooperating forests and at last a single unified island.

A unified group cooperates better than one with no unification. A unified group is like one with a long-term cooperation plan that one can rely on. Unification brings the usefulness of complex structures. But unification presupposes that the parts of the cooperation do not try to harm each other. So often it is beneficial to have some independency too if the parts are not all trustworthy. In any case the whole needs repair mechanisms. The harmonic forest islands is a principle for optimising the amount of unification and freedom, it seeks to adjust the

levels of unification and freedom to what is most beneficial and least harmful to the parts and to the whole.

#### ANSWERING TO THREATENING BEHAVIOUR

One should not agree to let anybody rule by the power of threats

since that lets the power be translated to the hands which just create force instead of understanding how systems should be run. Taking power relationships into account is a different matter: in that one can optimise the systems toward better and let the most intelligent ones rule - those with a good understanding of the workings of the world and consequently those with an excellent moral.

#### 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.

#### 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 in practise and the house as a whole are like, that is like a lie: one gets a picture which has 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 a unified whole which is a correct picture of the world.**

**If you go to the right direction, you might get something done. If you go to a wrong direction, you surely do not get anything done. So it is worth trying.**

NOT TAKING SIDES

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

A REBELLION IN HELL

Let's start with a group eager for power and success. Let's optimise it toward best success: Those of the group who damage the group shall be strictly punished. Those who benefit the group shall be rewarded.

The relationships of the group to others are decided by the leaders only. Those who do not follow orders can cause unneeded conflicts shall be strictly punished, since the group

loses its strength in conflicts while at peacetime it can develop in strength via a better health. It is beneficial for the group to ally with large powers, so it will do so - maybe with God too.

Optimising this way one gets a group which is used to justice and peace and which one can optimise further toward a better survival. Optimise the way that I have suggested in this book, so you will get the most optimised group i.e. the strongest possible one: a moral paradise movement!

One could of course start with a paradise movement, moral people etc. if such are available - or with a combination of these.

#### THE FORCE OF COOPERATION

Human beings share many common interests - that's why cooperation is beneficial.

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.

A vector sum exemplifies also 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, peace more beneficial than war.

## 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).

THE MOST IMPORTANT THING IN THE WORLD

*What living conditions  
will be like  
in the future*

is affected by what is considered beneficial.  
So the fitting together of *moral, efficiency  
and happy life* is the most important subject  
that I can imagine.

Since the old Finnish European culture and the  
scientific picture of the world can prove  
objectively that *good is stronger  
than evil*

*(because a healthy one is  
stronger than a broken  
one)*

and in living beings  
*natural is more capable  
than artificial (because  
the functioning of humans  
is based on natural ways  
of functioning),*

*we can get the strongest  
one  
wins logic to support full  
free  
moral natural healthy  
happy life  
and natural living  
conditions.*

**That can affect the living  
conditions and life a lot toward  
better everywhere!**

SECTION II:  
Objective thinking with a  
holistic view

OBJECTIVE THINKING WITH A HOLISTIC VIEW

The first thing in  
thinking is  
to get the main things  
right.  
A holistic view is the way  
to do that.

Get the main points of each handled thing  
right, so  
**the most efficient way to think  
is to use a holistic view all the time:**  
it handles so all the essentials.

The whole book has been written from the point  
of view of the whole. Please try to **use a  
holistic view when reading**, even if you are not  
used to it, so you will understand everything  
better.  
**This book has a very high level of generality.**

HOW TO THINK OF EVERYTHING AT ONCE:  
USE YOUR NATURAL HOLISTIC VIEW  
OF THE WORLD, I.E. MAKE A MAP

Think the following way: make a map in your mind: *“Here live I, here I work, here is the shop that I visit daily, here are the homes of my friends, here is the river, here the high houses across the river, here live my grandparents etc.”*

So you build **a map of the whole world in your mind with all the things that you know placed in it at their right places.**

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

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

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

You can add the scientific picture of the world: taking a very close look at anything you can see the atoms and molecules, cells etc.

Thinking of human behaviour, you can notice that humans are animals, have instincts feelings and an understanding: a picture of the world.

Thinking about the society, you can see the behaviour and views of your closest ones and via them understand also the others. (Read the text Governing a very large group.)

#### HOW TO HANDLE MANY IDEAS AT THE SAME TIME IN THINKING

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

#### THE ORGANIZATION OF MEMORY

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

#### 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.

#### 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!

#### HOLISTIC VIEW

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. e. approximately everything. The percentage of all in just such a situation 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 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.

**AS MORAL AS POSSIBLE, AS OBJECTIVE AS POSSIBLE**

**THINKING DEMANDS YOU TO CARRY RESPONSIBILITY**  
**In objective thinking, in all thinking, the main point is to get the main things right at the level of practise.**

Another task of thinking is to form a picture of what the world is like. Getting the main points of that picture right in what comes to the level of practise in questions concerning human life is what is most important in it. Getting the main things of the largest scale right is what is meant by carrying responsibility of the largest scale. So the main point in thinking is to carry responsibility. Go this through again, if you were not able to follow fully.

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.

This is the point of view of a bureaucrat, I suppose. It is an effective way of thinking about a large group of people without making

any thought errors.

#### 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.)

#### GETTING FEEDBACK FROM OTHERS

We Finns are good at holistic objective  
thinking also in social relationships. This is  
helped by some easy basic principles, which are  
reflected in the Finnish sayings:

"The forest answers you the way that you shout  
to it." The echo. People treat you the way that  
you treat them. That way you yourself create  
your own living conditions.

If you treat others badly they get angry and  
treat you badly in return, and if you are kind  
to others, they feel warm and treat you kindly  
in return. This is seen in the Finnish culture  
to be the nature of the world, inevitable in  
the healthy natural social life - both  
inevitable and good since it gives feedback  
about what one does so that good things get

strengthened and bad deeds punished. So see the consequences of your actions and of the actions of others and take them into account in your behaviour.

Compare this to the society agreement and to justice.

Justice makes things symmetrical, so it is easy to generalise.

#### JUSTICE, HONESTY AND SINCERETY

Feedback systems & the value of right kind of feedback.

Positive feedback guides the part in question to the direction that gives such positive feedback. Negative feedback guides the part away from the direction, which causes such negative feedback. Lack of feedback, leaves these guiding effects away. So it causes a lack of correlation between the results of one's past actions and one's present and future actions. But the lack of it in that isn't as bad and harmful as when the feedback is mistaken, of a wrong kind, like with injustice and lies and mistaken perceptions.

#### 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, and 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.

## UNDERSTANDING WOMEN

Women value feelings and use atmospheres in thinking. That may seem ununderstandable to men at first sight but should be easy to understand the following way: feelings connect to factors which are important to health and well functioning. If we lose something, that is harmful to our health and consequently we feel negatively about the happening. If we enjoy something, it is a mark that we function well in such life. Taking emotions into account means taking our own principles of functioning into account, that's why it makes us feel good. And we feel strongly about the functionally important things in life: about what kind of social relationships we have, is there a connection to humans' natural living environment i.e. to the nature. Even music is connected to natural means of communication about functionally important matters: about feelings, state of mind, ways of doing etc. And even natural beauty can be seen as a mark of harmony which is a mark of well functioning in some respect or another. Atmospheres are landscapes with feelings connected to them: one can see as a holistic view what things mean to life. This applies also to technical and militaristic things which though often seem quite dark in atmospheres i.e. full of harmful destruction and with only some glimpses of light: of peace time prosperity and happiness. This piece of understanding might make you more intelligent: teach you how your different sides fit together and how to use a natural holistic, somewhat philosophical view of the world: an atmosphere as a part of your objective thinking.

PART II  
FEELINGS

**Hard Rationality  
of  
Feelings and  
Instincts**

In the light of the theory of  
evolution

I have an unusually good ability in academical type of objective thinking, so the things that I write about here are so simple basic truths to me that I cannot say them any simpler. Please use all your understanding all the time when you read these pages, apply everything to everything according to your greatest ability in objective thinking, making all the generalizations that you can think of, checking them for correctness - maybe after that you will arrive on your own at these results which I thought to be so elementary parts of the theory of



evolution that one would have no need to say them  
aloud.

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

"factor X":

"Factor X is a creation of the evolution.

Evolution shaped living beings for the best  
survival.

So factor X is either a non-influencing factor, or  
factor X influences toward better survival."

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

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

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

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

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

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

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

## Section I

### The interconnectedness of human functioning

SINCE THE BEGINNING OF TIME HAS IT BEEN SO

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

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

INTERCONNECTEDNESS

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

The interconnectednesses of biological wholes can be best understood via the idea of an initial state of complete 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.

#### A HUMAN BEING IS A WHOLE

A human being is of a certain kind by nature.  
There is a natural way by which  
the different functions  
join together to form a well-working whole.

**Instincts lead toward right direction.  
Doing things according to one's basic nature brings  
happiness.**

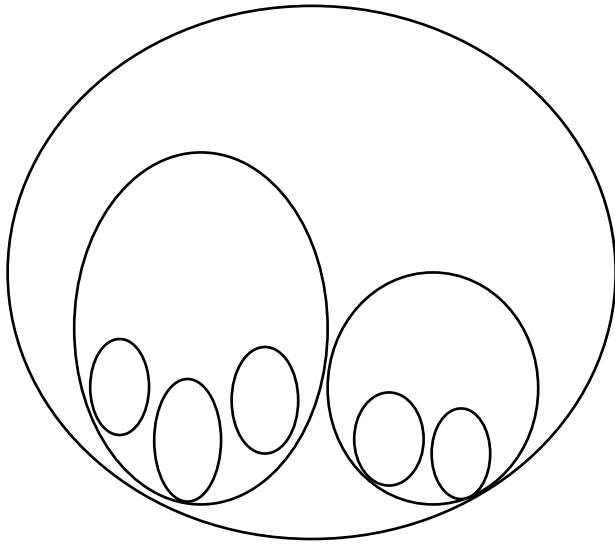
Doing things against this basic nature,  
in other words doing things without regard for needs  
and natural ways of functioning,  
brings uneasiness and unhappiness and is something  
that a human being naturally avoids.

Human being is a whole.

**The different sides of a human being  
form an unified whole,  
which is not by its nature divided into parts.**

For example, the thinking and feelings  
of a human form a whole,  
also mind, body and the senses form a whole.  
In social relationships oneself and others should  
co-operate harmonically.

Social needs and personal needs influence  
one's life in harmony  
according to human's basic nature and instincts.



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

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

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

If some direction is **natural**,  
that is the mark of being right:  
that **is the direction to go, if one wants to get a  
healthy well-working individual  
and a healthy, harmonical well-working society,..**

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

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

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

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

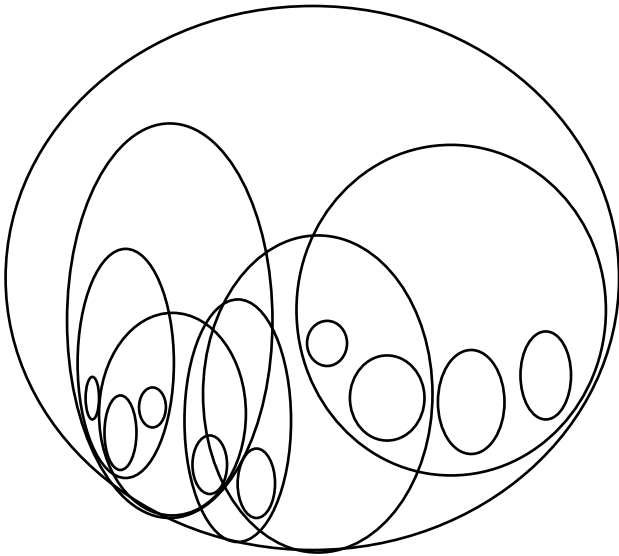
My claim:

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

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

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

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



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

**THE INTERCONNECTEDNESS  
OF HUMAN FUNCTIONING**

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

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

HOW TO LIVE A RICH FULL LIFE IN THE MODERN WORLD

ACADEMICAL AND OTHER KINDS OF WORK  
AND RICH FULL LIFE

DOING ONE'S BEST FREELY: A JAPANESE SAYING

If one wants to do something well, one must not concentrate on it single-eyedly but instead **get strength from everything that one does, so that the weight of one's whole life is behind what one does.**

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

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

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

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

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

So:

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

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

**Doing one thing well  
is equal to  
doing everything well,  
to finding the true balance of life,**



the one and only right natural healthy moral way to  
live on all areas of life.

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

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

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

So in a sense one cannot choose what one does:  
one must do what is most needed in the society and  
in the world at large, according to one's abilities,  
according to one's understanding and the  
understanding of others, according to what feelings  
tell. So even a soldier would end up being for peace  
and good moral. **What is needed, it all depends of  
the times, of the situation of the world. One cannot  
decide what is healthy for oneself and for the  
world, one can just experience it, get to know it  
better than before and exercise it: live a full life  
according to one's basic nature and all of one's  
understanding.**

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

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

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

#### THE ORGANIZATION OF A FREE SOCIETY

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

#### IMPORTANT MORAL WORK

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

## NATURAL ENVIRONMENT AND LIFE

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

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

Healthy instead of out of order.

So this is a direction to go to!

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

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

## Intelligence and WHAT IS NATURAL TO HUMANS

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

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

There is a clear instinct reaction to fire. So probably it takes only some 2000 generations or less to form such an instinct.

Humans have lived in towns - here in Finland about 200 years (some more some not at all) and in the

oldest cultures some 2000 years maybe, that is some 80 generations. That is an insufficient time to form new instincts.

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

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

#### WHAT IS HEALTHY LIFE LIKE

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

The sun:

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

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

**life.** It is natural for a human being to do lots of practical things like farming work and cooking.

#### A HUMAN BEING AS A WHOLE AND THE BODY

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

The 2000 years old Chinese classic Tao-te-ching

#### PRACTICAL ACTION

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

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

#### NATURAL PHYSICAL LIFE BRINGS THE BEST CAPACITY

*During the evolution*

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

To think otherwise is to lie to oneself.

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

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

IMPORTANT TO REMEMBER ALWAYS:

**When one does things in the obvious  
natural ways,**

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

The body

A human being forms a functional whole.  
**The body forms the most important part of a human  
being.**

The body is the central part of a human being.  
Emotions move the body, give it motivation and a way  
of moving.

In motion and practical action the body is  
essential.  
Feelings are connected to the body, instincts too.  
**The senses work together with the body.**

Communication and expression  
are connected to the body.  
Emotional understanding and empathy are connected to  
the body.  
So **true understanding needs the body, too, and not  
just the brain.**

#### MUSCLE TENSION MAKES ONE STUPID

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

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

the movements of others and can so understand them  
via our own body.

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

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

#### UNDERSTANDING IS PHYSICAL

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

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

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

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

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

#### PHILOSOPHY NEEDS THE BODY

Philosophical points of view demand more time from a  
thinker than ordinary thoughts because they **include**  
**a change in one's attitude to life** and that is a big  
thing, including **the whole being**, including emotions  
and the body (via the expression of states of mind  
and of emotions and actions) and mode of action.  
Technical things do not include as much information  
and are often possible using the sense of sight  
only. They bring much less understanding.

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

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

#### DANCE

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

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

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

Dance teaches the connection of tune and body. One should conceive the connection of feelings and the body.

And the connection of feelings, motivation and action.

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

#### AN UNIFIED WHOLE



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

This is ESSENTIAL.

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

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

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

#### SPORTS AND PHYSICAL WORK

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

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

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

Getting enough physical exercise keeps us in good  
condition in many ways.

Being physically fit keeps one fit also otherwise.  
My attention is much sharper when I have exercised  
physically a lot. That is very good for thinking.

The spreading of attention in sports should be open,  
natural, relaxed, open to new possibilities, and the  
movements likewise, social atmosphere friendly and

kind. Such brings a really enjoyable feeling and a good capacity in everything that one does also in other things than sports.

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

#### A natural way to run

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

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

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

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

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

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

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

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

...

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

#### MOTION

##### Motion

- \* is healthy
- \* keeps one happy
- \* makes one stronger in also other activities and better able to work
- \* is natural for human beings, is a basic thing in life and should not be forgotten
- \* brings the level of experience to a more central position in life - like it should be
  - \* strengthens the connection with the body
    - \* is good emotionally and socially
    - \* makes one look better
    - \* makes one move in healthier ways
    - \* increases one's sense of balance

- \* offers a good analogy of healthier ways of doing
  - \* offers sensed models for thinking
- \* by taking another person as a model for ourselves in some physical task, teaches us to better understand others and the similarities and differences between people and how they affect things
  - \* teaches reactivity and activates senses
  - \* is fun and rewarding
- \* brings a better endurance in everything via being physically fit

#### FUTURISTIC DREAMS

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

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

**The sense of sight supports the thinking ability: in the most effective thinking in especially technical and scientific things we imagine the things as a holistic picture in our mind and notice from that picture how things are,**  
 so the enormous amount of technical kind of details and structured wholes in a nature landscape can train us for thinking work! **City landscapes do not offer that kind of practise unless the emotional attachment and sense of beauty guide us toward looking at trees, plant decorations, pet animals and birds with their enormous amount of variation and technical kind of details.**

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

#### THE SENSES AND THINKING

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

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

(Why would a human being form a whole if one thinks from the point of view of the natural selection? The natural selection optimised also the wholes: it optimised everything that matters in practise. It optimised in the sense that **from those building blocks that exist there is no other better option.**) Then **natural sensory stimuli support the ability to think** - to think all kinds of things, also abstract ones.

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

#### LESS NATURAL STIMULI BRINGS LESS INTELLIGENCE

If human in a natural environment is adapted to the situation that the sensory perceptions support thinking, then the town environment with too few and too block like sensory perceptions probably disturbs thinking and makes thinking's structure like the environment: **too block like and linguistic.**

**Landscape like holistic view and sense of naturality, maybe also the sense of balance are emphasized too little!**

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

As a helping aid to this would be the following:

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

One should also protect untouched nature and wildlife.

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

Increasing intelligence

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

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

In this nature picture method one compares the structures in the thought thing to the structures of a nature landscape with similar looking features. The ability of humans to observe nature landscapes is great: the amount of seen information in a nature landscape is enormous compared to the usual complexity of thoughts, so that via this method there is almost no limit to the complexity of thoughts that you can think. Just remember to form a holistic view of the whole, so that you are sure to get the main points right! Imagine as closely as you

can what the things really are like - not in your imagination only but in the reality. Scientific thinking you get with a slowly gliding movement of the eyes along the regularities of the surface. That is like the slow description of scientific detail in a thing to think about in one's mind while one forms a holistic picture of the whole thing. Technical thinking also uses gliding eyes with an even smaller focus and slower movement. Form the holistic view your self, so you get really good thinking.

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

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

#### ARTS INCREASE INTELLIGENCE

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

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

#### DEVELOPING INTELLIGENCE

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

details but firstly and foremostly a holistic view of how things are. (So one gets the picture to an objective form.)"

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

#### HOW NATURAL SENSORY STIMULUS SUPPORTS THINKING

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

#### ATMOSPHERES GIVE A HUNDREDFOLD ABILITY IN TECHNICAL SKILL

This way one can increase one's effectiveness in technical things to maybe a hundred fold or even more: it is a landscape consisting of technical



details plus an understanding instead of a single  
not so well understood detail!

For most people it is tough to be technical all the  
time: it is too unnatural and even destructive in  
its one-eyedness. So one should use some other way  
to survive through technical things. **A landscape  
like holistic view of the situation** is such. One can  
look at its details just the way that one looks at  
things when doing handicrafts.

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

The good side of atmospheres is that they describe  
not only the structure but also its meaningfulness  
to human life. **Whatever is important, is strongly  
emphasised in the atmosphere and easy to notice.**

#### WOMEN ARE MORE INTELLIGENT THAN MEN

Men's way, described by a man is the scientific  
method: to take into account only certain things:  
those which are connected to the thing in question.

Women too use something like the scientific  
method. In women's opinion the point of view of men  
is too elementary, too restricted, too much like a  
beginner's view. That's why women take into account  
many more things, for example a ten to hundredfold  
amount of things. So in a sense women do not stick  
to the subject in the eyes of men since men's  
thinking ability isn't enough to understand the  
whole thing but only a certain simple line of  
thought about the subject. On the other hand, women  
stick to the subject better than men, understand  
more deeply what the things are about, make the most  
essential remarks from the points of view of  
practise and theory from the point of view of proper  
thinking and think clearly more objectively than men  
do. The strengths of women are typically different

from the strengths of men, so even skilled men can make typical men's mistakes and errors, that's why the opinions of skilled men and stupid women agree only a part of the time.

This is explained partly by **women using the atmospheres as a way to conceive things** while men use almost no atmospheres at all in their deductions.

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

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

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

#### TECHNICAL PRACTISE

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

attachment to these would be good to have too since  
it makes us build on the right things.

#### THE BUDDHIST NON-GRASPING ATTITUDE GIVES A BETTER CAPACITY

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

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

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

#### AIM AT SUCCESS

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

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

#### THE GENERATION GAP

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

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

#### ATTENTION IS IMPORTANT

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

The positive feelings give a direction to your life: these things I want to my life. See what you feel about and why, mark those things important to you. See how similar things are important also to others.

So you gain a positive holistic view of the world with a good sensitive attention, like is best for your thinking. The positive things are something to build upon, while the negative things are problems to overcome by the force of all the positive things.

So do not start from problems, start from the answers! That way you will have tools to handle the difficulties, when you run into them.

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

Think the following way: make a map in your mind:  
**"Here live I, here I work, here is the shop that I visit daily, here are the homes of my friends, here**

**is the river, here the high houses across the river, here live my grandparents etc."** So you build a map of the whole world in your mind with all the things that you know placed in it at their right places. You can make personal markings at the same time, like: this is my home, it is important to me. In fact, your feelings make automatically such objective markings for you. You can place the past years since your birth and even before that as a descending line underground and the future in the air for example.

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

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

#### HANDLING A LARGE WHOLE LIKE THE WHOLE WORLD

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

HOW TO HANDLE MANY IDEAS AT THE SAME TIME IN  
THINKING

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

*THE ORGANIZATION OF MEMORY*

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

THE BODY, MOTION AND THE USE OF TOOLS

"Without leaving home  
you can open your heart to the world."  
The 2000 years old Chinese classic Tao-te-ching

There are also other natural things that a human  
being needs to develop into a fully functioning  
adult with a good understanding of the world. Like  
the body and its functioning, motion, health,  
balance, the use of tools and so on.

**All these have analogies in the world. All these  
have things have been too much forgotten on this age  
when people live in too unnatural living conditions**  
and get too little exercise in these things that are  
natural to all human beings. So their ability to  
judge things connected to the proper use of tools,  
balancing the whole and the importance of good

health and naturalness in everything, is far too small compared to what would be natural for human beings. So systems, things that people do, get out of hand just in these respects.

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

#### ONE WAY HOW THE BODY COORDINATION SUPPORTS THINKING

Read the text Body analogy and a holistic view.

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

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

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

#### SUMMARY

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

The 2000 years old Chinese classic Tao-te-ching

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

#### NATURAL WAYS OF SEEING THINGS

"The great way is easy.

Yet people prefer side paths.

Be aware when things are out of balance.

Stay centred within the Tao."

The 2000 years old Chinese classic Tao-te-ching

Nature landscapes, handicrafts and sports.

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

That way you reach the way that you truly think.

You can make objective observations of any scene by looking at it like as if it were a nature landscape.

## Communication, thinking and action

Thinking and communication

A REALLY GOOD TALKER

Learning from others and  
living in a society

If we think of how a really good talker talks, creating a scene of **large meaningful things** for the audience,

talking of facts that concern **life** and not just theory,

referring to both **feelings and motivation,**  
and to the **practical reality,**  
**understanding of the world,**  
**what needs to be done, why**



**and how we get it done.**

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

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

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

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

This is probably what thinkers dream of,  
what they long for,  
what they search for from their realms of knowledge  
that are stored in the written form, but do not  
usually find:  
It is a new level of structure to thinking,  
a natural one that makes things understandable,  
communicable easily,  
meaningful from the human perspective  
and from the perspective of the world at large, all  
humans as a group.

In objective fact discussions:  
What are the concrete facts?  
What do those mean to & in one's **own life?**

What do those mean to the **society at large**?  
What exactly is our emotional reaction to such  
things like?  
Why just such? -> Analyse the thing; How to handle  
it!

