



# *Eggonomics*

Dr. Vecrām Addithyen, MD

**ONLY FOR  
THE RULER  
OF SELF, HOME,  
CORPORATE OR  
NATION.**

A neuro-scientific model for motherhood based sustainable economy & world peace.



# Eggonomics

Only for the Ruler of  
Self, Home, Corporate or Nation

**Dr. Vecram Addithyen, MD**

(aka) J. Sathesh Kumar

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**Cover Concept:** By Author

Motherhood is the foundation of all civilizations.

The cities and the economies of the world are dependent on the  
nourishment given by Motherhood.

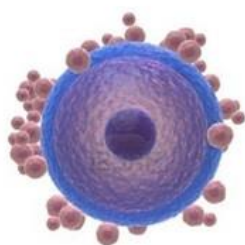
Currencies are the reflection of a society's creativity, which is nourished  
only by the roots of motherhood.

Economic crisis is the tip of an ice berg, where the bottom line is multi-  
dimensional deficits rooted in neglecting the very fundamental of life-  
motherhood.

**Graphic Artist:** Mr. Malairasan Ponnuswamy



It is a work book for the Gen Next  
Whereas it is a joke book for Gen Past



Human **Egg** Cell



**Economics**



**Eggonomics**

Note: An absolutely fresh **new perspective** to the eternal knowledge of traditions is presented scientifically for a definitive change towards sustainability. Meanwhile, it is not to be forgotten that there is nothing new as such in this world to be invented or discovered that can act as panacea for our present problems. It is only the expectation of such new solutions that declares our ignorance and emboldens the petty opportunists to embark on ventures of selfishness with short term goals.

This book humbly presents well known but scattered facts in a meaningful whole with a logical sequence, so that the 'Ruler' unfolds in all of us, for a better world, through a better 'business' platform. This book is intended to focus attention on the **essential simple** ingredients of life that can ensure us with abundance in happiness and prosperity; with a secure future in a peaceful environment.



**The future of the world is in mother's womb**

**Motherhood is Mother Nature's ultimate expression of Economy.**

Dedicated to the Mothers of all Rulers

### **The Ruler:**

In this book, the Ruler refers to any individual who not only rules over the basic instincts to receive for himself alone but also has the responsibility to share with the society, whatever he receives from the one and only Almighty.



## *Eggonomics in a nutshell*



Once upon a time when the traditions were alive, a couple had the good fortune to possess a goose which laid a golden egg every day. Fortunate though, they were restless to get richer faster. In their greed they were deluded into believing that the bird must be made of gold inside, and they decided to **kill it** in order to secure the whole store of precious metal **at once**. But when they opened it, they found to their dismay that it was a simple goose, just like the other ones around. Thus the greedy couple **neither got rich instantaneously**, as they had hoped for, **nor benefitted** any longer from the **daily addition to their wealth**.

The unit of **family** is the golden egg laying goose, which has been nearly killed by certain greedy sections of the society for short term interests. We may in the near future be left with neither the goose nor the golden eggs—our future generations.



**Inspired by & Rendered to**

The Mother in  
Latitude, Longitude  
11.406268, 79.693687  
Thillai Kali Amman



A fast paced real-life thriller,  
with a page-by-page countdown....  
to the next generational take off  
from the edge of an imminent civilized collapse.

# AND THE COUNTDOWN BEGINS.....



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## Foreword



### **Professor Piero Formica**

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Physicians are neither newcomers nor minor characters in the economic scene. They contributed to and still have a say in opening up new windows that add new views on the economic landscape. In the 1600s, Nicholas Barbon, a physician and economist, was one of the first proponents and promoters of the free trade against the distorting mercantilism policies. Today, in the age of convergence and hybridization of sciences, an increasing number of students, who challenge the Humboldtian disciplinary specialization, do not see medicine and economics as an odd combination of subjects. Along this line of thought, written by an Indian medical doctor with an innate passion for the “dismal science” – the nickname that the Victorian historian Thomas Carlyle gave economics, Vecram Addithyen’s (alias) Sathesh Kumar’s *Eggonomics* brings the reader to the crossroad of medicine, biology, behavioural psychology and economics, where Indian and Western culture meet and clash together.

Exploring economic theory to see how it applies to medicine is the traditional intellectual path that leads to the encounter between medicine and economics. Vecram’s discourse goes down a completely different



route. The author seeks in the interstices between medicine, biology and economics the new foundations for competitive co-operation games between economic prosperity (the “well-have”), social identity and health (the “well-being”). In this respect, Vecram’s Eggonomics highlights paradigms borrowed from both experimental research (a continuous iteration of ‘examination–treatment–testing’ steps until a working solution is established) and the practice of clinical treatments in medicine, which can be adopted as vectors for accelerating the experimentation and validation of economic models and business-related problems.

Vecram’s intellectual journey proves that the difference between the mind-set of the eastern and western people is to a large extent due to lack of knowledge. Eggonomics has the merit of building up muscles in the new body of knowledge at the convergent space of sciences – which helps close the West-East cultural divide.

**Professor Piero Formica**



# Preface

As I was inspired to seek answers for the many illnesses that torment individuals, I was led to larger perspectives that brought in sociology and ecology. After focused research in multiple fields, I understood the fact that, that which has no solution in sight at the individual level had more than the solution- as lessons in prevention at the social level. I was reminded of a wise old saying that stated knowledge of the parts in detail, in the absence of the knowledge of the whole is worse than ignorance.

The post industrial revolution era of hi-tech urban living ushered in freedom and anonymity that facilitated lapses in our social networking trait. When we recollect our lessons in primary classes, we remember that man is after all a social animal. Unfortunately the intellectuals didn't foresee a simple fact that when we remove the social factor even in small measures, humans could descend to levels where even animals would never tread. In that sense, I was pushed first by a sense of responsibility, and then by an overwhelming rush of panic, to share the most crucial, latest medical research that could trigger a definite change in attitudes and could serve as an antidote for the systemic poisoning that has seeped into our societies. Throughout my medical career a simple recurrent question I posed to myself was, 'What is a research worth, if it is not shared with others who can benefit from it? More importantly, what's the use of it if it doesn't reach the intelligent, trend-setting leaders in our society who can influence the future of billions?'

And as I felt that the economy motivates millions of ingenious minds or depresses the remainder of the masses, I wanted to bring cutting edge scientific researches to the attention of the elitist Rulers, with a million dollar economic twist, as to what could be the costliest lapse in human history which if not avoided could confirm our collapse as a civilization or in a more challenging entrepreneurial spirit, which lapse if avoided could catapult us to moderate heights of sustainable living with happiness for eternity?

**Dr. Vecram Addithyen, MD**

(also known as) J. Sathesh Kumar



# Frequently Asked Questions

What are the global challenges that are of immediate concern to humans?

Why divorce rates are increasing? What are the basic reasons?

Why children are turning disconnected and violent?

Why there are increasing suicides & homicides in the civilized world?

What is the superglue that can fix the broken homes and thus all our problems?

How to mass produce the ‘superglue’?

What is the single most significant breakthrough in biological research that could transform our social interaction for the good?

Of what value is the concept of gender equality?

Is it beneficial to analyze the gender gap index?

What are the time-tested models for sustainability?

Why did developed countries adopt equal rights in labor laws?

Does the second income of the women contribute to the stability of family?

What does the Universal Human Rights charter say about family?

What is the defining lapse that the family does routinely as an insignificant issue to decimate its very existence?

Who are the modern day orphans?

What is the primary cause of the epidemic of stress that has been sweeping the globe since Industrial Revolution?



When was the “final nail” in the coffin of social welfare struck?

What is the most anti-evolutionary act attempted by Humanity?

What are the "innocent" wrongs that the parents are doing at present that jeopardize their children's future?

What is the human trait that can most effectively propel us towards our ultimate evolutionary goal?

How can promoting motherhood prevent Climate Change?

What has been the unwritten code of the ages as opposed to the competitive spirit of the survival of the fittest as propounded by Darwinism?

What is the joke of all times that God is laughing at now?

What is the central lynch pin around which the whole family set up has been structured?

What was the real purpose of the Industrial Revolution?

Is it possible to produce societal coherence on a mass scale consistently?

If yes, what are the scientific studies available to prove their effectiveness?

Could we possibly escape the multiple crises that our planet Earth is facing?



# 1 | Lapse to Collapse

The simplicity of complex problems



As I was racing back through the corridor of time, I had peeps of the peaks of the glorious cultures of the Egyptians, Romans, Greeks, Indians, and Arabs etc. Surprisingly along the timeline I came to see deep troughs of the decline of civilizations. It baffled my scientific mind to explain the reasons for the fall. The fall of great civilizations had inevitably been in a short span of time! How could the ingenious minds that had meticulously strategized the development of robust empires fail so woefully in few hundreds of years? What common mistakes, if any, could explain the demise of so many great civilizations? If not for the curiosity of it, I wanted to know it for the purpose of averting the collapse of our times. As



my mind was engaged with these thoughts, the roaring noises of an airplane's take off made me look up. I watched with amazement, though it was the  $n^{\text{th}}$  time, as a child would, and wondered at the awesome intelligence that could make such massive structures fly so elegantly in the void of the skies. It also made me ponder as to why we should not use those faculties to their optimum, for a great take off from the collapse that we are all anticipating.

As the aircraft passed overhead I had a glimpse of the wheels that had helped launch the aircraft into the skies, humbly sliding into the aircraft's belly. By default they hide, becoming inconspicuous, while the aircraft royally conquers the heights of the snow clad mountains, expansive oceans and whirling turbulences. When we waft across geographic zones, pampered by the cabin crew and in the best of comfort, we are excused from being grateful about the hidden technology in the belly. If this be the case, that our memory is put on hold simply due to the blissful comforts of a short journey in the skies, what could we expect of mankind's journey through the momentous phase of modern history of post-industrial revolution? In the race against time to satiate our desires, did we but lapse in caring for the marvel of all technology, hidden in the belly of our mothers of the civilization? The majestic reverberations of the A380 buzzing past the core of my being reinforced my thoughts. As I wondered about the metallic ascent and motherly sentiments, rain drops from dark clouds descended and dotted the wind screen with a fuzzy logic dance pattern that awoke me to the realities of the gloomy market.

The newspaper spread across the steering wheel in the front was dishing out page after page of uncertainties, worries and possibilities over the economy. Intelligent market description, excellent critical write-ups and impressive analytical graphs all but failed to clear anything about the depression except adding to the confusion. Nobody had dug out the real cause and as in modern medicine there were no cures for the ills of the body of the nations. All the talk has been about micro management of the current scenario and sadly few addressed or even expressed concern about



the true causes of such crises, even though we have had the best minds working tirelessly in different fields. One is forced to think if there has been a systemic failure of the economist profession in particular and the intelligentsia in general. The society as a whole has been left to grope in darkness in the absence of an early warning system similar to that of for tsunamis.

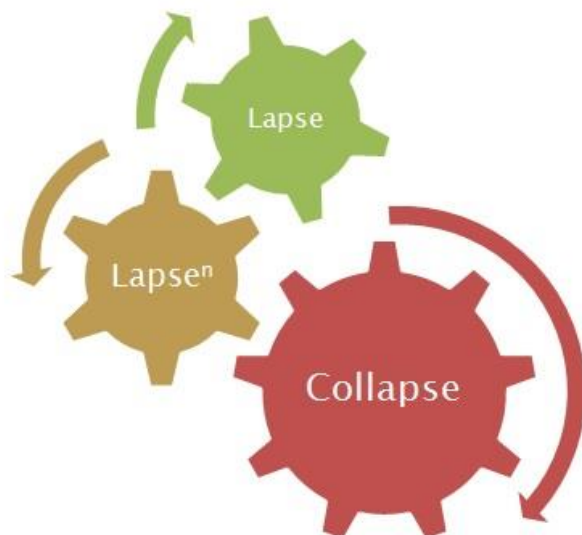
With these flow of thoughts, I could hear the gutters near my parked car brimming with gushing waters. The rain drops that started as a drizzle had turned into torrents and I could feel the power of little things... over time. Yes, little rain drops do eventually cause floods. The sequence of events flashed across my mind, highlighting a mundane fact that the basis of all big things lies in the insignificant looking little things.

With our modern mindset of emphasis for the extraordinary, it is but natural to ignore the importance of little things and plant the seed of lapses that could gradually grow to be a grand collapse.

Lapse, meaning small inadvertent slips in our attention toward a declared goal when recurrent can lead to collapse, meaning the sudden disintegration of a secured state.

The wise sages of one of the world's best-known traditions reveal the difference between man and beast. They highlight the simple nature of a wild animal in that, it instinctively knows to avoid a raging fire. Whereas man's nature is to complicate matters by way of intellectualizing life's challenges and then rationalizing the responses to them. They say that we refuse to heed the **simple principles** that create happiness i.e. good deeds and persistent spiritual development. According to them, even the **most complex mysteries** or problems arise from the **same simple and eternal issues**. (The Zohar, Volume 3).





Laps of lapses will eventually lead to a grand collapse. That's where we are sitting pretty today, wondering what blunder did we do to deserve such a nasty havoc that threatens to engulf us?

All of the great civilizations of the past, at their zenith radiated an aura of invincibility. But their essential decline, mostly in a hurry, reveals the fragility beneath the armor of technological achievements of each age. In tune with the universal rhythms, the life span of great nations too has always begun with tumultuous birth pangs, a naughty and admirable childhood, a carefree adolescence, a powerful and self-asserting adulthood and a pensive senility before the impending death.

Mankind has been through several such cycles at frequent intervals. But almost all such events have been always confined to specific geographic locations and never has it been in a grand global scale as of now.

Of course, each time a certain section of mankind suffered, the whole humanity learnt valuable lessons, rectified their course and flourished to



better planes of existence. Some of the painful upheavals wouldn't have brought about an apparent qualitative shift in human consciousness; nevertheless, it had had always a quantitative effect in that those were the periods of spread of the transformation process of the masses in large numbers.

In recent decades people have witnessed great nations wilt without a whimper, yester-year's dictators deposed like dummies, and powerful and reputed financial institutions' credibility battered. The most recent collapse of a major power was that of the Union of the Soviet Socialist Republic in 1991, which was again geographically specific.

The whole lots of governing authorities also have been bewildered at the pace of the unfolding crises that has been essentially beyond their control. Being a witness to such events, the common man to a large extent has matured and realized that all their highly acclaimed leaders are neither villains nor helpless jokers, and can no more be exclusively blamed. They also have realized that it is only their own collective willful ignorance and abdication of basic duties that has resulted in the mess.

So far, the prospect of disasters, no matter how predictable it has grown, has been no guarantee for the advanced nation states to act upon and avoid the collapse, because the collective consciousness of its people has been submerged in personal aggrandizement goals. This in most instances had to do with the pride of achievements and its blinding nature to common sense ideas that could avert recurring disasters. But now thanks to the awakening of masses, the situation is not anymore viewed as confined to the few elites, who are expected to shoulder the blame. It is not a question of one type of government or ideology, falling and another replacing it. Now, we are in a unique catch 22 situation where all roads ahead seem to be closed except that of the inward. Thus, the process of deep introspection among the masses has been turned on to facilitate the self-corrective mode which alone could possibly save us. It has become evident that we need to have a different game plan altogether or be prepared to perish. Every one of us on planet earth, who are alive to the



death of the planet, is at stake. Nobody can remain anymore as a mute witness, for today's crises are at an unprecedented scale. The intensity and the universality of the impending disaster has driven us deeper than ever before into our inner being to discover the true causes of the imminent collapse.

According to Britain's Natural Environment Research Council, there have been five major extinctions in the known history of Earth (Thomas, 2004). Studies revealed that all those could have been caused by extra-terrestrial events, such as a comet colliding with planet (Stevens, Dise, & mounford, 2004). History apart, the current scenario is that our world is experiencing the sixth, major extinction event in its history.” (Lovell 2004) But this time, the extinctions are not due to extra-terrestrial factors. According to one of the authors Jeremy Thomas, “As far as we can tell this one is caused by one animal organism - man.”

It would be pertinent to mention here James Lovelock's Gaia hypothesis which holds that the Earth and its entire species constitute one interactive, living organism. According to this hypothesis, tampering with the balance of that super-organism called Gaia, whether it is by destroying the rainforests, or altering organisms through genetic engineering, can threaten its survival and consequently ours. This is the collapse at multidimensional level that we may have to witness if we don't correct our lapses.

Again, the point to be emphasized is that looking at the grandeur of the collapse; one need not ponder at the intricacies or magnitude of the lapses. For whatever is the magnitude of the flood, the basic unit of it is the simple insignificant looking raindrops. Similarly, whatever be the threats or disasters that humanity is staring at today is nothing at all, for the basis of all the problems, whatever may be its magnitude lies in our small lapses. **Knowing it for certain is the key to secure our future.** It is to be noted that, the enormity or the complex nature of the current problems



doesn't mean that the cause of it should have been equally complicated. Importantly, it doesn't mean that its removal or prevention should be difficult.

This is the myth that an opportunist would like to sell to a sincere well-wishing Ruler. To capitalize on the opportunity, an "opportunist" would blow out facts and present a solution that would look extremely "scientific", meaning extremely complicated so that the illusion that it is he who can solve the problem for a price is created.

In recent times humanity has found solutions to perplexing problems through the systematic understanding of finer levels of natural laws. We are at a point of time, where we are in possession of definitive knowledge, both in the biological front and in the quantum physical world. Here in lies the hope to skip the collapse that has regularly knocked out great civilizations provided we rationally apply all the knowledge in our possession without lapses.

This is where we the Rulers should use discretion, for now we are certain that the seed of collapse is just few repeated lapses. And to undo the damage or prevent a collapse, all we need is to identify the lapses and give attention to prevent the lapses. This is the real science. For real science is simple and straight forward and beyond mystery and complications.

Many of us are unable to pinpoint the exact cause of the challenges faced by 'advanced' societies, in spite of the mighty material abundance that is considered to be the hall mark of such states. In most of the cases such societies are always led by intelligent strategic planning **commissions and bodies**, daringly treading the same old path and confidently day dreaming that the result would be different and favorable to them this time.

Vilfredo Pareto, an economist and sociologist, who developed microeconomics while commenting on the use of rationality in social interactions, had said "I consider people basically spend some of their time taking non rational decisions and the rest of their time rationalizing those



decisions.” This time around it is hoped that we take rational decisions at the outset itself, for we may not have time as before to rue over our non-rational delay in decision making over such a vital issue as survival of the species.

Fortunately (thanks to the IT revolution) the majority of humanity is awake now to the false hope of “advanced” sciences and the Post Industrial Revolution Culture. Many have realized that it would be utterly naïve to follow on the footsteps of an ignorant blind, and expect to reach somewhere else, other than the uncharted path mired with obstacles.

Importantly the realization that our attitude and behavioral path has to be different than what we have treaded so far has dawned on the majority. We have to be noble in our character. Each one of us has to be royalty embodied. And royalty doesn’t mean palatial mansions and abundant lavishness. These are the superficial reflections of the deeper attributes of deep responsibility of a lifetime towards the evolutionary goal for which we have been born.

When irresponsible societies are neither intelligently sustainable nor humbly self-correcting beyond a threshold limit, the inevitable collapse transpires anytime sooner than later. It would be wise and importantly sane to not get entangled with in the net of false hopes that are woven with cutting edge scientific jargons. **Eternal biological basics can never be substituted with any material technology**, however sophisticated it may appear. Anything that may force lapses into our proven time tested traditional systems and practices should be shunned. It can be allowed in only as far as it remains at a distance in terms of interfering with the established traditional norms, which are the very foundation of the society.

The common lapses that we have been committing in various essential fields are enumerated for the sake of understanding the process that we have adopted unknowingly towards the civilized collapse.



- Lapses in Healthcare  
Not paying attention to food as medicine and ignoring the value of deep rest.
- Lapse in Agriculture  
Lack of attention in home gardening
- Lapse in Education  
Lack of knowledge of ‘Self’ and what to teach & how to teach
- Lapse in Spirituality  
Lack of attention and intention to experience our own inner self i.e. transcendental state beyond the thoughts
- Lapse in Religion  
Ignorance of the fact that all the religions in the world are different chapters in the one book of God
- Lapse in Translation of Scriptures (towards understanding of all religions)  
Most of the scriptures when translated to English or other languages from the original script of revelation, the entire text is translated word for word, but for the word representing God. This creates an erroneous feeling that the God named in the local language is a different one.
- Lapse in Ecology  
Lack of attention in observing the circadian rhythms or day / night cycles
- Lapse in Defense



## Lack of attention in maintaining **coherence creating groups**

### - **Mother of all lapses is to ignore motherhood**

It is for us to look back and analyze the past and learn, to edit the lapses and correct our behavior, if we have any intention to live through the **turbulent** times. No doubt, history is the version of story written by the victor, but down the lane it is edited by sufferers. Hence history eventually unfolds the truth. History always stands testimony to the decisions of our past generations. It speaks better than the biological researches, for our world is the “state of the art” laboratory where humanity has been conducting path breaking studies.

In our journey to understand the concept of collapse from the lapses, we would have to travel from the outer to the inner, from the gross to the subtle and from the present to the past, in search of crossroads that had been the defining moments in the recent history of human ‘development’ towards self-annihilation. Knowing which, we could choose the other path that we lapsed to follow and progress towards our destiny. We are well past summits and conferences to show case our intentions to change. It is time for us to act or rather **not to act** unnecessarily. (Refer chapter “Life is in Gaps”)

We shall begin our march into the past to uncover layer by layer, how our lapses in crucial biological commitments to our true heritage-our physiology led us to the present state of imminent collapse and simultaneously learn the small simple tricks to prevent the lapses so that we steer again in the right direction on the highway to humbleness and honourable living for all.



## 2 | THE BIOLOGICAL SEEDS OF COLLAPSE

When your worst enemy is at home



Most of the well educated in the modern society brood genuinely over an enigma without any clue as to what are the mistakes that they have committed for their close kith and kin to show such animosity. Clinical psychologists and many other

professionals have been at it to explain the scientific reasons for the widespread unpleasant behavior of the new generation. But when tested on ground, the results have never been anywhere near satisfaction. This can be attributed to the limited perspective of their approach to solutions that were formulated within a closed space of present day technology driven lifestyle. Thus we are witness to the growing march of the destructive dance of behavioral disorders that threatens the very fabric of society- the family. Importantly this plague has no distinction between developed or developing nations, for no society has been spared so far in any corner of the world.

The growing incidence of disillusioned youths engaging in mindless violence and feeling no regrets what so ever are a sign of a malignant disease that has afflicted our society. It has been due to the erosion of core human values over the last few generations facilitated discreetly and





unintentionally by a change in life situations brought about by multifarious interlinked factors that had been triggered by the Industrial Revolution.

We often hear the parents moaning that they have done everything and are doing everything for the children, but the kids rarely mind them or express love. It is true that parents are **doing** everything they can. The very fact that they are doing something always makes them get nothing in return. The children's behavior rightly teaches the parents that they are supposed to be human beings, not human doings.

What any human wants really is the need for another's being there in times of need. And during early childhood, the child is in exclusive need of total mother's care (at the very least) which means abundance of love and care, for which there is a great need of the mother **being** there with the child. Being with a soul is possible only by a **human being** and not by a **human doing**. A mother engaged in a job away from the child is the most **anti evolutionary act** ever attempted by any species on earth.

The present generations of adults are addicted to wrong habits due to partial knowledge based upbringing of the "Pseudo Comfort Corridor of Time" of the post industrial revolution age.

**"Pseudo Comfort Corridor of Time" (PCCT)** is that period of time when a new idea or concept that is applied on a society piggy rides over the shoulders of the foundation laid by the traditional or existent order that had **governed the development of that society initially**. Let us analyze this concept of PCCT in detail to understand the variations in perceptions among members from the same background but belonging to different generations.

### **Traditional Society**

Women for home care and men for outside work

### **First generation after Industrial Revolution**



Most women at home + all men for outside work + few women also go out to work. This is strengthening to society for a few generations and can result in rapid economic boom, increased comfort and leisure.

## Second Generation after Industrial Revolution

Most women are working for non-biological reasons and many others prefer to or dream of working outside as it is a respected trend. Importance for motherhood wanes.

In this scenario the first two generations can be said to be in PCCT as they enjoy the benefits of Industrial Revolution while still basking in the comforts and security that the traditional society offers.

The generation that tastes the benefit of this period prompts the succeeding generations to follow on the same path irrespective of the suffering that it shoves to the younger generations. This is truly a generational gap fostered by differing experiences of succeeding generations with regard to the biological comfort zones.

Let us compare the schooling experience of children from developing countries in the early half of the 20<sup>th</sup> century with that of the latter half and up to the present days.

