

# Humanity

## What do I think it's all about?

What is it that defines us humans and should distinguish us from animals

## My theses

- From my point of view and experience, we have been given primordial programs from birth, which are:

- **Search for love and recognition**

- **the will to survive**

and

- **Curiosity** (see separate chapter)

and

- Of course, not to forget if you are calm and serene\*, **man's ability to think about everything** (although I am no longer sure if only humans have this ability)

- Look closely, I think almost everything that happens out there and what people do all day long and verbally let go, can be traced back to the first two primordial programs. Often not immediately recognizable, but this results e.g.:

- the drive to eat, drink (food intake)
- Libido, vitality, superiority, sports, career, success, defense, up to wars
- Reproduction
- social relationships
- the hunt for "likes" and the exhibiting in various TV shows
- etc.

1. oft it becomes immediately recognizable when actions/reactions become very violent, namely when the loss of love/recognition has already happened or is pending acutely and/or it is actually about survival
- the nature has equipped us from birth with ingenious tools/systems. Physically but above all mentally healthy people act/interact with these tools, with a certain ease, without significant problems, with their environment. **Man is, so to speak, in harmony with himself and the (environmental) world.**
  - However, if the natural, mental health is burdened with experiences from the past, e.g. by:
    - bad, negative upbringing
    - negative physical and/ or mental experiences (especially at pre-linguistic age < 6 years or during puberty)
    - family, cultural, religious imprints, passed on through generations or, as we know today, possibly even inherited
    - Trauma in the family

and

- the negative experience is unconsciously (unrecognized), not or insufficiently processed

disturbances and imbalances can occur in the short, medium or long term:

- it can be a trigger for illness, behavioral disorders, and/or the beginning of social problems
  - The otherwise so healthy person, with his tools / systems now acts / interacts only suboptimally. This ranges from slightly disturbed in time to pathological incurable disorders (serious mental and physical illnesses, disturbance in dealing with oneself, other people and nature).
  - One could also describe this state as an imbalance between body and soul, or in other words with oneself and the world or even better with oneself and one's own thoughts.
1. if these negative influences are assimilated in childhood, pathological extremes such as craving for recognition, pathological egoism, narcissism, sociopathy, psychopathy are not uncommon
- Mental stress nowadays increasingly leads to these disorders and imbalances. Psychological stress, which arises from a mental positioning and the perceived distance between reality and the here and now. The perceived distance between one's own mental ideas and wishes and reality. In summary, it can be described as not accepting what is.(what Eckard Tolle describes in his book "Now" as pure insanity).
  - oft the whole thing is reinforced by inner stressors, such as experienced traumas or inner drivers and beliefs acquired through education e.g. love against performance (I find the topic stressor good, understandably summarized in <https://www.orthomol.com/de-de/lebenswelten/nerven-psyche-stress/stressfaktoren>)
  - what our hindrance is also to be a happy and loved person, to be able to go through life carefree, to be open to facts, other opinions and cultures and to accept them without prejudice, is our EGO. Not only our own EGO, but also the ever-growing EGO in the world (see chapter EGO)
  - **people have forgotten or even deny that a simple life and being a good person offers many times more quality of life than walking through life as a corrupt, violent, selfish, insincere, cynical individual.** Unfortunately, however, it has become a self-sustaining system, which creates more insanity and suffering every day through deep unconsciousness, only to give those trapped in it the feeling of satisfaction and belonging for a short time. – that's sick, that's madness. **People prefer to dance around the golden calf and thus remain in the bondage of capital instead of being free and living a simple life.**
  - **Thought**, the part that happens in the cerebrum, is not just a blessing. The daily thoughts are often in permanent conflict with ourselves and the urges given to us and our true needs. For many people, this leads to a permanent delta in the head. And since our brain is a solution-finding machine and constantly tries to dissolve this delta, we are often very restless. Day and night thoughts circle in our head and we have the feeling that we cannot stop thinking. If you want to have a little peace of mind again, then DON'T CREATE A DELTA IN YOUR HEAD

*This is the symbolism when Adam and Eve ate from the tree of knowledge in Paradise. Which, as is well known, was not without consequences:*

***„Then their eyes were opened, and they realized that they were naked, and braided fig leaves together and made aprons. “***

*In other words, as soon as they started to think, they already had a delta in their heads, i.e. they had a problem that wanted to be solved, otherwise they would have felt bad*

- Try to listen to your own thoughts in a quiet minute. You will find that all day long one thought follows the other and you cannot stop thinking. You are not alone; most people feel the same way. The mind, once created as a wonderful instrument by evolution, an instrument that sometimes makes us humans, seems to be completely out of control in many people and has mutated from a wonderful instrument to a parasite.
- not just meaningful thoughts that let us do our daily work, they control us emotionally throughout the day by:
  - Evaluating and judging
  - compare
  - defend, attack and develop appropriate strategies
  - fight against us and our (gut) feeling
  - reprimanding and condemning us and others, charges
  - digging out the past again and again
- without those affected noticing how they are only the slaves of their thoughts and emotions (unmanifested thoughts), we do not even notice that most thoughts have nothing creative, but run like old records over and over again. Often the thoughts have nothing to do with us, but are formative voices from the past such as parents, grandparents, teachers, relatives etc.