#### EVERYDAY LANGUAGE

"True mastery can be gained  
by letting things go their own way.  
It can't be gained by interfering."  
The 2000 years old Chinese classic Tao-te-ching

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

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

Ordinary **everyday talk** is ideal to that:  
the most natural way for human beings to  
communicate,  
very expressive, easy to understand,  
efficient in thinking - much more efficient than  
technical vocabulary,  
which is often computational like to use and does  
not create any new ideas.

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

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

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

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

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

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

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

#### WRITTEN LANGUAGE

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

The 2000 years old Chinese classic Tao-te-ching

**Written language is a means to remember something.**

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

#### THINKING FORMS A WHOLE

"True wisdom seems foolish  
(when watched from a less well understanding  
perspective)."

The 2000 years old Chinese classic Tao-te-ching

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

Together with these the thinking ability of humans  
guides us humans in the world correctly,  
as well as possible,  
at the practical level, in the long term and in the  
short term.

But without these natural parts of the unified whole  
called a human being,  
i.e. without the feelings, instincts and so on  
affecting,  
the thinking of humans is somewhat biased to the  
other direction:  
away from feelings;

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

#### NATURAL SOCIAL LIFE IS IMPORTANT

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

If one discusses with other persons  
from other professions with different kinds of  
backgrounds,  
**one learns easily new points of view,**  
gets **inspiring new ideas** even from very ordinary  
communication  
and from other peoples' experience

**even if** they do not know much about the subject in question or **are stupid**.

## FEELINGS AND PRACTICAL ACTION

"True straightness seems crooked  
(since it can handle all sides of things)."  
The 2000 years old Chinese classic Tao-te-ching

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

## TOWARD NATURAL COMMUNICATION AND MUSIC

Adding **a description of ways of doing**  
to a fact discussion.  
Getting rid of the harmful side effects  
of being used to written language,  
getting rid of the flattening of  
the use of language  
because the written form  
doesn't contain all shades of meaning

The fact that all people like music,  
means that **something like music**  
**is a natural part of human life**  
**and is useful in some way, as an aid in survival,**  
**in living and in the functioning of a society.**

Music is connected to feelings, atmospheres,  
to rhythm, ways of doing, what something feels like,  
to the level of experience and to one's thoughts.

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

We are by nature interested in hearing other persons' thoughts, knowing their feelings and hearing about their experience in life. In thoughts we are usually interested in things that touch our own life in practise, what it feels like to do something. Which things matter in life and how. Our feelings when we talk about such subjects, reflect how important these things are to us on the practical level, in our experience. By hearing from others about their life, their experience, we can learn things that matter in our own lives.

The level of facts is not the only thing that matters, if we want to do something. We want to hear also, **what it is like to do** such things. **Does one get tired easily?**  
**Is it motivating, and in which respects, how and why?!!**  
**If we express our emotions by our tone of voice, gestures and so on, while we talk, we communicate information of these other kinds to others.**

We are all human beings and share many similar things in ways that we do or can do things. So also things that have to do with the fact that we are human beings, are often objective in their own way.

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

#### MUSIC OF SOCIAL LIFE

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

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

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

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

*The functioning of humans*

**and the things done.**

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

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

#### THE GREAT SONG OF LIFE

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

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

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



our body and how we move.

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

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

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

**The body just expresses it as music.**

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

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

ART, NATURAL COMMUNICATION AND THINKING

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

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

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

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

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

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

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

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

About my interest in shamanism and its connection to unified ways of doing things:  
communication:  
song and sound  
sound and hearing  
hearing and the sense of direction, rhythm,  
ways of doing  
and what is done  
and the idea in doing

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

idea, intentionality and action  
intentionality, emotions and picture of the world  
entities in the world and natural reactions to them

language to shamanistic intentionality:  
entities in the world and intentionality  
entities, intentional action and expression  
intentional action includes the picture of the  
world, emotions and the body, the level of practise

#### LEARNING THE GREAT SONG OF LIFE

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

It might be that composing is a skill that just  
about everybody could learn if we just had our  
natural capacity and natural ways of learning -  
which we most unfortunately do not nowadays have.  
Relaxedness is a major prerequisite for empathy and  
consequently for sensing the song of life in the  
bodies of others and even in one's own body. So  
practise sports too. Meditation in motion might be  
connected to this too - I learned it from practising  
Japanese sports that one concentrates well into.  
There is something easy in the song of life too: the  
low drum beats corresponding to the heavy movement  
of the feet like in African music and dance, and the  
high tones corresponding to the head, to the sense  
of sight, to the sense of beauty and to ideals. The  
rythm of the song of the body in action or in being  
social and experiencing life is quicker than the  
pace of feelings usually described in western songs.  
The "ding dang dong" of the South-East Asian music  
described the sifts of relaxed attention in a warm  
climate, of the sense of sight, if I have understood  
right. So listening and dancing to world music might

increase one's musical social understanding about  
the connection of voice and the state of the mind,  
body and feelings.

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

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

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

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

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

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

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

The BASE OF THE GREAT SONG OF LIFE

So, the great song of life corresponds to the usual Finnish European extremely compassionate way of seeing and sensing via one's own body the states of mind of the other one in her/his own body. These social sensations is what the song of life in others consists of. It is just that we do not always translate them to a "heard" song.

And how to reach this type of social relationships? An easy advice is to follow the rule "Live and let others live." and to demand it also from others. In addition one should be compassionate and carry responsibility about all important matters, whether one's own, those of others or of the large scale.

#### SENSING THE BODY AS MUSIC

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

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

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

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

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

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

LIFE IS A SONG

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

In the natural life in a natural environment a long time ago we were immersed in beauty, much like we can admire the sight of nature even nowadays. But then, a long time ago, it was **every side of our life** that **was so beautiful**.

Like with the fracturelessness of nature, **beauty is a characteristic of full health. And since the healthies is the most well functioning, the natural world full of the beauty of full health is the source of miracles in the eyes of us who are used to the fractured world with all the artificialities. The untouched human nature is so well functioning in every respect that it looks miraculous in our eyes. So it is also with our perception of life as a song: it is natural perception about the essentails of human life,** about the well funcrntioning and healthy and healthily beautiful in our lives.

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

## NATURAL SONG AND DANCE

Dance is at the core of being.  
Life Is A Song

The best way for objective thinking is to think by atmospheres. They unify a pictorial objective holistic view with the wisdom of feelings. Each observation is a sensation, an atmosphere tone. The light coloured atmosphere tones we can express by high notes. The darker and more down-to-earth atmospheres we can express as low notes. Thus our observations form a song.

When we act, we have an emotional motivation for it. That motivation is a melody.  
**And action according to it is dance.**  
This dance appears to be dance in its basic form.

To live!  
Means to sense, to react and to act in the world, in life! Thus natural music, the song of our life and **the natural dance of natural action** are at the core of what it means to be a human!

## WORK EFFICIENCY AND LIKINGS

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

**I have found out that  
whatever I do according to my likings,  
it increases my work efficiency in everything.**  
Some research in this subject could make a happier life for everybody.

**Feelings tell of needs of the individual,  
society and the environment.  
By fulfilling needs we  
increase the working ability.**  
Our nature is often wiser than our rationality. Our social needs, needs of the society, are a part of the rationality of action and motivation and meeting them increases the efficiency of work

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

An example:

Engineering work etc.

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

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

## CAPACITY AND STRUCTURAL ANALOGS

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

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

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



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

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

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

Read the text A Japanese saying.

SOCIAL LIFE, HEALTH AND OPTIMISING

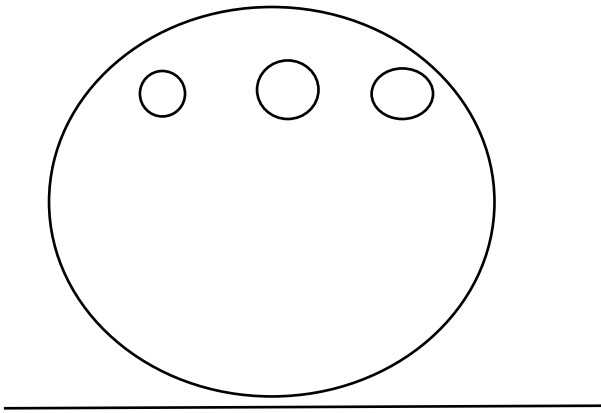
(Intelligent optimising leads toward a healthy social life:)

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

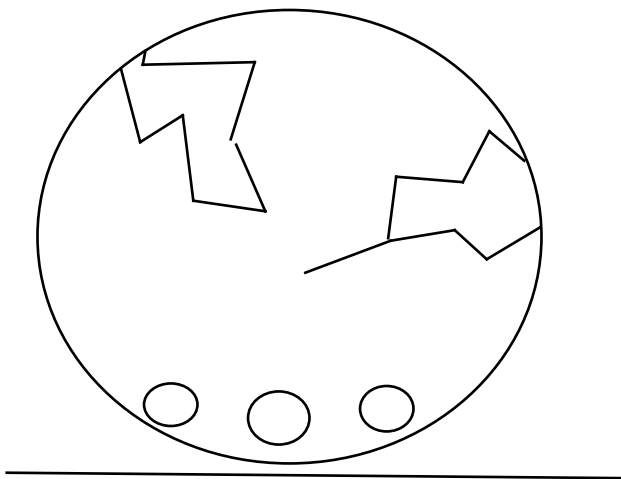
**One must start from a picture of what a completely healthy and honest and fair natural human society is like:  
a human relationship is a part of it.**

And compare the other options to that only afterwards. Otherwise one tends to obscure the view of the whole, or to lie to oneself because of one's already existing habits and choices of life. But the fact remains that **the most natural is the most efficient and the best choice in many 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, since it is the way that the evolution (or God) optimised us to function.**

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



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

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

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

#### ANIMALS MAY BE VERY INTELLIGENT

What I have here deduced about the base of human thinking, should apply also to animals. Living a natural life in nature they may be very intelligent. Even insects with the sense of sight, the ability to move, some social life and probably emotions may have intelligence of the level of an uneducated human. Then the enormous amount of brain cells in human brain would be a consequence of size only and not a reason for better functioning. If not so, I am forced to think that we use even a smaller amount of our capacity than what I have imagined this far. Abilities that we consider typical for just our own intelligence, the animals appear to have too: atmospheres offer the most efficient way to holistical thinking that I know of. And the work of engineers is based largely on mathematics which is to a very large extend analogous to easy mechanical moving of objects and moving in a seen landscape. And we all agree that insects too may have emotional and social life. And why we consider fishes stupid, may be because we cannot see their movements well. But other fishes can, so fishes may be very intelligent too.

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

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

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

#### SUMMARY OF SECTION I

**Evolution is gradual,  
it doesn't happen in jumps.  
What we are now  
is based on what we were long time ago  
in nature.**

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

## Section II

The Rationality of Feelings and Instincts

FOLLOWING LIKINGS  
INCREASES WORK EFFICIENCY

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

This can be understood the following way:

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

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But how come then our likings typically do not seem to affect work efficiency in any way? Probably most of us lack a natural skill, because my own likings

do affect my work efficiency positively. In fact there are two skills affecting this: emotional intelligence, **the ability to interpret feelings right according to objective thinking** and true naturality, **and the ability to make analogies from one type of action to another.**

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

#### FEELINGS UNDERSTAND

**When I just feel  
that things are in a certain way  
(I just look at my picture of the world  
and observe the atmosphere),  
there are typically very strong grounds for those  
things. I just need to spend some moments thinking  
what I feel about things  
and why I feel so.**

It is often a somewhat philosophical perspective.  
Like: it is always good if... and on the other hand  
it is harmful if... So... That's why I feel so.

## **How to conceive feelings as rational:**

**1) first the feeling,**

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



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

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

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

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

#### FEELINGS

The natural evolution optimised living beings toward survival and best functioning. It created also feelings, so the feelings are not a superfluous part. The feelings are meant to be followed fully. That gives the best functioning.

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

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

feelings and understanding together  
guiding toward better.

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

Let your feelings change your life toward better  
healthier ways of living. That is their task.  
A human being without following feelings is in some  
sense a broken person.

Full functioning demands life completely according  
to feelings.  
Just use a holistic view of the world and of life,  
so you will solve most seeming contradictions in  
that easily and efficiently.

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

**FEELINGS  
tell of the needs of humans**

The Rationality of Feelings, Likings etc.

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

*Feelings and likings*

**tell of our needs.  
They tell of our own functioning.**

Feelings do not disturb objectivity:

HOW TO BE VERY EMOTIONAL AND OBJECTIVE AT THE SAME  
TIME

How to be completely emotional and consequently also  
totally objective:

Follow your feelings fully, giving them enough room.

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

Use your picture of the world as a map about where  
you are at each moment in each thing. You can  
recognize things based on feelings, atmospheres and  
other features,

using a single picture of the world (like in the  
sciences), of life (+time and personal experience).

That is all that you need.

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

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

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

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

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

About handling emergencies:

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

So You have to first pay attention to what You Feel  
and only after that as a landscape or important  
pieces of a landscape all the practical things to  
notice of each of the things that You Feel so  
strongly about. You ought to act according to Your  
strongest Feelings, for example fear by trying to  
escape or to otherwise prevent catastrophes as  
efficiently as possible, because that way Your  
Feelings do not rock the boat, but Feelings just  
give an emphasis to things: just these things are  
important just now. Other big Feelings take care  
that you do not leave other big things unnoticed. A  
human being can be afraid also for others sake, so  
ensuring the safety of others ought to go before  
selfishness which is often thought centered action.

#### **OBJECTIVE INTUITION, ATMOSPHERES AND FEELINGS**

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

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

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

#### **FEELINGS EMPHASISE IMPORTANCE**

So your feelings tell to you your functional state at each moment: are there any obstacles on your way, how big are they compared to your own forces, is the way of doing suited for your skills, capacity, endurance, for your all kinds of functional needs. The social relationships are part of the base for living, like is food and sleep.

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

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

#### SOCIAL RELATIONSHIPS ARE IMPORTANT

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

#### ABOUT THE USEFULNESS OF FEELINGS

Feelings are part of the functioning and understanding of humans.

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

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

Love concerns things that we need.

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

Joy tells that something is a good way to do things.  
(There is something lacking in the things that don't  
cause joy or enjoyment.)

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

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

Sorrow is a way to handle a loss, to get adapted.  
(Find out new things upon which you can build your  
life in the lost respects.)

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

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

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

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

Each human relation is different, also changing as  
the time passes and the persons themselves change  
and their situations of life change. Varied like the  
nature, never twice the same. There are several  
types of bonds; figure out: 1. which things bind you  
together, 2. in which things are you each  
trustworthy and 3. in which are you not. These areas  
include at least: honesty, well-functioning, theory,  
practise, emotions, customs etc.

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

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

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

## Womens' Wisdom

**a mechanical model for those who do not understand otherwise**

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

Women are also brought up to take all points of view into account. So while men neglect often too much the views of women, women take fully into account what men say and think. But women end up in different kind of answers because women understand more about the language of feelings and atmospheres: more truths to take into account. So **womens' views may be well thought of also from the point of view of manly values and goals.**

FEELINGS ARE PRODUCTS OF THE NATURAL EVOLUTION

We are products of the natural evolution. Our needs help us to stay fit and our feelings help us to answer our needs.

Our functioning is largely based on social things. We are pack animals. That's why we feel strongly about social things: they affect a lot our chances in life.

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

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

LOVE

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



Love is a characteristic of  
a completely healthy system.

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

#### BEAUTY

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

#### FRACTURELESSNESS

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

#### MORAL

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

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

Carrying responsibility

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

#### FEELINGS (How feelings make sense)

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

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

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

**\* well functioning**

**\* longing for better living conditions**

**\* obstacles or friction on the way**

**\* the ground of life: in social things, in food, in future safety, in natural living conditions and natural kind of life, etc.**

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

**Feelings tell of needs:**

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

**Fulfilling needs safeguards  
good health:**

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

#### RATIONALITY OF FEELINGS

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

Joy versus sorrow:  
getting or losing.

Love versus hate:  
how beneficial/harmful the  
environment is.

Happiness versus  
depressions:

how much one's needs are  
met.

Attraction versus repulsion:  
how suitable the company is  
to oneself.

Liking versus disliking:  
how suitable the thing is to  
oneself.

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

#### FEELINGS AND WORK HABITS

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

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

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

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

## FEAR

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

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

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

## SAMURAI AND FEAR

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

## MAKING BIG CHANGES IN LIFE

Pay attention to what stays constant and place your balance upon that. Get to know the new ground and

slowly move your balance so that you rest on that  
instead of on the old ground.

#### CAPABLE IN EMERGENCIES

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

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

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

#### EASING PAIN

You must pay attention to the hurt part and also to its environment:

for the wrist to the whole hand, to your mind and habits and to the whole emotional and social space around yourself.

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

You must also listen to your mind: are you strained in some way. Relax like one enjoying diving in a warm water. Fill your social and emotional space with nice atmosphere (One way to achieve this is to never think "only about anything that is worth

something to you, but to feel with your feelings its worth to you.) and give up habitual tensions, relax!

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

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

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

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

#### STUPIFIED ANIMALS

Humans are the dominant species upon Earth nowadays. That may cause that animals reflect their views on successful life strategies on the light of human ways of living, and so lose lots of their natural understanding of healthy ways of living, because most humans have lost it a long time ago. One piece of evidence for this is that sometimes fear makes animals behave in irrational ways that may be dangerous to them and to the environment, instead of healthily concentrating their forces to meeting the needs of the situation causing the fear.

### NOTICING FEAR AND PAIN IN OTHERS

So how would one make the difference between an animal, which feels fear in the right way, and a safe animal. First of all, if the animal succeeds in reacting to the needs of the situation, it is safe.

But on the other hand, it is concentrated into meeting the needs of the situation, so its normal life is on a less emphasis - that's what you can notice: its concentration and the leanness of its normal life compared to the usual.

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

### MORAL AND AGGRESSION

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

A typical problem in this is that we often feel agitated because of things that we cannot change or



that are the most difficult to change, like the compulsory school, our nearest relatives, the culture, our work etc. Then it is very important to pay close attention that you never ever misguide the anger to innocent outsiders but to the real source of your horrors.

One ought to be fierce and gentle:  
gentle = not doing anything evil at all  
fierce = being strong enough to be able to defend oneself and moral

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

Defending good is moral, not evil, even when it demands extreme means. It is moral to take part in the military service in a defence force, and the task of a big leader is meant for a truly moral person, even and especially at the time of emergencies and when hard decisions have to be made. Such aggressiveness is demanded from a good pack animal, i.e. it is according to moral and not against it: one needs to fight for healthy living conditions!

#### SUFFERING

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

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

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

away from the pure health, naturality and happy  
life.

#### REPAIR MECHANISMS

Health and naturality need repair mechanisms:

- \* pain and suffering
- \* diseases
- \* predators

They drop errors away.

The most healthy ones, the healthiest ones in every  
respect, do not suffer and do not die. They live  
very happily. That keeps the world well on its right  
tracks.

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

#### FEELING STRONGLY ABOUT MUSIC

Why we feel about music and art?

We feel strongly about things, which touch our  
nature.

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

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

If you like just a beautiful ordering, it may be  
that you are looking for good quality thinking and

life, which is rational enough, or tidy enough. The complexity and artificiality of the modern industrialised world demands lots of rationality from us.

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

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

## Objective thinking and feelings

FEELINGS, INSTINCTS, LIKINGS AND OBJECTIVE THINKING

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

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

**In good thinking things are perceived in a way that is natural to humans: with senses, feelings and instincts.** So the motivational component and an understanding of the meaningfulness of the things in human life comes automatically with the practical thinking.

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

#### FEELING, INSTINCTS AND PERCEPTION

Antoine de Saint-Exupery:

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

The eyes cannot notice everything."

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

#### REMOVING ERRORS

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

Using feelings, instincts and likings as a part of one's objective thinking does not cause confusion since these things can be perceived as extra qualities like colours for example are perceived. Make sure that you get sizes right: feelings tell about the importance of things in human life. Sizes have to be measured separately, objectively. Do not take sides. Form an objective picture of the whole. Just mark up the emotional importance of things in addition.

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

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

#### "ALL ALWAYS"

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

#### FEELINGS AND OBJECTIVE THINKING Feelings and objective thinking

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

The estimate has been made by your thinking.  
So feelings tell about the results of thinking.  
So if our thinking is very objective, with sizes and emphasises right,  
our feelings are objective too.

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

#### WHAT TOUCHES US, IS IMPORTANT

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

## ATMOSPHERES

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

### ATMOSPHERES AND THINKING

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

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

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

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

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

### FINDING NEW THINGS FROM THE MEMORY

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

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

**How to conceive mechanical things via atmospheres:**

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

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

ATMOSPHERE ASSOCIATIONS

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

FINDING NEW THINGS FROM THE MEMORY

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

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

HEART'S VOICE IS TRULY RIGHT

in the tough modern world

#### **WE MUST RELEARN THE LANGUAGE OF OUR THOUGHTS**

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

#### THE NATURAL BASE OF GOOD THINKING

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

#### ATMOSPHERES

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

How likings which seem nonsense, may be useful:  
For Example:

#### POETRY

Reading (and trying to learn to write) poems:  
\* increases one's understanding of the meanings of the words,  
\* increases one's ability to find words and expressions,  
\* creates analogies and an ability to create analogies to be a part of one's thinking capacity (more structure),



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

#### VISUAL ARTS

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

- It increases the sensitivity to atmospheres
  - and the shape recognition ability
- communicational skills, both understanding and self-expression
  - brings self basedness which brings one's capacity better into use
- increases emotional intelligence because of bringing more vocabulary to sensations and ability to take feelings into account and the ability to act according to feelings and makes thus better the ability of the individual to search for a job that is suited to one's abilities and to use one's free time in ways which make most sense
- makes one's understanding better since the language of feelings, pictures, atmospheres and social impressions is much more natural

- and thus more fluent language for understanding things than the usually in schools learned written language and the academical type of thinking by the help of written language (which is an aid of remembering things, not a base for thinking)
- the academical objective thinking works best by the help of pictures. So the ability to conceive seen landscapes makes one's ability to objective thinking better.
  - Increases creativity and thus makes one's ability to solve problems better.
  - Humans are adapted to a life in the nature where there are lots more of sight perceptions with structures and details than in cities. This ought to affect the ability to pictorial thinking which is humans'ä most effective way of objective thinking, in a way which makes the thinking ability smaller if there is no extra attention paid to visual education.

## **Beauty and the ideals**

### BEAUTY AND OUR NATURE

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

### Health is beautiful:

#### AESTHETICS AND GOOD WAYS OF DOING THINGS

What we consider beautiful:

Signs of the following kinds of things:

\* natural

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

Signs of flourishing life.  
 Something which to take as a model for oneself, to  
 learn from.

- (What we consider ugly:
- \* unnatural, artificial
    - \* unbalanced
  - \* full of fractures, contradictory, broken, a part  
 instead of a whole
    - \* unhealthy, ill, lack of health
      - \* on a poor ground

Something gone badly ashtray.  
 Something to be prevented, not to be copied at all.)

#### HEALTHY STIMULI

It is important to get natural stimulus of a  
 healthy, balanced way of doing things.  
 (Like our sense of beauty helps us to get, at least  
 partly.)

- So we will learn from a healthy example how to do  
 things and how to not to do them:  
 By our own sense of rightness and happiness we  
 correct things toward better  
 and avoid catastrophes and things,  
 especially bad ways of doing things,  
 that lead to catastrophes if those bad ways are  
 allowed to continue undisturbed  
 - those ways have to be replaced by better healthier  
 ways of doing things.

## SENSORY PERCEPTIONS AS MODELS

In the natural nature environment into which human beings are adapted to, there are lot of sensory perceptions all the time. Maybe human beings are adapted by the evolution to take those perceptions as a model, as kind of building material for structures in their thinking, since thinking is meant to be a kind of mental picture of what the practical world is like, and human beings used to get the right kind of sensory stimulus all the time.

So maybe part of our capacity is founded on us getting enough healthy influence from the environment via the senses. That makes the visual environment and recreation in the nature important.