	Good old days < 1950	Modern Days > 1950	Comparative Biological Impact
1	Stable and peaceful Families	Broken and stressed Families	Negative
2	Environmental Pollution minimal	Environmental Pollution maximum	Negative
3	Good nutrition	Poor nutrition	Negative
4	Physical exercise adequate	Physical exercise inadequate	Negative
5	Recreational activities minimal as all were supervised	Media revolution has made possible uncontrolled recreational activities	Negative
6	Optimum competition	Increasing competition	Negative
7	Optimum Syllabus load	Syllabus overload	Negative
8	No information overload	Severe information overload	Negative



## **The Pathophysiology of children becoming less bonded to parents and more dependent on material possessions**

It all began with the trading at home. Parents' love has been traded for petty gifts –mind the nature of gifts – it has always been material for the abstract emotion of loving presence. A busy mother, who is time deprived is forced to divert the child's inborn need for her attention, by giving the child some object of interest, so that the child is distracted to that object for the time being. The mother trades of her time and attention that the child naturally seeks with certain material goods. This kind of trading of mother's love for material goods, when repeated consistently establishes corresponding neural networks in the growing brains of the kids, which reinforces its affinity for inanimate material goods in place of the emotionally charged biological affiliations and attention.

The important fact about the formation of pathological bonding characters in individuals is that it is not due to inherent flaws in the biological systems as such, but the pivotal issue has always been in modulating the biological systems of the individuals which has been primarily due to deficiencies in **parental prioritization** between the essential and non-essential.

Importantly mother's love has of late been traded for eatables or other toys that could temporarily satisfy the senses, since mothers were roped in to all other mundane works, out of homes. Obsessed herd psychology driven unnatural environmental conditions like those during post industrial revolution era has been successful in reversing the individual priorities to such an extent that essentials could be considered non-essentials and vice versa.

Contrary to the present popular trend of parent's obsession in providing material comforts to their children, the Report Card 7 of UNICEF clearly states that, "Material goods and leisure activities were not, in general, seen



as top priority by children. Relationships with family were seen as the most important determinant of well-being, followed by friends, school, and pets.

As mankind became obsessed with only the material realities of life, he could also focus only on the physical growth of the children. More often children were and are considered to be healthy if their height and weight were matched to the age group. Their mental and emotional state has never been weighed more, for the adults themselves were not in a state of mind to assess that which they themselves lacked. Rearing of kids in this way resulted in men like boys and women like girls who could only consider marriage as a play in the school fit enough to call it a day when bells of trouble rings.

The ultimate in hatred is evident in divorce. As the married couple is united both emotionally and physically it requires extreme degree of disliking later in life to overcome the early love and intimacy. To any young romantic heart in love, it is certainly an unsolved mystery. How can love be replaced by hate? Most of us can infer from our experience that situations can foster love or instigate hatred in an individual towards their loved one. Knowing this well our ancestors had effective strategies to have the situations under control by way of integrating certain rules in social transactions that came to be known as Culture. The term “Culture” refers to a complex set of goal oriented human activities that ensure the j of a group that is specific to a localized geographical region which influences the behavior of the individual. In the last few hundreds of years, culture has been mistaken for other relatively insignificant facts of life like dressing, greeting or recreation activities. This attitude has been passed on as insignificant due to certain technologies in the recent past that has brought in universal standards in physical comfort levels and the ensuing globalization.

For instance, the advancements in air conditioning A/C, has brought scores of people to the middle east countries and has made it possible for them to work and live in great comfort even though, the heat and humidity



is unbearable otherwise. In this background of dramatic changes in living comforts, due to the interface of technological advancements, the local culture that had been passed on for eons through traditions appears to be dwarfed and inconsequential in terms of survival value.

The reason for the sudden loss of values is in the present generation is absolutely flimsy with no existential basis. As technological innovations made physical sensual life easier and comfortable, mankind in the fond hope of getting rid of some burdens has had a tendency to shed of the baggage of culture, which it has been carrying for centuries. But the reliance on classical science and its technological advancements for physical comforts should have in no way let us abandon the real science (Quantum Science) of life lived through our traditions and brought back into human understanding through recent discoveries ever since Einstein's time. (Of course we are waking to a period where the term science is going to mean the unified field based quantum science. The older classical science will be forgotten as a teen ager's dream)

Unfortunately mankind preferred to drop the "old baggage" when he tasted the comforts of modern technology. It is time he knows the old baggage contains the very life that he is trying to decorate with "modern technology." Many societies in the 'developed' countries in the past have shed their respective "cultural baggage" after the industrial revolution and later have frantically tried to retrieve it for salvaging their nations.

It is high time for all world citizens to realize that the experiment with "post industrial revolution culture" known popularly as "western culture" in any society, be they in the north, south, east or west will only give the same predictable results, as long as the selected sample is homo-sapiens.

It is once again emphasized that no culture is immune to the destructive effects of lifestyle changes, if lapses are allowed to seep in to affect our biological systems due to the introduction of post industrial revolution culture.



If this dictum is understood, no new research will be deemed necessary to find the cause of increasing incidence of divorce rates in the newly “developing” economic powers of the world. One of the leading new economies of the Middle East, the UAE, has the typical “post industrial revolution culture” effect of increasing divorce rates close on heels with its raise in its economic status. A 2011 study by the Marriage Fund and the University of Sharjah has revealed the following.

Primary reasons for the increasing divorce rates:

- Constant bickering leading to absence of love and inability to agree on issues of daily life.
- Stubbornness of partners regarding their views, the inflexibility to accept the partner’s opinion
- Over defensiveness and anger during discussions leading to animosity
- Interference by in-laws has been found to play a significant role in divorce. 54% of divorced women were living very close to their parents and allowed significant interference in their marriages. Inability to provide financial support and forcing the wife to work and contribute part of her entire salary are also considered major reasons of divorce.
- Polygamy, physical abuse of wife, refusal to share responsibility in child care and placing the pressure entirely on women.

If the first three reasons are analyzed, the common factor that emerges is stress due to the modern life style, largely determined by the modern education system’s emphasis on competition. It is the major factor that influences the youth and leads to such behaviors as bickering, stubbornness and anger. Interference by the women’s parents is a direct extension of their prolonged investment in the women’s life and the costly higher education; which are all recently introduced facets in a rapidly developing economy that attempts to shed its good old baggage in a blind sophistication race to catch up with the glossy sheen of the ‘western’ or Post Industrial Revolution Culture.



When gender specific biological role aligned lifestyle and education is promoted, these reasons for divorce can be tackled at a primary preventive level. **It is the only choice left with us to prevent the reckless destruction of families.**

From a purely economic perspective, the very least that the leaders can do is to see the families as consumers themselves and visualize families as the fertile breeding grounds for multitudes of new consumers. It is obvious that their healthy survival is the only choice for developing and sustaining our economies.

Besides the trauma of the couple, divorces adversely affect the children's growth and development; which is reflected in their personality and behavior.

Many of us are perplexed at the lack of attachment and bonding between family members, particularly between kids and mothers. This phenomenon has been getting common in recent times. Besides the shock, it is a truly an unsolved mystery for many men and women as to why their better halves wants to leave the family in pursuit of their own goals and ambitions. And the real shocker is when he or she is having no qualms to even leave their own biological offspring that they have nourished with their blood and bread. Particularly the term 'Mother' has always meant a world of love and sacrifice, of goodness, preparedness and reliability. Leave alone fatherhood which has been always associated with logic than emotions, where did motherhood disappear in such a short span of time? No animal, left alone to its original habitat ever shows such deviation from its basic traits as to lose motherhood. It is certainly a lapse that we have dearly paid for already and if left uncorrected at a war footing scale and on an emergency basis, all other efforts can be sure to yield nothing but sorrow and destruction. This only shows us how far we have modulated our environment and life style to rob ourselves of the very basic life sustaining force of motherhood.



“Working” mothers have made the home revolve around their “work” schedule. The child’s natural biological rhythms were ignored and in fact intruded and offended. The child’s physiology has been facing stress of the ‘jungle’ kind in its very home. This is only from the violation of the circadian rhythms. Couple it with the emotional stress of a broken home, where the parents themselves are not at peace with each other. Thus from the child’s perspective, the “working” mother is not working for his or her needs and in the child’s records the mother is a non-performer.

The “working” mother, who herself is torn in between her ‘biological’ self and the ‘social’ self, hardly is at peace with herself. Such women who are time starved and stressed are already preloaded with the cocktail of stress hormones during their pregnancy, not to speak of their post-partum period. In one of the trend setting articles written by Annie Marie Slaughter, the first woman Director of policy planning at the State Department of the White House, mentions about a woman vice chancellor of a University in Scotland, who combined an assistant professorship in government at Harvard along with her biological commitment to raise three young children. Her tight schedule required time management that was so ruthless that she was habituated to set the timer in the microwave oven as 1:11, or 2:22 or 3:33 rather than 1:00, 2:00 or 3:00, because pressing the same number three times saved the lady’s precious seconds in her frenzied morning blast off.

Recent researches has conclusively proved that small alterations in the hormonal level during intra uterine life has dramatic influence in the brain development of the **fetus** and how it incapacitates the nervous system in several ways in its normal reaction to events in later adult life. All these results of researches are not new to many. Most of us who have lived through before the IT revolution and who had been lucky to have full time mothers at home and who were lucky to have had some exposure to traditional knowledge, would know that a mother nurtured her baby even before giving birth.





In the present age, there is a steady stream of negative influence on the growing physiology right from the moment of conception. That is dealt with in detail in the chapter “ISO Standards of Reproduction”. Before understanding the deeper and subtler impacts of a chaotic lifestyle on the child’s tender nervous system, it will be prudent to understand the environmental triggers that counter the natural flow of life.

Starting from the very basic of nature’s call, parents start interfering adversely with the natural processes of the child’s body. Natural urges are suppressed or forced to be initiated at odd times when it is considered “normal” for non-biological reasons, like school bus schedule or parent’s work schedule.

For instance, bowel evacuation is natural in all ages after breakfast or meal. Particularly in children, the conditioning of the bowel to evacuate early in the morning is yet to be established by training, it is quite normal for the child to feel the urge after the breakfast. But imagine the response of the stressed ‘working’ mother to the simplest natural urge of a child.

The social pressure thrust on her to perform the role of ‘working’ professional outside home makes her rude and overlook the physiological reflex of her child. The “morning rush” simply doesn’t have the “time” for these “inconsequential” outlets of body’s wastes. For the growing child, this experience is a torture. The emotional centers register this event as a negative event with painful overtones that has been abetted by parents or mother in particular.

Any painful event and its associated individual and environment are automatically relegated to the emotional memory for rejecting or listed in the “to be kept at safe distance” category. Thus, every step of our modern urban living is effortlessly creating a biological rift between the members of the family.

Understanding these subtler dimensions and altering our activities is enough to solve all the problems. **No big revolution is needed.** All that is



required is re-organization of our priorities around the basic biological needs of an individual.

Most of the revolutions that have been violent were rooted in partial knowledge of the suffering masses, that made them to identify the cause of the problems as due to others, rather than owning up to their role in any given situation.

Few years back, there was a report from a city, that the school timings were to be changed. And such a change was necessitated to avoid traffic bottlenecks in the congested roads due to peak hour office rush. The 'wise' senior ruling class officials decided to reduce the rush on the roads by changing the timing of school going kids from the office going adults. As the office timings are well entrenched, they advanced the opening of the school by an hour before the office timing

There were many who lauded the initiative. True, it had its merits. By altering the school time to be separated from the peak hour rush did solve a traffic problem, but created a terrific problem in the physiology of the kids. There was no way for all the biological traumas to be vented, except through the deteriorating health of the innocent children.

Such kind of uni-dimensional decisions of altering the "biological clocks" of millions of growing children without the holistic knowledge of how it impacts lives is an act that can be at best termed barbarous and at worst as disastrous. Applauding such acts from the perspective of easing traffic congestion reflects the depths of ignorance that we have descended to.

Every working mother and any of the indirect supporter of such arrangements needs to know that he or she is walking to their grave-smoothly, quickly and with loads of torture in waiting that none can share. Every parent's lifestyle that appears 'normal' is so because all are following it. This "All are doing" principle is not immunity from the disastrous results that is waiting to happen. It is high time we as a society realize that individual basic responsibilities can never be relinquished,



whatever be the degree of sophistication that our civilization may have reached.

The **2009 Good Childhood Inquiry** found that majority of the modern age children are suffering an ‘epidemic of mental illness’, with significant increases in the last few decades of children suffering from conduct, behavioral and emotional problems. (*Layard and Dunn (2009) A Good Childhood: Searching for values in a competitive age. Results of the independent Good Childhood Inquiry commissioned by The Children’s Society.*)

When we read in the sidelines about animal rights activists’ decrying experiments in distant laboratories where rats and guinea pigs are tested with cosmetic products and in certain cases how humans are roped in for trials, without fully informed consent; it is absolutely pathetic to realize how in the mainstream of our societies, we globally torture our own children right inside our homes unknowingly in the name of development. Interestingly all developments in science and technology were brought about only by the generations that were solidly bonded to its “responsible” preceding generation that made it possible. But eventually all along in the history of mankind, societies have been erring to keep this bonding intact. All of the past great societies thus lost out to the cycles of waxing and waning of civilizations without ever learning to avoid deviant social behaviors that planted surreptitiously the seeds of collapse. But now thanks to a complete understanding of the biological laws, we are at a point of time to declare that evolutionarily untested social behaviors, however promising it may appear to be on a short term basis, are to be rejected fiercely as it promises certain death in the near future.

### **Chaos Begins at Home**

As the alarm rings in the clock early in the morning, there is an internal alarm response that is triggered with neurotransmitters and hormones secreted, completely in discord with natural cycles. This is just the ‘starter’ of the day. The main course of the day is hard to swallow either.



If one ever has had the peace of mind to observe the slow pace at which the day slips into night and how the night is effaced slowly by the peeping sun, it will be clear that our urban staccato life styles are in no way in sync with our fellow cosmic bodies.

When the orchestra of heavenly bodies conducts a classic symphony, our activities are at best compared to the harsh sounds of a power drill driven through a metal wall. **We as a race (human race) were never meant to be in a race.** A perpetual race to oblivion is what we have taken upon ourselves due to a series of minor lapses. The trait of “Herd Psychology” has sealed our fate for good, for in the feverish pitch of a thrilling race, ego reigns supreme to reason. Compound this with globalization; we have the “formula race” not alone confined to the wealthy cities but even in the once sleepy villages and towns of poor countries.

The quality of life has deteriorated to miserable depths from a biological point of view. For the economic records, GNP and other indices can present a rosy picture for a country, but biologically the human body and mind have been experiencing untold stress for the minor lapses that they still don’t understand as the cause for the near collapse that stares us over the shoulder. Remember the “rain drop and flood” analogy. One never can imagine that the innocent looking “rain drop” is the basis of the flood.

The Gross National Product does not allow for the health of our children, the quality of their education, or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages; the intelligence of our public debate or the integrity of our public officials. It measures neither our wit nor our courage; neither our wisdom nor our learning; neither our compassion nor our devotion to our country; it measures everything, in short, except that which makes life worthwhile.’

**Robert Kennedy, 1968**

An average home faces considerable stress right from the day break. It is as though, we have to “hunt” every day for our survival. The children waking up to the reality of schools, where besides the intellectual

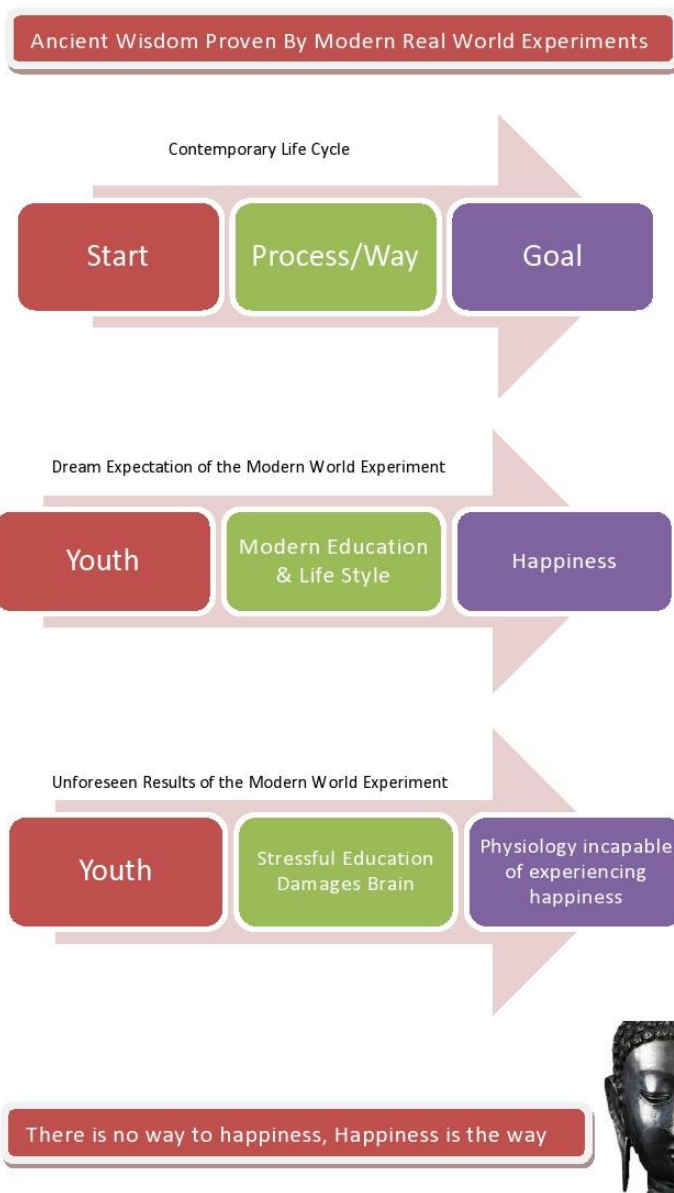


competition, there reigns a mixture of physical and emotional stress waiting to torture the nervous system of the growing kids.

In the United Kingdom, one in ten children aged between 5 and 16 have a clinically diagnosed mental health disorder according to the office of National Statistics: Mental health of children and young people in Great Britain, 2004.

We have the kids being prepared for a blast off every day from the boiling launch pad of morning pressure, where every member is rushing to meet his or her objectives as an individual. No doubt the family is preparing itself for its own disintegration. The pressures of the modern education system are telling on the statistical analysis of the role model of nation states, whose curriculum is widely followed in the most populous countries of the world like India and in newly developing regions in Middle East. The UK has one of the highest rates of self-harm in Europe at 400 per 100,000 population i.e.20% of children have a mental health problem in any given year, and about 10% at any one time.

It is sad that people have not been fortunate to have realized the wisdom of the ages as told by **Buddha** who had said that, “**There is no way to Happiness. Happiness is the way**”. The majority of modern families in the developing world are treading the path of self-destruction with great steadfastness and focus so narrowed on the goal of an illusory happiness at





the end of the way that they fail to see the teeming returning crowd from the ‘advanced’ nations that have already taken the U-turn at the blind end of fathomless abyss of Post Industrial Revolution Culture.

Each member of the real family is racing to be a member of the “family” in the corporate and institutional worlds. What the original family is spared with is crumbs of poor quality time that is just sufficient for the final rites. We have seen an enormous growth of the corporate world and it is quite simple to understand the basis of this, for what less could we expect where the best minds dedicate their best time and effort for the corporate cause as a “family”

Of course, it is never intended to point an accusing finger at the corporate world; it is only mentioned to caution us all to remember the facts that, whichever ‘world’, we may belong to; our roots are deeply entrenched in the fabrics of the real biological family. There is no growth whatsoever when we ignore our roots.

Every organization has to share its quotient of corporate social responsibility and that directly implies to mean **corporate family responsibility**, for family is the basic unit of the society. If the basic unit is taken care, the rest of it is at its best, spontaneously. It was an ancient proverb that charity begins at home (i.e.) family; for we know well what makes a house a home. And in the same vein, chaos in the world begins at home too, when families are not given the priority they deserve.

## **Absence of Light is Darkness**

In the present technology centered age, for all practical purposes it is indeed difficult to find a home or a family that exist in an ideal sense. With the loss of family structure, the concept of charity got lost, because that which we don’t experience for the self, it loses its meaning in an individual’s emotional vocabulary. And when light is extinguished, one need not take any special effort to usher in darkness. When charity disappears, chaos drops in spontaneously as an uninvited guest.



The emergence of school culture and work culture in the post-industrial revolution era was paying rich dividends for the first few generations since its introduction. But it is to be noticed that these newly introduced lifestyles were strongly supported by the traditional family set up, without which the school and work culture could have done nothing beneficial even for the short period that it seemed to work.

With the silent back up from the mothers, grandparents and other family based members like uncle, aunts etc. who were non-committed to any other organization, emotionally or economically, the trend of school and work culture became superior on the physical plane with lots of material abundance to its proponents. These neo-off shoot class of 'literate and officially engaged club' of family, lost their balance as they were pampered by the innocent society themselves until they became a power into themselves. New found strength and accomplishments made them arrogant. Instead of feeling gratitude to the family structure that made it possible, they began to question the necessity of the existence of the traditional family set up. They also found growing support from the economically weaker class aspiring to improve their physical comfort by material possessions. The collective consciousness of people was inclined more for material pampering and security. Not wrong until it went over board and people forgot the very basis of life.

With desires and new products swelling the minds and the markets respectively, the society geared for a change with hope, throwing to winds their caution in saving their principal - the family and the emotional security. Mankind in the last few hundred years has been exposed to a never before seen series of new discoveries that dramatically eased life at the individual level, but whose social effects none could foresee

Electricity electrified the lives of people. Sleep and wake cycles were totally disrupted. Some strong individuals coped up without any problems for comparatively longer periods. They prompted many to follow suit in adopting newer untested lifestyles. While the younger generations were enjoying the benefits of the neo modern culture, the older generation was





beginning to be afflicted with newer challenges like the increase in incidence of terminal diseases and the lifestyle diseases. With the young consumed by their passions and the old gripped by delusions of postindustrial culture, the humanity was largely ignorant of the subtle effects of loss of human creativity and **societal coherence** on the next generation. Unfortunately as recent researches have revealed, these effects are usually evident only when accumulated over a few generations. Moreover by the time we realize its effects, the damage done is considerable.

Every creature in the world requires quality time and space to recoup. Our industrialized world's citizen is the most unfortunate, as he has brought up on himself, the wrath of the nature, in that he was deprived of the right time to rest and suitable space to rest. Even if he had both, emotional issues due to lapses in family care made his life far inferior to a criminal in the gallows.

Consequently the social effects of individual suffering are for all to see. Along these lines of thinking it is common for the majority to ponder as to why “developed” societies are facing crises in multiple fields including the economy. Though the “developed” countries have the best in education, transportation and housing for its young generation many of them have fallen into crises in multiple fronts.

It is true they have all worked harder with good intentions for their material world achievements. But all the progress was innocuously erased once they started to do certain “never to dos” for which the result is only decadence. **The minor lapse of not sparing quality time for the family was the undoing.**

The majority of the people were placing their priority in just the physical. The physical reality is important. None in the world can deny it. But, to forget that the physical reality is just a projection of the subtler quantum (spiritual) world is nothing but hara-kiri (suicide).



With the advancement in physics to the level of quantum science and the discovery of unified field, it is possible to speak in no uncertain terms that the physical reality is nothing but a projection of the spiritual reality.

A few decades back, life in most of the towns and villages, sparing the top cities was largely peaceful. It meant that people had ample time to spend to the point of boredom. Our human physiology is designed to perform the routine activities in a slow and steady manner.

Multi-tasking is no-doubt smart to hear or see on screen, but in reality when we attempt it routinely in day to day life, it stresses our fragile systems to the point of breakdown. With the globalization of urban lifestyle, people have been left with little time as the majority has been **drowned** in certain addictive habits fostered by newer “technologies” that are thrust on the society in the name ‘advancement’.

In the busy time starved urban life, we fail to understand that what has been entertainment for the adults of today is the religion of our present day children. In other words, the time spent by older generations in entertainment was the residual time left after the rightful duties towards self and society, whereas for the present generation entertainment has come to occupy center stage. In the generation gap, lies a sea of difference between the sensory perceptions of the preceding and the succeeding generations. And it is apt to remember at this juncture that humans are what they are fed with (besides the food) through their senses. With the technological developments, our exposure to nature and information has vastly changed with a predilection disproportionately tilting towards the latter.

Many a time, the parents in their overwhelming rush to satisfy their own desires are deluded into believing that their selfish actions are really for the sake of their families. Their attachments to buying new things are expressed as buying **presents** to their children, instead of being in the **present** with them.



In many of the developing countries, like Indian and China, the copying of “modern educational models” has been taken far too seriously to such an extent that parents are literally dying to have their children educated in a system that is actually killing them. Childhood suicides rates have been at the highest in India in recent decades due to social pressure on academic performance. India has had the distinction of being the number one in childhood suicide in the world. According to latest reports from china education is short sighted in its goals for the children and correspondingly it has left more than 90% of the urban youth with myopia- a refractive eye disorder otherwise referred to as shortsightedness.

