

I.

in the beginning more than long ago
when the light of life
started to create one cell
life was already shining
on a collective of genes

these genes in every cell of our body
let us know that togetherness
will keep us strong enough
to multiply and grow
and to survive as human mankind

we also discovered memes
in every context
working together
to multiply their message

the small particles of information
about ideas and their context
collaborate to copy themselves
in many brains
to get as large as possible
distribution and effect

memes also give us the chance
and invite us to reflect
what we mean by individual,
group and “mental health”

we can describe our mind as
an embodied and relational process
which regulates, by
monitoring and modifying,
the flow of energy
the flow of information in our brain

this may lead us
to the following description:
the harmony emerging from
integration and from the linkage of
differentiated elements
of internal and external systems
in our brain we call
“health”

chaos and rigidity
resulting from impaired
or constrained
neural integration
we could call mental
“pathology”

genes and memes
give us the chance
to listen one moment
to some questions:

how much power do we give
to the meme about our core self
being a single individual?

can we give more space
to the meme that we only
exist in the plurality
and in the interactions
of our internal and external system?

what makes that we behave
as if we are only individuals
enduring obstruction
of access to the group culture

what makes that we act,
being always so deeply connected
with all other humans,
as if we had the power
to obstruct the access
of humans to a group culture?

what does it mean to
induce disease and pathology?

It should be a priority
to provide knowledge and feeling
of the experience that we
are all connected always

this could be the resilience
in situations when humans
try to disconnect
what never can be disconnected
because of the connectedness
by nature and origin of humans.

II.

how can we know, can we even make evidence-based that when we provide a context to feel the experience of being connected, that integration in the group culture leads to health or productive functioning?

with the help of all kinds of research in laboratories about emotion regulation in the brain of human beings researchers found a “management of metabolic resources“

they describe this as “economy of action“:

a crow will drop the seashell precisely on the height he needs not a hairbreadth higher to get the shell crashed open and enjoy his delicious food

looking for this in human brains we discovered:

nearly the same quantity of blood is constantly busy in the arterial and venous blood circulation of our brain

when there is a special task for one part of the brain the needed blood support comes from other parts inside the brain

the new discovery was that if there was a friend or even a stranger to hold the hand of the person the brain does need less blood from another part of the brain

when the person stays alone he needs more of his own energy flow, the hand or a touch of the other person is experienced as a supporting flow of energy for the brain actions

there was even a predictability
of a social resource namely touch-,
teams who touch each other
are more successful and effective

being in touch in a social relationship
our brain tells us that own resources
are not so much needed than
without a social relationship

many years ago
when humankind got settled
in an agricultural context
staying and living in
social relationships
our brains started to shrink
genes recognized that there
was less need for so many brain cells

social and community based therapy
regulates the economy of action
in the brain- energy flow of emotions,
and teaches people to move with others
to coordinate with other people
because staying alone
needs more energy than
staying in social proximity

we are born connected
we are social in nature
we have an extended brain- self
that connects us with other brain resources

people can try to disconnect people
they will never really succeed
when we believe and experience
that they do not have the power to do so
and that we stay connected
because we are originally
born social in nature and nurture

this we can call our basic resilience

in the beginning more than long ago
our genes and memes knew this by nature
we knew it intuitively and socially
now we know it evidence- based.

30-09-2011

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