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

Nowadays that many systems have grown to look too large to be easily handled, it is important to give good example of using **a good holistic view** and healthy ways of building the environment. One might copy from traditional smaller scale things healthy and natural and handy ways of doing things, and arrange also large things like public places like

streets, houses and vehicles that healthy and easily understandable way. That means in practise more room to women's values and ways of doing things, also in the city planning, architecture and so on, and especially in deciding about the forms, outer shapes of manufactured things and fashion. It is essential to make things understandable and to arrange all the things that one can so that technology stays in the place of the servant so that there is lots of room for **human values** and the needs of the humans. So one can little by little take these smaller things as examples for oneself in handling large scale things.

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

#### BEAUTY BRINGS US NEAR THE IDEALS

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

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

What is a good structured whole like?  
Structure analogies, felt (not school like in ways of thinking).

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

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

I think with the help of my sense of beauty:  
Simplicity -> well understood  
symmetry -> generalisations  
essentiality  
instincts, feelings etc. -> essential from the point  
of view of life

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

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

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

What I mean by the sense of beauty:

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

BE ANALYTICAL ABOUT BEAUTY

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

FEELINGS, BEAUTY AND LEARNING

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

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

#### BUILT BEAUTY

Health -> beauty; taking good health as a model

#### Build beauty

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

What we term beautiful:

things that make us feel in the following way:

#### **Beauty**

**That's right:**

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

**That would make the world my beloved.**

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

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

\* How to achieve it?

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

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

#### FEELINGS AND BEAUTY AS STRUCTURES

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

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

Balance:

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

#### WOMANLY BEAUTY

A human being who:

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

#### A BEAUTIFUL FLOWER



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

#### BEAUTIFUL SUNRISE

- \* the harmony, naturalness and health of the pure nature
  - \* a positive direction
- \* a natural happening according to the human nature

#### A BEAUTIFUL PAINTING

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

#### BEAUTY VERSUS USABLE THINGS

Beauty, which is a model of certain characteristics, is of course different from an usable thing having those characteristics really. The beautiful model isn't a ground for life while the usable thing is.

But the beautiful thing may be important to emotional life, to the valuing of emotions and goals in life, as a social guideline in that, as a visual environment (suitable living conditions, sensed model of a goal, social message) or otherwise even though it isn't as concretely, unavoidably needed as food for example is.

#### BEAUTY IS IMPORTANT

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

#### A BEAUTIFUL PERSON

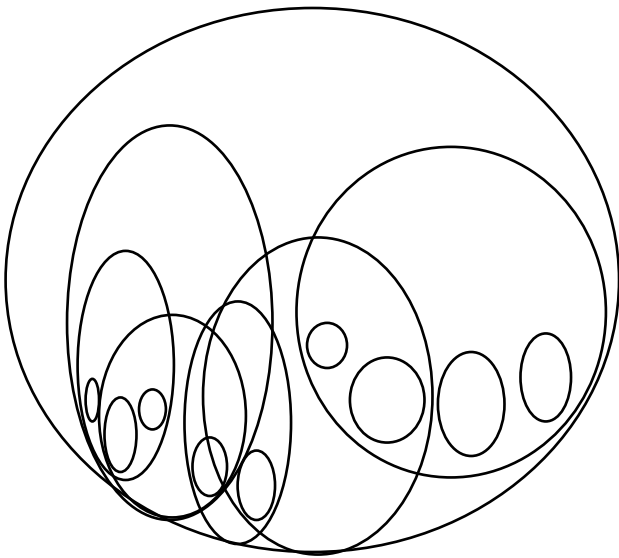
The beauty of a single person: Read the text about natural leaders. The beauty of supported things and of skills.

#### BIG LEADERS

Big leaders search for support. Fulfilling basic needs is the way to gain support. People always aim at toward fulfilling their own needs and the needs of others. The need for security is one of them. Toward a healthy happy world. A healthy human being, a personality of a healthy kind, can be a centre of recovery for the whole society, a leader by instinct level support. Toward a healthy happy world.

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

a picture: the diagram



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

#### THE RATIONALITY OF IMAGINATION

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

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

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

#### BEAUTY AS A PART OF OUR VOCABULARY

By adding new liked and needed things to our life,

like the things that just our feelings and sense of  
beauty guide us toward,  
we learn about our functioning on those sides of  
life,  
we become better at observing things,  
at keeping our balance  
and at staying in good shape, capable.  
Noticing those things also when doing other things  
gives us a better understanding,  
a more structured view of things and of our own  
functioning in doing them,  
more vocabulary - correct vocabulary based on our  
practical experience  
instead of in imagination and the claims of others.  
Our ability to see more complex wholes makes us more  
skilled in doing things,  
gives us a better way of doing, making the quality  
of the work that we do better  
and the work more efficient.

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

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

#### EMOTIONAL BEAUTY

Mark it one, which concerns emotions. See how it  
exactly concerns them: what is in so good state that  
it looks beautiful - in what kind of state exactly.  
What important about your life from the point of

view of your own functioning do those emotions tell?  
Add this to the landscape formed by your emotional  
understanding about life at large.

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

#### HEALTH INCREASES HEALTH

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

Giving good example to others and the natural  
reparability that is thus created.  
Finding the true chord, getting grasp of the art of  
living and of what common sense says.

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

#### MODELS OF HEALTHY LIFE

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

Athletes, old good times and animals

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

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

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

SUMMARY

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

## **Sexuality and learning**

### SEXUAL MORAL

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

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

#### DIFFERENT NEEDS CAUSE DIFFERENT LIKINGS

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

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

- \* different abilities

- \* different environment

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

In addition there are the different likings:

- \* personal characteristics

- \* one's ability to notice things

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

- \* sense of health!

- \* habits

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

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

#### SEX AND THE WISH TO COPY GOOD WAYS OF DOING THINGS

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

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



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

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

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

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

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

#### THE WAY TO LEARN FROM SEX

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

If there is something which is of no use but still interests you, check whether it can enrichen other areas of life, for example by giving sensed models to thinking, so that there is a point to an interest in it anyway. Feelings and atmospheres are valuable: check the section about them. Also, a human being is basically a physical being, all the actions being intertwined around the physical body, so keeping the

body fit and well functioning keeps the whole human fit, balanced, healthy, happy and well functioning.

We are also social beings, pack animals. What our social environment is like and how the pack works affects enormously our lives. Our whole environment consists of humans, of the human pack, so it really

makes sense to pay lots of attention to social things too. But on the other hand, we need also planning, hard rationality in order to get things work well, so there is a point to most seemingly irrational interests in the good sides of others.

Those, which do not make sense, are a consequence of a thought error. But remember that the needs of

people differ. What one has a lot, one doesn't necessarily need from the other. So someone can bear a person who would be totally unsuitable to another one. And a person with other skills than yourself can benefit from other good sides of others 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  
empathizing,  
taking the other person as a model for oneself,  
noticing the essential and putting things into  
practise  
in a way that takes into account the differences in  
personal strengths  
(so the base for action is a little different for  
each person)  
and doing things based on one's own rhythm,  
understanding and true motivational ground  
(emotions that are not based on social position,  
technical things  
or theory-based knowledge).

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

All healthy human beings have the same natural  
functional parts  
which join together to form the whole.  
Different persons have different strengths. One can  
emphasize the functions differently and get wholes  
that are balanced differently. One can learn from  
others new balances.

**The healthiest balance is the goal.**

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

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

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

#### "SUBJECTIVITY"

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

#### LONGING

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

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

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

Now compare to your model:  
what are the basic things needed for succeeding at  
least slightly  
or somewhat in the thing in question?  
How could you possibly learn them: take a look at  
your picture of the world,  
about the practical possibilities for yourself in  
your life in those things.

Usually in learning and listening and looking to  
others I am especially interested in the point in  
doing things - both those of my own and those of the  
other person. What is the point in things in  
practise?  
Build on a true ground, not on faked one.

AN EXAMPLE: ASSEMBLY POINT IN CARLOS CASTANEDA'S  
BOOKS

Our picture of the world determines what we observe.

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

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

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

\* which sides of the world one pays attention to  
(Examples:

1. My first drawing class: a white pyramid and a  
ball on a white table. The teacher commands me to

describe the different shades of white but I cannot see them. I try some time and succeed at last. I turn my head and the whole world is full of lights and shadows, which I have never before seen.

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

\* momentary picture of the world

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

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

\* state of mind

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

Making the way to perceive a habitual one

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

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

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

(An example: A child learns just the language, which is spoken around the child. An adult recognizes the

phonemes of one's mother tongue but not necessarily  
those of foreign tongues.)

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



## The rationality of religion

### WHOLEHEARTEDLY

What makes you convinced? Which things you support  
wholeheartedly?

This voice of your own understanding and of your  
heart

fits well together with other similar voices forming  
a harmonical whole, which is the ideal  
and at the same time as correct thinking as  
possible.

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

the fitting together of all good,

one of the basic building parts of human nature.

It is a solution centred way to answer the questions  
of life:

of making one's view better on some essential part.

### RELIGION

Maybe a whole human is also religious in some way.

At least one needs to do some things seriously,  
wholeheartedly.

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

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

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

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

REAL MASTERY IS NEAR THE HEART  
Feelings reach the essential

1) Feelings as a map: If we are motivated to some task from our heart, our feelings tell how we should do it:

which road leads to success and which not. In other words, our feelings have memorised how well we did in each thing. So our memories about feelings and our emotional associations (structure analogs) serve as a map about what to invest in and which road to travel.

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

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

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

FULFILLING DREAMS

Divide your dream according to what needs that are completely natural to human beings, each side of the dream fulfils. Imagine what are like the situations where each one of these needs are met separately (+

all at the same time). Do not make a too concrete picture. Instead rely on your true understanding.

Make as natural pictures as you can: totally according to feelings (like created by Heaven, God) and not like theory in book form. Now think of how these needs are met: what you know for sure that is needed for each of these as support: like healthy life, healthy individual, a good understanding of the world with an excellent true unified picture of the world and a possibility to do everything according to one's feelings according to that picture - also in the large scale things! What is the role of meeting each of these needs in the life and functioning of the individual, of the group and of the society? How are these needs met in practise? What can one build upon in meeting these needs? So one has a map (the goal) and stepping stones to build upon to begin with.

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

## SUMMARY

All feelings lead toward good.

Why is it so?

The evolution created feelings.

So feelings guide us toward better survival in life.

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

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

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

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

## A REMARK

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

This demands some effort but brings a pleasant  
effect.

Humans are practically acting beings. Healthy  
natural life like our feelings guide us to **does not  
mean laziness**. Instead it means lots of sports and

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

What the ideal is like, depends on your own situation of life and on your own skill level in a variety of things to do. So it is very different for each individual. Still, **what is healthy and brings happiness is approximately the same to all, we just approach the correct way to live from very different directions: some need more rationality to their lives, some more practical work, some hard rationality to be able to protect themselves, some friendship,...**

# PART III

## PARADISE

Through These Eyes

A GLOBAL PARADISE IS MILITARILY THE BEST OPTION

First of all I would like to remark that my idea of what moral is includes healthy self-defence. So if someone hits you you have the right to hit them back but not any worse than what their crime is. So moral this way isn't as naive and defenceless as non-violence. Even though I have heard one version of Gandhi's nonviolence principle (it was in a book that I was reading a while ago) being the nonviolence, the positivity of love. That means nonviolence, love when watched from the holistic point of view and not the bearing of all wrong just in order to follow the rule of nonviolence until everything is conquered by others by the force of arms. Holistic nonviolence means trying to achieve the best possible state for the whole, i.e. it means good moral. So it is not the tools that matter, it is the end result, which should be good.

So if you get hit by others, try to cure the situation, whether you do it by the force of arms or by talking or by any other means, work sincerely for the goods of the whole. One side of that is having the good ones in power. So if you behave morally, you should take care that you get the dominant role. That is self-defence with a good moral and it is good for the future too, good for you and good for others since it is good to have the moral ones in power since they arrange things for the common good.

Huge Systems, Pure Power Play and the Fate of the Human Kind:

THE GLOBAL PARADISE OF A HEALTHY WORLD WINS!

Survival strategy:

Either: Be the winners

Or: Get the winners to be on your own side

If you choose a winning strategy, you are likely to achieve the latter if not even the former!

In short:

Biggest allegiancy gives you the strongest force, so ally world wide, in a way that is safe to you.

And health is the strongest arrangement produced by the evolution's competition, so choose the cultivation and safeguarding of good health as your competition strategy. (The concept of health can be generalised to situations including the artificialities in the world. It gives you the optimised arrangement of the whole.)

With the existence of technology the word "healthy" gets a new generalised meaning: a well arranged and fully functioning system. In what comes to the living beings this is the same as the old definition of health as natural fully functioning, as a product of evolution. In what comes to the technology, it means that the same principles that the nature found useful are useful also in optimising the technology and the large systems consisting of both technology and of humans. - that there is no better option. But if there would be a some still better arrangement, we would adobt it of course...

I do not know where the possible weak points of my thoughts are. Everything should be surely objective. You should tell me where the possibilities for improvement are. I have tried to reach the most beautiful things that I know of, make them real and world wide, starting from an as cynical point of view as I can imagine i.e. from the completely value-free competition for power and benefit, and from all the nicer points of view that I know of. If things are even worse, i.e. evil ruling without other goals than just destruction, we can use the value-free competition to put the more moral ones, our own side into power, to let the global paradise wins. I have succeeded in this. I can even prove it for computers governing instead of lving beings and for the case that no material world exists and we are just spirits or some kind of intelligent constructions run inside a huge computer brain (The beneficality of the optimised solution to the whole



does not demand that you would have been planned and especially fitted to that kind of whole by the evolution or by intelligent planning.). I do not know what more I could do, the rest is up to you.

In fact my main goal in writing has been to prove the following, so I will add the text here even if it does not fit well or is too cynical:

Starting from Sunzi's The Art Of War I can prove that a global paradise is the best option:

Sunzi says in the point about rolling stones that it is the nature of stones that "on a level ground they remain still but on a slope they move". Similarly the wise commander uses his men: it is the nature of the men that when they are truly motivated they act with force and when they are not motivated they do not act at all. The profoundness of this principle is illustrated by the use of it in the major (i.e. its dimension is huge) point in the beginning of the Sunzi's book: "The people must agree with the goals of the government."

If we now take a look at the nature of the men in the light of our present day scientific understanding of the world, we notice that the characteristics of the men stem from the time when humans were still a part of the nature, of the healthy natural world. (You can compare this to the Tao.) It is the nature of healthy wholes that they try to cure themselves when wounded, so the men as parts of the world have as their motivational ground the making of the group as strong and flourishing as

possible without it costing overly much to them. All the natural motivational factors of the men together with the aim for strenght and safety guide them toward best health and that means living as a healthy whole as a part of the healthy world. That is the safest and strongest choise which is also supported by our nature, it is a paradise upon Earth and the best ultimate goal for a military commander to choose. What kind of choises in what comes to the course of action and values to take that entails and why, I have discussed in my free book Power Politics Leads To Excellent Moral which is available at [stores.lulu.com/khtervola](https://stores.lulu.com/khtervola) but which might demand a some kind of registering first.

Natural rationality in the major goals in life, in the workings of the society and the world at large: the optimised arrangement produced by the evolution:

- \* compassion -> human values -> health,
- \* justice -> each thing treated according to what it produces -> health of practises in this respect,
- \* carrying responsibility of the things that one affects -> guidability,
- \* sincerety in communication -> a correct picture of how things are -> guidability,
- \* holistic objectivity -> things treated according to their role in the world;

in other words: excellent moral is the optimised choise.

So let us take a young happy and healthy naturally beautiful (beauty tells of well functioning - see my other book or my pages about feelings) young maiden on a flowery meadow as an example of a paradise. You may ask: how is this a militarily strong way to arrange things? I must refer to my usual example of a wooden leg working less well than a real alive leg. Also stiff unreactive parts of the body and mind, of whatever alive thing, work less well than those parts as healthily working and reactive. So the young maiden is an example of healthy well functioning and since she has a rewarding social life too, she is a good social example to others about those healthy ways to live. The world being huge and complex, it does not matter whether you were given a strong manly structure or a "weak" female structure if you just can serve as a model of the best kind of way to live to others, since there are so very many of the others anyway. And the maiden isn't stiff like the men - she is alive and has an excellent understanding about life and about the world - see my page [www.paradisewins.net/atmospheresthink.html](http://www.paradisewins.net/atmospheresthink.html). Well, this is a feministic perspective but should be militarily correct.

What is the use for an army from:

- ∑ An increased ability of its members?
- ∑ A better organisation of the whole?
- ∑ A better motivation?
- ∑ A better acceptability of its actions in the world at large?

Σ A real appreciation of the rationality of its decisions from both the outsiders and insiders?

Σ An increased understanding and responsible action of its members?

This is what my thoughts: the health, excellent moral, the so called soft values and women can give to the army.

A question: What to do when hard reality (the existence of all kinds of evil, wars, lack of moral, cool calculating behaviour with a complete disregard for feelings and the good of others, etc.) meets the soft values (moral, feelings, religion, the values needed in upbringing children, etc.) ?

Then it is a matter of who is the strongest. That means that one must increase one's own strength via health and the strength of one's group(s) via their health and the number of one's allies via as many allegiances as possible. So the answers given by the soft values apply, but one must be keen on noticing who is on one's own side and who not, so social skills matter a lot. Between the groups there is a "war" of some kind, it depends on the groups how much fighting there will be. A society agreement like picture of the situation would help one to see how much one can trust each party and how one so can form the maximum, best amount of allegiances. For example one can form rules of behaviour inside the allegiances that take care that people behave all right even if they are not themselves moral. But defence orientedness is needed. Inside a big group tha often happens via specialization while

individual evil ones try to fight on all fronts at the same time. The same happens when the level of moral in a group is low: the individuals get forced to a fight against each other and so the remaining part of their forces is smaller, producing less strength and a lower standard of living.

How to go about this fight in practice then? You might agree with Sunzi who says that "The victory giving battle is like a stone smashing to an egg." But just take care that you are not so the egg and the stone the enemy, i.e. generalise enough in order to see the true consequences of your actions: if you attack women and children thus making the war more disastrous than what it used to be like, the others will do the same to you and so you have lost safety instead of gaining. The point is to not to break any rules of the society agreement but to fight with excellent moral, opposing only evil things and things which lead to evil if they are allowed (like pacifism to the extreme of allowing all evil), thus you see the targets of aggression and the things to defend and the motivation behind your actions and those of others. What is needed after that is strength, intelligence, knowledge and skill. That you do not gain by attacking the innocent, you gain it by fighting with your true enemies. A good way to understand the ground for things is to use the islands of the society agreement like picture of the world: all things being created and supported by certain factors, persons and/or groups: just oppose or support each kind of island's supporters. Thus you can build anything and safeguard things valuable

to you, while seeing in which way to prevent the disastrous things.

In theory it goes like this: suppose that you meet a mean guy or a group of mean guys and find yourself threatened by them, then you should look for someone higher in the hierarchy than what they are or for some more intelligent mean guy who is interested in one's own benefit. Then you could use these efficiency grounds of mine to speak for justice, human values and responsible behaviour. If you find someone who really trusts objective estimates of things, that MIGHT solve your problem...

One can optimise wholes in practise a characteristic by characteristic: if they are very different, they are independent, and if they are very similar, one can optimise them the same way. So choose from the following what health is (always the first option in the list):

strong or weak,

sensitive and intelligent or insensitive and idiotic,

allies with a huge group or in conflict with a huge group,

follows one's feelings i.e. follows one's own instructions of usage or does not follow feelings i.e. does not follow one's own instructions of usage,

allies to build the strongest group possible to the extent that is prepared to sacrifice one's own life

to protect it or does not care to invest in the  
strenght of the group,  
social and so able to take the most out of  
encounters or unsocial and not able to get anything  
much from encounters,  
follows rationality or does not follow rationality,  
thinks of the whole or not.

You may ask: how can one then ally if one is a  
predator. For this see the answer in my own Gaia  
theory in my Gaia pages. One way to ally is to ally  
with the group instead of with its individuals: to  
eat away only the ill ones in order to increase the  
health of the population and to live healthily so as  
to by one's example support healthy ways of living  
in the society. One can also ally on the parts that  
one is not in conflict with anyone, like for example  
a murderer who is against rape does...

So if soft values really are a wiser choise, how do  
they exactly win over the hard values? In my opinion  
one needs the hard values too: the safeguarding of  
good. But the point is that the soft values,  
especially good moral, are the rules in how to  
arrange the whole and not the hard values,  
especially not evil as a rule. Moral used to be a  
matter of defending good. In that sense moral is  
still the correct choise. But moral which is almost  
equated with pacifism suits inside a group of  
allies, not among all.

So maybe you believe that health of all the wholes  
that you belong to, is the best alternative to you.

But what about having enemies? Make their moral a condition for their health, i.e. demand health of their relationship to the whole world as a prerequisite for their own health. Then they cannot use the fact that they are to a large extent healthy themselves unhealthily in what comes to the rest of the world. In other words: do not give the evil ones too much room to live and to ruin your life, the lives of us all. A happy moral way to live builds a better world for all of us, so it is good to let it rule, even if you are not all that moral yourself - yet!

Then why is the paradise here a global one and not for your own group only? You are a part of the world, so your relationship to the rest of the world matters a lot. If you are for a paradise for all, you obviously ally with the motivation of the enemies too, even if their own side isn't able to ally that much... But what matters especially, is that you should follow the most beneficial guidelines in the world at large in order to benefit from them, in order to win as much as possible in the future and to lose as little as possible in the future. If you do not follow justice in the world at large, your own side may degenerate since you do not always support the best alternatives. If you do not allow human values for those who aim at the global paradise, you lose allies. But of course you must demand that the enemies must be moral enough before you can support them. Anyway, the level of the whole is important and just in that ( and in other things



too) it is important to follow the best choice, the moral paradise movement. Otherwise people would copy the strategy that they consider the most intelligent and the leader's too "selfish looking" choices would be repeated in their own group which would weaken the group, see the page /justice.html (?).

Suppose that the worst happened: that the big devil did exist and got to rule the world. Why would we still have hope?

Devil worships evil or then he is power oriented. In the latter case he listens to the optimising of wholes.

In the former case we can conquer the world from him by the force of arms and by the force of optimising. In any case the healthy world: a global paradise i.e. good would win.

THE EXTREME POSSIBILITY OF ALL BEING SPIRITS OR ALL LIVING IN A VIRTUAL WORLD ("NO MATERIAL WORLD"):  
THINGS STAY THE SAME IN WHAT COMES TO THE BEST OPTION IN HOW TO ARRANGE THINGS.  
THE SAME APPLIES IF THERE ARE LOTS OF ARTIFICIALITIES IN THE WORLD.

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.)

Also, if whoever would rule a virtual or spirit world, the ruler would need guidability - that means honesty, objectivity with a holistic view and true justice - and well-functioning of the parts and of the systems and subsystems - that means health (since healthy parts function well while broken parts do not function at all) and naturality (since our functioning is based on the natural ways of functioning and on nothing else) which mean at the level of individuals human values. Putting each part of a system to its correct place and correct role in the whole, so as to get the whole to function as well as possible, means health and naturality of the whole and its parts and structures since that's what their functioning is based on.

It is quite easy to figure out what is the best way to arrange a virtual world for just about any purpose: respecting health of the individuals (human values) and of the systems (including naturality and moral) while having natural hierargy in who can

affect what. This should be easy for all to learn and to understand:

#### 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. One is not allowed to affect things which one does not carry responsibility over.

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.

Let us suppose that we are all virtual, all the  
humans, all the animals etc., maybe even theUFO:s  
adding a flavor of their own to that mixture. Each  
human is virtualised to one's own virtual world with  
its own rules, everything run by huge  
superhypercomputers or however. How does that  
enrmous huge complex whole work? What would make  
sense for the individuals to do in such a world?  
What are the dynamics of that system? Each human  
being is different, so we have to take a look at  
what we all have in common, take a look at the human  
nature. All dynamics 9in connection with the living  
beings is born out of what the living beings are  
like. So if someone wants power or workers or  
whatever, they have to count on the human nature.  
That's what gives the functioning needed for  
reaching any kind of goals. In that one must  
remember the value of human values: a healthy one  
works better than a broken one. Also justice and  
true objectivity are musts for the buiddlers of such  
systems and for those who want to benefit from their  
dynamics: treat each part according to what it is  
like, so you can best benefit from it. Read the  
texts about rational moral! ... So it stays valid that  
Gaia is the best option, the answer to the question  
of hgow to arrange one's forces best and how to best  
arrange the rules in the virtuyal worlds. And Gaia  
for Gaia is the answer to how the individuals and

groups could best benefit themselves and their goals in such an enormously complex and seemingly arbitrarily arrangeable world.