**The true greats of this world have long since established that our problem is not that we cannot think enough, but that we can no longer stop thinking. Who can explain this in depth is Eckard Tolle in his book "Now"**

## My logical conclusion with solutions

- These basic programs, once created to support us, to protect us, to move us forward, still work like clockwork, but are more and more manipulated and used from the outside to control us.
- In order to counteract this and make us more resilient to external influence, I propose the following as an example:

- Change in the family

- ✓ Parents must finally educate again and give the children a sheltered home in which they can grow up protected for the first 10 - 15 years without "damage". **This task of the parents is not delegatable!**
- ✓ **the state must create the framework and clearly express that child rearing and education is by far the most important task in the republic.**
- ✓ all children must already be taught and exemplified in kindergarten what really and sustainably makes them happy (and this definitely does not include their own mobile phone, Internet, branded clothes, consumer goods, etc.) here is just a small food for thought  
<https://www.blueprints.de/beziehungen/was-macht-gluecklich-im-leben.html>
- ✓ es must already be taught in kindergartens and schools (regardless of religions and cultures) the basis of the human body, the human psyche, human coexistence and ethical principles. The interaction between man and nature, psyche and health must also be taught clearly and unambiguously, such as:
  - *Explanation Limbic System*
  - *Explanation of genetically given urges versus the nerve-controlled cerebrum*
  - *Effect of stress (adrenaline, cortisol) on the body*
  - *sociological relationships*
  - *Conflict management for all*
  - *Interaction of psyche and disease*
  - *many people and children no longer know that without bees no life as we know it is possible on earth*
  - *etc.etc.etc. in short, the really important things in life*

- Change in ourselves
  - ✓ We must stop believing that being individual makes you happy in the long run. The only reason for this is to maximize consumption. People are persuaded that they have to be individual, which reinforces the feeling of separateness, which is already latent in our society. In other words, the individual becomes more and more unhappy and has to consume even more and do crazier things to get (substitute) satisfaction in the short term, instead of simply being a healthy integrated, recognized, beloved member in society and family.
  - ✓ Think openly about who I have in front of me right now and I could possibly hurt that person with what I want to say right now. (is what I say appreciative, respectful, benevolent or indifferent or even contemptuous?). If you want to know more about it, you should deal with the topic of dialectics. Here is an excerpt from Winfried Prost: Dialectics - Psychology of Persuasion [Winfried Prost: Dialektik - Psychologie des Überzeugens](#)
- Change in the industry
  - ✓ The industry must be prohibited under all circumstances from accessing the "goods" and/or "consumer" child
  - ✓ Companies must be held liable for the consequences of excessive stress caused by unhealthy leadership (e.g. if the workforce is above average for a longer period of time, with regard to stress-related diseases such as depression, burn-out, skeletal disorders, etc.)
  - ✓ (Top) Managers who have demonstrably harmed their company, their employees or have even been convicted must never again reach leadership positions

- Ethical principles and attitudes that, in my view, would serve the promotion of humanity:
  - Everyone has the natural right to lead a contented, happy and healthy life (origin unknown, but my family doctor has repeated it over and over again)
  - Every human being has a right to shape his life according to his own will, as long as he does not violate applicable law and ethical principles or affects or restricts other beings (consciously chosen) mentally and/or physically.
  - we should all affect us on one level, that we are all human beings and not races or ethnic groups and/or minorities. Everything else only leaves us stuck in the past and does not get us any further. It only demarcates more, divides and lets the pain of the past live on in us.
  - Man, woman or any combination thereof are 100% equivalent. However, it is important to acknowledge that there are genetic unique selling points and that situation-related strengths and weaknesses result from them
  - Disability is not a disease, but a fact that a person is restricted in some things of daily life, sometimes more or less. The rest of humanity has to deal with this fact as positively as possible. If they want or need it, those affected must be guaranteed support in order to be able to lead the most satisfied, happy and healthy life possible
  - Loneliness; no human being should have to be unintentionally alone in difficult times and in death
  - Wealth is a privilege and helps to feel independent, but does not entitle to carry out this independence on the backs of those who have made their own wealth possible in the first place with their diligence, sweat and renunciation
  - it is also reprehensible out of sheer power and greed to pull money out of other people's pockets and/or even plunge them into poverty and ruin  
Accumulating disproportionate wealth, only for the sake of wealth and greed, fear, ostentation and thus endangering the whole balance in society/world is to be ostracized
  - People who only know to violence as an answer to problems are to be ostracized and condemned in the world. The same applies to people who put others under pressure and coerce/blackmail by threatening violence or other measures (reprisals)
  - it is reprehensible and should be outlawed worldwide to use wealth to bend and circumvent the law itself and/or through institutions, and to flimsily justify this misconduct through violence and armadas of law firms.