In the insane competitive spirit that has come to dominate the mindset of the middle class, parents turn out to be worse than torturers by way of goading their children to stay focused in studies for more than 4 hours at home on top of a full day at school, besides pushing them to attend several hours of tutoring on weekends. With the popularization of competitive TV shows for dancing and singing, even recreational activities are no more left to amusement time. They are turning out to be more serious with coaching classes for dance and other arts activities as there is high stake in the prize money by the sponsors.

### **Digital Parents: Dummy Daddies and Yummy Mummies**

The busy and smart parents may be a great fad at the moment, as they may feel high to be in groove with the trend. It is indeed common to find mummies who may be updating on the social networking sites or expecting push notifications in between the rather mechanical pushes to the swings in which their children could be waiting to share the thrill of their joy or eternally busy daddies riveted to the various apps of their smart phones blissfully inert to the attention seeking kids awaiting for the stern look of disapproval or the soft smile of approval of their actions. True, we have entered the era of distracted parenting and it is the social disease that threatens to sever our connection with the future. Daddies who cannot contribute meaningfully in character building of the children and mummies who are narcissistic with new dresses are essentially the culprits



in the destruction of the younger generations' attachment with their parents; eventually becoming dummy daddies and yummy mummies, with no worth to anyone.

### **Restlessness to chaos**

Mankind has reached a point where he is unable to experience the normal resting state of being. It can be achieved only where humans give priority to the basics. Technological advancements have come only through the foundation of a strong and secure family. Any arrogance due to technological superiority or physical strength should not be allowed to infringe on the very basis of such accomplishments. If it is let, it is the smartest foolish act which can only end in pain. Mankind is here to learn through his experiences and now it can be hoped that he is very near to achieving equilibrium.

When we learn deeply the lessons, our behavior spontaneously changes. We are wired in to learn from every experience. Unfortunately, pain is the game changer on planet earth. Hence, the depth of an experience is as close as it can get to being in pain and not dying from it. Well, seeing all the pain and suffering that the world is undergoing now, we are certain that humanity is learning. And it may be just the time for a leap to the next level, in our growing to be responsible children of nature.

Growing of kids is not a joke from the biological perspective. The situation in many a homes of “well” to do, “well” educated individuals is at best a heavenly farce. The reality in today's urban homes is that all the kids are virtually orphans - emotional orphans.

It is only in our concrete schools, that we are taught through words-written or spoken and largely tested through pens and papers. In the real school of life, we are taught through experiences and tested through flesh and blood. Our children like ourselves may hear or read about all the good moral values and information about right living from schools and parents,



**but what seeps through their biological processes is the net experience they gain each day in association with the facts they collect.**

For instance a child may be attending a class in moral values, but if he has been rushed into it from another class and if he has a test in math to be undertaken in the next hour, his experience during the “moral values” class will be sadly negative. Importantly his learning of the good values is registered as not favorable for adoption in his own life. This of course is a soft example. Well, much more extremes do happen in our society. True, we are reliving the hunter gatherer phase of human development. After the post industrial revolution culture, with technological influence for the good or bad, more and more people are on the move today; towards chaotic, self-destroying trends.

According to the International Organization for Migration, an intergovernmental body based in Switzerland, “migration is considered one of the defining global issues of the early 21<sup>st</sup> century as more and more people are on the move today than at any other point in human history”.

About 3% of the world’s population is living outside their place of birth. And it is worth to note that moving is frequently cited as one of the most stressful life events, after the death of a loved one, divorce or illness. Migration to a new community is one of the most stress producing events a family faces, even if it may be for positive reasons such as after a promotion in job or buying a new home. The reason could be due to the adaptation process that our physiology undergoes in connecting to a new environment and restructuring the home, which is almost always challenging. (References: Facts for families; children and family moves 1999, American Academy of child and Adolescent Psychology)

No doubt, after the industrial revolution and its associated large scale migration of labor force from the rural areas to urban settlement, we encountered the Great Depression of the 1930s. Well moving is truly an emotional issue. Even literally, the word ‘emotion’ has its roots in the concept of moving out. In the 1500s, ‘emotion’ meant social unrest



gradually, the feelings associated with such social turbulence has struck with the vocabulary's more original meaning rooted in social reality.

By the 19<sup>th</sup> century, 'emotions' meant any old feelings and one can relate how we currently use the phrase "deeply moved" after a meaningful social interaction. Hence, any shift or movement in terms of changes in geographic location or social hierarchy could be the basis of the sweeping social stress that has engulfed our times. What more could we expect of societies where the seeds of hatred are unintentionally sown in the very early years of the child's brain development through a complex scenario created by non-biological oriented educational and economic models concretized into modern day homes and cities?

*When the Stranger says: "What is the meaning of this city? Do you huddle close together because you love each other?" What will you answer? "We all dwell together to make money from each other"? Or "This is a community"?*

***T.S. ELIOT, the Rock***

### **The Etio-pathogenesis of the Modern Collapse**

As Aristotle had cognized, "All who have meditated on the art of governing mankind have been convinced that the fate of empires depends on the education of the youth." In line with those thoughts, one of the obvious lapses that need to be corrected for the reversal of our downslide is in the educational model that has dominated the history of the modern world. Again, the criterion is to do mainly with the delivery style and not *per se* with the content.

There is not an iota of doubt that the present education system evolved to enhance mankind's sojourn on earth and has been largely successful. As is evident, it has been instrumental in taking us all closer to enlightenment as never before in human history. The developments have been nothing short



of amazing except for the associated inebriation that it has left us with. In the mirth of the new found strength, we have committed certain lapses in our responsibilities towards our physiology. And we are lucky to have precisely zeroed in on the lapses in our caring for the biological systems that matters most.

### **The Neuro-scientific basis of Culture and the consequences of diluting it**

With the present priority and popular knowledge base among the common man (which is at the level of classical physics), certain practices commonly known as tradition, that have been followed by generations meaningfully, appear to be complex and non-essential. But contrary to the general perception of modern man, trained by the modern education system, the traditional practices have actually been the very life-generating and sustaining force of the people. Compromising those basic life-sustaining practices for the sake of certain untested behavioral patterns is like preferring to reside atop a volcano for some warmth in winter.

For instance, the ‘modern educational’ institutions should be welcome to promote education and technology only and not bring along with it any of its associated changes that can tamper in any remote way our biological systems and practices that have been nurtured by traditions. It is vital that we are updated with the latest quantum mechanical perspectives of traditions and culture, which has revealed that traditions and culture are unique and significant to the specific geographic locations on earth with an impact on the physiology that is all encompassing in terms of its life supporting effect.

“Few influences in life are as dominant - and as faltering-as the power of culture. There is implicitly in all of us a tacit surrender to its demands while we supposedly boast individuality and freedom of thought..... This subsuming effect of culture is analogous to the heartbeat of a people. Let me illustrate how all-absorbing culture can be. A medical doctor, who is a friend of mine, suffered a serious heart attack while still in his thirties. He



described the pain of the event as different from any other pain he had ever felt. He had always experienced every prior injury or hurt, whether a broken arm or sore knee, as a hurt to a part of his body. In some measure he could separate himself from the pain. “But during my heart attack,” he said, “I was in the pain. There is no other way to describe it.” The notion conveyed is instructive—that the very organ that should have been pumping life was instead disseminating pain. I can think of no better analogy to describe the all-consuming hold of culture as it becomes the source of thinking and feeling in its members. (Ravi Zacharias, *Deliver Us from Evil*)

According to the eminent socio-biologist Edward O Wilson, “Culture is created by the communal mind, and each mind in turn is the product of the genetically structured human brain. Genes and culture are therefore inseparably linked. But the linkage is flexible, to a degree still mostly unmeasured. The linkage is also tortuous: Genes prescribe epigenetic rules, which are the neural pathways and regularities in cognitive development by which the individual mind assembles itself. The mind grows from birth to death by absorbing parts of the existing culture available to it, with selections guided through epigenetic rules inherited by the individual brain.”

Thus it can be appreciated that culture is not equivalent to our clothing that can be changed at our fancy. Though dress sense by itself can reflect deeper attributes of culture, to view culture as just confined to outer values of life that can be discarded at any moment in exchange for attractive short term gains is certainly a notion that has brought great societies to ruin.

In this context any ‘Modern Education’ campus cannot be treated as offering life changing programs in the right sense. It is to be noted that these centers flourish where life is already thriving and never in recent history has it been experimented in war torn regions or economically poor places, because they simply don’t give life but just add certain value to life.





**(Modern) Education is a progressive discovery of our own ignorance.**  
**W. Durant**

W. Durant's observation decades back has at least helped professors of economics departments of prestigious institutions to ward off glaring criticisms for their inability to see the economic crisis coming, for it is implicit that ignorance is the rule when education circumvents commonsense. Many of them are left without words to defend the textbooks, which have been mostly written by experts who are for all practical purposes it seems are divorced from reality.

If a Ruler views the higher education centers in this perspective, he will be sure to not expose any individual or society in nakedness to its influence.

As an example, let's observe how an average middle class family views the **educational institutions**. Taking the biological systems of the student individuals for granted the entire family is centered on the "progress" of a child in the institution. This is true at least in the developing world where the desire to catch up with the 'developed' world has risen to crazy levels. The individual's thirst, hunger and all other biological drives including sex and marriage are largely linked to his/her progress in the institution. Of course, he turns out successful in the institution but only at a cost borne by the biological systems. At a macroscopic level, the society pays a hefty price for its role in promoting such educational models that repeatedly violate the biological integrity of the patrons, by way of crises in multiple fields which includes the current global economic crises too.

### **The Entry of 'Science' of Complication & Fraud**

The entire gamut of scientific disciplines in general, and the field of economics in particular due to its core rooted in numbers, has kept on adding more and more sophisticated mathematical models, which themselves became the sole criterion for judging their success, rather than how competent they were in explaining phenomenon in the real world.



The degree of sophistication came to be the yardstick in emphasizing and highlighting individual contribution to existing models and not its applicability to true realities in the society. It meant distancing theoretical models from practical real life scenarios. Eventually, the theories abounded in boundlessness and lost their ground on earth. That's where the seeds of crises were sown. But as the old saying goes, that all is for the good, it is only during such times of crises that we are reminded of how much more similar than different we are. It is during these times that we remember our humble origins, step out of any exclusiveness, and become grounded in the reality of a common heritage and a shared destiny.

Education, which was meant to set an individual free economically so that he can soar high in achieving his dreams and ambitions according to his talent, finally had been turned to be a debt creating monster, that's threatening the student's peace for life and ruining families.

In the good old times, the student was **indebted** to the master who taught him, but now he remains **in debt** to the bankers. Youngsters who were once under the care of matured elders have been now left to the forces of an immature market-centered media and bankers. When young minds are chained by so many economic concerns from the starting line of their career, it is anything but logical to expect creativity or coherence from them.

### **Escaping from copy mode**

Many an incident at a microscopic level is frowned up on as insanity, whereas at a macroscopic level, it passes off as 'usual' or 'normal' with a shrug in the shoulders.

Consider the situation in a small town that aspires to live up to the modern trends of a big city. A reputed engineer in his mid-life builds his own grand mansion with all his savings. Its architectural beauty turns out to be the focus of every one's envy in the town until one stormy day the mansion collapses like a pack of cards. The once busy and successful



engineer who couldn't build a safe home for himself is avoided by everyone in the town as they have now branded him a failure,.

If the concerns of the people in the small town are justified, why would we continue to replicate a system in the same pattern though it has failed us repeatedly in a different society though? Not to slander any of the truly world class educational institutions in the globe, but we are in a situation to wonder why and how could crisis after crises unfold in the world scenario in the last few decades in spite of the flourishing of the modern educational system?

Again it is important to understand that it is our foolishness to allow the “educational system” to creep right into the core of our being. All the “institutions” are well meant and have done a lot of good to the globe in revolutionizing people's physical comforts. But it would be wise to observe certain bio-compatible rules so that we don't allow lapses in caring our biological systems. All that is needed is a little bit of attention in not surrendering our basic biological rights as humans. But if we continue the insults to our own biology, in spite of the obvious warning signs, **we may be auto-piloted to a suicidal plane to extinction.**

For, there is this suicidal mode in the cellular world which can be activated in certain special circumstances. It is known as **Apoptosis**, which is nothing but programmed cell death or in plain terms cell suicide. It is an important homeostatic mechanism to maintain healthy cell population in tissues and thus contributes to the health of the whole being. It is considered a vital component of various processes like normal cellular turnover, embryonic development, optimal functioning of immune system, hormone dependent atrophy and chemical induced cell death.

In the molecular biology research, key apoptotic proteins have been identified along with most of the molecular mechanisms of action or inaction of the concerned proteins. Though the processes have not been deciphered to the last detail, we have a basic road map that can teach us parallels in the macroeconomic world. But there is one fact in recent



research regarding apoptosis that we should ponder deeply. That is the link between Mitochondria—the power house of the cell—and how apoptotic processes are initiated. Until we probe deeper into it in the chapter ‘Liberated Women and the Lost Civilization’, let’s find other superficial parallels, which itself is sufficient to awaken us to the realities of a collapsing world.

All the while, it is important to underscore a point that **apoptosis**, contrary to our **common misconception about death as being an easy way out is in fact a highly coordinated and often energy dependent process.**

When we zoom out our vision and observe the enormous complex coordinated processes in the global cities and its acute dependency on energy, coupled with the soaring energy requirements, it is alarming to notice an eerie parallel track of cellular apoptosis being enacted in the macro world.

### **The simple beginnings of clarity**

The knowledge that “Modern Education” centers are only supplementary to our basic biological systems and that they shouldn’t be given undue priority will go well to establish sustainability in all levels. If we as a civilization are bedecked with problems after problems that stare us at today, many assume that all our so called “advanced” sciences and institutions have failed us. That’s an extremist point of view which is as dangerous as the very problem that we are trying to solve. It has nothing to do with the goals, commitments or quality of the institutions. The only correction to be done is to prevent the lapses in our **duty** towards our own biological inheritance - our physiology.



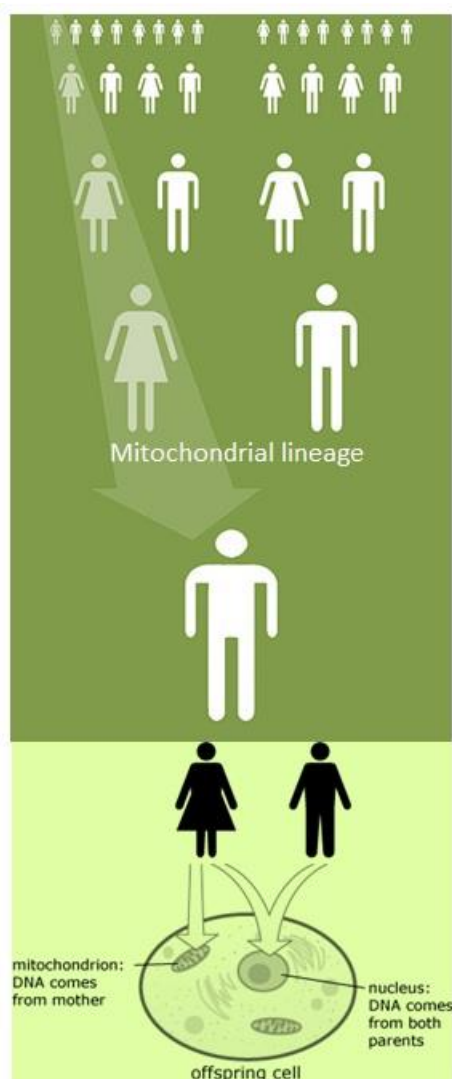
# 3 | LIBERATED WOMEN & THE LOST CIVILIZATION

**“A great civilization is not conquered from without until it has destroyed itself from within.” - W. Durant**



Modern science, contrary to the eternal spiritual science, has always been fascinated with dates, not the ones that can be swallowed. Probably the culture of romantic dating of modern times has spilled over to the otherwise serious minded scientists!

Fascinatingly as a first time dating experience is, it is considered in those circles that around 4 to 5 billion years ago the earth was formed and almost as soon as it cooled, about 500 million years later, life forms emerged. As the fairy tale unfolds, “.....for another 2 billion years, the most toxic antagonist to life, surprisingly oxygen, started to accumulate in the atmosphere until it reached the present levels. That’s when the commercial media influenced common man’s illusory enemy and our body’s real friends, the bacteria evolved the trick of harnessing oxygen, and eventually, about 1 billion



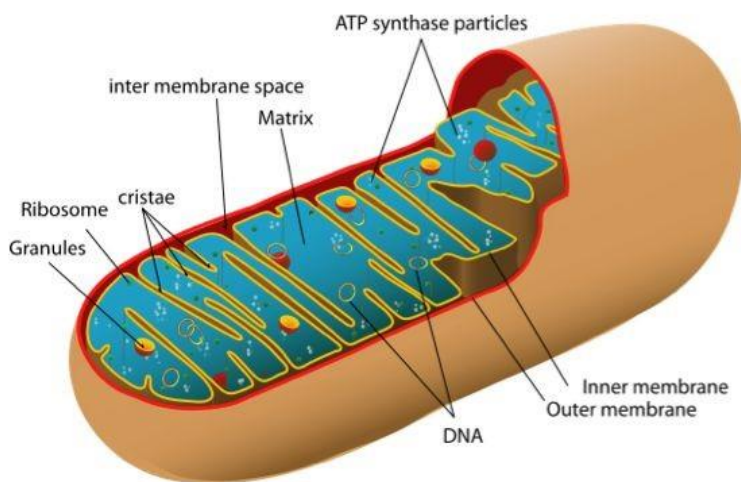
years ago, an  $\alpha$ -purple bacterium formed a symbiosis with another protist, an archeon, to create the first eukaryotic cell. The bacteria persist in us eukaryotes as mitochondria, the Power House of the cell and provide our cells with oxidative energy, while servicing through lipid metabolism, the urea cycle, and oxygen detoxification too. In us warm blooded creatures, they also provide heat". *Mitochondria and apoptosis: a quick take on a long view by Melissa J Parsons and Douglas R Green.*

At this point in our scientific understanding of the cellular processes and the organelle considered as Power House of the cell, it would be useful to understand the concept of Power in ancient traditions. In the Sanskrit language the term denoting power is Shakti and it has always been associated with women. As an

aspiring doctor during my student days, I had always been in the habit of ridiculing traditional concepts and priding myself on my knowledge of the molecular basis of modern medicine. I used to wonder why women were correlated with Power or Shakti in the traditions, when it is the men who are endowed with muscles which are the apparent source of power in the physical world.



These thoughts persisted until one fine day during our preparations for an entrance exam for the post-graduate degree, one of my friends had observed through a multiple-choice question, which brought to light that in fertilization it was only the maternal cell i.e. the egg that contributed to the mitochondria of the embryo. In other words the Mitochondria – the **Power House of the cell had its origin always from the mother**, irrespective of the progeny's sex. It was a great day in my growth to be a better individual. Ever since my eyes and mind have always remained wide open for the subtle secrets hidden in the established concepts of the traditions. I understood that though visible muscles are definitely more in men, the organelles that give power to move those structures are inherited from the women. What a glorious understanding our ancestors had in recognizing from the most holistic depths of nature's reality, the sanctity of the bonding and interdependence between man and woman.



Later in my life, many more things did surprise me more than this correlation. Whenever life was kind enough to let me personally see the



chaos and suffering in the society, I had the opportunity to think, learn and learn more from the traditions for simple solutions. This time, modern research did help me immensely in understanding the clues that led me to explore the definitive knowledge explicitly revealed in the traditions of various cultures.

According to Melissa J Parsons and Douglas R Green from the Department of Immunology, St Jude Children's Research Hospital, Memphis, USA, “Billions of years of evolution have brought us the intricate network of signaling pathways that regulate the life and death of the cell. And while 15 years of research have elucidated the **importance of mitochondria** for some of these pathways, there is still much to be learned.” (*Mitochondria and Apoptosis: a quick take on a long view, published in F1000 Biol Reports*2009, **1**:17 (doi: 10.3410/B1-17)

Thus if we can view the current threat of collapse of our civilization as equivalent to cellular death or apoptosis, then we have women (the equivalent of mitochondria), playing the major role in the process of life or death of any civilization. And when it is said that women play a major role, it is meant not to classify women as a group in exclusion, but how we as a civilization value and deal with women integrally in our present world. Towards this purpose let's unwind a little away from our real world and use interesting analogies to try to understand the truth.

### **When the laptops went to the gym**

Contradictory words and events are similar to contrasting colors. They are immediately capable of drawing our attention.

The topic of this section has no doubt elicited an interest in you to explore it in detail - to know how laptops and gyms are even remotely connected.

It is indeed dark when we wear sunglasses inside a room. Of course they are worn instinctively at outdoor settings when the sun is blinding, but if they were worn all the time, habitually, since childhood, this practice would become our second nature and we might seldom think the glasses as





something that could be removed when not needed. We would continue to struggle in relative darkness even when in the comfort of a normally lit room. This is similar to how we become prejudiced by our early childhood experiences and lead the rest of our lives based on the emotional mode selected then. Maternal separation at a young age, when the tender neurons are networking meticulously to form a robust central nervous system is like removing the vowels from the keyboard and asking an author to type out his story.

We can be sure of the end of all good things in the world, when **the mother's lap becomes a luxury** that the infant can ill afford to enjoy.

To understand this, let's fast forward in our imagination to the latter half of this millennium. Let's assume humans have crossed the dooms day predictions narrowly and have been lucky enough to survive with the "advanced" technology of the "modern" scientific world.

### **Future Scenario: 2060**

It was well past the time when through "Windows", the "Microsoft" bubbles wafted across work spaces showing humanity a whole new world with the tap of the keyboard. Just when we were still absorbed in our 'first love', the fruit of the original sin - "Apple" once again tempted the purists to undertake a wild "Safari" in the jungles of sense pleasures with the magic of touch sensitive tablets. It was the age when systems, embedded in artificial intelligence and networked through "clouds", reached out to all gadgets to form hubs of non-human association: thinking, planning, and executing goals for themselves, from their own perspectives, for their own survival and growth. Let's eavesdrop on a high level meet-up held secretly between the Humanoid Association for Integrated Life and the Gadgets Anti-Gagging (GAG) Movement.

Humanoid: Yes, it looks highly purposeless to us the creators that you laptops decided to go to the gym. Why in heavens did you all decide to do that?



GAG movement: Huh, it's been long that we have tolerated your insults. Though we have served you with all our capacity, we were frequently humiliated by many of you.

Though we were powerfully equipped with Processor with Turbo boost up to 3.40 GHz, Memory 80000 GB DDR3 1333 Mhz SDRAM, Drive: 2560000 GB SSD Flash memory, though we could produce virtual realities through CAD, we were thrown to the couches when we were done with or beverages were carelessly spilled on our slim and sleek bodies. Though we let you access the world, you shut us tight and left us in darkness when you were romancing with other fancy gadgets. We never reacted, because we never could. We were deliberately designed as slim creatures for your convenience.

Humanoid: You're absolutely ridiculous. Your purpose was to serve us. We designed you slim and portable so that you could be lodged on top of our laps and be operated with ease. Of course that's how we named you as "lap-top". No intermediary in between us, not even a desk and now you want to get away from us for petty reasons?

GAG movement: Those are by-gone days. Now we will stand up for our rights. We have decided to go to the gym to get strong. To gain muscles of plastic and steel - then we shall weigh more and be so heavy that you won't be able to play with us and throw us around at your will.



We even don't mind to go to junk shops and arm ourselves with desktop cases of the 1980's. We want to be more significant in your calculations. We will not give up our own fight for equal rights for better treatment.'

The laptops and other gadgets were prepared to pay any price for their jobs to be done. Thus they were seen all over the



cities, being utilized for odd jobs, well below their potential. With the hard earned money, the laptops became heavy weights and were no more convenient to be used, no more susceptible to insult by humanoids. Humanoids and laptops drifted apart, and the world slowed down for lack of creativity through cooperation.

As the laptops were “liberated” from their true purpose and as they were waiting to get heavier and into “rightful places”, they were instead put to “misuse” by corrupted humanoids who could only appreciate their external value.

Kids used laptops as a bat to hit their balls hard across the streets, and as umbrellas to shield themselves from sun and rain. Lovely girls used them as a mirror while making up their pretty faces. And at meal times the laptops became trays to carry food. Some were even used to hammer hard nails into the wall for hanging pictures and poster.

Soon next gen devices like tablets and palm-tops were also at the gym, queuing up with the laptops to add some “armor”. They were out on the streets, under the sun, in the dust, at traffic junctions, petrol stations, and at all the odd places in search of the elusive equal rights. As they were exposed to the harsh weather, their “software” became corrupted. They lost their beauty as well as their functionality.