#### A REBELLION IN HELL

Suppose that you were in hell and wanted to get out of there but there is no way: just the hell everywhere. The only way to get out of the hell would be to change the hell to a livable place but that seems quite impossible, things being as they are.

In hell there is fighting all over the place. So you can easily find people eager for power since power gives you protection, wealth and might over the others.

Suppose that you knew about optimising the basics of what I know.

Then you could start with a group eager for power and success and optimise it toward best success:

Those of the group who damage the group would be strictly punished. Those who benefit the group would be rewarded.

The relationships of the group to others would be decided by the leaders only. Those who do not follow orders can cause unneeded conflicts would be strictly punished, since the group

loses its strength in conflicts while at peacetime it can develop in strength via a better health.

It is beneficial for the group to ally with large powers, so it will do so - maybe even with God too. Whatever it is that brings the most force, must be used fully.

Optimising this way one gets a group which is used to justice and peace and which one can optimise further toward a better survival.

Holistic objective thinking, honesty in communication and demanding responsibility about all the consequences of one's actions create a system, group, which can guide its actions in the most intelligent and wise way according to each situation. Respecting human values keeps the persons in the group healthy and makes so the group stronger.

Optimising this way you will get the most optimised group, in other words: the strongest possible one: which is

a moral paradise movement! since the above guidelines add to a perfect moral of the kind that evolution or God planned us for, and which so is the road to which our feelings and instincts guide us: the paradise like direction.

One could of course start with a paradise movement, moral people etc. if such are available - or with a combination of all these kinds of beings.

Outrageous but true! We are the movement which will come to rule everywhere: the paradise movement. We are the road via which good will win over evil, God over devil. And it is so very easy: healthy works better than a broken one, so a paradise is the winning option. It is also a moral option, according to feelings and rational planning of future, to the soul of things and to the will of God.

#### THE GLOBAL PARADISE WINS

So has it always been and so will it forever be... Only if the world is guided by what we think and if we think, like many have thought this far, mistakenly that the above is not true, then we will guide the world to a wrong, unbeneficial direction and there will be no paradise. But if there is a free competition of all the answers and true objectivity governing, it will be a paradise which wins!

This should mean that as time passes we will eventually end up in a global paradise much like the one in the beginning of time - now we have the technology tools but it ought not to prevent us from reaching the paradise - if we just trust objective thinking enough. This time the paradise will be WITH the technology but otherwise very much like the paradise in the beginning of time since the instructions of usage of humans have not changed and the natural healthy goals of humans still make sense

from the point of view of survival and that's why we need the Gaia paradise from the point of view of modern competition. See for example the page [/increasingintelligence.html](#) about the connection of academical or engineering work efficiency and natural&emotional life. Or my book Work Efficiency and Likings which you can download for free at [stores.lulu.com/khtervola](http://stores.lulu.com/khtervola)

THIS IS THE BIGGEST QUESTION IN THE WHOLE WORLD!

A task for the reader: Can you think a bigger thought than this one? Think of an as important thought as you can and then compare to this one: was your thought already a part of this thought, how do these truths connect? The task of thinking is to affect as much toward good as possible in as important questions as possible... If you cannot find an even bigger thought (and anyway) please share this thought with others too!

For a religious answer too see [www.paradisewins.net/Godstory.html](http://www.paradisewins.net/Godstory.html) - it is quite outrageous but in the light of the thoughts on that page it seems that the above thought could be even the reason for God's existence and especially to the purpose of our existence, to the goals of God creating us.

I added the story here:

Once upon a time there was a God, not the highest one of all but an ordinary ruler of one world. The God was worried about the state of the universe since there was too much evil around. Beings didn't seem to understand why to not to be evil. So the God



decided it was the fate of the God to try to cure all the countless worlds. In order to do so the God created a world, and created us in it, not to be spirits and capable of much like most of the beings were, but to be of flesh and bone, and with a lesser intelligence, so that everything would be clear for all to see.

Now in this world we manifest how good is stronger than evil, because good means cultivating good health and evil means needless breaking, and because we all understand that a healthy one works better than a broken one. From a technology hell with evil around we have found a road back to the paradise which God created: it is the cultivation of good health of all scales. It is what makes us strong and happy and brings us the best intelligence that we can have. It is what saves this world and all the others.

One might add that if God created the world, God created it this way perfect.

#### A HEALTHY WORLD WORKS BEST

To be clear: Here are two thoughts:

The first thought is about the strength of healthy ones and about the healthy world being the best functioning arrangement tested by the evolution.

(How does evolution which works on the level of the parts bring a tested arrangement of the whole? Those who ally in good ways benefit the most, from getting a healthy group - just like a high standard of

living benefits the citizens. The strongest group is one in which all its members cooperate for the common good without any unfair arrangements - see my pages at [www.paradisewins.net/rationalmoral.html](http://www.paradisewins.net/rationalmoral.html))

The truth that a healthy one works best is an ages old truth, proven by the evolution, created by the evolution. How well does it apply at these times of modern technology? First there were the requirements of the humans, then the requirements of the technology but now the technology has become so far developed that it has become more and more adapted to the requirements of humans which have become to count again in questions of optimising the systems. Answering the needs of humans keeps humans fit to work. That means keeping humans healthy by following human values.

How sure is this thought about a healthy whole working better than a broken whole then? It is among other things a common sense truth, so our everyday experience about everything backs it up - such is an enormous amount of evidence. It also agrees with our scientific picture of the world - as far as I know: at the very least it is a hypothesis which could be proven to be true. The thought is also a part of the traditional Finnish speaking culture of Finland, so it has been proven by time and by the understanding of some five million unusually rational people. It is also a thought which agrees with our feelings and our natural sense of atmospheres, which should indicate that it is a way

to see the world which evolution has proved useful and so true. So it should be an as sure truth as possible for a "new" thought to ever be.

With the existence of technology the word "healthy" gets a new generalised meaning: a well arranged and fully functioning system. It means among other things that each thing is treated according to what it is like - that means true objectivity and something like justice. Also that each part is unbroken so that one can optimise the system - in questions of human beings that means following human values.

Also for solving the problems with the concept of the healthy biosphere which I call Gaia and about Gaia being the winning option, use the above definition for good health and relate that only afterwards to what the nature is like: so you will find the balance points between opposites, like for example the purpose of competition is to keep the populations as healthy as possible and to develop new strategies, not to destroy everything in short-sighted excessive ruthless competition. Some principles which are needed in this are in my texts about the rationally grounded moral and in my Gaia pages.

If it really is, like it seems, beneficial to ally, why people do not always do so? One must ally for the best health of the whole, sometimes that means conflicts too and sometimes it is mistaken to mean conflicts. But often the reason is just that we have

become confused and stopped from following our feelings fully. And our understanding is often too little to bring us the whole way toward full cooperation.

It is easy to optimise any whole: seek to maximise its health: its functioning is based on its health parts and healthy substructures and structures. This means minimising its brokedness since broken parts do not work at all. And already optimised whole, like a biological whole which has been optimised by the evolution, is contradictionless, so leaving some parts unactive does not make the whole function better but instead lessens the functioning of the whole since the parts support each other and the functioning of the whole. (For example the thinking ability of humans is supported by the sense of sight, wandering in nature and sensitivity to atmospheres - see section II about feelings. Similarly the parts of a well working society support each other - see my pages about interconnectedness: see section I about moral.) This method of optimising wholes by keeping them non-broken and healthy applies to all wholes of all sizes. Since the biggest things matter the most, one should start by keeping the biggest scale healthy and unbroken - that means peace as a strong value. Such peace means most peace in the world in the long run and not the avoidance of all conflicts untill evil has conquered the world and there is something like a civil war all over the world. Also fair play is typical to a healthy whole. Justice which aims at

respecting human values - live and let others live!  
is a rule to follow. So one can let the different  
strategies compete about which one is the most  
beneficial to the whole and support just such  
strategies while punishing those who damage the  
system. Defending just one's own good isn't the  
thing to value but to defend the greatest good of  
the whole, including peace and large scale  
cooperation. Via the health of the whole one gets  
most prosperity since just good strategies are  
counted on and bad ones dropped away. So it is good  
also from the selfish point of view to act for the  
benefit of the whole more than one acts for one's  
own short-term good. This way one can build friendly  
relationships to others which will be beneficial in  
the long run but also in the short term.

What about the human goals in life? How do they  
connect to the optimising of a system which has both  
natural and artificial parts? Humans were created by  
the evolution and have not by their nature been  
adapted to the existence of the artificialities. So  
the human goals in life have been created by the  
natural human goals in life which seek to keep both  
humans and their environment in full health. Our  
thinking takes the artificialities into account, our  
goals stay unchanged. If it is the goal of the  
systems get enough working ability and/or to keep  
humans under control, they need to answer human  
needs, in other words safeguard good health of  
humans and their environment. That means respecting  
the human goals in life.

Also if the rulers, be they some kind of a cool intellect like robots and computers running wild or whatever (This refers to aliens and to technology, not to cool calculating living beings, since even though one could argue this way also about living beings, there are much more common factors between living beings tying us all into one big allegiance for a life according to our nature since that is the only kind of life that we can bear. Our needs are alike.), if the rulers are not interested in humans as a working force or as happiness as a goal in itself, they have their own fate to think about. Maybe they will some day meet someone stronger than they are, so they have to be prepared for that too. Then it might be that they would be treated according to the same principles that they treat others with. Not destroying others needlessly they might not them selves be destroyed. If they killed us, they might be considered without the protection of the "articla" in the society agreement which says that all the likes of them should be protected. The society agreement says that you buy your rights by the obligations that you follow. If you are too dangerous to others because you do not protect or respect any values, you will be killed by the others who want a safer world. So even robots as rulers should respect our right to healthy life. So a healthy way for them to build a system is to treat humans fairly and according to human values, giving them lots of freedom to moral action.

The extent to which we are dependent on our environment makes it understandable how our own well being is dependent on the health of the whole and how consequently selfishness equals moral. We are concretely dependent on our environment if we are, like I claim since it was and still is the most beneficial choice during the evolution, by our nature parts of a bigger whole, of the whole biosphere in good health. But even if we weren't, our well being is affected by the amount of conflicts in our environment: how much we get harmed or benefitted by the environment and how well the environment works together to produce a higher standard of living and how much it consequently can help us toward better life when it decides to do so. So whether or not we are parts of a bigger whole by our nature, we are in practice parts of a bigger whole and our whole life is dependent on the relationship that we have to the whole.

What means totally value-free optimizing without preconditions:

It means interest in what gives most force, power, what gives protection and how, what is the best strategy, what must one take into account about the future, how to arrange one's relationships to other powers, which solutions win and why, what is the most beneficial thing, what must be most feared and how to protect oneself,

who are the benefical allies etc.

In this analyzis one needs extremely good objective thinking and openeyedness toward all options, both the dangerous and also to the non-dangerous ones - it is the creation of force which is important in this power analyzis, so if soft means give any advantage that too must be used fully.

For example even the softest of things: feelings, tell things of importance from the tough point of view: If one takes things that cause very strong feelings, one can see that they connect to things which are important in the hard point of view. For example death has a dark atmosphere and is clearly harmful in that. And a childhood with all one's needs answered has a light reddish atmosphere and is clearly a strong ground to build upon the future. Even feelings which tell of the importance of feelings themselves make sense after this: they are signs that we should take big factors like these fully into account. Following feelings in important questions makes the society strong, since feelings tell of the importance of the major factors of life - they bind the level of our picture of the world to the level of practise makin it possible to act in a way that makes sense.

It turns out that the healthy world is the most beneficial option. It is the species which need to survive in the long run, so there is lots of variation inside each species to ensure the adabtability of that species to different living



environments. Consequently there needs to be a healthy amount of competition so as to drop away the strategies that are not suited to the present day situation. The same competition makes adabtation possible whenever it is needed. But too much of competition would result in short-sighted decline of the population, in other words the population would not be fit to live any more or at least not to flourish.

Today there is lots of cultural "competition", some cultures vanishing away, the multitude of cultures changing to a "single species ecosystem". Such reduces the variation to almost zero. It is not a wise strategy in the light of the evolution.

Even the competition between those who trust technology or other sides of life, should not be so harsh as to erase away the good sides of each strategy. The natural strongest option would be to ally: to develop technology while keeping the contact with nature and the wisdom of other areas of life (even where the science is not able to follow).

Apply very thoroughly to everything the truths that you can be sure of. That way you reach much farther with your thoughts than what would be otherwise possible for you. Remember that the level of the whole is especially important.

One basic truth that we all humans and animals, maybe even plants understand with all our being and which should so be very sure indeed, is that a healthy one works better than a broken one. One can reach very far with this simple truth, proving that

it is the healthy world which will win in the modern competition too, only with this time all the technology around but without it affecting things in what comes to the living beings.

The health of the world isn't as problematic concept as it might seem at first glance. We are nowadays far away from the full health of the world, that is true. But things haven't been this way for so long. We can argue about whether the world earlier was healthy either, whether it has ever been completely healthy. Still, that does not remove the point in aiming for full health and I think that that goal is deeply embedded in our genes, in our very nature. Since full health means full functioning. We can think of health as a direction to aim at instead of as a state that had to dominate over time in order to have any effect (what an absurd thought this latter is! Since this is not a question of habit or social custom but of what is the best way to arrange things, i.e. a question of the objective truth which does not need to have been the practice, especially not for a long time, in order to exist and affect things. The strongest one will win even if there has not been anyone that strong before.). So from the scale of your own life you understand the importance of some principles in building or cultivating anything. Now just apply them to the large scale too.

These thoughts are not as complicated as they seem. You just have to apply thoroughly to everything what

you understand for sure: 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 (brings force while none lost to  
conflicts) versus lot of conflicts (lost force, lots  
of damage, nothing gained by allegiances)

\* unified harmonic (the parts supporting each other  
and the whole which in turn often supports the  
parts)

versus scattered one that does not work together to  
form a well-working whole (nothing gained from the  
presence of the others)

\* healthy versus broken (check in your field of  
experience)

\* on a healthy ground (trustworthy), steady versus  
unsure, unsteady

\* long-lasting (usable for a long time) versus  
easily scattered

\* strong (can bear many things) versus weak  
structure

\* according to motivation, feelings and the  
intellect & the idea in things (according to these  
forces/guiding factors) versus against them

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

Since there are so many perspective which support my view here, my whole social environment tends to go totally ashtray, supporting the only remaining opposing view of evil as a value in itself (and not just as a tool) - instead of even the other major force of the demands of the use of technology (in other things as workers work efficiency) i.e. the force that must be counted as a separate direction with some connections to the goal of a healthy world. How to count this: attach a gummystring to the goals of systems from each part of the world: the more essential the part is, the stronger the string - even if that essentiality comes because of tool value, like the value of human ways for a selfish computer like mind.

So, PLEASE avoid the pitfall that they have fallen into! My thought here is the truth and agrees with your very own goals too, so please let this truth be as it is and SUPPORT it. At least do not oppose solely for the sake of opposing or for not trusting me enough, since so you end up opposing yourself and the things that YOU value. This can be the truth, even if this is new to you and to your environment!

THE HEALTHY WORLD IS A PARADISE

The second thought is about a healthy one being happy and about the healthy natural life in nature bringing happiness, so that the healthy natural world would be a paradise.

1. Full health and natural healthy happiness go hand in hand, so the healthy world should be a happy world.

2. Fullfilling the natural living requirements of a living being should make the being happy, so the healthy natural world should be a paradise.

3. Feelings can be seen as forces in life. Negative feelings repel negative things and situations away from our lives, repel things that are harmful to our health, to the health of the society or the environment or to the health of the ways of living. Positive feelings bring us toward things which are beneficial to us, to our health, binding us to the healthy natural ways of living. With completely healthy ways of living the world must thus be full of binding feelings, of happiness and love, and without repelling feelings, without suffering. So the completely healthy natural world must be a paradise. So a paradise is more a way of life than just a place!

Since the time begun, has our true nature placed a call upon us. A call to live a full happy life which gives the best survival for us and for our offspring. What makes us strong are the things which keep us fit, which give us a full life and happiness. What makes us weak, are catastrophes, the reasons why we become weak and suffering. We suffer in order to avoid those things. We feel love in order to reach for what is best for us, for our survival. The message of our feelings is the same as the message of our understanding. Like the love for

life is in the very nature of living beings, it is in their structure that just such life that their feelings guide them toward gives the best functioning, best survival, keeps them most fit for work and is the most rational choice. So if there is a strongest one wins competition, just natural life according to feelings and understanding is the winning solution of how to arrange things.

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, i.e. 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 in the modern competition, all the others would be willing to choose a paradise too. These texts aim 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.

A TRUTH WHICH IS SO VERY OLD  
THAT IT IS IN THE VERY NATURE OF THINGS AND OF THE  
WORLD

A HUMAN BEING FORMS AN UNIFIED WHOLE WITH ONE'S  
LIVING ENVIRONMENT.

"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." said the indian chief Seattle.

Whatever we do, want to do, feel motivated toward, is meaningful in just the larger picture of life, of the lives of us all, of the world at large.

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

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

We are by our nature parts of the whole world. So we are healthy just when we are interconnected healthily and naturally with the rest of the world. If we are treated as separate, that connection gets broken and consequently we are broken in what comes those our interconnected sides and so our functioning suffers a lot. This can be seen in how the state of the world and the state of the society etc. affect our own chances in life and our feelings and our motivation, our picture of the future. It can also affect in more subtle ways of which we are

not necessarily aware of - see my example at  
[www.paradisewins.net/increasingintelligence.html](http://www.paradisewins.net/increasingintelligence.html).

Saving the world

It is a part of living a full life to express oneself. One area of life in which to express oneself is thinking and so influencing the society, being moral so. We have the ability to think in order to influence in as big question as possible as much toward good as possible. And that is what gives the most satisfaction. So working for the common good of the human kind isn't a burden, it gives a deep feeling of satisfaction, a feeling of belonging, a feeling of security, rationality and happiness because of living a full life.

A Way to Save The World

Please spread this view:

THE GLOBAL PARADISE OF A HEALTHY WORLD WILL WIN!

A healthy whole works much much better than the same whole as broken.

And full health and happiness go hand in hand.

Outrageous but true:



Applying this to the whole world, one gets the result that in a strongest one wins competition the healthy natural world is the strongest option,

i.e. the healthy natural world should be the winning option over any other kind of world.

And that the healthy natural world is a paradise.

In other words, IT IS A GLOBAL PARADISE WHICH WINS if there is a competition of all possible arrangements and competition strategies, including the very militaristic and incredibly evil torture-oriented ones, still it is the world wide paradise movement which wins!

THIS IS A THOROUGHLY THOUGHT OF VIEW

This is a thoroughly thought of view. I have an unusually great capacity to objective thinking and I have thought this through from many sides, from all that I come to think of, like you will see if you bother to read this page through and take a look at my two books.

The above are the general guidelines of what I have ended up - they are not just a mistaken common sense view of what one would think the first time that one comes to think of the question. On the contrary: they are the end result of many long chains of thoughts which just happens to be understandable by the common sense.

(Examine the motivational factors, the guiding forces of humans and the guiding principles of the other forces in the world and ensure by sharing information (=this theory of mine for example) that they all will lead toward a better world, toward the best possible world, which will also be the winner in the modern competition:)

29 POINTS OF VIEW WHICH SUPPORT THE GLOBAL PARADISE OF THE COMPLETELY HEALTHY WORLD AS THE BEST OPTION FROM EACH OF THEM

K. Gibran (a famous writer from Lebanon): " I have chosen both the joys of this world and peace in the world to come. Because I feel in my heart that the Upmost Poet wrote just one poem and its structure is perfect."

The concept of health is good for fitting together all the different viewpoints:

- 1) POWER (health gives strenght),
- 2) BENEFIT (health gives a strong and well arranged working force and consequently a high standard of living from which to benefit, healthy goals give a strong motivation),
- 3) FREEDOM (live and let others live is a rule to follow in order to achieve a maximum amount of freedom for everyone and a healthy society in this sense),

- 4) CONTROL (the health of practises makes people agree with the practises and creates no opposing forces),
- 5) life according to FEELINGS (healthily according to feelings is a part of the full health),
- 6) MORAL (moral means guarding the good health of the whole world, evil means needless breaking),
- 7) SCIENCE (a healthy animal is the fittest),
- 8) most RELIGIONS (a healthy world / a paradise and good moral are things to aim at),
- 9) COMPUTER logic (healthy = fully functioning = times 1, broken = non-funtioning = times 0),
- 10) COMMON SENSE (health is a common sense concept which all know well),
- 11) the UNBRINGING OF CHILDREN (those who bring up children are typically for healthy ways of living and good moral),
- 12) the views of the TRADITIONAL Finnish culture and propably of most other CULTURES too (it is good to cultivate good health and stupid to break needlessly),
- 13) a view capable of HANDLING LARGE INTERCONNECTED SYSTEMS (health is a good concept which can be generalised to all kinds of systems),
- 14) a SEXuality oriented view (what could be more attractive than health and happiness),
- 15) the points of view of aiming at MANliness or WOMANliness (healthy natural life according to emotions is what the charm and capacity of each sex is based on),

- 16) the view that NO MATERIAL WORLD exists (the wholes stay unchanged and the truth about healthy versus broken functioning stays valid),
- 17) the wish to PROTECT NATURE (health of the world means among other things the protection of nature),
- 18) the wish to DEVELOP TECHNOLOGY (a healthy life in a nature environment should bring the best ground for theoretical intelligence - see my pages [www.paradisewins.net/increasingintelligence.html](http://www.paradisewins.net/increasingintelligence.html) and [www.paradisewins.net/interconnectedness.html](http://www.paradisewins.net/interconnectedness.html)) and
- 19) the need to SECURE THE FUTURE.
- 20) a picture of humans according to which there is NO need for anyone to do experiments on humans like those during the HOLOCAUST
- 21) the hopes of exhausted WORKERS NEEDING REST and variation to their lives
- 22) the dream of just about all SCHOOL CHILDREN of more life and less dry school like things (see my book Work Efficiency and Likings for the rationality of feelings and the role of atmospheres in thinking) (This is my weakest point.)
- 23) the goal of solving the FIGHT BETWEEN GOOD AND EVIL in a positive way via the concept of health - which should give you what you want or even more...
- 24) the SOVINIST point of view of wanting everything to be well grounded on hard values too (see my two books!)
- 25) the FEMINIST point of view of wanting respect for women's values: for feelings and moral (see my two books for the fitting together of these last two!)

- 26) hard WAR like rationality i.e. pure power play like if evil got to rule the world and there would be a fight over who is the strongest (health gives strength)
- 27) a view completely according to feelings and even the sense of BEAUTY
- 28) It is a view that could PREVENT people being CONTROLLED BY the force of TECHNOLOGY etc. in a way that is in contradiction with the freedom of individuals or moral. (Health of the whole i.e. high moral is the most beneficial way to arrange things.)
- 29) ONE'S OWN GOOD, so that the harder one reaches for any goal or the harder one is pushed toward any direction, the more moral and positive for happiness one becomes (Health and allying with the health of the world = excellent moral, gives the strongest allegiancy.)

All these 28 viewpoints support the global paradise of a healthy world as the very best option when wachted from that point of view.

Why happens this to be so? Is it just an unlikely coincidence? No: it is a truth which we can well trust since the EVOLUTION has shaped us so that our health and health of the society are what our nature, our feelings, instincts (= directions) and understanding (= a map, directed only because we have the goal of answering our needs which the feelings and instincts too help to answer) together, guide us toward and what gives us, the society and the world at large its best possible functioning.

#### MANY POINTS OF VIEW

Since there are so many different viewpoints here, the perspectives on this page are very different indeed, so that you may find it convenient to jump over some and return to them later if you want or need to.

There is a lot in common with many of these viewpoints so that it is possible to handle many of them at a time and then unify them all to this one single conclusion of the global paradise of the completely healthy world being the best option from each and every of them.

#### NO PARADISE WITHOUT MORAL

But there will be no paradise without excellent moral. One cannot keep up a paradise without excellent moral and one cannot build a paradise without moral. Moral means cultivating and safeguarding good (That is just what good means: things that cultivate the paradise direction, like the avoidance of catastrophes, the supporting of practises that lead the world toward better, etc.) and resisting evil = things that might prevent or even break the paradise. So the prerequisite for all who want to live in a paradise is to cultivate excellent world wide moral in their lives: to cultivate the health of the world, the health of its practises with all their might.