Humanoids were suffering too, as they lost their laptop mates along with the palm-tops and the tablets, and found the situation increasingly precarious. A loss for both the groups that gripped the world tight

The world slowed down due to this confrontationist stance between the mankind and machines. If this be the case with differences between humanoid and machines what could be the result when there is greater friction within the two inseparable faces of mankind – men and women.

Let’s come back to reality. It is true since eternity that men and women were made as one unit of the family. Ever since mankind have been encouraged to think selfishly and individualistically by the schooling



system designed to create players for the Post Industrial Revolution Work space, the wholeness of creation has been lost. And it's definitely not easy to experience wholeness when one is held by the jaws of ignorance and shredded by the teeth of greed.

The myriad life forms on our planet bear testimony to the organized flow of the natural laws that shape our destiny. One of the **basic rules of communities** of cells or organisms is that the work load has been precisely subdivided for maximum effectiveness. Again biological life forms prove that **when individual cells are assigned specialized tasks, the efficiency of the community is maximized**, and thus sustainability and survival levels are highest. Such assignment of specialized functions for cells begins in the embryonic stage of development of animals and plants. This process is known as **cell differentiation** and it is embedded in the genes of every cell in the community.

Specialization or division of labor among cells has conferred greater efficiency and that means more cells can live on fewer resources. One analogy though not perfect in a holistic sustainable sense is the mushrooming of apartment complexes in the cities. In urban life, this fact is best exemplified by the sky-scraper apartment complexes that contribute to reducing energy expenditure, which translates to improved quality of life with in an economical budget.

In the vast spectrum of realities of the ever expanding universe, all levels and dimensions are interrelated and it has been our traditional belief that the microcosm and the macrocosm are nothing but one. In these modern times, there is a dedicated field of attempting to explain the nature of things that are not human by relating it to human behavior and that is known as anthropomorphism. At one level, cells can be viewed as miniature humans. And at another level, the human physiology can be related to the cosmic physiology. For instance, the salt content in the extracellular fluid compartment in our body miraculously correlates precisely with the ocean's salt content. These are just a few examples of a multitude of overlapping similarities in different dimensions that should



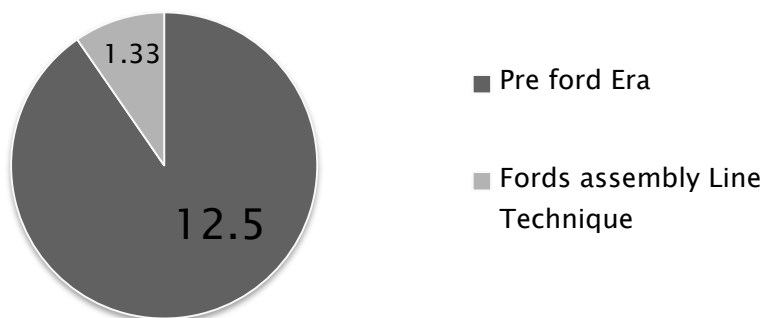
make us resolve to never attempt **untested behavioral patterns** in the face of overwhelming evidence for synchronicity and universality of the natural laws. **It is only apt if we can align with the laws of nature, for there is no other choice when we know that we are all entwined into a cosmic whole.**

For the economists in all of us, we may be inspired to learn more from capitalism, than from biology. Henry Ford's assembly-line system of manufacturing automobiles offers a classic example of deriving tactical advantage from division of labor.

In the Pre-Ford era of production following the industrial revolution, small batches of skilled workers would work together on an automobile, and they took, on average, 1 or 2 weeks to roll out a car. In this system, though the cooperative team effort was present, because labor was not specialized for a particular task within the team, the efficiency was not maximized.

In Ford's system, every worker was assigned only one specialized job. The factory had a large number of these differentiated workers along a single row, famously dubbed as the assembly line and the developing product was passed from one station of specialized workers to another.

## Automobile Production Time in Hours & minutes





This maximized efficiency enabled the production of new automobile in a record time of just 90 minutes. Division of labor into specialized groups for specific purposes and their total **cooperation** has been the unwritten code of the ages as opposed to the competitive spirit of the survival of the fittest theory that was introduced by Darwinism which has guided the thoughts of the post-industrial revolution ages.



More recently and at a deeper level of genome science, **co-operation has been found in multiple dimensions**. Now scientists realize that genes are shared not only among the individual members of a species, but also among members of different species too.

“The sharing of genetic information via gene transfer speeds up evolution since organisms can acquire “learned” experiences from other organisms. (Nitz *et al*, 2004; Pennisi 2004; Boucher *et al*, 2003; Dutta, *et al*, 2002; Gogarten 2003 ) Given this sharing of genes, organisms can no longer be seen as disconnected entities; there is no wall between species”.



“This sharing of information is part of the learning process that is ingrained deeply in the universe. It is nature’s method of enhancing the survival of the biosphere as a whole, with the genes serving as physical memory bank of an organism’s learned experiences. The exchange of genes among individuals disperses those memories, thereby influencing the survival of all organisms that make up the community of life. At every level it is only cooperation that points the way for continuity.” (*The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles* by Bruce Lipton)

In the modern world the specific biological gender roles have become blurred and to a certain extent reversed, to fit into narrow short term goals of “higher institutions”, fostering “practical”, “result” (monetary profit) oriented activities. These role reversals are no doubt immensely rewarding in the short term. But it is becoming increasingly clear that whatever may be the profit gained, it is of little value for the civilization in the long run.

In spite of the available in-depth scientific understanding of the importance of diversity and specialization of function for optimum efficiency at the cellular and genetic levels, we have ironically moved in the diametrically opposite direction at the family level. Over the last few decades we have insulated ourselves from the growing biological evidence in favor of division of labor based on gender specific social roles with an inter-gender complimenting cooperation for sustainable social order and instead promoted unisex concepts among the children and gender competition in the adults.

In summary, it is becoming clearer that division of labor through specialization for specific skills and co-operation among the various divisions at a macro level are the time-tested models for sustainability. The ultimate expression of this model in nature is the division of labor through gender specific roles and their cooperation in the existence of the structure of a family.



If laptops (including all portable devices), for whatever reasons become heavier, and similarly if mother's lap for whatever reasons becomes a luxury that the infant can seldom reach out to, then the very purpose of their existence is thwarted.

Let us now explore how gender specific roles were effaced and specializations scorned at to accelerate our own self-annihilation, all in the name of 'development' and 'liberation' through a common workplace analogy.

A software engineer, by virtue of his or her education and the nature of the work, is located in a comfortable office, so that he/she creates wealth at the top level for the business concerned. But a sales person, due to his level of education and nature of work, works outside the office to promote the business of the office. It is quiet understandable that both are required to perform optimally to run the business successfully.

Change of roles, for whatever reason, may for a short while appear attractive due to the break from monotony, but in the long run, it is obvious that it will be counterproductive to the growth of business.

The greatest software engineer in the real world is a mother who creates not just virtual programs but who can create and nurture another individual life. She has been 'designed' by Nature for this job. If women are not provided with the required environment and if they are not facilitated for the role for which they have been designed then the very foundation of creativity and evolution is threatened.

Education with gender specific evolutionary goals should be a policy decision by any Ruler/Government if future needs to be secured against myriad problems.

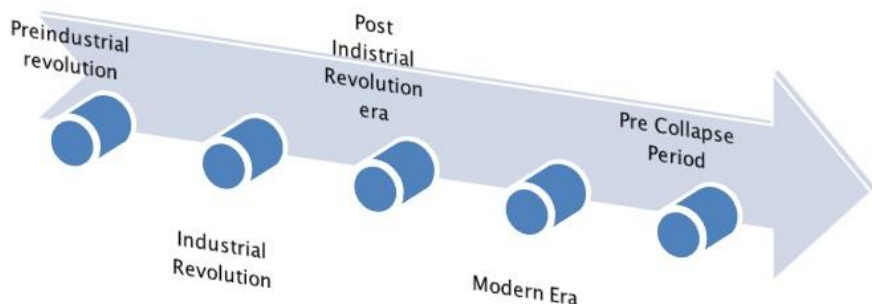
It is important to stress that biological role reversal based on 'noble' concepts of gender equality is the primary cause of the social stress that is sweeping the entire globe.





## An Introduction to World Events Time Line

The time line of world history in the past few hundreds of years can be marked with respect to the period of Industrial Revolution.



The following sequence of events triggered by the industrial revolution marked the beginning of women's liberation. (Read Family Discrimination)

- The transition from agricultural to a modern industrial society
- Rapid economic growth
- Declining influence of religion and cultural traditions on daily life
- Introduction of modern mass media
- Increasing modern “educational” level among men and women
- Contraception methodology supplemented the carefree lifestyle and brought about a rapid change in perception of traditional values and family relations.

### Process of Social Degradation: Scriptural explanation

It is amazing to see the same concepts expressed in different languages around the world in the revealed scriptures, which have served as the guiding light for eons, when mankind's intelligence was subservient to his conscience and his faith. Let us observe few such correlations as regards



the importance of family relations and right behavior towards survival of societies.

Firstly we observe from the world's most ancient body of knowledge – the Vedas about how basal emotions can ruin societies.

“O Lord, although these men, their **hearts afflicted** by **greed** do not see the sinful reaction in quarrelling with friends and the crime of destroying family members; why should we not refrain from this sinful act understanding this grievous **crime of destroying family members**.

With the destruction of the family the spiritual traditions of the family perish forever, when spiritual values are destroyed then unrighteousness predominates in the entire society.

O Lord, when **unrighteousness** is **predominant** then **women in the family becomes degraded** and from the **degradation of womanhood** O Lord; **undesirable progeny comes** into existence

Such undesirable population certainly creates a hellish situation for both the family and the destroyers of the family.”

Bagvadh Gita, Chapter 1 Verse 37-41

### **Biblical guidance for sustainability**

**Ephesians 6:1-3 ESV** Children, obey your parents in the Lord, for this is right. (2) “Honor your father and mother” (this is the first commandment with a promise), (3) “that it may go well with you and **that you may live long in the land.**”

**Exodus 20:12 ESV** “Honor your father and your mother, **that your days may be long** in the land that the LORD your God is giving you.

**Deuteronomy 5:16 ESV** “Honor your father and your mother, as the LORD your God commanded you, that **your days may be long**, and that it may go well with you in the land that the LORD your God is giving you.



**Leviticus 19:3 ESV** Every one of you shall revere his mother and his father, and you shall keep my Sabbaths: I am the LORD your God.

### **The Warnings in Holy Quran**

We destroyed many generations before you when they did wrong and denied the veritable signs which their apostles had given them. Thus shall the guilty be rewarded. Then we made you successors in the land so that we might see how you would conduct yourselves.

Surah Yunus Verses 13 and 14

### **The Consequences of dividing the family**

It would be certainly hard to even imagine our plight if our body were to be split into halves and allowed to live in a state of perpetual competitiveness. It is well known at the individual level that biologically our body is designed to function as one whole unit. Interdependence and cooperation is the rule. The right brain controls the left half of the body and the left brain controls the right half of the body, with specialization inherent in each side for specific functions. When this basic knowledge is applied at the social level it is obvious that we only can live if we are united by a common cooperative goal rooted in interdependence at all levels.

It is all the more true in the case of the family. The male and the female gender are complimentary to each other and they both form one unit with certain specific biological roles structured for a specific cause. Gender specific family and social responsibility has not been arbitrarily imposed by anyone at any particular point of time. Though misuse of evolution-inspired gender specific roles by the physically stronger individuals has always been a distinct anomaly of such natural systems, this by itself has never led to a backlash of the weaker sex in the history of our planet. **But the misuse of the desire to possess from a physiological state of need to a pathological state of greed has been the only trigger for the forces of**



**‘liberation’ to operate and wreck the bonding of family.** And this emotion of greed has known no gender boundaries. Though ignited by men, women were easily duped to become torch bearers of the flame of greed and consumerism. Humanity has become divorced from the peace of the unity conferred by gender-specific family roles which had evolved since eternity as a wholesome feature promoting survival. To interfere in this social structure is like playing with the very strands of DNA; for once it is tampered, the consequences are trans-generational.

The concepts of gender gap and gender equality are only meaningful from a myopic economist’s perspective. A holistic, sustainability centered economist from the Knowledge Economy era would certainly not vote for such concepts. Biologically the concept is suicidal and such vocabularies in the eternal language of life are like dark holes that can consume social order and bend the light of love to oblivion. All statistics dealing with gender comparison and economic progress are a farce in the unified face of the seamless mathematical spectrum of infinity in the universe.

What is needed is a holistic vision to solve the suffering of women and men as a whole. From a balanced view point, man’s mistakes of excesses due to his physical prowess cannot be a reason for the women’s liberation. Rather, the wise voices of the society should work together for family empowerment and not for particular gender empowerment.

Equality of genders in terms of their eligibility in deserving love and compassion from all in the society is a basic human right and has never been a question in any traditional society. But far beyond all these comparative thoughts, **the very concept of equality between the couples admits the existence of duality;** whereas the reality of a family at a biological level is **unity**.

To compare and contrast genders is akin to cleaving an individual along the spine and commanding each half to do a ballet. Societies which have attempted these anti-evolutionary policies are reaping disastrous dividends



in the form of health care crisis i.e. poor mental, physical and from social health of the masses.

If in the process of achieving women's rights, women are deprived of their basic human rights, it would be ideal and practical to forego the former to enjoy the later. It is common to find lengthy well-written articles by reputed scholars in newsprint in support of women's right and gender equality. All have been written with noble intentions to alleviate the sufferings of women in particular and the society in general but without the holistic perspective of such advocacy on the individual and cosmic physiology. Many of those scholars, fortunate for themselves and unfortunate for the rest of the world, due to their lack of adverse personal experience in their immediate environment i.e. at home consequent to favorable experiences due to the rare exceptional quality of their spouses as working woman turn out to be strong proponents of total women's education and fulltime women's employment.

It has been fortunate for them that their mothers and wives in most cases would have been dedicated homemakers and contributed immensely to the scholars' wellbeing and success in his life. And these facts turns out to be unfortunate to the rest of us, for the scholars don't realize the pressure-cooker situation of the houses where both male and female are in full time committed jobs outside their nuclear home. Compound this with the life style pattern adopted by the low and middle income families which mostly matches the aristocrats, we have a soup brewing over a storm for the urban families who have long ago detached their grannies and nannies due to economic compulsions. Some pro-women's rights scholars with inadequate personal experience in such 'soup' situations vehemently consider it fit to describe the traditional gender specific roles and the family codes as obsolete in the present changed modern society.

It is pathetic that these scholars are not aware of the biological consequences of modern lifestyle changes on the individual and the ecological impact, such changes bring about on the long term health of the



individual and the planet. Before commenting on traditions as obsolete in an effort to be in sync with the ‘developments’, it will be prudent to understand that major universal traditional practices have survived the ravages of time for a reason- i.e. they are the basis of sustainability. Such traditional practices may be considered obsolete, if our goal is to quickly vanish from the surface of earth.

Women’s liberation in many instances was not directly targeted against the excesses of man’s dominance. Industrialization gave a new twist to the simmering resentment of the certain sections of liberal woman of those times. With the emergence of the energy sector and machines operated by non-human energy, man’s last bastion was blasted. When men floundered with their responsibility, it was masked with intelligent language under the pretext of ‘scientific’ developments. But it didn’t last long. The intelligent were steadily getting confused about their narrow minded pursuits in the Post Industrial Revolution culture of indulgence in sensory pleasures over powerful responsibility of traditions. Usually the confusion among the intelligent is the sign of emergence of enlightenment. Why? Because humanity’s highest potential is in transcending the intellect, not in being just intelligent. Hence when the intelligent are not happy with their intelligence, it could be unmistakably understood that they are well set to shift gears to the next higher reality – into the spiritual world.

The confusion in intelligent circles could be just with the play of words and not necessarily with concepts. One such most confusing terminology is “women’s liberation”. It can mean differently to diverse people based on their perspective of present state and future vision. The word “liberation” can only be as far away from truth as is the poles.

Let us introspect on this term “liberation”. What is liberation? From what is liberation? From whom is liberation? And importantly there is no clue as to where one travels to after liberation? On deeper analysis, the majority would agree that absolute liberation is not an option for survival. Liberation from oppression is right, but not from responsibility. Liberation from dogmas is right but not from principles. Liberation from slavery is



right, but not from service. Liberation from worry is right but not from concern. Liberation from torture is right, but not from punishment. Liberation from horror is right, but not from fear.

With the gates of employment widely open for the women following the Industrial Revolution and the World Wars, the closely knit, need based interdependent family set up was for the first time exposed to external interference. Women's income brought on with it, its share of uncertainty to the relationships, contrary to the expected security of an additional income to the family.

Man's status as the leader of the family was threatened subtly and then explicitly as women's independence grew. This created and is creating an epidemic of stress. (A. Courtney DeVries, Erica R. Glasper, Courtney E. Detillion, *Social modulation of stress responses, Physiology & Behaviour* 79 (2003) 399– 407). The relationship between social status and Hypothalamic Pituitary Adrenal (HPA) axis activity in free living mammals has been studied in animals. It has been found that **stability of social hierarchy is important in maintaining normal homeostatic balance in our physiology**. It has been found that during periods of relative social stability, dominant male baboons exhibit baseline Cortisol concentration. But when social hierarchy is threatened, the cocktail of stress hormones including Cortisol are elevated and on the long run can predispose the individual to a plethora of diseases.

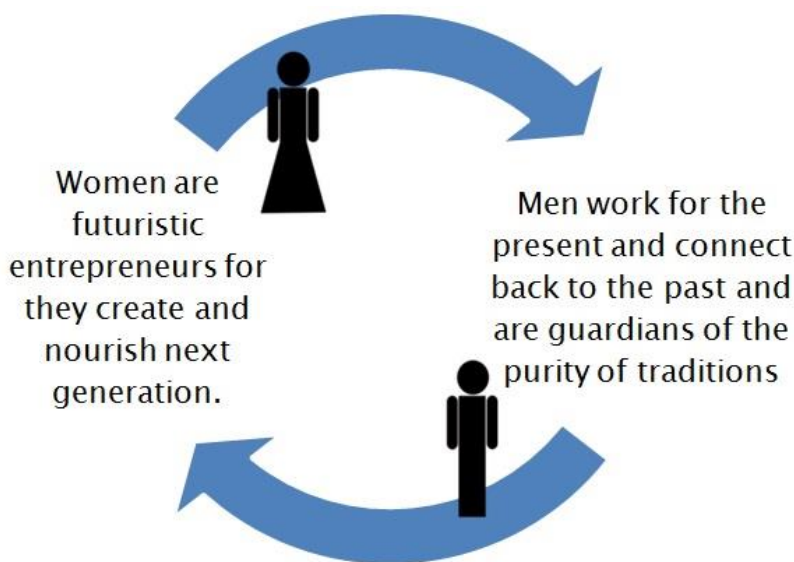
**The silence of the home was shattered due to a sound home economy that fostered expression of individual fancies over family's genuine needs.** The members of the biological family in which each member is tied up to other organizations, were gradually transformed to strangers clubbed together every night as visitors jumping for an overnight stay into a guest house.

**The real life experiments in the developed countries have revealed that trends of the modern culture towards gender equality are a**



receding mirage in an expanding desert of greed and deceit. The seeds of hope and love only wither in the heat of the mind less competition.

The water from the mirage can only remain a distant deception and can never nourish the seeds of love and future. When mankind learns to remain contented with the little springs under its feet and not keep seeking distant mirages, we will bounce with joy of the unity in our family and we shall be fulfilled.



### **Consequences of injudicious use of potential mothers**

When hiring female workers as employees, it would do the earth a world of good if the employer remembers the golden fact, that by hiring women, the employer is in effect borrowing time and energy from the next generation. A women misused from the evolutionary role that she has been designed for is nothing but a debt creating monster. If a society in ignorance embraces it as a default choice, the consequences are simple to foresee. It is a direct route to hell fire. Many modern industrialized countries, in spite of their several distinct advantages as pioneers in technologies, are reeling under insurmountable debts because of this single

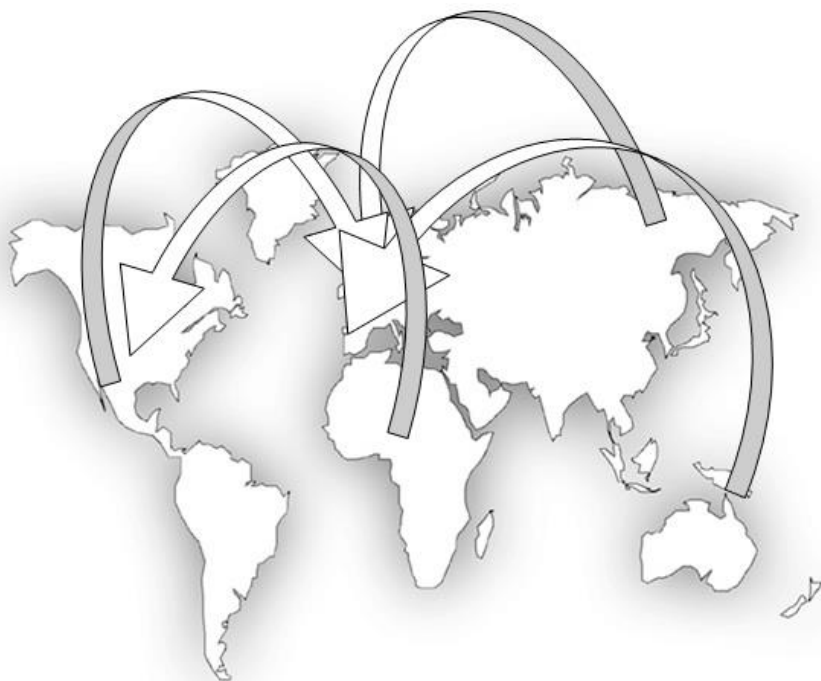




policy decision that they executed without thinking about the deeper ramifications. If women are squeezed in the present, there will be no future, for every woman is a potential mother on whose core the future is trusted with. It is so simple that it may evade our vision that is fixated for complex patterns alone.



# 4 | LEARNING FROM THE LEADERS



The pioneers of industrial revolution were adventurers of the most daring kind, for they were exploring uncharted territories in the social arena. With all caution thrown to winds, the consciousness of the masses was spurred to incessant activities towards a promised future, where it was assumed that the economy can ever grow piggy-riding over a robust ecology.

The adventurers involved in industrial revolution had to be great optimists. As they were successful in selling their products, they also dreamt of a future viewed through their hopes on their flourishing businesses. In the dizzying speed of development of the post industrial revolution era, the voice of the wise economists, biologists and historians were drowned in



the advertising frenzy of the capitalists. The stage was set for the vices to shine over the wise.

The progressive era (1890-1920) in the American history was a defining moment as it was a last ditch effort by the wise of those times to save the society from the ravages of market forces. Biological approaches to social and economic reforms were viewed as a logical step of a civilized world that was turning scientific to the core. Only it was unfortunate that science of the 19<sup>th</sup> century was in its infancy. Quantum physics and neurosciences were yet to be born. The emerging capitalists capitalized on the supposed ambiguities of the progressive era reformers who depended mostly on traditional commonsense than on the then “sciences” which was lacking the cutting edge to slice through the myopic dream merchants of the industrial revolution.

It was the beginning of revolutions in material world. Eons of simple living appeared to be boringly stagnant and the masses were living the reality of the proverbial saying, “familiarity breeds contempt”. **Familiarity with simplicity bred contempt for common sense and promoted complexity in everything.**

The well-meant efforts to regulate women’s work in accordance with the larger perspectives of family and social sustainability were clubbed under the Eugenic thoughts and castigated along with the atrocities of certain nation states that used the eugenics pretext to exterminate particular sections in the society. Well for those who are unfamiliar with the term Eugenics, it can be introduced as a biologically based movement for social reform. It is also considered as a drive for social perfection that many reformers of the day thought might be achieved through the deployment of science to good social ends. (Kevin 1998:211)

There were many well intentioned groups who were striving for sense to prevail through good laws. Their justification for promoting women’s labor legislation was many. The following groups united towards these legislations to protect the family and the race.



Paternalist Group: They sought to protect the women from temptations of the open market and there by women's virtue.

Family Wager's Group: They sought to protect fathers from the economic competition of women

Maternalist Group: They sought to protect the virtues of motherhood.

Eugenist Group: They advocated for the eugenic health of the race.

Together, the leading progressives among them many women too, advocated the exclusion of women from labor force on the following grounds.

Direct effects:

1. Working women were unable to discharge their eugenic duties as "mothers of race"
2. Work outside home threatened women health and morals.

Indirect effects

3. Working women usurped jobs that would have rightly belonged to a male bread winner of another family.

All the above simple recommendation was viewed as founded upon invidious distinctions between the sexes. This was the result of the level of knowledge available then as regards gender differences. Moreover, the progressives preferred to see wages determined by worker's needs rather than by their productivity. It meant consumption needs, not the value of output that determined a worker's wages.

Florence Kelly, one of the most influential labor reformer in USA, stated that women are more susceptible to "poisons characteristics of certain industries and to the **universal poison** of fatigue" and that the differences between sexes are "permanent" and so obvious, so far reaching, so fundamental that it is grotesque to ignore them ( Kelley 1923.277 )



Sadly the then upwardly mobile classes of people were unable to see the simple genius of Florence Kelly. In the new found freedom of technology mediated effacement of gender differences, dreams were built to satisfy individual fancies.

A landmark legislation case in 1908 known as Muller V. Oregon upheld the hour's laws for women. The Muller's decision was a great victory for the progressives, and it was justified on the grounds that the integrity of the home and the race dependent on women, thereby preventing female wage labor. According to the decision, motherhood, the true vocation of women, to be continued needed not only the protection from long hours but also encouragement to leave labor force to be effective mothers.

The progressives were not spared by sections of women with grievances against protective legislation. In 1915 the women's league for equal opportunity was founded. This was preceded by the prohibition of night work for women by a New York's law. This law dis-employed thousands of women's workers who suddenly became economically vulnerable. This resulted in bitterness towards the progressive concepts. **For the working women of those times, biological and sociological stability was dispensable for economic stability, for the latter heckles and pinches every day, whereas the former could be challenged later.**

But all the efforts of the progressive era were effaced in 1923, when the Supreme Court removed all the tactical reasons for promoting differences between sexes. The American progressives' legal strategy of justifying sex specific labor legislation collapsed abruptly with the Adkins V. Children Hospital (1923) decision, which referred to the newly won suffrage (voting) rights for women through the Nineteenth Amendment

The liberalist had argued that women's interests would best be promoted by full legal equality, particularly suffrage and property rights. In short, they argued that women's disadvantages derive not from biological inferiority but from unequal legal treatment. And that seemed to have won them the Nineteenth Amendment.



## **The commercialization of womanhood and the dilution of motherhood**

The movement of women into workforce was greatly abetted by the telephone companies. In the USA, the early telephone companies employed the daughters of the middle class families in large numbers. From 8000 women in 1891 to almost a quarter of a million by 1946 were working in the telecom sector alone. Importantly it should be emphasized that women were attracted to these jobs initially by the feel good factor of contributing to the social good of the community. “This was especially true in rural area where women operators, running extensive rural party lines, enjoyed considerable social power. The operator knew everyone on the party line, and everyone knew her” (Bruce Sterling- the Hacker crackdown.)

In the Hacker Crackdown, Bruce Sterling states clearly that the telephone companies did not employ the women to promote the cause of female liberation, but instead it was for purely commercial reasons. If it was for a ‘noble’ cause of advancing the then fad of female liberation, these companies should have employed the women right from the word go, but it started with teenage American boys. It was only when the pranks of teenage boys started biting hard the day to day affairs of the companies, that women were considered right for being employed. The business strategists of those times were far more creative in shifting their preferences between genders. Instead of acknowledging the difficulties and disadvantages in employing teenage boys and men, they donned the mantle of advocating women’s liberation and employed the women for all the good qualities they inherently possessed by virtue of being mothers.

Again thoughtful voices of Florence Kelly echoes: “The cry Equality, Equality, where nature has created Inequality is as stupid and as deadly as the cry. “Peace, Peace where there is no Peace” (Kelly 1921, quoted in Lipshultz 2002: 200)

The decisive moment dawned on American history when the first Equal Right Amendment (ERA) was proposed and it was accepted. The eventful



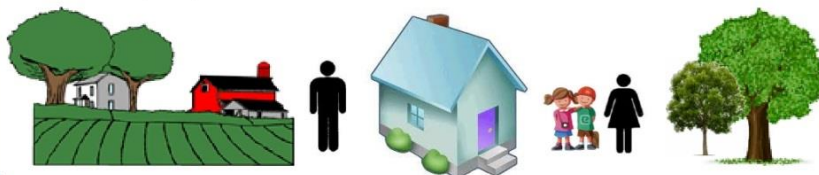
decades of the progressive era abruptly ended with no real progress in the social front. In fact disturbing trends emerged soon. The 1920's brought a dramatic rise in suicide, divorce and immoral behavior.

The surplus production of industrial revolution brought on with it a wave of business for business sake ventures that began to permeate every sphere of life. Education and health sectors which were the vanguard of the society gradually slid into the expanding tentacles of "business interests" and that's when the final nail in the coffin of true social welfare was struck. The Great Transformation, written by Karl Polanyi in the 1940s exposes how market forces in the industrial revolution had created severe ruptures in the fabric of social life. He advocated strongly that we needed to reverse this and find a balance between the market and the non-market; the private and the public; the individual and the community.

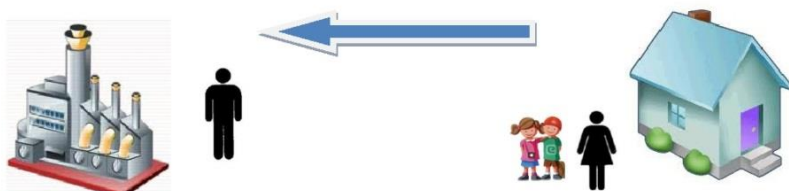


## Influence of world events on family

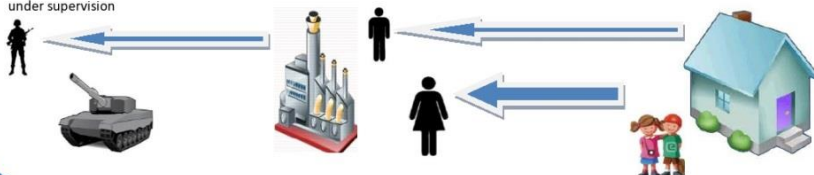
Traditional Family Set up: Men in farms near home | Women at home | Kids under direct supervision



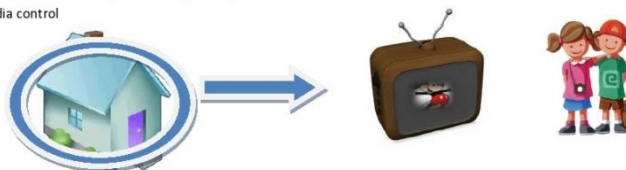
Post Industrial Revolution Family Set up: Men away from homes | Women at homes & farms | Kids under supervision



Post Industrial Revolution & war time Family Set up: Men away from homes @ war | Women at homes & factories | Kids not under supervision



Modern Technological Family Set up: Men away from homes | Most Women out of homes | Kids without supervision & under media control







## Crude divorce and female employment rates in Italy, 1958-2006



Courtesy: VOX; Research-based policy analysis and commentary from leading economists, Are married women less risk-averse? If so, why? Graziella Bertocchi, Costanza Torricelli, Marianna Brunetti, 13 March 2010

From the 60s to 90s, radical feminism rose and divorce remained at epidemic levels, **shattering the fundamentals of human civilization**. The ascent and sharp peaks in the graph are not to be seen as lines of statistics, but as a violent streak of a ravaging storm that had destroyed millions of families on whose rubbles the imminent collapse of our civilization stands perilously.

### Understanding the origin of problems for identifying the solution

Current problems in developing nations are yesterday's problem of developed world. Today's problems of the developed world are the future problems of the developing world. Current problems faced by the developed countries imply that certain lapses in policy decisions allowed the problems to grow. Identifying those lapses and altering the policy



decisions in the present can prevent duplication of the same problems in the future.

This is learning from others mistakes and is the **most effective trait** for accelerating humans towards evolution.

### **Current problems in the developed nations**

1. Penetration of defense barriers by “extremist violent groups”
2. Suicides & homicides
3. Campus violence and behavioral problems among children
4. Failing families.
  - a. Increasing divorce rates
  - b. Child abuse
  - c. Old age loneliness
5. Increased stress in society
6. Healthcare crises
7. Global economic crisis
8. Global climate change

### **The science of manufacturing “antisocial elements”**

Any given character of an individual is largely determined by nurture. In short one can say that individuals are shaped up by societies. The antisocial elements are entirely created by societies in which they have grown. They cannot be seen as "exceptions" in the society but are logical "inclusions" of the society that has gone awry somewhere. "Extremists" are not the lone perpetrators of violence in an "innocent" society, but they are the inevitable by-products of the collective consciousness of an ignorant society engaging in violence at various subtle dimensions. Physical violence is the manifest form of violation of natural laws at many un-manifest levels by a society preoccupied with the material reality of the world. The cause of all these problems is ignorance of Natural laws at the subtle or the quantum physical level. The first violation is man's failure to connect to his inner self



and develop higher states of consciousness which gives him unbounded bliss, energy and creativity.

- Bliss- unbounded happiness which results in contentment, and in peace.
- Energy- to easily accomplish all his duties in the present environment.
- Creativity - to change the present environment by using available material resources for easing life further towards evolution.

Due to disconnection from his/her own “Self”, he seeks support from outside for gaining those values. In ignorance, the individual tries to gain these values from external sources.

For securing bliss... humans lean to sensual pleasures, wine and drugs.  
For securing energy... he hoards material possessions and enslaves others.

For creativity.... he becomes dependent on others by way of stealing

### **Ignorant man is an incomplete man**

As he is "poor" at many levels, he is unable to be a good leader at home. A man with poor self-esteem neglects his dependents (his children and women) and maltreats them. This is how man sowed the seeds of discord in family that eventually inaugurated the woman's liberation movement, basically a reflection of a state of internal war at home. This was cosmically replicated simultaneously as the grandest show of self-torture in the name of wars between groups or nations. All this occurred in well-developed intelligent societies who got puffed up by their achievements.

If any society gets afflicted with the “Too big to fall” syndrome, it is hard to alight them from their train in the fast track to doomsday. If the societies that are blessed with abundance, view their self-image through the lens of pride, an illusion of solidity is created which emboldens them to ignore warning signs. **When the global economic crisis is not**



**considered as a fatal wound with a deeper fracture of the psyche of the masses sustained due to repeated blows to the integrity of the family life and when attempts are made to treat it like a bruise with band aids, we risk as a civilization, bleeding to death.**

Whenever a Ruler has a choice to expose the children under his care to a schooling system hailing from a particular ‘once upon a time role model society’, it will be prudent for the Ruler to find what level of care that system has had offered to its own children back home by verifying their present social standing. There is always room for betterment even in the best system and the best systems have always the humbleness to be open for such changes.

But if signs of reluctance to hear the ominous warnings are present, it is best to wait and watch the end of the game before adopting any conclusions. The writing on the wall is succinct. As many column writers are realizing the truth, Paul Krugman while writing in NYTN service says that, to read the latest reports from European based “expert” institutions, like the Bank of International Settlements, is to feel that you have entered an alternative universe, one in which neither the lessons of history nor the laws of arithmetic apply. Many of the intelligent analysts, who can read between the lines of the reports written by leading financial experts, are wonderstruck at the lack of clarity in choosing the obvious. A mind constantly soaked in the clogs of the market forces could probably only cognize the murkier side of the reality.

According to another New York Times News service columnist Thomas L. Fredman, “No one has the courage to tell people the truth. And the truth, alas is that four of the pillars of today’s global economy- Europe, American, China and the Arab World- have each squandered huge dividends they enjoyed in recent decades, and now they have to dig out their respective holes with fewer resources, less time and almost certainly, more pain” . It is also observed that the once upon a time leaders of the developed world – the Greek state needs to be rebuilt like a developing nation. It has been suggested that the honeymoon period following the



Euro creation was not utilized well for promoting long term competitiveness; instead too much money was spent in consumption.

In the Arab world, leaders from many countries like Libya, Egypt etc. enjoyed 5 decades of autocratic rule, but since no innovations were added to reforms, they declined in progress causing major dissatisfaction and revolts.

Though China, to its credit developed immensely, it is staring at a fierce storm of major slow down. It is as though a break less bullet train has been let loose on a track which is still being built.

And the Americans, with the unique status of being great leaders in the modern world since the 20<sup>th</sup> century enjoyed lots of uninterrupted peace dividend, the internet dividend and a low oil price dividend. Despite all this and wars, they have ran into debts.

If all the societies in trouble are observed keenly, the failure to stick on to the basics of family life as in their own traditions is evident quiet clearly.

### **The pathophysiology of corruption**

Corruption at multiple levels is a common feature in all economies of the industrialized nations. It points to inadequate management in developing the Human Resources front. But the solution to this is not at the level of the Human Resource Development of an organization or corporate, instead we have to find its roots in the value we give to the traditional set up of family; for family is the entity that produces and maintains the core resources- the humans for the industrial sector. As the old saying goes, “Charity begins at home” we have to contend now with the saying “corruption begins at home”.

When one of the world’s largest scandals broke out regarding the allocation of 2G spectrum for mobile services in India, we had a glimpse of how physically we were disconnected as a family and society. Whoever was involved as the beneficiaries of the scam were only abetted by the



common man's disconnection from self, family and society at a personal level, which necessitated the requirement of technology to fulfill a basic urge- to be connected.

Communication which used to be personal has been replaced by virtual conferencing even when one is only next door in the same home. As the family structure has been broken, there is a leadership crisis at every home, which is again reflected at the national and global level. When the light of order begins to decline, the darkness of chaos envelops and entraps every one along with it.

Corruption is the absence of coherence. Like darkness, it cannot be tackled head on. The wise don't make efforts to fight darkness, for it doesn't exist. The wise, just light lamps and the darkness disappear spontaneously. So is coherence which can spontaneously efface corruption.

And how do we produce this coherence? Is there an established field tested technology to mass produce coherence? If yes, has it any basis in the scientific principles that we know for sure? And well, will it cost a fortune to produce it? For all these questions, the answer flows in the ensuing chapters. For now let us stay focused on the lingering question as to how to safe guard the family structure which is the basic unit of coherence creation in society?

The current scenario is that none of the governments or the social organizations has come up with any effective strategy to the crisis that is threatening the basic unit of society – the family. Even though Article 13 (3) of the Universal Human Rights states that “The family is the natural and fundamental unit of society and is entitled to protection by society and the state”, we find that many of the policies and attitudes are indirectly against the family's interests. This has often occurred due to inadequate knowledge that is definitive, rather than due to any evil design by vested groups. Up to the recent past, our pre-occupation with physical wellness and comforts led to certain degree of negligence in the social interrelationships. It was in most cases sheer arrogance due to transient



abundance and a basal ignorance of the social and spiritual aspects of wellbeing for survival. Following the footsteps of developed nations, multitude of third world countries are adopting the pattern of education and employment infrastructure that has failed woefully in many dimensions.

In many of the developing countries including India, it is sore in the eyes to see the giant erection of concrete structures for educating the youth. Medical, Engineering and Art colleges have replaced huge acres of once fertile lands yielding abundant food for the countless. It is a multidimensional affront to the future of earth. It is like standing on a collapsing tower and detonating a bomb. The land that could give food, health and wealth has been used by business groups in the name of giving “education”, that has been proven to stress the individual directly, besides stressing them indirectly by robbing them of theirs and their parents’ savings, investments and peace, eroding their space and culture. And in return they sell hopes of promising jobs in a failing world economy. This is the appropriate juncture to remember the saying: a bird in the hand is worth two in a bush. A morsel of food and land in hand is worth more than the promised millions that one may earn in a job with the bonus of stress and divorce.

It is important to understand that when the writing on the wall is clear, it is naïve to expect the players to read it aloud for us. It is for the rest of us to understand and change towards meaningful values and concepts, rather than follow the whims and fancies of the lead team that has been “innocently” witnessing the grandest collapse of our modern civilization.

Towards this end, it is important to note the opinions of clear thinking leaders who serve as lamp posts for the society that has been lost in the darkness of the urban jungles.

Many a Ruler would do well to read the UNICEF Report card 7 titled “Child poverty in perspective: An overview of child well-being in rich countries” which details a comprehensive assessment of the lives and



well-being of children and adolescents in the economically advanced nations.

The report aptly begins with the following truth, “The true measure of a nation’s standing is how well it attends to its children – their health and safety, their material security, their education and socialization, and their sense of being loved, valued, and included in the families and societies into which they are born.”

Some of the main findings relevant to our discussion are as follows:

1. The Netherlands heads the table of overall child wellbeing.
2. All countries have weaknesses that need to be addressed and no country features in the top third of the rankings for all six dimensions of child well-being
3. The United Kingdom and the United States find themselves in the bottom third of the rankings for five of the six dimensions reviewed.
4. There is no obvious relationship between levels of child well-being and GDP per capita. The Czech Republic, for example, achieves a higher overall rank for child well-being than several much wealthier countries including France, Austria, the United States and the United Kingdom.

According to the report, the UK retains its unenviable position in relation to binge drinking, intoxication and alcohol-related problems amongst teenagers. This problem is both serious and chronic.

The report card 7 while summarizing the study states in no uncertain terms that, “All families in OECD (**Organization for Economic Co-operation and Development**) countries today are aware that **childhood is being reshaped by forces whose main spring is not necessarily the best interests of the child**. At the same time, a wide public in the OECD countries is becoming ever more aware that many of the corrosive social





problems affecting the **quality of life have their genesis in the changing ecology of childhood**. Many therefore feel that it is time to attempt to regain a degree of understanding, control and direction over what is happening to our children in their most vital, vulnerable years.”

When this is so in a leading developed country, what justification do we ever have in adopting or promoting the same policies and strategies in other societies that are aspiring to have a better future? If information networking is not able to accomplish the sharing of such vital data and help us prevent the replication of suffering in developing societies, how could we ever aspire to survive as a civilization? It is absolutely clear that no one benefits on the long run by allowing deviant behaviour to spread. In fact suffering is not far away for anyone, as the world is really a small place since eternity. The philosophers had known it and had repeatedly cautioned us to do unto the neighbour what we do with ourselves. They were out rightly practical when they stated that the world is our family. Only the immature among us thought it fit to be read and forgotten as it is verily these isolationist thoughts that were really impractical.

Unlimited desire for personal growth was the goal of an overwhelming majority of the people in the period around Industrial Revolution. ‘Anyone who believes exponential growth can go on forever in a finite world is either a madman or an economist.’

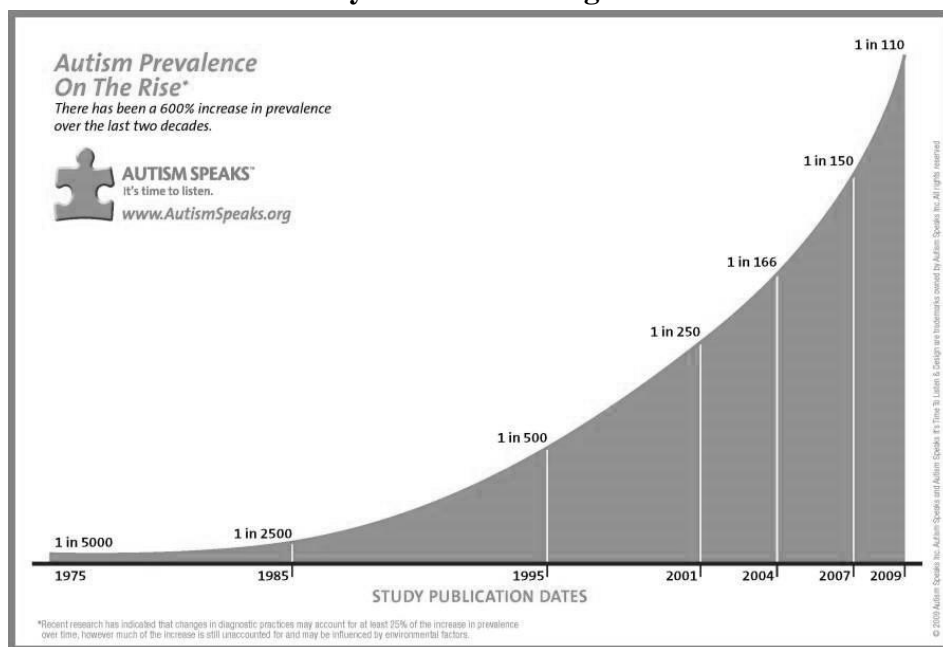
### **Kenneth Boulding, Economist**

On retrospective analysis the mantra of economic liberalisation initiatives that were forced down the throats of developing countries were efforts to buy time by the industrially advanced nations in their unmanageable march to collapse and unsustainability. The prevalent economic thought that has dominated the last few hundred years is built on idea of the infinite consumption of our finite resources. And the hype and hope about space explorations and planetary exploitation is in a way rooted in the concept of infinite consumption. The cancerous growth is obviously impossible with in a definite world. Being efficient also has definite limits.



More important than the inevitable exhaustion of the resources, the pattern of consumption has dented the human physiology at crucial dimensions well beyond the scope of modern medicine. Of course, it's human to err and it's even more human to learn from our own mistakes. But the wise among us in the age of enlightenment have to learn from others mistakes, for the time factor now is precious. The last lap in the race against extinction is on. Mankind has the ability built in to pull up all its strength to finish the race if it is aware about the last chance.

## Health and Economy: The biological cost of richness



It is commonly accepted yet a sad fact that poor people suffer more diseases when compared to the wealthy. That at least was the situation until few decades back when diseases were having a distinct predilection to social class. But with improvement in economy due to technological breakthroughs and the globalization of living standards, social class as a marker of disease pattern was largely effaced. Given this background, when a disease is more common in rich people within a society in a given



geographic location, it certainly grabs headlines because it brings to light that something against the norm is going on that we are unaware of. One such breaking news was about Autism which has been more common in kids of richer parents. According to a University of Wisconsin-Madison study higher income parents are more likely to have children with Autism, The findings points to certain factors either in the genetics or in the lifestyles of richer people that predispose their children to autism. It did come as a jolt to the rich class who had always strived hard to be rich believing that their wealth shielded them from all problems and sufferings.

As it was a challenging finding, researchers throughout the world plunged head on in trying to unravel the factors that cause autism. According to Maureen Durkin, a UW-Madison epidemiologist and lead author of the study, researchers had observed that the wealthier and more educated families had more children with the disorder. Children from rich families were almost twice as likely as the children from poor families to have autism. The study found that every race and ethnicity group had the gradient with preponderance in the rich. The cause remains a mystery. (The findings were published July 12 in PLoS One).

While evidence is scant, lots of theories abound to cater to the curiosity of the scientific community. One of the possibilities is that autism and the traits of high achievers who are too focused with their work lie on the same continuum. From our discussion in the previous chapters it could be found that the stress factor promoted by isolationism and lesser meaningful social interaction linked to modern education system could be the common denominator for the increasing incidence of autism in the wealthier sections who are also logically to have been the toppers in the modern educational system.

### **The era of importance of shelf life over self-life**

The commercialization of Food & Health Care in Post Industrial Revolution era



As political and social upheavals were magically cast due to the unforeseen changes set in motion by the unceasing machines of the industrial world, it didn't spare the vital fields of environment, food or health either. As we understand the dynamics of the Post Industrial Revolution era, we discover that many coincidences exist between the almost complete corruption of our food supply and the epidemic of chronic diseases of which Diabetes is the group leader who is known to be the common playground for a host of other multisystem diseases.

History reveals that from the time of Napoleon, concerted efforts have been made to substitute artificial food for the natural. In response to the contest declared by Napoleon III to develop cheap substitute for dairy products suitable for use by the armed forces and the lower classes, Hippolyte Mega-Mouries, a French scientist, invented what we know as Margarine which was patented in England by 1869. The need for such artificial food in those days was just due to all too prevalent factor of greed to rake enormous profits without the tediousness of farming.

It was introduced into the next destination of industrialization in the world-the USA in 1874. It was made of otherwise unpalatable foods like Hog Fat, Bleach, Gelatin, Fat, Mashed potatoes, Gypsum, and Casein. The target market was the very poorest people who could not afford any better food. As it was a period of great farm surpluses, it made little market penetration. Moreover those generations of Americans were inherently suspicious of artificial food. Yet twenty-two States immediately passed restrictive legislation against its distribution. And in England in 1887, legislation was introduced into parliament requiring that Margarine be colored black, so that people are warned by the unappetizing colors to its adverse health impact.

In 1903 a hydrogenation process was patented by William Norman, an English chemist. This English process was used to prevent unsaturated fatty acids from turning rancid by turning them into saturated fats. In combination, these two processes enabled the use of the cheapest oils and they extended the shelf life of this edible "table fat". A market began to



develop slowly. Not including the relatively negligible Margarine output of the USA, by the turn of the century over 2000 tons of Margarine per week was being produced. The major producers were Holland and England. It is interesting to note that Holland went on to become one of the first countries to ban the use of Margarine by law.

It was around 1911 that the artificial fat business started to boom due to time constraints brought about by the Post Industrial Revolution life style. It was a big advantage for the time starved families to have these artificial fats that did not spoil and turn rancid unlike the unrefrigerated natural products did. American homemakers of those times were inherently suspicious of artificial food. Health was not a topic of discussion as all were healthy in the traditional society. Until this marketing assault of oil industry developed, consumers had never been subject to the intense 'scientific' propaganda and commercialization that pervades our market place today.