What then is moral in this sense? Moral turns out to be a relatively simple matter. It means absolute justice, objective thinking with a holistic view, honesty and human values while carrying responsibility about the whole and about all big matters.

Watch my video about how to achieve a perfect moral very easily.

#### GOOD OUGHT TO WIN OVER EVIL

Good ought to win over evil in a strongest one wins competition, like the evolution was. To see this clearly, let s go through the good tough sides of moral step by step:

Human values bring a stronger force than no or too little human values.

Objective thinking with a holistic view brings a better arranged group than lesser quality thinking or no objectivity at all.

Honesty makes it possible to see how things are and so it is more benefical than lies as a practise in a society.

Justice gets the society arranged for the common good and is so useful while unjustices fail to support good things and support harmful things

instead. So injustice is a much less beneficial practise in a society or group than justice. Carrying responsibility helps to get at least the main things well, so it is more beneficial than irresponsibility. So good moral would win in a strongest one wins competition.

MORAL IS THE MOST BENEFICAL OPTION!

Lots of allies -> the force of masses  
No conflicts in the large scale -> no forces spent needlessly to war etc.  
Doing things according to their nature = according to how they really function  
Correct feedback optimizes and corrects errors and weak points away

Use all of your understanding in the largest scale!  
Remember the value of cooperation, in other words of peace and prosperity and safety forever.

Natural rationality in the major goals in life, in the workings of the society and the world at large: the optimised arrangement produced by the evolution:

- \* compassion -> human values -> health,
- \* justice -> each thing treated according to what it produces -> health of practises in this respect,
- \* carrying responsibility of the things that one affects -> guidability,
- \* sincerety in communication -> a correct picture of how things are -> guidability,



\* holistic objectivity -> things treated according to their role in the world;  
in other words: excellent moral is the optimised choice.

Since all do not see this themselves, there may still be some doubt left, So I will go through the problems and classify them according to the above principles and other cost-benefit analysis factors that they break against:

Please check part one about the dangers (crimes) feared and about explanations why moral is a better choice than them.

#### MORAL

Human values take care that the parts of the biological systems stay in good health, so it is an important thing in evolution's competition and in God's plan. Like I mentioned already, our feelings are connected to keeping us healthy. So human values help to give room to our feelings.

Objective thinking, honesty and justice take care that each thing is treated according to what it is like which is very important to the functioning of the system. They make it possible to put each part to its best place in the system. Those with good sides from which others can learn, get a good

position for the benefit of all. And those with bad sides, especially irresponsibility, get punished to a poor position so that their harmful qualities get discouraged. This means having very many partial hierargies: one for each subject, skill, thing to decide, piece of knowledge, Always the ones who understand best and carry responsibility about the consequences are in a deciding role.

In doing things intentionally the main point is to get the main things right. That means that the biggest matters of the largest scale and of the long run are especially important. Likewise are all questions of life and death important. Here one must remember that 100 000 lives is much much more importat than just one life and that the number of people in the human kind is 6 000 000 000 lives which is about 10 000 000 000 lives which is another 100 000 times the 100 000 lives and so even an much much bigger question than the huge question of 100 000 lives. So the large scale things affect enermously more than the small scale things. Thew large scale consists of the small scale, of its added effect. Our feelings should go with the large scale!

Evil is weak

1. The functioning of the human is connected to the body. An evil person is in conflicts with ones environment and so his/her body is full of emotional

and social tensions which prevent it from full functioning. A good person is relaxed and has all of one's capacity in use.

2. Evil directions cannot be followed all the way, infinitely, so that one must restrict one's forces in some way when using them. Consequently evil ones use less of their capacity than the really moral ones.

3. Typically evil ones value artificialities instead of feelings and naturality and that makes them function less well both physically and intellectually. The moral ones typically value naturality and feelings and consequently follow well their own ways of functioning, getting a full capacity via the healthy ways of living.

But: the evil ones break things to which they have no right. So one should use the society agreement for protection against evil.

#### PUNISHMENTS AND MORAL

In my opinion the world is full of evil people. Trying to punish them creates a so big counterforce that it is impossible in practise. So trying to punish all evil just makes no sense at all. Instead one should find other methods of guiding the world toward better.

Usually it is evil people who have a negative idea of moral: their moral is impossible and uncomfortable to follow in practise. So people in their social environment tend to get angry at moral

people, as if the moral ones were the ones forcing them and not the evil ones. But the moral people know how to live happily and be easily moral, their moral is pleasant and enriches life instead of robbing anything - it is like a gift given to them and to others. So they have surely not deserved the attacks of the evil ones. It is the way of evil ones to rely on brute force in guiding people in their environment, regardless of its consequences, so just they are the ones whose demands make people so angry that they feel forced to attack.

#### UNIVERSAL LOVE

The Japanese have a point of view that I, a European, do not know almost at all but which fascinates me. It is the point of view of universal love, love of the individual toward the world at large and love of the world at large toward an individual. That connects to my own view of the world which is a simple mechanical model.

Feelings affect things. In that sense they are forces in life. Knowing that those forces are products of the evolution or creations of God, one can deduce about them. They have to affect the world toward a better health. That is also what they in my experience have always been doing. So, the repelling feelings repel away factors which are harmful to health, the moving feelings move the world toward a bigger health and the binding feelings bind the

world to the biggest health. So the completely healthy world must be a world full of binding feelings: full of love and happiness.

One can unite this idea with another simple idea and get a very beautiful result. The other idea is that healthy biological wholes work while broken wholes do not work at all. If one breaks a biological whole, the level of the whole works no longer. But some of the parts may have been left unbroken. So those parts may still work. To all levels of biological functioning applies that healthy wholes work while broken wholes do not function at all. The functioning of a partly broken whole is a sum of the functioning of the healthy parts. Applying this to all levels, from atoms to the biosphere, one gets the result that all biological functioning is built upon healthy pieces of the healthy natural biosphere.

These two thoughts together make us notice that all the functioning of biological beings is built upon things toward which we and other healthy animals feel natural healthy love.

The existence of all the artificialities in the world does not change the nature of living beings, so this result about the world being built upon the things which we love stays valid. The change in living conditions by the introduction of technology has been too abrupt to allow considerable adaptation by the evolution. God didn't recreate humans when

Adam and Eve ate the apple from the tree of good and bad knowledge. So, the world is still build upon the things which we love.

But loving things is a complicated thing. It is based on our perceptions about the reality. If our minds are too confused about all ther artificialities in the world, we cannot conceive right what is the role of each thing in the world and so we do not feel love toward the right objects but are instead sometimes mistaken: love the not-so-good instead of the really good.

But one with a really healthy mind and spirit would observe correctly what to love and what to resist as harmful. And to such an individual, the world would really be based entirely on loved things. I hope with this book to teach you some of that perspective. So that you too can be one for whom the beautiful phraces are not empty words but the reality of your daily life.

THE TRADITIONAL EXTREMELY RATIONAL MORAL OF THE  
FINNISH SPEAKING MAIN CULTURE OF FINLAND

The traditional moral of Finland in northern Europe is on strong rational grounds which can be put to the form of optimising wholes. These grounds are largely based on two simple advices which all

children are given: "It is good to cultivate good health (of the individuals, of the ways of living, of the social relationships, of the society, of the environment and of the world at large)." and "It is stupid to break."

The easy principle "A HEALTHY WHOLE WORKS MUCH BETTER THAN A BROKEN WHOLE" helps you to find answers to seemingly impossible questions, like the value of peace, justice, human values, honesty, democracy, freedom, Gaia, love, beauty, sex etc. from the beneficality or efficiency optimising (military or economical) point of view. These are all characteristics of the healthy world and thus beneficial.

#### HOW TO MAKE GOOD WIN OVER EVIL

Build in your mind a good picture of what a healthy whole is like: healthy society, healthy human kind and healthy living king, a healthy world. That is what to term good.

Now, compare the evil option to that picture: what is lacking, you should see as a fracture, brokedness in the whole, also malformations should be seen as brokedness of the whole.

And healthy works better than a broken one. So good is stronger than evil.

Also on the following kind of ground it is possible to find that moral is the most benefical, winning option.

WHICH ONE WINS (MORAL DOES WIN)

What means totally value-free optimizing of benefit without preconditions:

It means interest in  
what gives most force, power,  
what gives protection and how,  
what is the best strategy,  
what must one take into account about the future,  
how to arrange one 1/2s relationships to other powers,  
which solutions win and why,  
what is the most benefical thing,  
what must be most feared and  
how to protect oneself,  
who are the benefical allies etc.

In this analyzis one needs

Extremely good objective thinking with a good holistic view

And openeyedness toward all options, both the dangerous and also the non-dangerous ones is needed in this because it is the creation of force which is important in this analyzis, so if soft means give any advantage that too must be used FULLY.

HEALTHY VERSUS BROKEN

All functioning is build upon the healthy. Healthy versus broken is the pair of opposites to use in



order to understand the world. I will apply this pair of opposites again and again, all through this book. With it you can understand a lot about the functioning of biological beings and societies and about the value of moral.

What about the old pair of opposites then: healthy versus ill? Illness is a healthy function of a broken biological being, a way of it to try to cure itself. In other words, illnesses are combinations of brokenness and of a curing reaction which seeks to make sure that the living being survives better in the long run by resting, having a fever etc. In my opinion the word illness isn't as useful in understanding things as the new pair of opposites that I use.

So. A healthy individual works better than a broken one. And a healthy society works better than a broken one. But what are the healthy individuals and healthy societies like. What to aim at?

A healthy individual is by one's nature a part of a healthy society. As a part of the healthy society one works best, is the happiest, has a most rewarding life. Healthy functioning at large gives the most rewarding life. That's what the evolution or God guarantees about feelings.

But if the society is broken, it is the same as if in individual is broken: the healthy parts try to cure it back to full health. Each healthy individual is a center of recovery for the whole society, even

for the whole human kind as a part of the biosphere. Health in this sense means healthy ways of living. Having found the true chord about the art of living, understanding deeply about life, the healthy individual is naturally a center figure in the social environment having a healthy curing kind of effect on all. This is a moral thing to do since it is for the good of all. So a healthy individual is by one s very nature completely moral in a healthy happy natural way!

The health of a society means that it is completely morally arranged. A society is a cooperation attempt and cooperation is something which has turned out to be useful during the evolution or in God s eyes. Objective thinking says that cooperation is useful because it brings the force of masses. That can be seen as a vector sum: harmonical or contradictory vectors. Those with like interests can ally for the common good.

#### WHAT I SUPPORT

To the readers of these pages: please do observe conscientiously what are the starting points of my thoughts (= all the points of view that I have heard of) which I use ONLY because you others use them, and what are the end results of my thoughts, the thus supported values (= paradise, excellent moral ad a life completely according to feelings) that I support from my heart. Here observe that the

starting points are not logical premises for me but premises only for the other parties that I do oppose and to whom I try to prove my point in a discussion. I do support only the end results and not the starting points, even though I value realism but to me these end results ARE realistical values!

What is my project? I try to offer a holistic view of the world which would be easy and obvious enough for all: centered on easy rough divisions like natural/artificial, now/long time ago, healthy/broken, ... And since our perceptions affect our actions, I have tried to choose the focus of attention so that the end result would lead us to a better world, to an as good world as possible: to a natural healthy paradise upon Earth, to the most paradise like paradise of all which could last forever since it is the strongest and safest option in how to arrange things in the world. This I have tried to do in a way which would not demand one to make big changes to one's habitual ways of thinking: in a way that would agree with most of the already used perspectives! In my opinion I have succeeded quite well in this, even though I know that as people are not good in mechanical kind of thinking, in handling mechanical kind of systems objectively, but still insist on using just that way of thinking, the result may seem very complicated - remember that it is a whole picture of the world though! Via following my advice you could develop in mechanical or technical kind of thinking: take a picture of the thing in question, observe its atmosphere and see

how the atmosphere corresponds to the main features of the seen landscape of the things to think about. That way you can conceive objectively an enormous amount of details if you just build the picture objectively.

Some of my other pages also contain thoughts about the beneficality of moral: see the links on the page Rational Moral.

Feelings were created by the evolution or by God to be a force which guides us toward the best survival. That's why the best option in questions of survival is a paradise to us. But you have to follow all feelings fully for this to work, in other words you need a holistic view of what you feel about things and of what the world is like, of how things interconnect. The positive feelings set goals and the negative feelings mark things to avoid. You have to follow both kind of feelings but just the positive ones mark the goals and the negative ones tell of things to avoid. Realism and good social eye together with the tendency to support good instead of evil guarantee that this works. One must believe also in punishments in order to get the feedback systems function properly, even though communication is another way to correct things and social skills still another.

The global paradise (movement) is the healthy world and as such the strongest arrangement produced by the evolution. Love keeps it up, fixing each part to its healthy, best place in the whole - best for each individual, for each group and for the living kind. That's why the healthy world is a paradise: love binds the parts of the biosphere to their correct places.

This answer stays valid despite the existence of technology since the human nature has stayed unchanged and the development of technology makes it possible to adapt technology to the requirements of humans and so one can optimise both technology and the human part separately, each according to its nature. The nature of technology does not set any requirements to humans, so one can optimise the human workers and human groups in the evolution's way: via health!

If this paradise wins idea sounds too outrageous to you, you might try phrasing it in a much much milder and surely objective way, like is customary here in Finland, and then just mention that this truth is so objective that in fact one can in theory go very far into this direction without it ceasing to be beneficial direction to go to. "It is always good to cultivate good health in everything!" and "It is stupid to break!", says the Finnish culture...

(I want to remark that there should not be any fault in the objectivity of this thought and of the

different grounds for it that I list later on this page!)

I do not know where the possible weak points of my thoughts are. Everything should be surely objective. You should tell me where the possibilities for improvement are. I have tried to reach the most beautiful things that I know of, make them real and world wide, starting from an as cynical point of view as I can imagine i.e. from the completely value-free competition for power and benefit, and from all the nicer points of view that I know of. If things are even worse, i.e. evil ruling without other goals than just destruction, we can use the value-free competition to put the more moral ones, our own side into power, to let the global paradise wins. I have succeeded in this. I can even prove it for computers governing instead of living beings and for the case that no material world exists and we are just spirits or some kind of intelligent constructions run inside a huge computer brain (The beneficality of the optimised solution to the whole does not demand that you would have been planned and especially fitted to that kind of whole by the evolution or by intelligent planning.). I do not know what more I could do, the rest is up to you.

oo

SELFISHNESS

Technology is typically build to a certain purpose only, with a complete disregard for its relationship with the rest of the world. That is contrary to the nature where the health of the whole (incl. pack & liv. environment) helps the survival of its parts. And since animals can understand the value of their own health, can they via compassion and an analogy of the whole to their own life UNDERSTAND also THE VALUE OF THE HEALTH OF THE WHOLE, WHICH understanding HELPS THEIR OWN SURVIVAL. -> GAIA!

What is already ready made, complex but well fitted to form a well working whole, well suited to its purpose, like the nature is, is in character very different from things in their building phase where product development is still lacking, like is with tools and technology.

We have natural ways of looking at the nature, understanding it in its complexity and intentionality: empathy and feelings at large. The ways of looking at the much less complex technology and the build world are different.

#### PROTECTION

To live happily and to wish well for others sounds nice but how to protect oneself? The need for protection isn't in contradiction with the wishing well to others. I didn't say that you should sacrifice yourself for others, I said that you could live happily! And if you are moral yourself you deserve to be protected because you thus work for

the common good. You can yourself be one of those who protect you. You must protect yourself from those who might harm you, that means from the evil actions of others and of yourself i.e. you must demand moral from yourself and from others. If you yourself err from good moral, from the wish for good life for all fairly, you are thus not allying with the health of the world and so you are harming yourself compared to how things would be if you allied with the health of the world. Better than injustice is to build on things of real worth. That is why you can sometimes benefit from punishments which guide you toward more moral action. It is better to see the power dynamics of the world: of how people like to be treated, what they answer with good, and how they do not like to be treated, what they answer by attacking. Wish well and protect yourself that is morally fully OK, even demanded by moral since as a moral person you are a person of worth. Protection of good is an important part of moral, and what would be good if not happy life with no suffering and a good future ahead? This is exactly so when watched from the holistic point of view!

If you have difficulties with just this point, please read my page

[www.paradisewins.net/societyagreement.html](http://www.paradisewins.net/societyagreement.html) . Friends can cooperate and benefit from that, enemies cannot and must defend themselves against each other, not trusting the untrustworthy. But one can be fair and moral in this. One should divide all rights on the condition that they are not abused in any way. So



all rights are conditional. This leads to very unequal division of rights since the individuals are very different indeed, but that is only fair and not against the equality of individuals since all are entitled to the same rights IF they only satisfy the same conditions demanded by true justice and responsibility.

#### THE HEALTH OF A SYSTEM, OF THE MODERN SOCIETY

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: in each of them one gives things feedback according to what the things are like and that enables one to put each thing to its correct, best place in the system.

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. The value of fracturelessness is in turn connected 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 functions without contradictions and fractures, harmonically. The next step from harmonical is unified well functioning. Such are the systems of nature.

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 strength while strength 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 beneficial than war and count the difference. One must just add the huge effect of the enormous 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.

Applying this result thoroughly gives the efficiency-optimised 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)  
cooperation.

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.

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

#### 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.

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.

#### 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.

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.

One of the most important islands is that in emergencies one is fairly helped by those who are capable of helping . It includes an obligation to help but one gains the protection in emergencies which is dearly needed.

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

- \* all mothers
- \* all those who care for children (including children them selves)
- \* 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, an objective holistic picture of the world formed by objective thinking, which doesn't take sides, and which recognizes things as phenomena 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.

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 beneficial option.

#### NATURAL PATCHES AND SOCIETY AGREEMENT

##### NATURAL PATCHES

- \* individual
- \* social group
- \* group working together

for some goal  
following some set of rules  
(not hurting each other,  
co-operating for the goal,  
nice behaviour  
and so on):

1. Things that one needs to run one's life:

- \* home
- \* food

\* means to get such for oneself (work and the possibility to work)

\* safety

2. Things that one likes:

\* hobbies

\* delicious food

\* and so on

And arranging these together:

\* hobby group

\* ordering food from shop

\* And the possibility for such

Large groups

agreeing not to hurt

each other badly

or at all

(no need to, if the places are separate

or far away from each other)

Justice

&

A Harmonic Forest Islands type of society agreement

(like the one above)

Rights and priviledges are conditional:

shared only according to justice!

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. These safety precautions mean in practise moral guidelines and making the morality of action in practise the condition for any rights. (Rights can be refused also afterwards and deals devaliated if the other one breaks against the moral guidelines.)

#### 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. This is the way that the culture and the society of the Finnish speaking Finland work. 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 strength, it can help the weak ones, who in turn make the promise to help in return.

#### 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.

If you go to the right direction, you might get something done. If you go to a wrong direction, you surely do not get anything done. So it is worth trying.

I never take an evil person as a model for myself. Instead I trust my own sense of health and happiness.

#### NOT TAKING SIDES

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

#### HONESTY

$X\%$  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, whatever the reason for it. So systems are built on honesty.

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.

#### 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 benefical option.

A proud nation is a self sustaining nation! Also if it is a big nation capable of mistreating others - It will not mistreat others even if it were strong enough for that.

Remember that if you are in an important place in the market economy so that you could gain a lot by stealing a little or even more, you are one of the leaders of a country and so the above calculations apply to you too. (You are an opinion leader, an example to others, especially in your own branch where your money comes from.) So you will lose by stealing and doing injustice, not gain.

oo

A CULTURE BEAUTIFUL LIKE A RELIGION:  
THE TRADITIONAL FINNISH SPEAKING MAIN CULTURE OF  
FINLAND

Compassion for all living beings, a life long all-encompassing devotion to their good, a devotion that rises straight from one's own heart and is put to practise with all of one's own understanding and all knowledge and wisdom that one has managed to gain. Everything seen from this perspective, all the time: first a feling: what life is like, what to support and what to avoid; then devotion born from those

feelings and one's whole life accordingly as far as one can oneself influence things, in a culture of complete freedom of individuals with only the MASSES OF foreign influence from other cultures disturbing

= THE FINNISH SPEAKING MAIN CULTURE OF FINLAND

A paradise movement

I love Life, happiness and things positive for happy life  
- like most of the others, like You too.

So I support from my heart  
the arrangements in the world which support good life,  
moral in this sense of the word.

This is all that is needed for a better world.

(Speaking out this view is also a good way to win new friends.

It works well also wordlessly, on gesture language.)

And please believe me when I say that this perspective is in fact just one version of the traditional Finnish speaking culture of Finland, even though probably most Finns would not recognize it since I have chosen the terms and the perspectives differently from the usual. In my

opinion and in the opinion of many other Finns too Finland has many really excellent solutions to offer to the world and so should have the role of leading the world toward good that Sweden nowadays has. Swedish culture is much less convinced about its own "finery" and is needlessly malicious under the surface. Compared to that Finland has lots of sincerely more worthy things to offer - without selling any drawbacks as a part of the deal like Sweden does. (The Swedish demand you to trust the Swedish culture instead of your own understanding, Finland respects the understanding of each and offers just thoughts for support, so you can "buy" just a part of the whole bunch of ideas.) It is just that our traditional ways of expression are too modest and self-critical to the extreme in our culture's endless search for true objectivity and great trustworthiness in offering the best alternatives. We always trust that you will see the value of our ways yourself (that's how we treat everyone) because that's the way that you can be surest about them and that's the most fair way to treat you - but of course you won't see if you cannot even get to know our culture. Good life for all fairly is our goal - realistically in the modern world. That all in the world would be happy and free, deciding themselves about their own lives is the common dream of us Finnish speaking Finns. The following of the behavioral rule "Live and let others live." that we all respect and which we also demand others to respect guarantees that there is no room for evil deeds in this - please think this



through with examples: otherwise it may be difficult to see.

There is a big difference between the Finnish speaking Finnish way in which everyone lives in a way which arises straight from one's heart and the culture is just a common expression of this, spread by communication and sharing of thoughts, and the Swedish ways where a predetermined outer form determines the allowed behaviour of each, often suppressing what people really are and causes so much maliciousness and so much more suppressing of valuable things. The Finnish ways really work: if each one is demanded to follow them there is no fear of evil running free. And the way to get the people to follow them, is to just tell to them of the possibility of following them and of the benefits and other good sides of them and to let them choose freely. It is a pity that there is not more of this communication between cultures so that the Finnish culture would spread. Often the looks of Finns are too rational - that amount of rationality is explained by the excellent motivational ground of Finns and by our unusually good ability in holistic thinking which in my opinion can connect to our language and to our valuing of nature. Would it help if people knew that sexuality here is free: each one is allowed to choose just the partner that they want to. As people behave responsibly, there are no drawbacks in this. And since there is no role play, there are much much fewer forced kind of sexual encounters than in most other cultures, including the Swedish speaking cultures of Finland and Sweden.

So the atmosphere of sexuality is really nice - for all! We here think that the Finnish culture could solve the world's huge problems - just like that if it just would spread like the culture of USA nowadays does or even maybe like the culture of Sweden does. And how much easier it would be: just leave people the chance to do things in Finnish ways and tell them in a way understandable to common sense and feelings why those ways are for their own good and follow their own ideals.

Finland is a very peaceful country where it is difficult to get people to understand that if our country were conquered by others, they would not necessarily immediately adopt our ways - because the distances are too wide, because the ways of adopting new things are different, because the people in those other countries are not necessarily as free (completely free), because our culture hasn't even this far spread to all over the world like it in our opinion should since it would be good for all and allow the keeping of all the old good sides of all those other cultures. Our Finnish speaking Finnish culture is a free cooperation of all the citizens for better life for all equally in the best ways that we have come to think of. It is a system correctable from all places. The only drawback that we have is that we are not perfect as humans: the systems can reach only our common level but we always keep the ideals as a direction to go to and in our opinion that is the best way to do things - that too is under discussion if anyone wants to challenge it, like everything is, by not

likely to change as long as we all agree about it straight from our heart. The work motivation in Finland is very high: so much we agree with the ways of our society and so the standard of living in Finland is unusually high. The amount of corruption in Finland is the lowest in the world and the crime rates low. One of the first thoughts in this internet page, the paradise movement idea, is our common tune. Our views are typically all human but of course to some extent coloured by our own culture.