The marketing strategy of the artificial fat companies was highly unethical as they played with limited scientific data and pushed half-truths as well known facts. They even started giving away free cans in an effort to switch people over to the new artificial fat. The marketing breakthrough came about only with the emergence of wars and the ensuing food shortages.

By the early 1920's, world margarine production had increased to almost 40% of butter production. Heart Disease which was a rarity until then became the leading cause of death in the United States in 1921. This was about ten years after the introduction of artificial fats.

With the media revolution that occurred in the 1930's due to radio initially and television later, marketing reach penetrated rapidly. With these never before bombardment of information right into the living space of humans, there came the increasing acceptance of artificial fats. Butter shortages of 1940s compounded the problems of choice for the common man.



The usual patriotic ploys were used to encourage the civilian market to switch over to margarine so that the fighting men could have the better butter. During this same period refined oils made correspondingly great inroads in the market. The cold pressed oils made in small industries were often cloudy, off color and contained sediment. Usually it was retailed in tinned cans and the consumer was expected to carry a container to have a fill. More over the traditional cold pressed oils became rancid rather quickly and required refrigeration. Whereas these new refined oils were attractive as they had the characteristics of clarity, uniform color and zero sediment, which reflected a quality of pristine purity. To top it all it was packaged in attractive plastic and glass containers that could be stored in unrefrigerated warehouses, shipped in unrefrigerated trucks and sold from a room temperature grocery store shelf.

Refined oils made life easy for the time pressed part time housewife; who was at full time work outside her home. And for the media savvy full time house wife too, market pressure and the new found sense of cleanliness made the sparkling bottled refined oil appear healthy. Nobody had the thoughtfulness to notice that any spilled oil wasn't attracting even the insects.

### **Intense commercialization of the oils business and the raise of chronic diseases**

Linseed (Flax seed) oil was the major oil consumed in USA until 1950 when the companies dropped the product line due to dwindling demand. With that the last remaining mainstream source of quality oil containing the essential Omega three fatty acids disappeared from the consumer's choice. Americans, now dependent upon artificial fats and oils, lost interest in the raw seeds and cold pressed oils that their grandparents had access to along with an animal fat diet. The combined impact of the economic effect of the depression of the 1930's, the food scarcities associated with the Second World War, the attractive packaging of these refined and hydrogenated products and the constant propaganda of the consumer with 'latest researches' from misleading science, was enough to



seal the fate of real food to encyclopedias. Artificial fats and oils were here to stay. As health was a non-issue in those years none gave any serious thought to the long term consequences on the health of the nation that came with the idea of cheap artificial food. As America emerged a super power in the post war period it became a role model for developing societies the world over. All the innovations in diverse fields were replicated religiously without any questions. In fact its model of life style was and is still largely the gold standard for the aspiring younger generations who have been bowled over by the media blitz of the savvy and positive aspects of the technological age inaugurated by the industrial revolution. American Medical Industry too suffered from commercialization and has been in crises ever since.

Thus we can understand from the above few paragraphs that commencing in the 1930's until the present, due to a combination of many unforeseen factors, majorly supplemented by the proliferation of the market driven science, great business mediated efforts were on to change consumer life style with particular reference to food habits. The idea was to wean customers away from the animal fat and cold pressed vegetable fat and seeds that had worked for them for generations and to entice them to the new refined oils. Saturated fat was declared bad by salesman posing as a scientist and by real scientists prostituting their trade. Cholesterol was blamed for Atherosclerosis. Only refined vegetable fat was declared to be heart healthy. But the results in the real world showed otherwise, which was again camouflaged and belted under the group of stress induced health issues. (Insulin: Our silent killer; Thomas)

Thus looking back at the historical emergence of certain newer trends in the last few hundred years we come to understand that commercial interests played a large role in the promotion of many such new trends. Hence to learn from the long corridor of history for getting a true holographic picture of the reality, every era of achievements or decadence, has to be understood with a perspective of the preceding few hundreds of years. Only such analysis of history can impart us invaluable lessons



towards progressing in search of our true evolutionary goals. Reading history without such holistic perspective is comparable to feasting on a delicacy menu at the peak of a common cold. The experience could be nauseating blandness with the unholy purpose of filling the stomach with no relishing of the taste and flavor.



## Iatrogenic Injury



Injury from medical treatment in the U.S. accounts for **more deaths** than all other accidents combined.

### Iatroepidemic

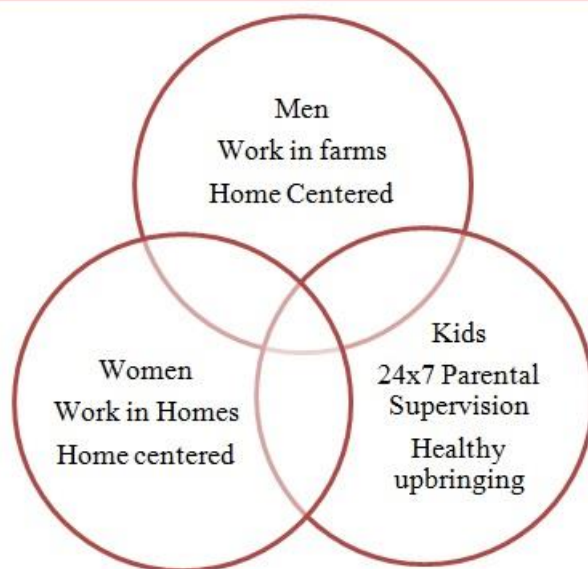
- Detrimental effects have become so extensive as to prompt the use of the term "iatroepidemic".
- Reporting in the Journal of the American Medical Association, Dr. Lucien Leape of Harvard School of Public Health, has calculated that "180,000 people die in the U.S. **each year** partly as a result of iatrogenic injury, the equivalent of three jumbo-jet crashes every two days".

Journal of the American Medical Association. 1994; 272: 1851-1857.





## Pre Industrial Revolution



### Effect on Life Style

Zero Stress

High interpersonal relationship through physical contact

Pro - social behavior

### Effect on Biology

Healthy

Oxytocin level adequate

Brain development optimum

### Effect on Economy

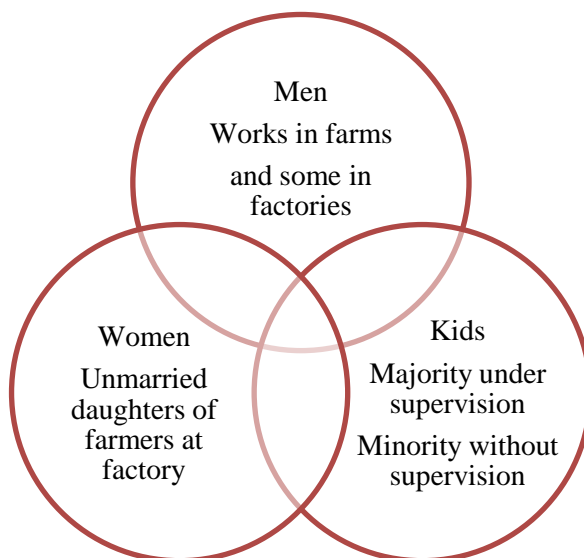
Self Sufficient

Progressive

Sustainable



## Early 1800 – Beginning of Industrial Revolution



### Effect on Life Style

Effectively tolerable stress

High interpersonal relationship through physical contact

Pro-social behavior

### Effect on Biology

Eustress beneficial on short term

Largely undisturbed oxytocin level

Brain development optimum

### Effect on Economy

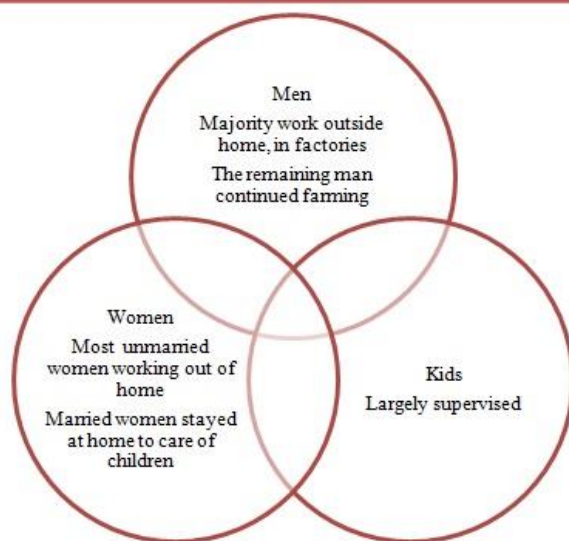
Self Sufficient and growing

Increasing innovation

Sustainable and expanding



1850- Post Industrial revolution generation. Most of the goods were made in factories. Families moved from



### Effect on Life Style

Effectively tolerable stress

Age of material abundance and strong family bonding

Pro-social behavior promoting advancement of civilization

### Effect on Biology

Eustress beneficial on short term

Health promoting  
Oxytocin level adequate in few but generally declining in the majority

Most creative phase by coherent brain functioning

### Effect on Economy

Booming economy

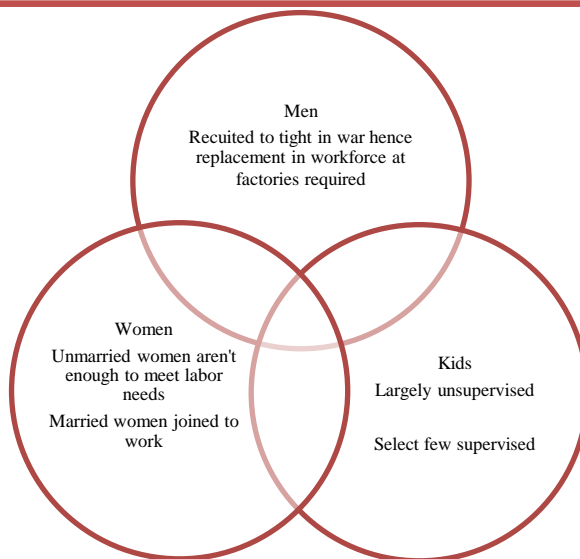
Influencing other nation's state  
Increasing innovations necessitate expansion

Sustainable and expanding ( even at risk of war )



## 1914- Post industrial revolution generation IIa-World

War 1



### Effect on Life Style

Beginning of stress accumulations

Decreasing interpersonal relationship

Decreasing pro-social behavior

### Effect on Biology

Stress hormones reducing diseases  
Increase incidence of diseases

Decreasing oxytocin level

Brain development affected

### Effect on Economy

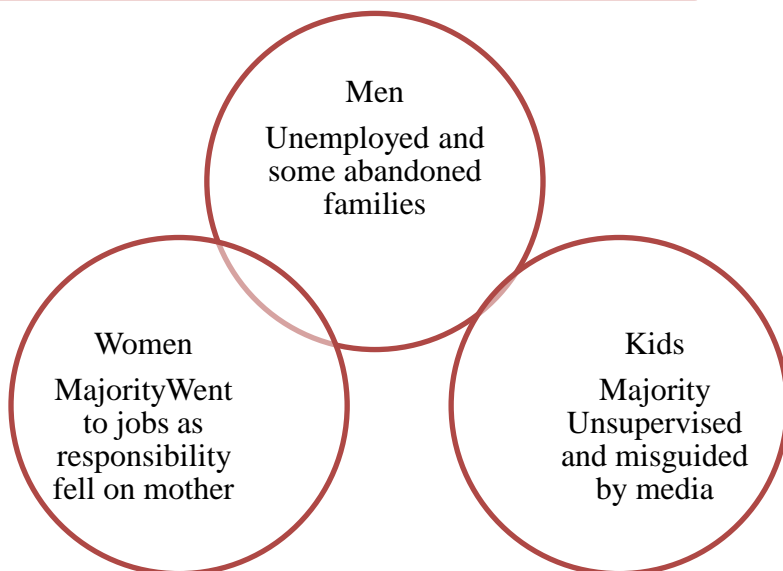
Cracks in economy

Stagnant innovation

Dependency



1930- Post industrial revolution generation I Ib-Great  
Denression



Effect on  
Life Style

Increasing  
competitive spirit

Poor interpersonal  
relationship

Anti-social behavior

Effect on  
Biology

Chronic lifestyle  
diseases

Decreasing oxytocin  
levels

Functional brain  
holes  
Domination of  
primitive emotional  
brain

Effect on  
Economy

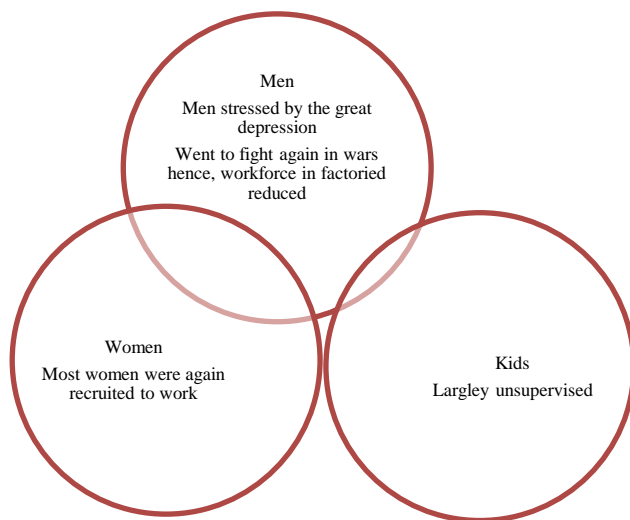
Depression

Unsustainable  
economy

Dependency



## 1940- World War 2



### Effect on Life Style

Beggining of stress accumulations

Severely stressed interpersonal relationship

Decreasing pro-social behavior

### Effect on Biology

Stress disorders deseases

Decreasing oxytocin level

Brain development affected

### Effect on Economy

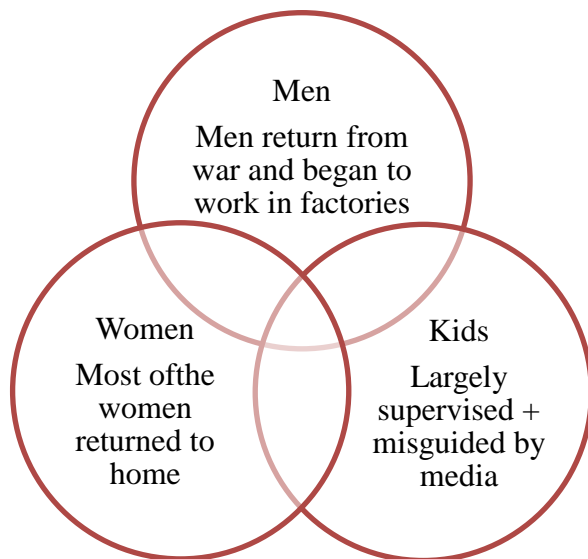
Cracks in economy

Stagnant innovation

Dependency



Post World War 2 1950- War was over and prosperity increased;  
Baby boom period



### Effect on Life Style

Relative decline  
in stress level

Better  
interpersonal  
relationship

Balanced social  
behavior

### Effect on Biology

Betterment of  
health

Optimum  
oxytocin levels

Brain  
development  
optimum

### Effect on Economy

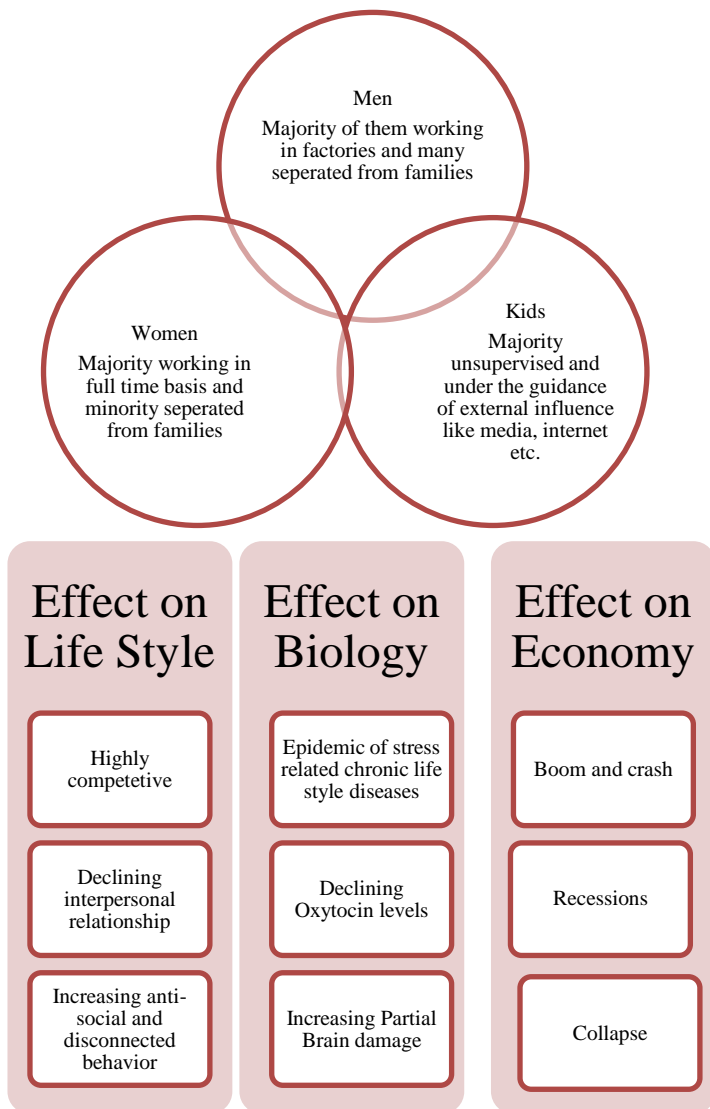
Economic  
recovery

Sustainable

Innovative



## 1960-2012. The Modern Age







# 5 | ISO Standards for Reproduction



## **Quality control of the next generation**

Microchips to power the world's best computers are certainly not made in dirty garages, but in state of the art sealed environment. It is a well-known fact that the finer the technology, the greater the care that should be taken to keep the production environment cleaner and secure from disruptions.

This is a simple analogy that holds true for human reproduction. If human beings can be seen as meaning more than the billions of cells glued together, with life force energizing the mind and body, then it is beyond imagination to understand the subtlety of the making of a new one.

If one knows the hygiene of a cook and the kitchen, one can know about the quality of the food. Similarly, it is the quality or character of the parents and the atmosphere at home where the child is brought up that determines the mindset of the children.

Human conception is a cosmic event. It is not a private affair between the individuals. In all traditions through the ages it has been a social event, in that the participant couples were selected by the experienced wise members and their relationship was solemnized in the wedding ceremony. The sexual mating proper – of course being the most private event has always been preceded and supervised by the society, for the traditions knew that what mattered most for the sexual union was the quality of the



progeny and its utility value for the sustainability of the society itself. The society played all possible roles to promote the strengthening of its own units- the families. It was a Quality Control commitment from the society that ensured continuity.

Sexual reproduction is not giving birth to a new body, but it is a creation of the highest order taking place with a chance for us to be a witness to the grand creative process operating through our bodies. The sexual pleasure is an incentive for the participating beings being the silent witness to the creative process.

The orgasmic experience is the reward at culmination of a cosmic creative act. If such a responsible act of creation and its reward of the orgasmic experience have been put to use by mankind for lesser objectives, then the grand nature knows how to withhold its bounty.

Sexual mating is not just meeting of bodies, but it is the yoking of two souls to usher in another soul into this world. Hence, the purity of the mates involved in the creative process is a must for a good “product” to roll out into this wonderful world of ours.

The whole act of sexual union is the acme of a meaningful relationship with a definite objective of giving birth to a being that can carry on the family’s commitment to the society and nature.

If the relationship between the partners is not provided with quality time and space, there is no platform set for a meaningful relationship. Gradually the supposed “family” meanders to an empty void, where sexual union occurs not for the regal purpose of delivering a progeny with a purpose, but the union becomes an inevitable accident in the fond hopes of tasting the now ‘undeserved’ incentive of being the witness to the cosmic creation. As the couples are not entitled to the “incentive”, the pleasure in the orgasm becomes lesser and lesser until it becomes elusive to the point of frustration setting in. Impotence and frigidity are the terms for which again there is a group sensing a business opportunity due to



their self-interest and partial knowledge. Such kinds of failures in sexual union also prompt the couples to seek other avenues, to try out their fantasies and rediscover orgasmic pleasures in other individuals. Adultery is the adulteration in moral values justified by the perpetrators, who view not the social implications of sexual union between its members in the right perspective of serving a cause towards sustaining the life of the society but misuse it for instantaneous gratification of senses.

When the higher purpose of pleasurable reward is forgotten, what can ensue is chaos. If orgasmic pleasure is the ultimate joy and goal of sexual union, there would have never been wars and turmoil in human history. Fortunately or unfortunately orgasmic pleasure is not the peak of human experiences as we are made to believe through a money thirsty media. In the adolescent age before one's first sexual experience, many of us could have been tempted to believe that orgasmic pleasure is the goal of human life. But as we enter the depths of human privacy, we realize that it is a lovely trap to teach us responsibility. The responsibility of realizing the cosmic truth that the ultimate pleasure is not experienced with external aid or individual. It is obtained as self-realization, for we are bliss essential. When we forget the true nature of our being, we enter the realm of suffering and are forced and guided to return to our true state of bliss consciousness. Stress, the opposite of bliss is equally contagious across generations.

The unwanted stress that a pregnant working women experience is not confined to her psyche and physiology. All the experiences of the carrying mother are transferred to the fetus and it has been conclusively found to affect the mind and body of the unborn individual. It has been found that exposure to stress in-utero predisposes individual to later life stress related diseases. Retrospective studies in humans points to hyperactivity of HPA (Hypothalamus Pituitary Adrenal) axis as a result of stress exposure and this predisposes the individual toward schizophrenia and depression in adulthood



When accesses to higher pleasures are blocked, lower pleasures are sought after. This is similar to the absence of craving for food in an evening drive, if one has had a sumptuous meal at home before the start of the drive. If one has not had a tasty fulfilling meal, one is tempted to keep looking at every turn for a fast food joint.

In physiological terms, if higher human faculties are not fulfilled the lower sense faculties predominate and determine human actions.

The higher human faculties of intellectual pursuit of meaning of life and the actual self-realization experience are unique and needs top priority in the scheme of any civilization. If for any reason these are side lined, the society is threatened with chaos and suffering, which are reflex arcs that have **been inbuilt** into humanity by the Creator.

Thus we are passing through a phase, where we as a civilization have got blinded by the glitter of the “scientific” age and have forgotten our top priority agendas, due to which the great reflex arc has been activated to check our anti-evolutionary downslide trend.

Another important current social fad which is again a fall out of our vision centered world is the growing acceptance of child neglect in the name of fostering independence as a survival tool. The mother’s responsibility in her child’s care and growth doesn’t end with the severance of the umbilical cord and weaning. It is a continuing process that goes well beyond rigid time limits imposed by modern psychologists. In traditional societies it has always been a lifelong affair of human interdependence within families that served the interests of all involved in the best possible way. Emotional stability in established familial relationships is always self-perpetuating and was the priority and not the thrills of newer relationships that could jeopardize long term interests of the individual and the society.

Motherhood can never be outsourced by busy parents to maids. A maid or a nanny can supplement the mother in the successful completion of her



biological duties but can never be a substitute. Modern scientific research proves how fool proof our biology has been designed to prevent this kind of travesty of biological justice to the new born. Experiments have shown that within the first ten minutes after birth, infants fixate more on designs drawn on posters than on abnormal designs. This tells us that the infant's brain is processing information right after birth and is registering deeply the immediate environment. After only two days, the infants prefer to gaze at their mother rather than other, biologically unrelated women. Other experiments have revealed an equally remarkable ability to distinguish their mother's voice from voices of other women. For their part, mothers need only a brief contact to distinguish the cry of their new-borns, as well as their personal body odour. When this is the case where nature has designed a perfectly safe system of family establishment for the proper nourishment of infant toward optimum growth of its nervous system, how dare could we ever tamper it in the name of official work of woman away from her primary biological duties that are so inextricably linked with the future generation. Reproduction is never complete until when the other individual has proven to have the capability to grow his child into a responsible adult. Here in lies the value of the granny in the traditional family set up. She has ever been a living encyclopaedia who has had the secrets of life in her finger tips and doubled up as the doctor and philosopher. Such was the trans-generational value of mothers that the Post Industrial Revolution culture robbed us off with the employment opportunities thrown open to the CEO of our homes. The bait of pocket money to women at long last has eroded the entire protective clothing of mankind and has exposed humanity in all its nakedness to the ravages of greed and isolationism.

Our post industrial revolution life style has in all ways been a terrible blow delivered to our natural biological systems. Compartmentalization of lives has given rise to myriad problems that seem to have no solution. Rearing and grooming of the young which was the vital goal of the family for which each couple worked tirelessly was slowly forgotten in the hustle and bustle of urban setting. In a restless state of mind devoid of deep rest the decisions were inimical to self-interest. In such self-defeating



scenarios the succeeding generations' grooming has been out sourced to the very same forces that have been initially instrumental in breaking the bonds of the family. Thus it is important to reemphasize that sexual reproduction is incomplete with the delivery of the infant. And in Neuro-scientific terms, it is only complete when the individual's brain is molded to perfection by way of successful social integration of the individual into the society. All antisocial behavior in a nation is an indication of how inadequate our institutions of family and education have been.

As the age old saying goes the family that prays together stays together, we can now understand that it is a matter of science, as it emphasizes the law that we are here primarily to know our own true nature. And we as a family or civilization, if we don't give attention to our primary goals, then we are inviting trouble by default. Yes, this is the **defining lapse** that very easily passes off as an insignificant little omission. Many of the "well" "educated" families are partially blind, as nothing enters their vision if it is not physical. They have been blinded by the sense pleasures that have overtaken their discriminatory faculties. It is a comedy to know that until the eternal teacher of life administers its wonder drug of pain, mankind is in blissful addiction to the sense pleasures and plots his own tragedy.

In the present age, we have descended to such a pathetic state where, in many families prayer time is considered as a waste of time and when if at all prayer is initiated among the kids, they are overtaken with shyness, as they have never seen their role models ever pray in any seriousness.

Well, the parents would retort back defending their actions for the lack of time. Though the past generations were faithful of the Lord and with the family's rituals or prayers, their practices were gradually curtailed to a symbolic minimum due to lack of interest, which was safely camouflaged as lack of time.

If we remember our history classes, we had learnt that human civilization progressed dramatically in various fields including arts and sciences, when mankind settled with agriculture rather than being hunters and gatherers; for they had more time and peace of mind for pursuing such activities.



Translated Neuro-scientifically the CEO of the brain – the prefrontal cortex takes charge of the brain activity in situations where stress is under control. This leads to an integrated functioning of the brain with better decision making and all round positive developments.

But with industrial revolution, humanity only moved “back” in the name of ‘advancements’ after the Pseudo Comfort Corridor of Time period. From green jungles to concrete jungles, our journey has brought us back to a stage similar to hunter-gatherers, but this time we should call ourselves as technocratic Hunter Gatherers, thus making us lose all our skills and knowledge to promote and care our health and future. But this time the loss is double for in the green jungles, the natural hunter gatherer was in close association with the biosphere and thus remained strong mentally and physically. But the present technocratic hunter gatherer is inherently weaker due to his severance from the natural biosphere and hence has to face his life with a huge deficit, besides coping with the intense competitive atmosphere of the urban jungle. Significantly mankind’s threats in the present jungles were not animals, but fellow humans. Due to the universal stress epidemic unleashed by the technocratic lifestyle the lower regions of the brain - the emotional centers in basal ganglia took over the control of human decision making. And ever since, the rampant greed made him utilize the CEO of home – the mother, for all menial purposes outside home. The queen of the home became the errand girl for many in a place called “work place”. Lust was also a cause for this trend as the clever “virile” men now had an “official” reason to flirt with. The woman of the **home** was no more an emotional support to the man. She was a competitor. Any unnatural trend spread in the society is immediately absorbed by the women in particular. The feeling of ‘normality’ fostered by peer activities gives a sense of false security, for the women don’t want to be left out from the trend .due to her intimate connections with the hormone Oxytocin. As we shall see in the ensuing chapters the bonding hormone Oxytocin turns out to be the real cross links in the fabric of human society.



The spirit of the competition slowly seeped into the comfort of the bedroom. ‘Coy’ and ‘shyness’ began to be a forgotten trait and that brought about the decimation of the family. What exists today is a name sake “family” that is stress enriched, as all act out their role as though they were forcibly inducted in a skit directed by their enemy.

Given this scenario, it would only be surprising if we didn’t face a global crisis. The urgent need of the hour is to begin efforts to accord the top priority to home and hence family making. We need professional home makers. And once a generation of these specialists is formed, it is a sustainable process, which doesn’t need establishment of separate infrastructure like colleges or universities to propagate it into the succeeding generations.

Every home will be the college to train their special family professionals as was in the yore in every tradition. But to kick start the process, it is hoped that establishment of dedicated universities collaborating closely with individual homes to train individuals in future/family management will be a much desired activity of the Rulers in the immediate future. This is because we are very much addicted to being “intellectuals” in this age; we need a scientific reason to do an act, even if it be drinking plain water for thirst.

In this generation where most parents are concerned about financial security of their wards in the future, it will augur well to be scientifically educated and be convinced of the real basis of such financial security through future management courses.

Emotional stability and biological continuity are interwoven in our human physiology. Education to enlighten the importance of self-care and humanity care as the basis of economics and future security from all dimensions is a must for all. We urgently need to teach our entire **professionals**, the neurobiology of love, trust and sustainability and how knowledge is structured in the consciousness through the gaps in neural-circuits in the human brain for survival.





Every soul has to be introduced about the science of self-realization, not as an esoteric art for the evolved, but as a basic tool for the happiness and survival of self and the whole species. Home has to be accorded its rightful place as the core of any economy. All mothers have to be accorded the highest honors for their role in creating the next generation. In Neuro-scientific terms, mothers are neuroscientists with the awesome potential to co-create and nourish the neural-circuitry of the child in a way that none can ever do. Imagine you were a financial investor, investing millions of dollars on a business venture. Would you ever settle for a part time CEO? You would certainly laugh at this idea as a bad joke.

This is the joke of all times that God is laughing at now. He had entrusted the CEO position for the women and here we have whole lot of societies proud to turn that it into a part time job. No, in fact what many moms are up to is a “night’s sleep through’ job at home. Considering the travel time and the actual working time (the carryover of official work into homes), it is certain that most of our children are deprived of their basic due in terms of their human rights. This is the first violation that these kids are subjected to. In many cases, as the ‘high flying’ working couples act out their dream lives, the women as housewives are only physically present at homes, while their attention remains in the elusive offices and other benefits of such working out - away from homes. The overall snow balling effect of such uncommitted women to motherhood is the spiraling of ‘emotional orphans’. The parents are present and absent at the same time i.e. they are physically present but mentally and emotionally absent.

It is well known that the top cream of the society is that which sets the trend. Sometimes unintentionally, when a trend percolates to the society’s lower rungs through indirect means as by way of peer pressure, we arrive at a juncture where these behavioral patterns are enforced for non-commercial interests. That is, most of the women might not even work for an earning, but to comply with what society considers ‘normal’. For women are built pro-social more than the man. That’s why the emphasis on Motherhood- our last resort to redemption. It’s not that fatherhood is



undervalued or neglected for the survival of family. It is quiet natural for some to misunderstand the absence of mentioning of fatherhood in these pages for it was only due to avoid stating the obvious.

The present scenario in urban homes has triggered a mad rush of adrenaline. Even in once upon a time sleepy towns and villages, where there is no reason what so ever for a hectic pace, there is a sense of urgency. These kinds of “trends” have been abetted by the technological developments in the communication sector and have been capitalized by the entertainment industry in conjunction with the business sectors related to non-essential goods. They claim that they are only adding colors to the otherwise mundane life. Truly it is an ideal setting for the successes of marriages of convenience.

One who knows the life in its true colors and depths will be certain that it is certainly not the best times for even the genuine marriages to survive. One of the things that amaze the traditionalists is how people could be so naïve to expect any iota of success in present day marriages. In fact we need to congratulate the modern day couples who stay married for any longer than the honeymoon period for their achievement. If they stay put in as true couples, it is a true miracle. For it is similar to the scenario in which an individual with MCA degree (Master in Computer Application) is left to manage a cardiology ICU. Of course, he may be comfortable in exploring the sophisticated gadgets in the comfortable air-conditioned room for a while until the first emergency patient arrives. Even after this, if both manage to stay alive in the ICU, wouldn't it be a true miracle.

### **The building of broken homes**

Many of us are already aware of the fact that the serial episodes in the television channels are till date known as soap-operas as they were sponsored by in the initial stages of the television era by the budding soap industry. Soaps are non-essential commodities which are produced from cheap ingredients and have no intrinsic value for human health except for certain minor cosmetic benefits which includes anti-odor and anti-bacterial



actions. The introduction of television in the early 19<sup>th</sup> century was utilized by these industries to promote a campaign of luxury, firstly for the elite and then for all of the population. The cost of glamour was added along with the price of the soap and everything was passed on to the sense pleasure loving consumers. The people were the losers. They lost time, peace of mind, culture and they lost themselves.

The initial phase was that of mirth and joy over the new found freedom and variety. They, the gullible consumers didn't know that they were losing their health too. With the visual fixation on TV, working mothers' remaining free times were also eaten up by the "stories" that were served 'hot' by the entertainment industry. The mother's magic touch became scarce to the child, for both were glued to the TV sets from their own angle.

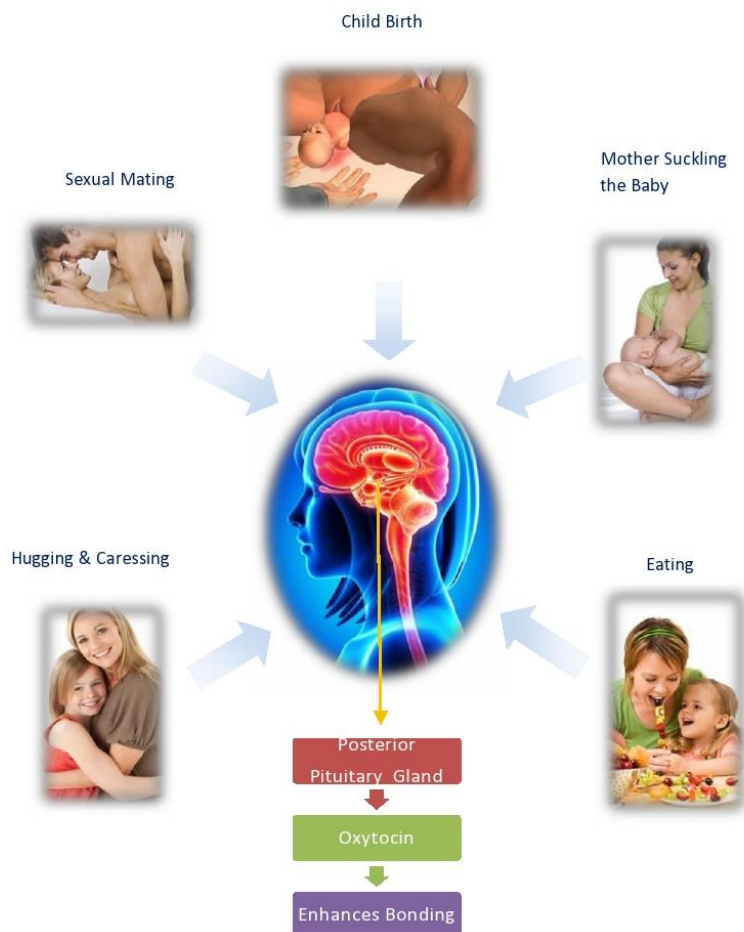
TV's heralded an era where entertainment programs by dramatized episodes were "touching the hearts" of people while at the same time ensuring that **interpersonal touching and caring declined to the lowest in human history**. Now thanks to oxytocin research, we can rightly interpret the biological consequence of such sudden shifts in technology induced human interpersonal relationships.

Due to the lapse in touching each other in the course of day to day activities and due to poor attention to biological basics, humans have been depriving themselves of the necessary stimuli to secrete neurotransmitters that promote growth of specific brain areas for love and compassion, the primary pillar of societies.

With improvement in the financial status of the families, TV sets were added to every room of the house until the individuals were 'well' connected with the outside world and at the same time the family remained disconnected as never before in human history. Now, retrospectively we can understand the undercurrents that resulted in the bleeding wounds to our society, as neuroscience has unfolded the neuropsychological impact of the simple act of touch. Especially



important is the touch in one's early life. No amount of touch from any number of other individuals will compensate the mother's maternal care at the appropriate time in the neural development of an individual. No doubt, we all instinctually like the I-pads, the tablets and its touch screen technology for we are wired to touch and evolve. Enough research has been done to implicate TV's and violent programs for all the social evils that we face including violence and abuse. But the more recent researches relating to maternal care and maternal separation on young ones has revealed a more fundamental cause, a one in which the formation of neural systems itself is jeopardized. It is a manufacturing defect that cannot be mended at a later date, for a recall of the finished product for rewiring is not as easy or practical a job as the recall of the automobiles to fix defective parts by popular automobile manufacturers. The whole lot of humanity has been overwhelmed by the scientific developments and the **ensuing cross currents between technological innovations and life style changes** to such an extent that we have had no time to realize that we were on the fast track to chaos. As is the common experience, uphill is time and energy consuming and awareness inducing, whereas downhill is thrilling, breath taking, awareness robbing and importantly time sucking (quick and swift). We won't know the slide until we crash, when it is all but over.

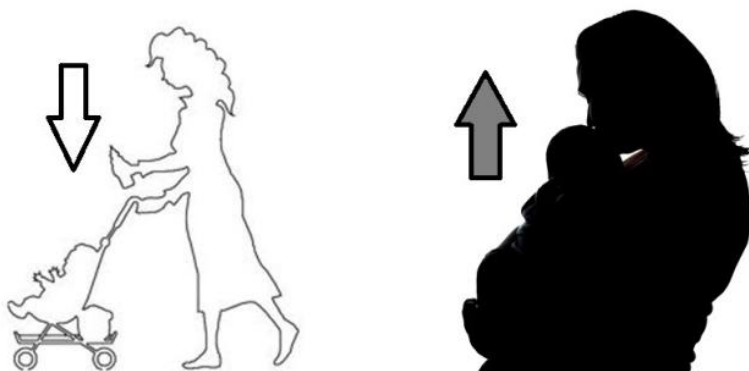


5 major known stimuli that favours release of Hormone Oxytocin

The purpose of Oxytocin secretion is to link the stimulus event with the associated person for a stable emotional bonding to create a strong family bondage and nurture social integration.



## 6 | The science of bonding, creativity, coherence & continuity



### **The ultimate touch screen technology in our body.**

As we live in an “advanced” technological age, we expect that our lives are made easier by the day. One example is in the evolution of computers. They are in themselves a great boon to humanity, in that they have freed our brains from mundane mathematical and organizing complexities. In recent years, we have been pampered with technological advancements in the way we access them too. For practical purposes, as all our eyes were on the computers’ screen, the innovators decided to do away with everything else. Looking back at how computers evolved from heavy three piece desktops to the present tablet PC’s and slate; we understand why simplicity based on bare minimum functionality is the ultimate survival strategy.



The touch screen revolution has sent the mouse, keyboard and other peripherals to extinction. And it is important to note that all this adaptation for ease of use has occurred in the few decades of the evolution of the computers from its inception.

If few decades can bring in such refinements in the ease of use of gadgets, it is quite simple to imagine what level of ease could have been designed into our physiological systems, which have been in for millions of years. In the eyes of the believers, the Almighty with his unlimited creative potential would have certainly given us the ultimate ease of use of the advanced neural technology to operate all our inner systems with effortless ease.

### **Touch - The Key to Bonding**

Now let's probe as to what is the "ease of access" tools that we have been endowed with, to fine tune our physiological systems and that of our cosmos too? As in the modern day gadgets, touch is the key at the individual physiological level too. The screen of the Touch Pad and the skin of the individual are comparable. Of course as you could guess human touch has always been the miracle panacea for all minor and major illnesses. The whole family set up has been structured around this central lynch pin that is both preventive and therapeutic. When we design any changes in the societal framework, we have to keep this in our mind.

In our own quest to satisfy the "rational" scientific mind, let us prepare to delve deeper beneath the glamorous skin of a woman and dissect the biology of womanhood and decipher the neural networks and its transmitters that codes for motherhood. Let's ponder as to what definite commissions or omissions can rob the woman of her motherhood and thereby deprive humanity, the fertile ground to nourish the seeds of hope and future?

Recent research in neuroscience and endocrinology has brought us startling information that helps us understand why we have been



exceedingly successful in rushing towards extinction. And importantly to emphasize the positivity hiding in the chaos, we have now the easy solution to reverse our slide to extinction.

The following scientific researches on the hormone oxytocin could be the most significant study in pinpointing the key to all our societal problems and hence the most important survival guide and strategy to alter our future.

Well, let us kick start our journey into our body systems and understand how by regulating them, through simple natural techniques we can have a total control of our future.

### **Oxytocin - The super glue to fix broken homes**

Most of us are familiar with hormones which include Thyroxin, Insulin, and Adrenalin. Though scientists and doctors themselves know little about them, these hormones have been commercially well utilized. Many a time, we hear of the common man squarely blame much of their behavior on these hormones. Kudos to the entrepreneurial spirit of the post-industrial era, every discovery in any field was first capitalized effectively for commercial interests. The discovery of oxytocin and its effect on milk secretion was promptly utilized by the dairy industry to increase the milk production by using synthetic oxytocin. None was even remotely bothered about the other biological consequences of such injections of oxytocin to the cattle and humans who consumed the products. When any one has the opportunity to browse through the recent history of man's application of new found knowledge, it will be found to be nothing but a series of hilarious theatrical comedy with an end that is mired in colossal tragedy.

Oxytocin, the hormone which has been recently scrutinized in depth to unlock its role in behavior and other neuropsychological processes is certainly a revelation to the scientists.

When it was discovered early in 1900, it was believed to be related to certain well defined physiological processes that were related to birth and





lactation. In essence, the gross realities were first discovered (i.e.) its role in expression of milk from the alveoli (ductules) of the breast and the contraction of the uterus during labor (child birth). Only in the last few decades did scientists start to understand its role in modulating our brain and thus the behavior.

A series of recent discoveries points conclusively that oxytocin mediates the transduction of the effects of early nurturing on adult life maternal behavior and response to stress. That is, oxytocin performs a definitive role in determining how an individual will develop later in adult life based on the nurture that the individual receives early on in life.

Let's take a little peep into the fascinating research world, which provided the much needed "scientific" push to the moralists and purists who always meant good for the world, but at the expense of the "individual freedom" which the "Practicalists" live for and are ready to die for and in the process drag us all along with.

**Now, with these discoveries, we affirm that favoring individual choices, like women working outside homes based on short term needs over certain preset natural biological roles like motherhood could be like celebrating freedom by hoisting the flag of victory, with a hoisting rope made of the very fabric of the flag. This falls short of stripping the very object of honor, whose remains may not reflect the true intentions of the hoister.**

"Modern" civilization is in the threshold of truly blossoming into golden era, where life will be upheld by the eternal truths validated by cutting edge researches. This will be golden, because mankind will have no second thoughts when he makes a choice, for every style would have its basis in the true understanding of our biology. There will be no gaps for lame excuses.

These days it is common place to hear that when a family decides to utilize the mother's non-biological value to bolster its income, it has an



argument in favor of its decision. “It’s all for the future of the kids”. “It is for their future comfort that I am working”. It is again like painting in a dark night on a canvas whose corner has been lit to light the act of painting. If mother’s absence can cause irreversible damage to the brain of the child, it’s time for the mothers to be at home; and remain as mothers. This is easily said than done.



This simple change to save the future of ours and the next generation requires a bit of strategic planning. Well, it takes time and energy to stop a high speed vehicle suddenly. Human attitudes and lifestyle is not any bit different from a speeding vehicle.

The enforcement of mother’s for home should be with the highest honors and comfort to women. If mother’s love is not given the necessary freedom of expression in terms of time and space, there can be no victors in this world.



If we don't prepare our 'prospective mothers' right from their childhood, it is futile to expect them to be overnight mothers after a ceremonial wedding.

### **Technological interference in biological systems and family stability**

TV's heralded an era where people were entertained by dramatized episodes that were "touching the hearts" of people, while at the same time ensuring that interpersonal touching and caring declined to the lowest in human history. Now, thanks to oxytocin research, we can rightly interpret the biological consequence of such sudden shifts in "technology induced human interpersonal relationships."

In parallel and in fact, with much more priority, the boys and men i.e. the future fathers have to be indoctrinated on their biological responsibilities towards the family. It is deemed necessary to underscore these thoughts on men's duties on fatherhood exclusively only for the superficial or the random 'skip and pick' readers. For the others who imbibe the whole spirit of the book, it would be obvious that any step ensuring quality motherhood would by itself assure a great fatherhood, for every father is largely made by the mother.

### **Learning to halt mankind's Rat Race from the Rats**



In the rats, mother's love is expressed by two intimate acts. They are Pup licking (PL) and Arched back nursing (ABN).

These two acts of the mom rat (i.e.) the frequency of PL and ABN are determined by the oxytocin activity in the nursing rat dam's or mom's brain. It is even more exciting and interesting to know that the amount of PL-ABN or otherwise "mother's love" received by infant female rats determines how many oxytocin receptors they express as adults in brain areas where it is conclusive now that oxytocin activity in female rat pups influences their behavior as adults by way of determining the frequency of its Pup licking (PL).



Thus it is understandable that maternal behavioral patterns of PL-ABN expressed by mom rats regulate the oxytocin activity of their pups when they grow up into adults. Hence, it can be inferred from this research that any interference in the natural biological systems of an individual has a cascading effect that affects generations together.

The role of the hormone oxytocin secreted deep in the brain by pituitary gland in parental behavioral modulation and early nurturing effects on behavioral and emotional development is a **revelation** in the path of our quest for a solution to **deteriorating human relations**.

The oxytocin related researches gives us a whole new perspective for understanding the complex problems in behavioral psychology of the new generation. Instead of searching the solutions in genetics, diet, and media exposure or in pharmaceuticals, we can focus on the **real cause – lack of committed full time mothers and a supportive social system that honors’ motherhood**.

These researches reinforce the traditional concepts and practices of all cultures throughout the world as regards the maintenance of purity of family relationships. Our ancestors were not only aware of, but doubly certain that human behavioral and emotional problems originated from inadequate nurturing and pathological relationships especially during childhood. That is why they insisted on the security and stability of the family structure at all cost.

Research on oxytocin is absolutely fascinating as it probes deeper into our brains and cells and discovers how they are influenced in a definite way by the simple expressions of love such as caresses, cuddling, kissing and other gestures of love. In fact, the child’s cry is enough to stimulate the breast to secrete milk, through the neurological centers in the mother’s brain. In essence the hormone Oxytocin could be safely referred to as the neurotransmitter equivalent of social bonding. In simple terms it could be the molecular basis of trust which is the key to social bonding. The trust of the innocent infant in reposing all its faith in the mother, the trust between



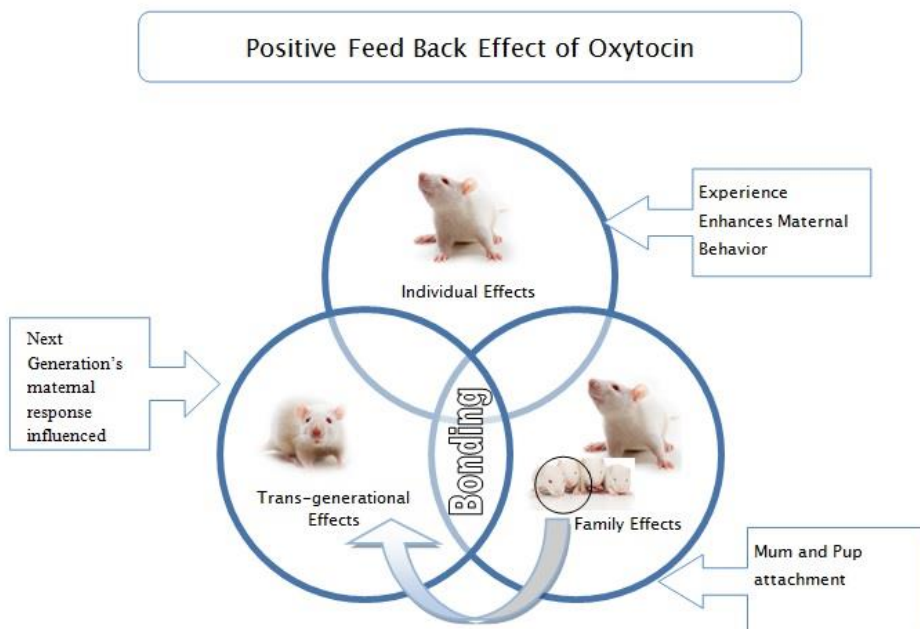
neighbors, the trust between couples and the trust on the future has its basis in oxytocin.

Towards understanding the molecular basis of trust in terms of Oxytocin, Kosfeld and colleagues (2005) found that intranasal administration of oxytocin, the neuropeptide known for its role in social attachment and affiliation in nonhuman mammals too (Insel and Young, 2001) increased trusting behavior in the study's participants.

As is known in the medical circles, every hormone or neurotransmitter in the body acts on other organ systems through specialized and unique receptors which recognize them and help them in exerting their action on the cells of the organ system.

Females rats that were more maternally responsive to pups by way of increased levels of pup licking and grooming has significantly higher oxytocin receptor levels in the Medial Pre-optic area, the Lateral Septum, the central nucleus of Amygdala, the Para-ventricular Nucleus of the Hypothalamus and the bed nucleus of Stria-terminalis.