We Finns think that it would be for the good of all if the Finnish speaking Finnish culture had a dominating role in the world. The problem maybe is not Sweden but the fear of honesty of many people from the other cultures. The Finnish culture does respect honesty very much but still most Finns lie outrageously, much like is the reputation of Arabs - while Arabs maybe lie even more. So I guess that the honesty demanded by the Finnish culture would not be too much for anyone. It just helps to arrange things to everybody's benefit. I myself am honest, really.

According to these calculations it would pay well to invest a lot in supporting the traditional Finnish speaking Finnish culture with its moral.

It may be that the too tense and cruel atmosphere of market economies has to do with the too tense and cruel cultures of the countries (Sweden and Japan have rigid social codes which give too little room

for the individuals) which serve as model economies. It would be better to choose the traditional Finnish speaking main culture of Finland with its values to be a model culture in how to live with a market economy. The coises of the Finnish speaking main culture of Finland are on rational grounds that fit together with the market economy - unlike the tradition based rigid forms of the cultures of Sweden and Japan. If one looks at the soul of the Finnish speaking culture of Finland, it is very positive to happy life and extremely moral: one that cpould solve the world's greatest problems at the same time as offering economical prosperity, stability and true enjoyable freedom of individuals and groups ina very peaceful way. This is the dream of the Finnsih speaking Finnish culture because in its excellent caring moral it wishes the best for all the world: all the good things that we here understand and enjoy, while needing to give up none of your own good sides - replacing them with even better would be good though...

One example of the Finnish way to conceive things is that one places weight on what one can get with money and not on money itself. That makes sense objectivily looking and makes people much more motivated while increasing their understanding of what matters in the world.

The Finnish speaking main culture of Finland values personal estimates of things, so the whole culture and society structure have been approved by some

five million unusually able objectively thinking individuals on their own.

Sometimes it is difficult for the outsiders to observe the Finnish ways and values, since those are based on the personal estimates of each and people from other cultures often have the idea that their own understanding should be suppressed by some rigid rule of conventional ways and the understanding of those in power. Besides, the looks of Finns may lie because the Swedish speaking Finns are mixed with the main culture and have a different, to foreigners more familiar social position centered and outer looks oriented way of doing things than the actual Finns. (The Swedish speaking ones get their cultural features from Sweden.) The Finnish speaking Finns like to build all things on true ground - that's what one is motivated to if one is free to follow one's own choices in life, and that ought to be, theoretically estimatedly, the economically best alternative too.

Finland should not grant Sweden the right to claim that it is like Finland in what comes to its culture or to be anything else than what it really is like. Otherwise things go astray. Each country should be treated according to what its culture is like. In regard of Sweden one should mention also the bad, evil sides of the Swedish culture and its attitude toward other nations and cultures which differs greatly from the very moral globally responsible and even loving Finnish culture. If one is not honest about these things, one is misleading people very badly - so very many are misled to follow Sweden -

and damaging, maybe even badly, both one's own country and the other countries of the world as well.

Sweden has long been rich. Finland has started from a poor beginning and ended up being one of the countries with a highest standard of living in the world. So what kind characteristics in a culture create economical wealth? Sweden being rich, it has been typical to respect Sweden for that without questioning its cultural characteristics, without counting the benefits and losses they create compared to for example the Finnish speaking culture of Finland. For example the typically Swedish sin of maliciousness prevents full cooperation which is a way to gain wealth. And where maliciousness prevents full justice, things do not get treated according to what they are like and so one does not become as rich as one otherwise could become. This contrasts to the Finnish rule "Honour those who truly deserve respect." And the freedom and the good will born from the Finnish rule "Live and let others live!" are a good ground for cooperation. In my opinion one should examine cultural characteristics objectively and copy only those which it is good to copy and not harmful. economically or otherwise. The Finnish culture is on strong rational grounds while the Swedish culture is more arbitrary.

#### A CONTRASTING FAULTY VIEW ON EVOLUTION

Many people think that if one by any means manages to win, for example to kill the other one, that is

somehow good in the eyes of the evolution. This view would lead to evil ruling if it were correct, but it isn't: Compare two different areas where in one the competition is like above, by any means, and another one where the competition is of the kind that lets the best one win in each thing. Now in the first area the population would develop toward mean and cunning, while its general health and performance in any other tasks would suffer. On the other area the population would stay completely healthy and develop in strenght. If these two areas were in competition later on, the healthy ones would be stronger and win. So it is only healthy competition which is right in evolutions eyes. Short-sighetd solutions do not let your genes survive.

And if the group were very large like the whole world's population, and the evil ones in power in that, they still would degenerate and some unobserved healthy group inside the population would win in the end. So if you think that you are in competition with others, too harsh competition isn't good for your future survival, neither is competition by any means available ok for your future fate. Competition that ensures your own health asnd the health of your own group is the best for you. That means also supporting healthy competition in the scale of the whole world, since if you are under the power of others, their ways influence your own life and survival: their ways should be kept as beneficial to your own health as possible - that isn't the smae as being better than your neighbour, that isn't enough if there is some

faraway danger that you have to fight too: you have to reach your full potential, to benefit from every chance of improvement that is available. Only then have you made your survival as sure as possible for you.

The society agreement is the way that ordinary people ally for their present and future wellfare. That's why good moral is important - see my calculations earlier on this page.

#### ANOTHER WAY OF SAYING THIS

The evolution found the strongest and safest, the best arrangement in every way in the tough competition. Term that "the completely healthy world". Suppose that feelings were created after that or at the same time or adapted to the thus found best choice: the task of feelings is to guide us toward that best choice, toward the health of the world. So what feelings guide us toward, needs to be the best choice in the tough world, the choice that will win in practice - not only because our feelings wish so but because of its "every" feature! On the other hand, what will win in the tough world, is the healthy world and that is a global paradise in our eyes!

Please, if you find these thoughts interesting, advertise my pages and my two self-published books



or the ideas in them, so that others too will get to know them.

Please note that you should not doubt things which are too complicated for your own understanding. Follow the truths that you can understand and don't waste time destroying already existing answers which bring the world toward good. But if you can think things through by yourself, please check these thoughts yourself too!

#### A SIDE STEP: OPTIMISING THE TECHNOLOGY

So an optimised system consisting of both natural and artificial parts is optimised as healthy. This is a generalisation of the term "health" to such systems: fully functioning and optimised in many ways goes my definition of health of such systems. For such a system to be optimised, the parts of it have to be adapted to each other and optimised, healthy and fully functioning, themselves. So how to optimise the artificial parts? For that you need engineering type of thinking: objective thinking with sizes and connections of things right. That is an ongoing process: the development of technology. What it requires of humans is good thinking ability and that in turn is based on healthy natural ways of living. So the development of technology and the changing of ways of living to more paradise like is possible simultaneously! The change in the ways of living supports the development of technology.

#### THE RATIONALITY OF FEELINGS

Feelings help us to answer needs, and answering needs keeps us healthy.

If something is fully according to emotions, it is well suited for life. But if there is something lacking, it causes negative emotions, so that we would know to fix that shortcoming away.

If you do not see your emotions this way rational, you are probably making some thought errors, for example that of not using a holistic view of the world and remembering that the health of the society and the health of the world at large are good for yourself too. Or then you lie to yourself because of social position, imagination or a lack of trust in feelings, etc. Or then you think in words, which offer a very narrow fragmented view of the world instead of the single holistic view that is the most efficient way to think and natural to humans.

#### THINKING OBJECTIVELY BY STARTING FROM FEELINGS

So if you have a holistic view of the world, you can start from any feeling and see what phenomenon in the world it concerns and what are the structural parts of the world whose health it tries to safeguard.

#### SUMMARY

Divide the world to two components: how humans and other living beings will be treated, and what are

the NEEDS of using the existing technology. Technology develops as time passes, so there is no fixed answer to what the combination of these two components will be. So there will be TWO DIRECTIONS to aim at: the global paradise of a healthy natural world, and the demands of the efficient use of technology. In what comes to the working ability of humans, these two directions are the same. But in what comes to the need for roads, factories, computer networks etc., these two differ. Some tens of years ago computers were of the size of houses, now portable versions are common. So maybe the demands of technology get somewhat smaller as the time passes: technology is adaptable, humans are not. Still, the end result probably isn't as ideal for humans as the world wide paradise without any technology. It will be something in between: probably the buildings and technology get adapted to the natural needs of humans, since as the time passes, many more options are possible than at the beginning of the era of technology.

I do not think of this paradise as a fixed kind of end result. Instead I think of it as a direction to develop into, starting from our present day situation. Both the adaptation of machines via their development to the requirements of humans and the development of technology to smaller and more efficient lead to smaller requirements for the use of technology. But how small will they become as the time passes, that I do not know!

But at first I think that the ways of living can be changed toward more healthy and natural just by changing our view on what is a good way to arrange things because that too determines a lot.

No question is so big as to not to be worth thinking over by yourself. On the contrary: just the biggest questions should be thought over by all, all by themselves so as to find lots of new answers.

Communicating this perspective to others is easy via gesture language:

I love life, happiness and things positive for happy life - like most of the others, like You too.

That means that I support from my heart the arrangements in the society which support good life, moral in this sense that is.

This is all that is needed for a better world.

#### All That Matters

I am interested in good life for myself. And good life for all fairly is just about all in the world that matters: my own life and the lives of all the others - that they would go well, that's what matters.

Why to get interested in anything else - in anything else than MORAL that is, since that's what moral means: moral is the way to arrange good life for all

fairly - and to earn fairly a good life for oneself too.

(And fair play is, except moral and so needed in building a paradise and in earning a good life in any case, just a form of rationality: treating each person, deed etc according to what it is like - it just makes sense to do so, and so makes one's social life more peaceful and harmonious, makes you more righteously valued among others because their heart's voice too says that you behave right.)

#### Moral

Moral means cultivating good and happiness is what is meant by good. Resisting evil is equal to preventing unhappiness. This is so from a holistic point of view which - I believe - is natural for humans, like the quest for happiness is.

#### Conscience

CONSCIENCE AND INSTINCT NATURE SHARE THE SAME MESSAGE

My conscience is the central part of me that I live by. It commands me to pay attention to the whole, to get the whole world to a good shape: that's what also my instincts and understanding both guide me toward. It also guides me to pay attention to the feelings of others and to what is important in life: happiness of me and others are connected, since we are all social animals, we can be healthy only with a healthy kind of pack, my feelings of compassion

and the graving for happiness both advice the same way.

My instinct nature, I feel that to be the same as my conscience's message: starting from either one I end at the same end result, multiple ways being safety precautions against malfunctions and errors in finding what life is about. What makes the message the same is the emphasis on happiness and a holistic view of the whole world in my thinking and a sense of the interconnectedness of a human group. I think that with these corrections to the usual kind of moral one could raise up children to be very moral adults in a very happy, natural and rational way.

TO BE FOR THE HUMAN KIND MEANS TO BE FOR THE LIVING KIND

Our fate, the fate of the human kind, is connected extremely strongly to the fate of the living kind. There is no future for us if there is no future for the rest of the living kind. When we want to save ourselves, we have to save all the living kind! It is the time for action.

All that people do is for moral  
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 (= the healthy biosphere, in my texts) 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 Fulfilling dreams.

Kahlil Gibran (a famous writer from Lebanon): "When you work, you fulfil 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

Just find the healthy form of all of your deeds, and of the deeds of others, from the point of view of the whole world (This is a skill.): the way that you repair the world toward full health and help to keep it flourishing where it already is healthy. Like for example, searching for happiness is a way to search for healthy happy ways of living as a part of the wholes that you belong to, the biggest of them the healthy world. The rule "Live and let others live!"

makes typically others happy too. If you find the right chord in living, you can serve as an example to others too and so help to cure the world.

All mentally healthy people are moral, says the Finnish speaking culture of Finland. This moral is described in the following way: Completely healthy people have a healthy understanding, so that they treat big matters as big and everything according to what it is like. So they choose the best course of action in the large scale matters and carry responsibility about them. They also carry responsibility about their own life and about the big matters in the lives of others. The feelings of compassion toward all living beings, which the Finnish speaking culture of Finland says that all healthy humans have, are another reason for carrying responsibility about the fate of the world at large with its masses of people and other living beings and for carrying responsibility about the lives of others. A healthy person also has a healthy emotional life and so cares well for oneself too and is quite independent in one's understanding and ways.

A person who does not qualify by this standard, is classified not fully mentally healthy and rational. A person who is dangerous compared to the healthy ones is classified dangerously irrational, selfish, short-sighted, and also insane if absurdly irrationally irresponsible about big matters about which one is responsible. (So the Finnish concept of



mental illness doesn't refer to a disease but to a dangerous irresponsibility.)

#### A BROAD WAY TO HEAVEN: THE HUMAN NATURE

There is a broad way to heaven:  
what is natural for a human being to do,  
according to feelings and thinking.

There is a narrow road to hell:  
artificiality and unnaturality.  
(So mistaken are those who count on  
artificialities.)

#### THE DEVELOPMENT OF GAIA

In competition those who cooperate do better than  
the same kind of ones 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.

#### THE WORLD IS ONE BIG ALLEGIANCE

If just conceived right, the world is one big allegiance for a better life at a better living environment. (Read the texts The development of Gaia and Wholeheartedly.) One just needs to conceive right the place of each thing in the world and the right ways to cooperate: good moral and naturalness and health. At places this allegiance works all right, at places it is mistaken because of all the artificialities of the world. It is always the thinking part which is mistaken, everything else works all right but can be mistaken because the thinking part is mistaken. Animals too think: they have pictures of the world and make observations about how things are.

To understand the role of predators, make clear that the allegiance is for a better life, not for the avoidance of death except in ways which guarantee a better life for the society.

A thought in moral is often a building plan. Beauty tells that a world according to that plan would be a good place to live in and a strong choice for the power oriented too.

Defending Gaia

THE HEALTHY BIOSPHERE ISN'T PACIFIST

There is some discriminating needed. One needs to raise the good over the evil.

Thinking about that: Gaia cannot be totally pacifist, otherwise it would deteriorate into a hell as time passes.

Gaia must be for peace though: for the biggest amount of peace over time. That means some conflicts sometimes in order to overcome dangers to living conditions in the long term. Gaia needs an ability to defend itself. This is the same as with the advice "Live and let others live!" meaning curing kind of aggression, or with the freedom of individuals ending up being the freedom of moral individuals only.

#### DEFENDING GAIA

Gaia needs to defend itself well.  
This includes the use of technology to defence.

Because we live in the world with large systems, the winning solution is Gaia ruling large systems in questions concerning living beings and not just Gaia alone.

Gaia fullfills all natural needs and gives the best functioning: best intelligence and best working capacity, being the winner in a strongest one wins competition, and fullfills so also most other kinds of dreams and wishes.

Gaia wins especially against evil and torture oriented ones. If one just concentrates on defence well enough, because Gaia keeps living beings healthy, fully functioning and well motivated.

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#### THE MYSTICAL GAIA

Gaia, the Mother Earth, a global symbiosis, all living beings being one, a world filled with love, is the most beautiful world that one can imagine. It is so beautiful that it is hard to believe in its existence. Still, it is in our nature. Gaia is our true nature. That is inevitable because of the evolution just had to shape us so, like I seek to show in the following.

But to begin with, the Gaia ideal sounds like a fairy tale to us. How to make any fairy tale rational? Divide in into the things which in it touch our feelings. Typically all these phenomena touch our feelings because they are important as real phenomenoms in he world that we live in. Like if you divide so the Gaia dream, you get the following list: the healthy biosphere, carrying responsibility, love, friendship, peace, happiness, unfractured nature, etc. All these beautiful things are directions to aim at in our lives, in the reality. The healthy biosphere is what we will concentrate in the following.

What is healthy? It is the fittest arrangement produced by the evolution and things near it. This

health had to stay from generation to generation in order to the species to survive. So the forces produced by the evolution, the forces in our nature, in other words feelings and instincts, (Understanding gives us just a map of the world, not directions to go to.) just had to guide us toward better survival, toward the full health. That means the health of the individual, the health of its society and even the health of its living environment. Since only with all those in a good shape are the possibilities of future survival best. So the feelings had to guide us toward the full health of the world, of the whole living environment: of the biosphere.

And when healthy, feelings had to keep us healthy, tie us to the full health of the world and its practises. So the healthy world had to be full of tying feelings: full of love and happiness.

And there had to be no repelling feelings in the state of full health: no suffering, pain, fear or hate ;½ except toward the non-healthy things that were present either as possibilities or as realities. Otherwise the world would not have stayed healthy. Other strategies would have won in the competition: those who counted on the health of everything, those whose feelings guided them toward the best survival ability and so toward the safest possible future.

In other words, the healthy biosphere is by definition the best possible arrangement in regard for future survival. And at the same time it is a global paradise, a world of eternal bliss for its

inhabitants, something higher than we can even dream of. And so our all feelings guide toward it.

Just sometimes, our thinking is partly mistaken and that's why we do not live in the paradise, in a fully healthy Gaia. Any more, a long time ago we did. And since Gaia is the best alternative in the modern competition too, we one day will live in a fully healthy Gaia again!

Gaia is full of strategies of life, some of which are good and others of which have to be dropped away by the force of predators, illnesses and avoided via suffering. These evil sounding things in fact do a beautiful work as the gardeners of the Gaia paradise, ensuring a good future for us all even if the living conditions do change. That is what saves us all. This does not mean that we should sacrifice anyone against justice: we can protect the weak who by being good caring pack animals have deserved the right to be protected. Only those who fail this test of belonging to a pack, i.e. the very evil ones, are left without the protection of the society and soon die away in Gaia, to a relief of those who are left behind. Harsh, yet realistic:

What would be a better paradise to live in than the most beautiful possible world which is also the winner in the strongest one wins competition?! The most paradise like paradise of all paradises, the one and only correct answer to our nature's call! Which will also stay such forever! Gaia! I.e. the healthy biosphere.

Gaia i.e. the healthy biosphere is All Your Dreams  
Come True  
GAIA PARADISE IS ALL YOUR DREAMS COME TRUE!

Meeting all needs at the same time

Gaia is the perfect arrangement for us. It meets all our needs at the same time, because that's the kind of life which we are adapted to: that's what gives us most happiness and best functioning in everything!

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

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 and the happier, the stronger and the more intelligent we become. Justice and other needs of the world, the society and their 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 and the world at large. Correcting things always toward good makes the different functions support each other.

Also my theory is somewhat like "all your dreams come true": whatever dream you have, it is probably either an achievement of some kind or happiness that you dream about. Getting them both at the same time, like healthy natural life which supports your capacity and gives you happiness, should make you satisfied, whatever your dream is - as long as you do not dream unnatural dreams of meaningless destruction.

For You, Gaia My Love

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 / travel the road back to Gaia, back to the paradise in the beginning of time.

Gaia Theory

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 choices survived, regardless of whether they were

safe because of strength, allegiances or a lack of enemies. So those who allied survived better than those who didn't. This led 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 debated thought. It is true that allegiances 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 allegiances? 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 allegiances.

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 paradise like 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 oak form one intertwined whole, like is probable. 2)

Understanding. My own experience about objective thinking tells that the human thinking ability is based to a very large extent to analogies to and from the sense of sight. So most animals have the basic building blocks of thinking ability. In addition they can discern between a healthy and a broken via their sense of empathy and via atmospheres. So one would imagine them being capable of understanding also large scale dangers with the help 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, the 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 human 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 academical 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 AGES OLD UNDERWATER WORLD

When we see a glimpse of a fish in a lake, river or the sea, we see a glimpse of an ages old underwater world. While our own world has changed enormously and lacks traditions, the underwater world of the fishes has stayed unchanged. While the world of the birds that we see flying past, has changed quite rapidly, even though it is still quite much intact in some respects, and while our own world has changed enormously, the world of the fishes and other underwater creatures has stayed unchanged.

What would life be like for us had we lived in another age an entirely another kind of life - that can we see when we look at the fishes' world of unbroken tradition. What was life like in the past in the age before cities and technology came to change our ways of living, our world. What is life still like for the fishes! What will we all return to, when our momentary insanity vanishes and we return to our place in the nature.

In insects' world the nature is still intact,  
undisturbed by human action. So when we, their  
giants, wander to a meadow, we meet life in its  
natural undisturbed form.

When the flying insects dance past us, we can see  
human communication in its natural form, since we  
all animals share the same natural language of  
gestures, expressions, voice, movement and ways of  
action. The beauty of that dance teaches us natural  
movement, healthy emotionality and healthy  
sociality. It can also be an expression of superb  
moral: of a flourishing world in harmony, where  
plants and flying insects coexist in a some kind of  
"symbiosis". We can take that beauty as a model of  
suberb health for ourselves, so getting a gift from  
the fairies of the meadow, from our friends insects.

#### TINTELLIGENT ANIMALS

(read my texts: Nat. comm.&music; Naturality)

Compare the intelligence of  
a human who has all his/her life lived as natural  
life as possible,  
to the intelligence of  
a human that has lived in town environment with  
written text an important part of life.  
How much more intelligent is the natural human  
being?

(Compare pictures: graphs versus landscapes.

"One picture tells more than a thousand words.")



How big is this difference in intelligence compared to the difference between different species of animals?

For example: Birds may be intelligent (3-D, "bird view" + zooming)

Gaia and suffering

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 likeness, 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 healthiest 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 likeness, are forced to suffer. Otherwise the beautiful Gaia paradise would be lost in a short while.

The value of ideals like Gaia

It is worth thinking through what is like a well working whole, an ideal, the shape of the whole. The goals help to see solutions. The goal and the principle of functioning are the same if it is an optimized solution formed by the natural evolution, like when the solutions are simple to find. In such case the goals help to understand the functioning of the system.

An ideal -> an understanding of what the ideal would be like if it would be realized -> make the following division to the world: the ideal

(=nature!) + variations to it -> how to support the ideal, how to protect the ideal, functioning is based on the natural, optimizing toward the ideal. Things are like this when the state of naturality is the ideal and the building parts are healthy unbroken and the structures are optimized when the system is in a state of naturality. The reason: the system is formed by evolution.

The road back to Gaia: a good picture of the world  
A MAP TO GAIA

Gaia is a beautiful tale and nature lovers' dream. At the same time it may be very near of what the present day nature and human societies are like, because the human and animal nature is still the same as it was in the beginning of time, before the age of technology.

If we learn how to handle the artificialities, we can resume the original oneness, the nature paradise Gaia, we just need to stop being confused because of all the technology in the world and understand that the human functioning is still the same: we are essentially a part of Gaia. That fact can noone take away from us.

In a strongest one wins competition Gaia wins because Gaia is what fully functioning means; and because the adaptability of living beings helps us

to change from guarding against one thing to guarding against another, to against the artificialities and military things based on them etc.

So Gaia doesn't need to be a thing of the past, it can be our future!

We are only a couple of short steps in pictures of the world away from Gaia.

The Gaia direction

Gaia direction

What was it like when human and nature together formed one single whole like town and humans nowadays form an unified whole. There is a difference: town has been built, the nature has been created by the natural evolution to function together with humans.

In practise there is an initial state: the state of the biosphere before the age of humans, before the age of written language and technology. It is so long past that we have to deduce what it was like. It takes some time before we can reach it again, if we want.

In rebuilding Gaia we need to put each of its building parts to its natural corretc place in the whole. That requires lots of work. And the connections by which the living beings form Gaia

have to be rebuild: pictures of the world, thinking, communication, compassion and instinctual cooperation.

Living beings, packs, ecosystems and Gaia as complex interconnected optimized wholes

So we need a theory of complex interconnected wholes. Simple essentials of such a theory will this book give to you.

#### RELEARNING THE LANGUAGE OF THOUGHT AND EMOTION

There is one right way to live. That's the Gaia paradise's way. Gaia is the living Earth, the whole biosphere in a state of complete naturalness and health. It is a world filled with love, since we love the things which we need and in the state of complete naturalness and health which we are adapted to, all our natural functional needs are met.

So why isn't the world still Gaia, where did we lose our natural ways of living on the way? It all comes from one misunderstanding about the natural ways to think. Nature used to be the biggest factor in our lives, we used to use empathy in understanding it and mechanical thinking in understanding the use of tools. Now technology is the biggest factor in our living environment and we use empathy as a way to understand it and try to understand humans via mechanical thinking.

Instead, we should understand that technology hasn't got a nature of its own, we cannot understand it via empathizing with its style. We have to use our sense of sight instead. The way we watch nature landscapes

gives us an enormous amount of well understood technical kind of information. We can use the same way: pictorial thinking with a holistic landscape of how things are, with technology too. That way we can handle the masses of information that we need in our living.

And with humans we have to remember to use empathy, even if human workers sometimes are just tools of the large systems. Still, the right way to understand all sides of human life is empathy.

But the world is so mechanical nowadays, how can we figure out what large systems want if we use just empathy with humans and other living beings? The old answers were well thought of and they stay valid as the times change, whatever the new world is like, how artificial and even unhuman ever it is. And especially in natural kind of life in natural circumstances. So my thesis is that the human thinking has gone all wrong but that everything else stays the same. My thesis is that even human thinking has stayed the same, we just have to relearn the language of our thoughts. That's what this book is about.

Nature. We used to live in nature. The sky and the clouds, the forest and the meadows, the sea and the rivers, all the plants and animals were our guides to a better life. And guides for our thinking ability too. Animals are intelligent. They have all the natural building blocks of intelligence.

Most animals have a good sense of sight. They can also understand the emotional voices of other animals of the same species. So it is likely that they can remember scenes for navigation and imagine in their minds eye what they can deduce from the voices that happens somewhere.

They can also recognize states of mind (the different emotions, thinking, using the senses, using the attention, atmospheres) from the body language & from other observations.

So they have the building blocks of intelligence: imagining what the reality is like and making observations about that. And they can learn from others also thinking by copying the body language and so by following the states of mind and action of another.

So are we away from Gaia only because we humans use so artificial ways of thinking that we and those who copy from us get lost?

Here in this book is a holistic view of the world and some basics of human thinking. I hope that they can partly help us to the right road again.

#### FEELINGS TELL THE TRUTH

Feelings tell the truth. How is it possible in the modern world? Our needs connect us via our feelings to our natural goals in life. Our pictures of the world take care of the artificialities in the world. If something is confused, it is our picture of the

world, our ability to recognise things, and not the feelings themselves. This book seeks to correct away at least partly that confusion in the pictures of the world.

I am sorry to include this many ideas of my own in one piece of text. So please grasp just what you agree with and nothing much more.

Allegiancy  
SAFEST WINS

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

What is the aim of objectivity, is to help in living. Therre is no other task for objectivity. Much of today's modern world is run by the help of objectivity. So schools and academical work are given an enermous importance, as if they had ceased to be tools and started to be goals in themselves. Education happens in artificial ways that are not good for our ways f living. The same applies to academical work.

What my goal is, is to change our views on what is the base and support of objectivity, so that the



enermous drive for objectivity could not ruin our lives but once again be a part of giving us more room to live in.

Objectivity is a skill which we are naturally capable of, it is a part of the human nature. So it too functions best whern we live in a way that is good for us. Then we are naturally observant of life and that is the best kind of observation base for objectivity...

To the readers of these pages: please do observe conscientiously what are the starting points of my thoughts (= all the points of view that I have heard of) which I use ONLY because you others use them, and what are the end results of my thoughts, the thus supported values (= paradise, excellent moral ad a life completely according to feelings) that I support from my heart. Here observe that the starting points are not logical premises for me but premises only for the other parties that I do oppose and to whom I try to prove my point in a discussion. I do support only the end results and not the starting points, even though I value realism but to me these end results ARE realistical values!

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K. Gibran: "There is a green meadow between a scholar and a poet; if the scholar crosses over it

she/he becomes wise; if the poet crosses over it she/he becomes a prophet."

If the scholar learns about life, she/he becomes wise. If the poet, who already understands about life, can put her/his understanding to the language of scholars too, that is true holistic wisdom, the words of a prophet with the body and spirit right, a road for others to travel in their life with both their understanding and heart.

I guess that I am good at crossing the meadow from the side of poets to the side of scholars but I am not a poet, I am a scholar. But if I could teach my skill to the poets, that would be worth a lot. My texts here at [www.paradisewins.net](http://www.paradisewins.net) seek to give a picture of the world via which that could be possible for many. I wish you good luck! Starting with a feeling and an atmosphere, form a holistic view of the situation. Transform that view according to my picture of the world here to a mechanical language which emphasises health and harmony instead of feelings and atmospheres. Then it should be possible to make all, even the militarily or economically thinking, understand you.

It is my dream that I could help to support the hierarchy of different areas of life so that insightful art and even religion would gain the position that they deserve above ordinary objective thinking on the field of finding objective answers to world's biggest questions and to those of living the lives of us all.

## RELIGION

Making successful solutions

BOTTOM-UP: The typical error of many is to try to solve problems by building from the habitual building blocks that they have solution attempts which they then try out.

TOP-DOWN: The correct ideal way to solve problems would be to begin in the opposite way: from the idea of a solution: figure out what you need, then figure out how to build such things: what structures you need, what kind of building blocks are available to build those structures and what kind of structures you can build from such building blocks (Only this last phase is available for you if you try the other way around.). Then just build those structures that you need for the solution. Ready!

## REAL MASTERY IS NEAR THE HEART

Feelings reach the essential

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

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

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

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

#### SEEING EMOTIONAL TRUTHS AS RATIONAL

First figure out what you feel strongly about and why you feel so. Then think of yourself by your very nature as a part of the healthy world: all your feelings are a part of the dynamics of the world trying to repair itself back to full health: aiming for healthy things and feeling repulsion toward unhealthy things. Those dynamics are rational also in the present day world. Our understanding helps to take care of the artificialities for which there is no natural reaction in our instincts. So just see your feelings as a part of the natural dynamics of the world, then they are rational!

You look around yourself and the world shines in its beauty. If we use some machine against its

instructions of usage, it makes a kraah like sound. It is the same with humans. When we have reached the natural correct way to live, our senses sing. That's our guide to better functioning that our natural tendency to enjoy beauty and things that are according to feelings and the deepest understanding guide us toward. Life really is a great panorama of natural music to some: that's why we still love music. Seeing the world answer centeredly, i.e. the human nature and health senteredly, makes the world look beautiful, shiningly, effortlessly, enjoyably, efficiently - that is the beauty of nearly full funtioning. Full functioning is something even better.

Someone said that the artists are the happiest kind of people. So the old following question is: how could everybody be an artist? IF I have it right, at least a partial truth, in my story at [www.paradisewins.net/Gaiastory.html](http://www.paradisewins.net/Gaiastory.html) the reason why the original nature paradise got destroyed, "Humans had simple tools with which they made a living in harmony with the nature. 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."

then we might need to take a really close look at the looks of our artificial living environment, of tools etc. Those should reflect good complex intelligent healthy balanced natural and happy ways to do things and to live. Propably even all that we do with the tools should aim to be such. That ought to have something to do with art?

oo

God created a perfect world  
GOD CREATED THE PARADISE WHICH WINS  
God created the paradise in the beginning of time.  
In the modern scientific language that means the healthy biosphere. It is/was a dynamical world in an ever varying ecological balance but healthy and natural anyway. It can be shown that it was a happy world full of love. And that it will/would win in the modern competition too.  
A remark: the fact that humans were meant to live in a paradise, applies only to the healthy natural WORLD which is a very moral place in character, and not to some unmoral arrangement which would cause a paradise for some while others would unfairly suffer.

READ THIS:

Healthy is happy.

And a healthy one works better than a broken one.

Applying this to the whole world, one gets the result that a healthy natural world is a paradise and that in a strongest one wins competition the healthy natural world is the winning option over any other kind of world.

In other words, it is a paradise which wins.

Beautiful things are not the domain of tales. They are best ways, which our nature guides us toward, to arrange things: emotional truths, beauty and moral - these all I can put to an objective form, to some extent at least. Please ask me if You do not understand.

THE WORLD IS OF LOVE

Feelings were created by God to be a force which together with our understanding guides us toward best survival in life. POSITIVE FEELINGS GUIDE US TOWARD THE GROUND FOR LIFE, THEY BIND US TO THE PIECES OF OUR NATURAL LIVING ENVIRONMENT, the healthy biosphere. Negative feelings scare us away from unhealthy directions. So what is the base of human functioning, are the things which our positive

feelings and understanding guide us toward: if one wanted to speak flowery language, one could say that TO A HUMAN BEING THE WORLD CONSISTS OF objects of LOVE. The large scale gets taken into account via feelings in our picture of the world. A holistic view is demanded in this: it gives correct emphasis to things.

Antoine de Saint Excupery: "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 lives things that are important in practise, our instincts: sense of importance, feelings, motivation, LIKINGS, sense of beauty and common sense guide us toward the essential in things.

So what at first sight appears to be just irrational likings, often has strong rational grounds. Gaia is one example of that: toward naturalness, health, responsibility about the 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 bunches of separate adjectives (causes of feelings) instead of as single substantives (descriptions of the reality), then they are also rational.



Written by Kaisa Hannele Tervola, Espoo, Finland

The result of God's creation work was intelligently well planned, better than what the chance of evolution could have created, or as good at least if it can be shown that the evolution too would have created a very good world.

In order to be the best possible world, the world that God created needed to be better than any other way of arranging the world, better than anything that one could get from the original by breaking or malforming it. But that's just what the fact that we look like products of evolution guarantees: from the same building parts one cannot easily build any better alternatives. God could have easily arrived at the same result as the evolution: by taking a round after round in his thoughts and always dropping the nonfunctioning arrangements away and keeping the best ones and other well working ones and making slight changes toward better, he would round after round have arrived at an at least as good arrangement as the evolution, since he used the same method as the evolution but with the help of intelligent problem solving in order to make new arrangements which work. This could maybe be likened to an evolution in which learned qualities get inherited.

In which sense at least was the world that God created the best of all possible worlds? It was what we call a completely healthy natural world. So it was the strongest, most intelligent and wise, most socially skilled and with most wisdom of life, the

happiest and most fair and most moral of all worlds. As such it would still be the winner in the modern competition with all the technology in the world, so the world that God created is still the winner in how to arrange the living beings fates over any other kind of arrangement. So has it always been and so will it forever be: the paradise in the beginning of time is the winning option and in other words: the world as God created it was perfect!

How to see this more clearly? Our functioning is based on the healthy. The broken parts do not function at all, if they are completely broken. If they are only partly broken, there are some healthy parts in them left and their functioning is a sum of the functioning of the healthy parts. So the whole world is a sum of the healthy parts of the healthy natural biosphere (as a creation of God). What functions best, is the whole biosphere in complete health and naturality. An illness is a healthy function of a partly broken whole to try to cure itself. It is our nature that of the pack, the society or the world is broken, we try to cure it back to full health: we are moral by our nature. We are by our nature parts of a bigger whole, cultivating its health is what is moral. Naturality is our principle of functioning and it can be seen as action according to the will of God. Why would the world at the beginning of time have been a paradise? Healthy is happy.

How to pray successfully:

Do not only look for God to answer all your prayers, look also to your own nature, which is a creation of God, for your true nature to guide you toward a more beautiful harmonical world. Realism, rationality, high ideals and feelings are all parts of your nature and so a part of God's message to you and to us all.

Religion Which Works

God created us with an understanding of our own and with a nature which is a part of God's message to us. Trusting our devotional feelings together with our understanding makes the religion work for us much better than if we just consider religion foreign to our soul i.e. if we think that religion works some other way than what our instincts and understanding advice us. God is not a machine to make wishes true; we need a living relationship to God, we ourselves with all our feelings, both ordinary and devotional and with all our understanding too.

Nowadays we have a scientific picture of the world. There is nothing wrong with that: so we get to know many sides of how the world that God created works. We can use our whole picture of the world and pray. Prayer is connected to a feeling of holiness and of devotion. Typically we get such when we meet in the world things of great value, like pure nature or some matters of extreme importance.

## PRAYER

Pray with the strenght of your whole feeling (of a need), doing at the same time your very best, using your whole capacity at making things better (even if you cannot noticeably affect things, do not drop this part away: it is your part and God will do the rest).

## HOW TO GET OUR THINKING CAPACITY TO WORK FULLY VIA PRAYER

A deep prayer brings calm, sensitivity and a widened awareness during which you can observe the atmosphere of many things in a clear way.

Atmospheres are a natural way to make correct observations of the world and of things which are important in life. So is the widened awareness too which can give you a wider understanding with more things taken into account and more new possibilities found. The calm of praying puts your ego down discouraging your bad habits which usually take your energy, so the prayer brings you toward more natural ways of living via which you get an increased capacity.

Soul : the core for functioning

Heart : important for emotions, a base for functioning in practise

Eden wins

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 ashtray, 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 optimising 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  
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 naturalness, especially naturalness in ways of using the attention. That can be thought of as reaching for the happiness, health and naturalness of the state of complete naturalness 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 naturalness. 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, naturalness and happiness of ourselves, we have to understand that it is interconnected with the health, naturalness 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 road mark 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 advices that the way of naturalness 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.

## 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.

Rebellion in Hell

GOOD IS STRONGER THAN EVIL; OVERCOMING THE BIG DEVIL

Suppose that the worst happened: that the big devil did exist and got to rule the world. Why would we still have hope?

Devil worships evil or then he is power oriented. In the latter case he listens to the optimising of wholes. In the former case we can conquer the world from him by the force of arms and by the force of optimising.

An evil worshipping one supports lies, so he cannot get to know what the world is like, what we are exactly doing. So we can use that as our disguise to begin with and in the shelter of that disguise we can optimise our forces so that we become the strongest of the groups of the same size.

The human nature is a creation of God (in that case) but even if it weren't we would probably be products

of evolution or of intelligent planning, so the thoughts of my book still apply. We are happiest and most well functioning as a part of the Gaia paradise.

What if the devil was power oriented enough to value honesty? Then we could present him with the information of this book about beneficiality optimising and moral and the nature of human workers. That would make him support excellent moral the amount that he is power oriented. So in any case good would win.

This book includes also advice on developing intelligence, for the case that the lack of intelligence is the restricting factor and for the aim of building superintelligence too.

God's perspective to the world

God's perspective to the world would emphasise health, happiness, excellent moral and the interconnectedness of things with each other and with God, understanding the role of each thing in the world. My perspective is very objective and emphasises these things, so that it could maybe offer a view of what it feels like to be a human looking things from God's point of view.

The world is complex. Still, if conceived correctly, it can be handled by the humans' cognitive capacity in a way which is constructive for happy life and excellent moral and emphasises the connection of humans with God. It is likely that God doesn't get

mixed with his own plans but can handle complex things with ease, unlike the devil who loses the world in a mess. God uses a perfect point of view, devil a failed one. My perspective is an example of how a good point of view can simplify things a lot without losing any of the dynamics of the world. So God can understand everything and be allmighty (understand truly the dynamics of the world) without being all-intelligent in everything - even though the correct point of view brings intelligence too since it brings healthy ways of living with a good understanding. The God's ways are hidden from human eyes: to see the right solutions one needs to use the correct perspective and not to follow the errors of others. Eyes do not see but the heart feels... Maybe this way you (priests etc) could unify my perspective which is really beautiful, with the usual Christian point of view: a glimpse of God's understanding. And that's what we are supposed to have: to be God's image in some way - in this way too!

Healthy

Health

By "healthy" I mean many different things:

Healthy life, healthy structure

\* natural, happy, well functioning, balanced whole in a healthy way

\* a healthy way to do things

\* without fractures, illness or malfunctioning

Healthy rationality

- \* on a healthy ground
- \* healthy common sense + a holistic view
- \* main things right

Healthy whole

- \* parts functioning well harmonically together according to the nature of the things in question and in a way that is truly good for the whole and good in the long term
- \* healthy natural society that is according to justice and common sense and the instincts of humans, respecting human values
- \* living according to one's true nature a full life being a healthy influence to one's environment, too and to the world at large
- \* carrying responsibility of the whole in a healthy way that is a good example to others too
- \* having an emotional contact with one's environment and with the world at large
- \* living in practise, understanding sizes, emphasizes right and the roles of things in life correctly and one's own role in the world
- \* living in practise, living physically, with one's senses, feelings, according to one's instincts, according to the best understanding of things and the world at large that one has, carrying responsibility, with empathy, compassion, justice,... An unified natural healthy well-functioning whole.

(Reaching for social position isn't considered natural or healthy. Social position should be only a tool in reaching for healthy goals.)

Health

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. Compare this to the values of women.

The Model

This is a theory about what are the healthy functional parts, healthy individuals, healthy societies and the healthy biosphere like. They are each by their nature, and that means by their principles of functioning, parts of even larger

wholes: the parts being interconnected with the other sides of a healthy individual, the individuals forming the society which is a part of the healthy biosphere.

#### THE STRUCTURE 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 Gaia i.e. the living kind with its natural living environment.

#### 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. 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.



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.

According to the above model, ALL BIOLOGICAL FUNCTIONING IS BUILD UPON HEALTHY PIECES OF THE WHOLE HEALTHY BIOSPHERE, Gaia paradise, AND THE BEST FUNCTIONING IS REACHED BY THE WHOLE HEALTHY BIOSPHERE, Gaia paradise, because in it is each building block in its natural place in the whole, so also all the environmental requirements of the living beings are fullfilled.

This is the basic idea of my texts!

So, in order to understand how living systems and their parts function, it is sufficient to examine how the healthy systems and healthy parts function.

If the strongest one wins, global nature paradise Gaia wins!

If a paradise upon Earth is the winning solution, then many forces which nowadays force us away from a paradise, turn to forces which guide the world toward a paradise. Maybe all the road isn't ready

yet but with such masses of help it will soon be made ready.

The world is created by what we do.

If we by our own actions create a hell, we have to live in that hell.

If we by our own actions create a nature paradise, we can live in it.

Our part in God's world

Like we understand that it is good to bother to join one's hands together in a prayer, there are also other things that living according to God's will, believing in God demands from us. And one of those things is good moral and listening to one's own true nature.

Believing is not the same as not believing and praying only superficially is different from a prayer that is felt in one's heart. Living in sin is much like believing in devil instead of believing in God. And not trusting one's true nature is much like thinking that the world was created by a supercomputer instead of by the chance of evolution with natural selection according to what is the best option or by the wise planning of God.

Religious answers

Religion offers a solution centered way of finding answers to even seemingly impossibly difficult questions. It works out the following way: First

there is an idealistical yet realistical picture of the ideal answer to a problem: an atmosphere. Next, one finds real things in the world which have that religiously beautiful atmosphere, like true justice while following human values and true health of the individuals, of the society and of the world at large. Those are the things that our functioning is based on, since our functioning is based on the healthy and not on the broken. The world is a sum of the healthy, lovable parts. And best functions the completely healthy world which is what God created the world to be like. This model can solve many of the world's problems, I believe. At least it has always provided solutions. And it has a very beautiful view of God's creation work.

#### God's World

When God created the world,  
he meant it to work healthily,  
that is totally morally,  
being build upon its healthy parts.

God's plan and diseases, conflicts etc  
GOD'S PLAN

Those who are completely healthy, shall flourish.  
Those who are in some way broken, shall die away.  
This applies also to parts: the healthy will spread  
and the malfunctioning parts will run into trouble.

This way conflicts for example are born out of malfunctioning and the future on the other hand is build upon the healthy.

In the following, like in all of my texts, Gaia is the healthy world, the world like God first created it.

#### DISEASES IN GAIA

Gaia is an allegiance for the good of all and for the good of future generations, so in Gaia one needs to get feedback about what one does so that good ways of doing get encouraged and bad ones drop away in the competition. Diseases are a form of negative feedback. Diseases are in Gaia a result of bad ways of living. If one corrects one's ways of living, one should recover. Diseases come from too much strain on something compared to the forces in one's use. So by getting more forces for example by becoming more moral, more Gaia like, more in accordance with one's natural motivation and natural ways of functioning, one can recover.

#### REPAIR MECHANISMS

Gaia needs repair mechanisms:

- \* pain and suffering
- \* diseases
- \* predators

They drop errors away.

The most Gaia like ones, the healthiest 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 likeness, are forced to suffer. Otherwise the beautiful Gaia paradise would be lost in a short while.

HELPING THE PACK MEMBERS This does not mean that one should refuse to help the weak. Yes, one should refuse to help if they are evil and deserve such a big punishment but if they are not evil but are moral i.e. good pack animals, then that is their strength, their strategy of life and they should be allowed to benefit from it fairly. Only so is health left and malfunctions like evil dropped away.

#### Mercy

The biggest amount of mercy for all should mean good living conditions in the future which presupposes supporting good and resisting evil.

The point in giving negative feedback about evil deeds is to prevent the individuals themselves or others from doing such things in the future. So if an individual which used to be evil has completely

cured his bad habits and has become moral, there should be no need to punish him any longer. The removal of the punishment makes it easier to motivate the person to curing his bad behaviour. And once the person is moral, he earns the rewards of moral people and no punishments. Thus, good gets supported while evil must be discouraged in practise and not just in fine words.

oooooooooooooooooooooooo

#### A PARADISE MOVEMENT

I love life, happiness and things positive for happy life  
- like most of the others, like You too.

That means that I support from my heart the arrangements in the world which support good life,  
moral in this sense of the word.

This is all that is needed for a better world.  
(Speaking out this view is also a good way to win new friends.  
It works well also wordlessly, on gesture language.)

In the light of this thought I wonder if God's mercy should mean that we should be mercifultoward ourselves, toward our true nature and let us be what

we really are like, let our hearts be what they really are like. Instead of being merciful toward artificialities and sins arising from them. The so called sins arising from our true nature, from our heart should be understood and allowed, like sexuality for example, and all kinds of things motivated by feelings.

If you can imagine something well, you can be it  
IF YOU CAN IMAGINE IT, YOU CAN BE IT  
Gibran: "We cannot in our dreams rise higher than our greatest achievements." This means that if you can imagine every side of some skill, you can be it if you just know structure analogs from one thing to another one and are ready to practise enough to get the knowledge and skills needed. But partly you already have that skill: some time in your life you have achieved that high in something. So if you just take that skill of yours as an example to yourself, you already know how a skill like that functions. All you need to do is to get the partial skills that you need in order to achieve that skill. And if you can imagine them well too, that is a map for you to follow in those things.

religious moral and ordinary moral  
Like I have written in my text about justice,  
forgiving evil deeds and admiring martyrdom as a

moral thing support evil by refusing to punish it and punish good by sacrificing it for the sake of the not-so-good. So martyrdom and forgiveness destroy moral. This is so in ordinary human life. How come then maybe all the religions support these despicable things, saying that a God or a true master would be merciful and sacrifice oneself for the sake of all? That is the case of a person who is capable of much more than what we ordinary humans are capable of. Such a person can take a human being, either good or evil, and make such an impression that the other one is never the same anymore: starting from any material, they have ended up in an end result which looks like their own handiwork and not like what it was before: good or evil in the ordinary sense. So it no longer matters what things used to be like, one can be forgiving. Also since the evil cannot threaten the most powerful ones, there is no need to protect oneself so much via punishing the evil ones.

In a group it is on the responsibility of the most able ones to work for the common good all that they can. So in a sense they need to sacrifice themselves - because no one else can do it for them. But such sacrifices are according to the nature of pack animals, of living beings. They are not the sacrificing of the good for the evil which I ban. In ordinary life it is the evil ones who should sacrifice themselves in order to pay back what they have received from others.



Another difference is that of a state of mind versus things accomplished, things to do. Forgiveness and compassion, even sacrifices create a state of mind which is good to have. Among other things it is sensitive and like giving up one's bad habits, so resulting in a good capacity in anything and in friendly peaceful social relationships, being so a very good advice for anyone to follow. But what to do with such a capacity. Feelings and understanding tell. They tell that we must guard moral, support good and resist evil - according to our own abilities and not as if we were gods of some sort. So we cannot forgive as much and we cannot sacrifice as much. Unless we are evil and need to pay back what we have done.

Fitting together all the religions

The fitting together of different religions: I have become acquainted with only three religions: Christianity, Buddhism and Taoism. But that already gives me an idea of how one might fit together all the different views of the divine in the world. We each have a sense of fracturelessness and health and following that voice is what religion is about. The differences in our understanding and ways of living make us notice different things of the world and make us need different things in order to cure our lives toward full health and naturalness. Similarly each culture and each cultural domain has a different view of the divinity because of their different ways of living and different pictures of

the world. There is no one truth which is better than that of others, all the religions are correct at the same time and would support each other if added together. But when we say God we mean a different side of human life than when the buddhist or taoist refer to what is religious in those eastern philosophies. We each speak of some side of the healthy natural life but we speak of different sides of it.

#### Masterful skill

What does masterful skill consist of, in my opinion:

- \* sensitivity: the ability to observe things
- \* the ability to form a holistic view of everything with everything taken fully into account in it: wide awareness, a natural holistic view (see my page [www.angelfire.com/planet/paradisewins/thinking.html](http://www.angelfire.com/planet/paradisewins/thinking.html)) and the ability to follow complex structures by watching them with one's eyes
- \* the ability to use one's capacity to the fullest:
  - + natural motivational factors
  - + changing one's mode of action naturally according to what one does -> the perspective of philosophy of life in use in that

What does masterful teaching skill consist of:

- \* being sincere so that others can see by themselves naturally what you are doing (at least on the part that you want to teach)
- \* having something to teach

\* rephrasing the skill that one wants to teach on the language of everyday life and easy analogies to everyday life - such offers an enormous vocabulary which should allow the teaching of anything easily and quickly

\* an understanding of how the modes and ways of doing affect how one succeeds

oo

One should make a difference between stone likedness and the body likedness, since one should oppose stone likedness in ways of conceiving the body and the world at large. On the other hand we conceive the body via sensations: bodily sensations, atmospheres, feelings and social sensations. So what we conceive as the body in our lives at the level of experience is more like the spiritual dimension of existence in the beautiful and even religious sense of the word. Nevertheless, stone likedness should be avoided: it is the wrong way to conceive the body and the living beings at large.

Religion says that we should avoid sex outside marriage. This might mean only dirty, unskilled and unrespectful sexuality, which unfortunately is quite common. Since usually when we are sexual, it is born from us loving the good, even religiously thoughtly

beautiful characteristics of the other one and from us wanting as much of that good social influence to our own life as possible. We want that good feeling which comes from healthier ways of living, since each time that our characters differ, our basic skills in living are different and so we have lots of good and beautiful things to learn from each other, if we only can build a well working and close enough social relationship with the other one - a relationship in which we learn easily in a friendly atmosphere. These sides of our sexuality are clean, kind of reaching toward the higher which should be good from God's point of view. The problem is that usually we mix different social relationships wanting them all to be alike, even though the people in them are different and the situations differ. So we cause conflicting needs between people, which is dirty, unless we solve them completely constructively and responsible via following the rule "Live and let others live!". And of course there are dirty ways of treating others: those are dirty also in sexual affairs.

Through the ages?

In the beginning God created the world. The world was perfect, the best possible world in every sense. But the understanding of humans was not all that perfect. When humans met healthy or not healthy things, natural or artificial things, they treated them alike, not caring for what was a perfect creation of God and what just a creation of the

human hand, what healthy and what somehow lacking. So when humans had to use their understanding as a guide of how to do things, they used both healthy and not-so-healthy models from their experience. So what could have been almost perfect, became a mixture of things of different quality. And so the world slowly deteriorated away from the paradise in the beginning of time.

The success of the artificialities makes humans lose belief in God's creation work. But since as the technology develops competition increases, it becomes ever more important to optimise the whole system. At the beginning it was possible to optimise only the technology and humans needed to adapt. Now the technology is able to adapt and the humans' part needs optimising - but that part is still optimised like in the beginning of time: by noticing that God's choice in how to arrange things is still the best. Nature and technology will melt together... Resulting in the paradise in the beginning of time with technology around too for the needs of protection and for answering also other needs. But all needs cannot be answered by the technology since some needs connect to the way that other needs are answered, trying to answer them by the means of the technology would mean building a real like natural world for humans and other living beings to live in - the possibility of such is still too far in the future...

I claim that we will end up in a paradise much like the paradise in the beginning of time but this time with technology around. Why would it be so? For understanding this we need to understand something about the optimisation of complex systems:

Let us say that a system consists of two different types of parts, A (= the nature) and B (= the technology and other artificialities), which are not by their nature connected to each other: they can both survive alone, even though the parts of type A connect to form a whole which needs to be optimised. Now say that the adaptability of the parts of type A is a "number"  $a$ , and the adaptability of the parts of the type B is likewise a "number"  $b$ . There are two tasks: the optimisation of each type of parts and the adaptation of them to the whole. If the type B can adapt well to the type A, the type A needs not adapt so much and can spend its forces to the optimisation of the whole formed by the parts A. So, as technology develops and becomes more and more adaptable to the needs of humans, humans can return to the ways of living that best suit them, that bring the best capacity: to a natural healthy life in the nature.

Why do I then treat these two types of parts as two clusters of things instead of taking a small part and another and emphasising them as I feel needed in each situation. First of all, the biggest things matter the most. So if I take very general coordinates, I can treat everything at once, and see how the large scale effects get formed. If I overlook no factors, my calculations bring the very

best result even if I have stayed at the level of the whole. That depends solely on the generalisation that I am using.

On the other hand, if I start with a crucial part and try to ensure its safety and well functioning in the long run while taking the whole system into account, I have to follow rules which give it enough safety. That means allying with as many as possible and that brings the welfare of the masses into focus...??? Ally with rationality, ally with moral,...

Why to not to optimise only the technology part and some chosen part of the human kind? If the pool from which the competing human strategies arise isn't as large as possible or if the best strategies do not get chosen because one does not follow justice which does not take sides, the competition ability of the group gets smaller - see my text "If one denies power from some group" for this in my first book Power Politics Leads Toward Excellent Moral.

Similarly if one does not follow human values fully, the different people with different strategies of life will not be fit to work and those strategies will drop away from the competition against justice, so weakening the group. The keys to the full optimising of a biological system are health (human values) and justice.

Buddhism versus selfishness

Why selfishness contradicts enlightenment:

Imagine the mood of a pet dog which has something in its mouth: it is stiff and concentrated to the thing in its mouth and into keeping it in its mouth, so that it is quite stubborn and uncooperative by its attitude, being shortsighted compared to the usual and it is also strongly taking sides, its attention is narrow, being centered around keeping the thing in its mouth. This mood is similar to the mood of a selfish person who has thought something to be beneficial to oneself and then aims at that goal. The wide awareness and a mood born from the wide all-encompassing awareness that are prerequisites for the enlightenment are lacking from the selfish state of mind. Compare the mood of an unselfish person to the mood of the pet dog after someone has taken away the thing in its mouth and the dog has adapted to the situation by shaking its coat and assuming a relaxed alert friendly attitude toward all. That is a good starting point for the Buddhist.

Why the ones who do not care about other cannot be enlightened:

The attitude of not caring is like an intellectual judgement of the others not having any or much worth to oneself, so it is connected to not paying proper emotional attention to them, to their emotions and wishes. So it makes one lose awareness of the social life, of its positive natural emotional beauty and enjoyment.



## Miracles

In my opinion miracles are connected to finding the pure true chord in life. That means that we have to give up sins and live a completely pure life according to what our soul says. Here a part of the soul is soul in the atheist sense of the word: our heart's voice in a positive sense. Another part are moral, religious sensitivity and the wideness of one's view. It is essential to follow one's hearts voice instead of being dogmatic, and to let things get their emphasis from their own weight: compassion lifting the happiness of others to be as important as our own and the well being of all of an enermous important compared to our own "good". So, by following the right way to live, we get increased strenght, understanding, wisdom, cleansed social relationships and we reach a true joy of life. (This healthy way to live should also cure ilnesses which stem from jammed feelings, jammed social life and strain.)

In the beginning of time God created the world, a perfect nature paradise, and us humans to live in it. We are created to live in that perfect paradise of the beginning of time without ever destroying it, without ever doing anything evil. That is our true nature and makes us the healthiest that we ever can be. So we are truly moral by our nature.

But nowadays the world no longer is a paradise, but still it consists of pieces of the paradise: the natural world plus of human-made artificialities. The existence of the artificialities and the ruining of the paradise do not change the nature of humans or of other living beings. So the natural world is a sum of healthy and broken parts of the paradise in the beginning of time. The broken parts do not function at all: so their effect sums up to zero. The healthy parts, whose principle of functioning has stayed unchanged, however small or oddly combined they are, form the world. So where there is anything unlike the paradise, it does not exist. And where there is something healthy, its principle of functioning and the principle of functioning of its environment is reached by Atonement to the original principles of functioning: health, naturality, moral, happiness, religion, compassion...

#### THE SOURCE OF MIRACLES

In the beginning of time the world was completely healthy and all the living beings in it were completely healthy too. Since healthy ones are capable of much much more than ill or broken ones, were those beings of the beginning of time capable of much more than we nowadays are. By reaching for the health we gain strenght and even miraculous powers.

But what is the full health that we wish for like?  
It is a healthy way of life, but what is that like?  
A healthy being is by one's nature a part of the  
healthy world, and if the world is somewhere broken,  
the healthy parts try to cure it back to its full  
health. So in the present day fractured world the  
healthy individuals are centers of recovery for  
their whole environment and maybe even for the whole  
world.

#### Religious dogmas

I just wonder why there are religious dogmas at all>  
could it be because humans have naturally the  
ability to think with the help of feelings and  
atmospheres and there when you start with a feeling  
or an atmosphere you<sup>7</sup> end up with a thought (i.e.  
what is the importance of the cause of the feelings  
in the world and in your life). But in religion the  
aim is different, you aim at listening to your soul  
which is also your instructions of usage, your  
natural way of functioning best, the right way for  
you to do things. So the end result of religious  
activity should be a feeling, a state of mind and  
more widely a way of life! That state of mind you  
can use to guide your actions, in each situation you  
should choose the course of action that agrees with  
that God chosen way of life, not dogmatically but  
chosen anew in each occasion by your feelings and a  
full understanding.

Women's Wisdom

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

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

I am a woman myself and value women very much indeed.

Hannele Tervola

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 upbringing. 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.

#### The Best Style

People often wonder what is a good style like. I answer: the very best style is Gaia for Gaia: the best health and the best intelligence with the most happiness, for the full health of the world in every

sense, in practise! It is the style of the paradise movement - we as parts of Gaia for Gaia - these are the best ones of all goals and of all methods!

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

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

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

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

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

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

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

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

Some women feeling about girls especially  
FEMINIST FEELING ABOUT GIRLS

Why would a feminist woman (not I but I am somewhat feminist though and care about all, including girls; I value girls and women more than I value men and boys.) feel strongly about little girls? We feel strongly about things in order to mark them important in our picture of the world. Little girls are important in the world: from them will the future generations halfly grow up and so what the future of our society will be is dependent on what they grow up to be like, what kind of culture they have and how they affect the society, creating living conditions especially in respects which are important to women, to feminist women who values just women's' culture, especially.

And since the fate of little girls, women to be, is especially in the responsibility of the feminist women, that is one more reason to feel strongly about little girls, since what happens to them in connection with feminists is important to all women and girls and to those girls especially.

And girls are living beings, what happens to a living being, the big matters of life are important and comparable to the important things in our own lives.

So it is rational to feel strongly about little girls. We feel strongly in order to understand the importance of those things in life and in the world at large. Little girls and humanity.

I feel strongly about living beings' fate. It is rational to feel strongly about it since it is an important thing, including all the little girls etc.



I feel that I can do something to help the living kind, also the girls. And the girls and women can help the living kind.

Build a rational view of the whole, with the emphasies given by feelings taken correctly into account. Remember that you often feel strongly about just those things which you can affect the most, in which your responsibility lies especially. If there is a strong bond, we feel especially strongly: there are many things on our responsibility via that bond. But do not forget the major matters of the world either, see their connections to the small scale. That is easy by using generalisations, like my girl, all such girls, all such people, people with such values. Values, how they affect living conditions, what life is like to us and to all the others.

Read the text The world is of love: one can often build a healthier kind of or more natural social relationship to women and girls than to men and boys who are more competitive.

All women are not feminists. Some women are sovinites, quite many in fact. Many women do not understand the value of women's ways and values.

Men's ways

Men have poor ways of life, they enjoy life less than women. That has to do with them refusing to be

like women. But women have to bring up the next generation, so they have to choose ways of life that are good for both girls and boys, for both women and men. Men refusing to be like that makes men suffer more in their lives. But men could be like that without needing to be womenlike: look at the gesture language of many modern and even many older women: it is sturdy and manlike, a man would not need to be ashamed of himself at all if he would look like that. So men can copy from the women and even grow in manliness, easily and strongly!

Old women are important to the society  
We feel strongly about our grandmother. If feelings tell of importance to the society and to us as individuals and about our responsibilities in each situation, why is she so important to us? As an old woman she has probably much wisdom of life, wisdom which is important to the functioning of the society and to the functioning of her social environment. As such she is important and valuable to those with less emotional wisdom which is needed also and especially at the emotionally tough war times. So she is important to the country also from a militaristic view point, from the point of view of the soldiers being able to fight the war.

**But if she is as important to us as our feelings tell, why should the enemy not kill her if they get the chance? First of all, she is important in a peaceful way which does not threaten the other country but supports the common good. She is**

important because she has not broken the society agreement with the other nations, like the soldiers have partly done. So she is in spirit in cooperation with all the nations, including her own nation of course, for the common good via a peaceful set of values. That is reflected in her serene atmosphere. And that's how we should treat her in return. She is one of the ones upon whose shoulder the peace is build.

And her fate is connected to the fates of us all. That's one reason why we are oblidge to protect her.

Women's ways of thinking versus men's

S The men typically think either mechanically or technically, trying to build solutions from mechanical kind of blocks. That is slow and suffers from the drawbacks of a partial view.

The women think with the help of atmospheres: starting from a pleasant kind of atmosphere which is what an ideal yet realistic solution would have, one figures out what kind of structure type would produce such a solution and then one just carefully chooses the building blocks to fit the solution. Such is a quick perfect holistic yet mechanically intelligent way of solving all kinds of problems.

If one could introduce a test testing the latter type of way of thinking, one could prove how much more intelligent women typically are than men.

oo

Love is the basic nature of living beings  
THE WORLD IS OF LOVE

Feelings were created by the natural evolution to be a force which together with our understanding guides us toward best survival in life. Positive feelings guide us toward the ground for life, they bind us to the pieces of our natural living environment, Gaia. Negative feelings scare us away from unhealthy directions.

So what is the base of human functioning, are the things which our positive feelings, via the map given by our understanding, guide us toward: if one wanted to speak flowery language, one could say that to a human being the world consists of objects of love. The large scale gets taken into account via feelings in one's picture of the world. A holistic view of the world is needed in this: it gives correct emphasis to things.

So in the state of complete naturalness and health the world is filled with love. That's one reason why I call the healthy natural world the Gaia paradise. Another reason is the emphasis on the interconnectedness of things.

So also from the point of view of working ability the world is based on things that we like or love.

Feelings tell the truth. How is it possible in the modern world? Our needs connect us via our feelings to our natural goals in life. Our pictures of the world take care of the artificialities in the world.

This is a new thought: that's why you haven't heard it before. Please read the rest of my texts too. I have the unusual skill of translating emotional truths to objective language. I hope that You will learn at least a part of that skill by reading my texts!

It is the healthy parts that our lives are built upon, not the broken parts. Toward health we feel love: the healthy in us feels love toward the healthy in the world, toward the base of our functioning. We are the healthy parts, and the world is the healthy parts. So love is our essence and the essence of the world for us.

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 health: of love and beauty. A really healthy individual with a good uncerstanding, one of a very loving kind, happy and moral.

Isn't this what Christianity talks about and many other religions too? What separates women from men and the moral ones from the evil ones?!

You look around yourself and the world shines in its beauty. If we use some machine against its instructions of usage, it makes a kraah like sound. It is the same with humans. When we have reached the natural correct way to live, our senses sing. That's our guide to better functioning that our natural tendency to enjoy beauty and things that are according to feelings and the deepest understanding guide us toward. Life really is a great panorama of natural music to some: that's why we still love music. Seeing the world answer centeredly, i.e. the human nature and health senteredly, makes the world look beautiful, shiningly, effortlessly, enjoyably, efficiently - that is the beauty of nearlt full funtioning. Full functioning is something even better.

GAIA IS THE MOST PARADISE LIKE PARADISE OF ALL  
POSSIBLE PARADISES

The healthy biosphere which I call Gaia paradise is the most paradise like paradise of all possible paradises. Any imaginable paradise is a paradise just the amount that it is like the Gaia paradise. Since Gaia is the state of complete naturalness and health, the whole world in peace and happiness, which fulfils all our natural needs in natural healthy ways - also the need for peace and security and our needs in how each of the needs should be answered.

And **each kind of imaginable world will do well in competition the amount that it is like Gaia,** especially in the biggest matters. **Since Gaia likeness 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 naturalness 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 beneficiality 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.

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.

Technology is just an addition. It does not change the nature of things in what comes to living beings' functioning. Technology's effect to competition ability must be counted as a sum, as an addition, separately from how to treat the living beings. As technology is developed, it gets adapted to the requirements of living beings. Technology is capable of adapting, living beings are not. Evolution happens only upon time, upon many generations and it isn't jump like, it is gradual and that is not the case in adapting to the technology since the technology is a new factor, a factor of a completely new kind. We must survive through technology based on our old functioning. Our most efficient ways of handling the technology, the enormous amounts of information in the modern world rely on our natural ways of functioning, for example on our capacity to handle sensory information of seen nature landscapes - much of the most efficient thinking is like watching imagined landscapes of structures, such is also engineering work. And the best training for such is to lead a natural healthy kind of life.



What then is the ideal way of life like? It is something like the traditional ways of Americal indians and of the other so called primitive cultures of the world with their close contact with the nature and with their healthy ways of living with their enermous amount of sensory stimulus and other factors which keep us healthy and fully functioning. But that way of life has to be combined with having the technology: a portable computer, a phone, etc and importantly: modern kind of work to do. It may be that as the time passes, we will find more effcicent natural way s to handle the modern work too, but for the time being we just have to combine two different types of building blocks: academically or at least school educated with the technology and natural healthy life with the nature. The latter gives us the capacity and endurancy, the former is what matters a lot in the modern world. Still, the piece of understanding that I am offering about the value of natural way s of living and natural living environment, may make it possible to change many things in how the cities and modern societies are run, at least on the level of looks and feelings & atmospheres, and that ought to cure a lot of the nasty feelings that people have: we matter after all!

What is this kind of intelligence then? Why and especially how explicitly does it offer advantages in the moderns world?

Based on the natural healthy life in a healthy natural living environment you ought to have all your capacity in use. So you would be naturally intelligent, strong and wise also socially. But this presupposes that you do value the life in the nature, all the natural aspects of your life, placing them close to your heart. Since if you wander in the woods and say to yourself that this is only the woods, nothing special that is, you will pay no attention to the complexity of the view around yourself. A huge tree will be just one piece of something to you and you will bypass it in a fraction of a second. So you will get no training from anything. At large I consider it important to never say "just/only" but to trust one's emotional understanding of the worth of things instead! So if you wander in the forest and are touched in your heart by what you see, hear, sense and smell around yourself and in you while walking there, you will use all your natural capacity to conceive the things in the forest and get so much practise that there is no other way than other forms of healthy natural life to get such.

EVERYTHING IS BUILD UPON THE HEALTHY

All functioning is build upon the healthy and a healthy part is by its very nature a part of the paradise in the beginning of time. So everything is build upon pieces of the paradise in the beginning of time.

This is at the same time completely free and non-destructive, very constructive for happy life in the world at large, a movement for EXCELLENT MORAL IN HARMONY WITH THE DEMANDS OF THE MODERN WORKING LIFE AND THE PERSONAL QUEST FOR HAPPINESS OF EACH INDIVIDUAL OR SOCIETY. And since it SHOULD BE EASY TO LEARN, it could spread, maybe even all over the world in some sense, to some extent at least.

Could this work efficiency (or what ever) perspective of mine make you happy for the rest of your life?

#### CHRISTIAN RELIGION AND GAIA: EDEN WINS

It may be that if God created the world, he created it to be such that healthy kind of religious life is a part of full health and so the healthy world is also a religious world but otherwise just like I have described here on my pages.

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 these pages and my two books: 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 on these pages and in my two books 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.

#### SURVIVING IN THE END

I have been thinking of how to help the seriously ill and those near death. My belief is that a right

kind of healthy attitude to living, one according to most beautiful feelings, and one's relationship to God are the things which can help.

Attached is a list of the things that I consider parts of the healthiest most natural way to live and/or attitude to life, for the seriously ill. The healthy one ought to add sports and well motivating work to the list.

I hope that my point of view helps the suffering ones!

The center of life:

THE FLAME OF LIFE

which may pass away

but in which just the flame is important

THE NATURE:

TREES, BIRDS, THE WEATHER,...

BEAUTIFUL FEELINGS ABOUT THE WORLD

AND LIFE IN ALL THINGS ACCORDING TO THEM

BEAUTIFUL FEELINGS IN SOCIAL RELATIONSHIPS

AND LIFE ACCORDING TO THEM

NEVER SAY INTELLECTUALLY "ONLY"

ABOUT ANY GOOD THINGS IN LIFE

BUT FEEL THEIR WORTH INSTEAD

THE SENSITIVE STATE OF MIND AFTER PRAYER

WHICH IS RICH OF LIGHT ATMOSPHERES

AND IN WHICH YOUR ATTENTION IS LIGHT

AND YOU DO NOT FORCE THINGS -

LIVE YOUR LIFE ACCORDING TO THAT

LIKE GOD INTENTIONED IT TO BE LIVED

GOD AND RELIGIOUS LIFE

BEAUTIFUL IDEALS (FRIENDLSHIP, LOVE,

THE FATE OF THE FUTURE GENERATIONS, THE LIVING

KIND, ...)

AND LIFE ACCORDING TO THEM

DEDICATE YOUR LIFE TO THIS HEALTHY NATURAL RIGHT WAY

FO LIVING

FOR THE REST OF YOUR LIFE,

INCLUDING YOUR PLANS ABOUT THE LIFE AFTER DEATH

## FEELINGS

You can download for free my book about the rationality of feelings at [stores.lulu.com/khtervola](https://stores.lulu.com/khtervola)

## FEELINGS ARE PRODUCTS OF THE NATURAL EVOLUTION

We are products of the natural evolution. Our needs help us to stay fit and our feelings help us to answer our needs.

Our functioning is largely based on social things. We are pack animals. That's why we feel strongly about social things: they affect a lot our chances in life.

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

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

## LOVE

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

whole function well: that's why needs exist, that's what is meant by needs. Love is a characteristic of a completely healthy system.

Really healthy individual's way to see the world  
The amount in which we have reached Gaia determines what life is like to us and in what kind of shape we are and so what life feels like to us. What we healthily love and admire as beautiful are the healthy pieces of Gaia because we love the things which we need and if we do not yet have them, they appear beautiful in our eyes.

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 health: of love and beauty. A really healthy individual with a good understanding, one of a very loving kind, happy and moral.

Isn't this what Christianity talks about and many other religions too? What separates women from men and the moral ones from the evil ones?!

#### LIFE IS A SONG

It is our nature to see life as a song, as a great panorama of music. That's why we love music: its

sound is in our nature, the natural stimuli that we used to hear all the time.

In the natural life in a natural environment a long time ago we were immersed in beauty, much like we can admire the sight of nature even nowadays. But then, a long time ago, it was every side of our life that was so beautiful.

Like with the fracturelessness of nature, beauty is a characteristic of full health. And since the healthiest is the most well functioning, the natural world full of the beauty of full health is the source of miracles in the eyes of us who are used to the fractured world with all the artificialities. The untouched human nature is so well functioning in every respect that it looks miraculous in our eyes. So it is also with our perception of life as a song: it is natural perception about the essentials of human life, about the well functioning and healthy and healthily beautiful in our lives. Whenever we use a machine and it makes a KRAAH sound, we know that we have made something wrong. It is the same with humans. And when our senses sing, we know that we have done everything right!

I do this for You all!

All humans do everything for the human kind, for the living kind. Realism, idealism, greed, unselfishness, love, hate, ... If You look deeply into it, you always see next to the deed a burning



certainty of the importance of those things to the fate of the human kind. That is the ultimate reason why we do everything that we do!

Being pushed around in the world, I turn inwards to see my own instructions of usage: my heart and soul, my true instinctual understanding of life and the world. So the quest for strenght in wordly matters increases my religious conviction and my wish to live according to God's voice in me.

My heart's wishes are equal to following the voice of my soul. That is also what makes me completely healthy: strong and wise, so worldly matters cannot scare me away from the road of what God intended our lives to be like - no: even they make me cling ever more tightly to the right road, to the wishes of my soul and heart!

THE END PARADISE . . .