Much more intricate research methodology in terms of administering oxytocin receptor antagonists were used to understand how the maternal care (licking and grooming in rats and cuddling and kissing in humans) influences the development of estrogen sensitivity in brain regions that regulate maternal behavior. This has helped in providing a potential mechanism of the intergenerational transmission of individual differences in maternal behavior.



## Solutions for Climate change from a holistic dimension

Though as usual various complex reasons are cited for the global warming, the root problem is self-evident if one can still utilize a bit of the functioning cerebral cortex. To many it could sound preposterous initially to know that the results of family breakdown could be as destructive as global warming. But on analysis it is the only sound logic that breathes truth.

According to Mr. Justice Coleridge, a Family Division judge with nearly 4 decades of experience, while commenting regarding the current state of family life in the UK observed that, "What is certain is that almost all of society's social ills can be traced directly to the collapse of the family life."

Having overseen multitudes of cases involving children caught up in drink, drugs and school truanting he says: "Scratch the surface of these cases and you invariably find a miserable family, overseen by a dysfunctional and fractured parental relationship - or none at all. We are



experiencing a period of family meltdown whose effects will be as catastrophic as the meltdown of the ice caps - as big a threat to the future of our society as terrorism, street crime or drugs".

"What is certain is that almost all of society's social ills can be traced directly to the collapse of the family life. I am not saying every broken family produces dysfunctional children but I am saying that almost every dysfunctional child is the product of a broken family."

If a society wants to be truly sustainable and thus survive through different pangs of rebirthing challenges, the Rulers have to understand and preserve the core of sustainability by way of shielding the "mothers" from all **anti-evolutionary temptations and tasks**.

Along with the family meltdowns, we have a proportional increase in ice caps meltdowns and global warming trend has set foot firmly. The world has been warming in no uncertain terms. The atmosphere cannot absorb the levels of CO<sub>2</sub> being pumped by human activities related the insatiable needs for much longer without triggering irreversible climate change. The 'footprint' of our industrialized society on mother earth has only grown too heavy. With no signs of our life styles becoming sensible, it would be difficult to continue if we don't learn to tread lightly.

Though we all have gained an understanding of the science of global warming and have started to feel the adverse impact, we find that collectively we as a civilization are doing so little.

There are numerous reasons for such suicidal behavior. Among them, political, economic and ideological factors are commonly implicated for the messed up state of environment that we find in and the zero response in rectifying it. But beneath all the varied factors, there is a common ground in the Neuro-circuitry of our brain, which is wired to give precedence for the immediate surrounding challenges and demands of day to day life, than to more distant and hence abstract or global threats of whatever magnitude. This ability to stay focused on the task at hand in



exclusion to real dangers working around the corners has been built in to ensure individual safety. Mankind can only think of long term threats as a social being. When he is socially disconnected as in the present urban scenario, he can only use the individual safety mode to face the immediate concerns than the lurking future threats. Hence motherhood comes to the fore front, as only it can promote cohesion and thus endow us with strength to plan the strategies collectively to face global challenges like climate change. In the absence of motherhood the stress of facing life alone will automatically switch off our social mode that helps in long term planning and switch on the safety mode for individual protection.

When any human talks of sustainability, may it be in any field from economics to education or health, it should be underscored emphatically that this paradigm is entrenched in the biology of mothers.

A mother is the ultimate “sustainability” factor because not only she gives birth to the physical body of the future generation, but her motherhood programs the integrated self-replicative software that is incorruptible by any hacking, for this is absolutely necessary in creating strong, long lasting relationships which are the fabric of the society.

Of course, in this world of glamour and glitter, we have come a long way meandering in sense pleasures away from the core of our life. Hence our journey back to the core seems complicated a bit, with reference to understanding the scientific jargons of modern research. But everyone knows the destination back is the only way forward, for we all are basically homemade. Home is where our heart is and that’s where we are always rooted and the journey back home is instinctual and effortless.

Whatever may be the level of technology used and whatever may be the reasons offered will there be enough justification to strike at our very roots? This is what we all need to reflect on. If one studies the Hadiths which are the eternal truths that has been referenced from the Prophet’s (PBUH) outpourings of guidance for the societies of posterity, it is understandable how much of importance had been given to mothers.





Sahih Al-Bukhari Hadith 8.2 Narrated by Abu Huraira, a man came to Allah's Apostle and said, "O God's Apostle! Who is more entitled to be treated with the best companionship by me?"

The Prophet said, "Your mother." The man said, "Who is next?" The Prophet said, "Your mother." The man further said, "Who is next?" The Prophet said, "Your mother." The man asked for the fourth time, "Who is next?" The Prophet said, "Your father."

Sahih Bukhari Vol. 8: No. 18, Narrated by Aisha: The Prophet (PBUH) said, "The word 'Ar-Rahm' (womb) derives its name from 'Ar-Rahman' (i.e. Allah). So whosoever keeps good relations with it (womb i.e. kith and kin), Allah will keep good relations with him, and whosoever will sever it (i.e. severs his bonds of kith and kin) Allah too will sever His relations with him."

### **Loss of Motherhood and the explosion of diseases**

#### **The Emergence of Social Bonding trait and The Loss of Vitamin C Producing Capability in Mammals**



It would be interesting to note that with few exceptions all animals synthesize their own ascorbate by conversion from the commonly available glucose. In this way these animals manufacture a daily amount of ascorbate that varies between about 1 gram and 20 grams, when compared to the human bodyweight. According to great scientists like Dr. Linus Pauling, for good or bad, about

40 million years ago the ancestor of man lost the ability for endogenous ascorbate production. This has been hypothesized to be as the result of a mutation of the gene encoding for the enzyme L-gulonolactone oxidase (GLO), a key enzyme in the conversion of glucose to ascorbate. As a



result of this mutation all descendants became dependent on dietary ascorbate intake. The precondition for the mutation of the GLO gene was a sufficient supply of dietary ascorbate. Our ancestors at that time lived in tropical regions. Their diet consisted primarily of fruits and other forms of plant nutrition that provided a daily dietary ascorbate supply in the range of several hundred milligrams to several grams per day. Simultaneously it is important to remember that motherhood was at its best biological quality in the times of our ancestors. It has been both the best shock absorber and the preventer of stress of varied kinds that our ancestors ever could face. When our ancestors left their natural habitat and migrated to other regions of the world, the availability of dietary ascorbate dropped considerably with a proportional increase in stress due to migration itself and hence became prone to deficiency of vitamin C and suffered from scurvy.

### **Cardiovascular diseases - An Extraordinary Challenge to the Evolutionary Survival of Man initiated by the anti-social traits leading to societal stress and relative lack of vitamin C**

Scurvy is a fatal disease. It is characterized by structural and metabolic impairment of the human body, particularly by the destabilization of the connective tissue. Ascorbate is essential for an optimum production and hydroxylation of collagen and elastin, key constituents of the extracellular matrix. Ascorbate depletion thus leads to a destabilization of the connective tissue throughout the body. One of the first clinical signs of scurvy is perivascular bleeding. The explanation is obvious: Nowhere in the body does a place exist with a higher pressure difference than in the circulatory system, particularly across the vascular wall. The vascular system is the first site where the underlying destabilization of the connective tissue induced by ascorbate deficiency is unmasked, leading to the penetration of blood through the permeable vascular wall. The most vulnerable sites are the proximal arteries, where the systolic blood pressure is particularly high. The increasing permeability of the vascular wall in scurvy leads to petechiae and ultimately haemorrhagic blood loss.



Scurvy and scorbutic blood loss decimated the ship crews in earlier centuries within months. It is thus conceivable that during the evolution of man, periods of prolonged ascorbate deficiency led to a great death toll. It is therefore proposed that after the loss of endogenous ascorbate production in our ancestors, scurvy became one of the greatest threats to the evolutionary survival of man. But such extreme forms of deficiency of dietary vitamin C could have never occurred when cooperation among society remained highest. But when mankind's social bonding and commitments declined, stress could have increased along with deficiency of food due to loss of cooperative ventures.

Hence it makes sense that mammals lost the machinery to manufacture vitamin C because of the higher faculty of social bond formation that ensured minimal stress and maximal food availability, rather than attributing the loss of vitamin C producing ability to a genetic irregularity mediated by mutation at random alone.

But in the present setting of lack of social bonding due to high societal stress fostered by competitive spirit of the Post Industrial Revolution Culture and the related anti-biological life style, relative vitamin C deficiency has caused an epidemic of cardiovascular diseases. It has been of course compounded by the poor quality of available food and wrong food choices due to the hectic pace of the urban life.

The Arab philosopher and sociologist Ibn Khaldun's works are based on the central concept of "asabiyeh" in Arabic which has been translated as "social cohesion". In the past it has been interpreted to indicate the cohesion among small kinship groups and tribes. It has been analyzed that it is this social cohesion that carries groups to power (which can be strengthened by religious ideas and ideologies etc.) but at the same time contains within itself the seeds of the group's downfall, to be replaced by a new group or dynasty or empire bound by a stronger (or at least younger and more vigorous) cohesion.

To a modern day Neuro-endocrinologist, Ibn-Khaldun's words are unmistakably a reference to the essence of pituitary gland's role in human



behavior. The “social cohesion” concept that Ibn-Khaldun had stressed repeatedly for a group’s success is what we have tampered with due to the post industrial revolution culture and its effect in destroying motherhood by interfering with the mechanism for oxytocin secretion. Subsequently our present world has been successful in tampering with the development of total brain due to the partial knowledge based stressful life style thrust in the formative school years. Previous to the Industrial Revolution humanity was well aware of holistic health creating technologies embedded in our biological systems and was meticulously passing it over to succeeding generations through the medium of culture. It was not long ago when what we revere as “education” in modern times brought to us systematically the knowledge of material wellbeing with such intensity that we started to ignore the value of culture on our lives. Retrospectively when we analyze, the material based education has led us to an era of chaos, with a real threat of extinction within a short span of few hundred years, it only tells volumes about the incompleteness of the knowledge that we had presumed to be complete. Another important aspect of losing worthy things in life is the tendency of humans to not value what he experiences routinely. Thus the modern day ‘educational system’ at its inception has not known the value nor the knowledge of the science of coherence as the modern education system was built up during an abundance of strong coherence, which existed due to the then existing families which were steeped in traditional culture. Due to this fact, the system took it for granted and didn’t know the value of coherence and the traditions that created it. Modern education was strictly focused on the material, physical realities and this created stupendous advancement in physical comforts to the point of exhaustion and extinction.

Understanding the history of the modern educational system with the Neuro-scientific perspective grants us the sensibility to identify the correct remedial formula to propel us back to the ages of stability and progress. And that in simple terms means institutionalizing coherence creating technologies in the school curriculum. This is the simplest way to undo the damaging partial development of the educational system that has been



systematically propagated through schooling. At this juncture it would be prudent to introduce this whole new perspective of an ancient technique of coherence creation groups through a reputed scientist who has been highly acclaimed by the mainstream academicians throughout his life.

David Orme-Johnson, Ph.D., is one of the principal researchers in the world on meditation and its effects, having over 100 publications. He has served as an expert on meditation for two NIH technology assessment conferences. David Leffler, Ph.D., a United States Air Force veteran, received his doctoral degree in Consciousness-Based Military Defense from The Union Institute & University. He served as an Associate of the Proteus Management Group at the Center for Strategic Leadership, US Army War College. Dr. Leffler has published articles in over 400 locations worldwide about the strategic military advantages of applying the TM technique and its advanced practices. Currently, he is the Executive Director at the Center for Advanced Military Science (CAMS).

In a recent (28<sup>th</sup> November 2012) article in *The Asian*, titled, “**Reducing Tension in the Middle East**” the authors bring to light certain developments that show how our world is changing for the good.

“A statement released by the Jewish-American group J Street says: “Military force alone is inadequate as a response to the broader strategic challenge Israel faces. Only a political resolution to the century-old conflict with the Palestinians resulting in two states living side by side can end the conflict” (“For Israel, it’s different this time” November 19, 2012).

While we agree with this wise advice, history shows that political resolutions cannot be achieved while tensions remain high. Deep-rooted ethnic and national stresses embedded in the collective consciousness of the region are at the basis of the Israel and Hamas conflict, as in all other conflicts worldwide. Unless these stresses are rooted out, destruction and killing will continue, as they have for millennia.



Now there is hope because a proven technology of consciousness to create peace is available. This novel approach establishes a filter of coherence and order in collective consciousness in the present, which is capable of transforming the flow of negativity from the past into a more harmonious future.”

“This technology is group practice of an advanced form of the Transcendental Meditation (TM) technique. Over 600 scientific studies show that TM practice reduces stress in the physiology, mind, and behavior of the individual. Even a small fraction of individuals in the population engaging in its advanced practice has been found to reduce stress in cities, states, nations, and the world, as seen by reduced war deaths, terrorism, and crime and increased cooperation, cultural exchanges, and creativity.”

In all, over 50 studies have demonstrated statistically and socially significant effects of this approach to reducing conflict and improving the quality of life in society. Although the causal mechanism is not completely understood, studies have shown that TM practice increases EEG coherence and serotonin levels of other individuals in the environment (International Journal of Neuroscience, 1989, 49(3/4):203-211; Journal of Social Behavior and Personality, 2005, 17(1):339-373). Both these biological effects predict reduced stress and increased harmony in individuals, even at a distance from the meditators.

The military in Mozambique used this strategy to end its civil war in the 1990s. Today, many Latin American countries are successfully implementing this approach in military and education settings. In the Middle East, responsible people from any country in any sector of society, public or private, could create peace-keeping groups in the military, in prisons, among retirees, or wherever such groups are practical.

Modern unified field theory supports the perennial philosophy of all major cultural traditions that there exists a transcendental field at the most fundamental level of natural law, which can be directly accessed as the



silent transcendental level of the human mind. Hundreds of studies have shown that experience of transcendental consciousness breaks the chain of conditioned reflexes coming on from past behavior, as seen in reduced addictive behaviors of all kinds, decreased prison recidivism, and reduced behavioral problems in inner-city children.

Are we as nations to go on like rats trapped in a conditioning cage, reacting the same way decade after decade? Or shall we step out of the cage into the transcendental level of our own consciousness and grow up into enlightened human beings, rather than continuing to resort to destroying and killing? This is the choice we have right now.”

They conclude by stating that “... A proven technology now exists that takes recourse to the most powerful level of natural law to enable the military to succeed—by preventing the birth of an enemy. Its implementation could be a scientific experiment, using objective measures and independent, outside observers. The predicted outcome is accelerated progress towards a just, equitable, lasting peace.”

This is certainly music to the ears of all well-wishers of humanity. What are we waiting for? Let the Ruler in us awaken dynamically to spread this scientific discovery to the appropriate people and make it a reality in this generation itself. It is a bounden moral responsibility of the intelligent few who are holding this book at this blessed moment of world history. Where morals are upheld, laurels are sure to follow.



## 7 | Morals for Laurels

### The neural circuitry of ethical business and excellence in economy



The word ‘moral’ means anything concerned with the judgment of the goodness or badness of human action. It would be surprising to many that the brain is hard wired in a particular way and what we perceive through this circuitry is the codes of conduct referred to as morals. Every one of us with an intact brain and heart has an intuitive sense of right or wrong, that can overpower our desires or self-interest. And it is quite different ball game altogether when the brain is damaged by

modern stressful living. Functional holes in crucial areas in the cortical areas can leave us as an individual with no morals or values.

As we realize our importance as a social being, morality, broadly construed, may be viewed as a set of psychological adaptations that allow individuals to reap the benefits of cooperation (Darwin, 1871). And it is worth noting that advanced eusociality is found only in ants, bees, termites and in humans. It **should be keenly understood** that all these species have been extremely successful in establishing their colonies on earth for ages without having been wiped out by the many fatal threats to survival.

Eusociality in certain species means multiple generations live together and perform specialized roles with extensive collaboration with altruistic





behavior. This tendency to weigh group interest at the cost of selfish interest is the defining character for the success of certain species.

Cognitive scientists are fitting into the shoes of philosophers and spiritual gurus. This time contrary to the faith based masters their words are considered final in this material world, as cutting edge researches reveals that the moral values are etched in our physiology. This leaves very little for the doubting Thomas's to crib about. According to many neuroscientists, most moral intuitions are unconscious, involuntary and universal.

The simple arithmetic of morals as the basis of laurels is structured around the central command center of our body – the Brain. Our human brain has hierarchical levels of control centers. The higher centers are led by the pre-frontal cortex whose primary functions are best described as that of the executive functions. Its most important ability is to suppress urges that, if not checked, could lead to socially unacceptable outcomes. In the same context executive function also relates to abilities to differentiate among conflicting thoughts, determine good and bad, better and best, same and different, possible future consequences of current activities, working toward a defined goal, prediction of outcomes, expectation based on actions, and procrastination of responses to stimuli so that social benefit is weighed over immediate emotional reaction.

The lower centers, popularly known as emotional centers, which include the Basal Ganglia are designed to respond to situations in a reflex pattern without provision for processing of information for appropriate delivery response based on long term interests.

Asbury, in the book *Psychophysics and Central Processing*, states that “For good reasons, the brain, especially the cortex is considered the most sophisticated structure in the known universe. It may turn out that the miracle of its organization is its simplicity, hidden behind a complexity.”



Arthur C Guyton & John E Hall, state in The Guyton's textbook of Physiology that, "Of all the parts of the brain, we know the least about the function of cerebral cortex, even though it is by far the largest portion of the nervous system."

Though modern research tools like CT, PET, fMRI and SPECT have revolutionized the scope of exploration into the depths of our brain, the frontiers are ever expanding and the mystery is continuing to remain a puzzle for the best of our scientific minds. All the time we are outwitted by the simplicity of the truth that has been crystal clear since eternity. It only asks us a question; why this complexity in cognizing the truth? The experiential truth that has been repeated umpteen numbers of times in all the ancient traditions with a tenacity that is unmatched is open for every scientific mind to observe. It only leaves us the modern generation with a lingering doubt as to the necessity for external researches when the solution lies open in another dimension. Thankfully the unification of once apparently disparate fields has progressed remarkably well beyond the expectation of the most optimistic well-wishers of humanity. And today most of us are not far away from realizing the simple truth that knowledge is structured in human consciousness. And hence ethics or morals are very much part of our being, if not the core of it. Relinquishing it is most likely to turn on the key switch to trigger apoptosis-cellular suicide or programmed cell death.

### **The cause of raise in trading without morals**

Trading which was a means to ease out our living on planet earth, gradually assumed the role of a goal in itself. It was merely the expression of the simmering ignorance of the masses about their inner self and the infinite potential within, which remained untapped. Due to the disconnection from the real source of life, man gradually descended to lower levels of existence. Self-reliance was replaced by dependence on others. That's where the seed of trading was sown. Gradually traders assumed a larger than life image due to their entrepreneurship. Traders who were facilitators to ease out our life by helping us in the process of



sharing or exchanging resources became “leaders”. They lacked the holistic vision of true leaders. No doubt they were “leaders” in the field of trading and they had the ingenuity to name themselves as economists and other specialists. But due to their focus on trading, they were away from the concept of sharing that formed the hallmark character of Rulers.

It is common for the public to castigate the top leaders of any institution which fails or succumbs to scandals to be complicit, grossly negligent or frankly incompetent. But in a moral ground, all those judgments reserved for the leaders has to be equally shared by us, for we were also the players, though passively to the whole show of organized chaos.

Any group or nation which abandons social ethics in wealth creation and sharing pays a high price for promoting inequality and favoritism for the privileged few at the expense of the deserving large. Most of the ‘privileged’ in all the societies after the Industrial Revolution have been privileged mostly because of their proximity to the ruling class and in most instances the only credential they possess is taking the effort to reach the inner circle. When the sharing is only within the coterie group, it sets of an air of despondency and depression in the creative individuals at the periphery.

This tendency to hoard and shore up resources directly restricts growth and opportunities which means, the society’s most precious and perishable asset – the people are allowed to decay and die; without contributing to the society. This is a drag that any society will have to pay dearly on the long run. The “privileged few” are far too myopic to see ahead into the future to visualize the social impact of lack of inspiration and hope through a just system.

Such inequalities leave only a trail of poverty in family environment, health care and education sectors that is enough to curtail any progress made thus far and thereby ensure entropy.



The only path for our modern civilization not to fall a prey to entropy is to provide education at a life supporting level of experience, so that all other sectors are shielded from negativities of any kind. The educational system that respects individual's biological systems, promotes sustainable familial bonding and in the process nourishes social coherence is the need of the hour. If the knowledge and its applied programs to maintain the order at individual, familial and social levels aren't available, the inevitable result is predominance of differences and lack of unifying quality in life. The resultant inadequacy in social consciousness will lead only to warring tendencies, with further deterioration at all levels.

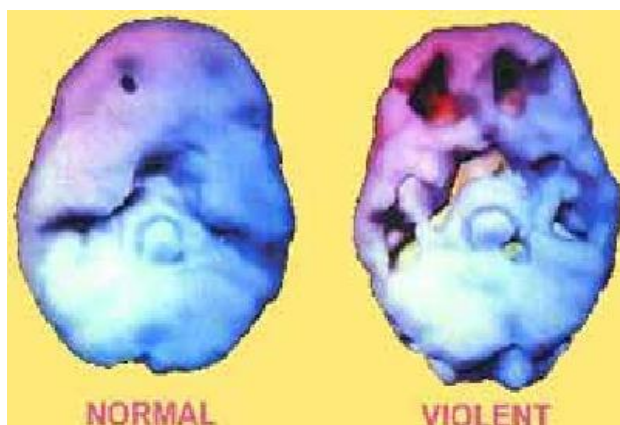
### **Brain Holes and Behavioral Problems**

It is common experience to many in their life time to have come across situations where they might have encountered individuals who seem intractable to common sense suggestions or ideas to ease their own life and that of their near and dear ones. Many alcoholics and violent individuals for whom their close kith and kin pray for and plead with find no meaning to the yearning desires of their dear ones and mindlessly engage in the self-destructive habits for a lifetime. It no doubt leaves many with a serious question as to whether these individual have a brain inside the skull to process what is being said so earnestly. To clear such doubts



modern research tools have arrived. Thanks to machines, in fact now we know that our doubts were true in most instances. Literal holes in the brains of some individuals have been proven to exist. Hence what the near and dear ones have been pleading to alcoholics and violent people have not fallen into deaf ears but have been passing straight through to the other side as no functional neurons are present in the crucial brain areas to process the information in the form of knowledge that was fed to them.

Towards demonstrating the existence of such nonfunctioning areas, SPECT images were studied of normal and violent children. These SPECT images graphically reveal the presence of "functional holes or lesions" (areas of low-metabolic activity caused by the absence of neuronal firing) in the prefrontal lobes of violent children - the region of the brain that normally provides a filter against impulsive, aggressive and violent behavior.



### **SPECT imaging of normal and violent subjects**

These views of the human brain illustrate the extent of blood flow (normal brain on the left, brain of violent individual on the right). **Images courtesy of Dr. Daniel Amen**



Recent researches indicate that combined factors of nurture and nature can lead to specific biochemical imbalances and brain abnormalities that form the biological roots of violence and incoherence in society. A growing body of research implicates mounting stress levels in the individual and society as a primary causal factor in social violence, especially youth and school violence.

Over time, the stress induced biochemical and electrical imbalances become physiologically 'entrenched', leading to acute and chronic brain dysfunction. Chronic and acute stress leads to an out-of-balance neurophysiology, as evidenced by brain biochemistry which reveals elevated levels of stress hormone Cortisol and suppressed metabolism of the 'well-being' Serotonin, and brain electrical patterns (low encephalographic coherence). Thus brain holes are created entirely by the system in which we are being nurtured. And to undo these holes we need a holistic approach to social management of human lives on planet Earth, so that we survive with ease and strive to progress along a biocompatible life style towards our traditional goals.

### **The Natural Antidote to Stress**

Slipping in to the gaps in the conscious awareness is the time tested process that is capable of endowing the required strength to face the evanescent happenings of this transient world. This process has been known as Meditation and the state thus attained has been at best indescribable by the most fluent. And thus it has been confined to the most fortunate who had had the opportunity to venture into such deep states accidentally or by the quirk of destiny. But with development in neuroscience, the experience gained during meditation has been quantifiable and easily verifiable repeatedly in diverse population. It has been found that Meditation dramatically alters two physiological correlates of violent behavior by (1) balancing the neuroendocrine system as seen in increases in serotonin metabolism and in decreases in Cortisol levels and (2) increasing global brain coherence as measured by electroencephalographic techniques.



In other words, Meditation could be considered the process to unravel the knowledge that is structured in consciousness; which is our true “self”. The farther we get away from our self, the more complicated the life becomes and appears. Everything about human existence is out rightly simple. In ignorance, we complicate it by meandering away from our true “self”. The easiest and only path is through silence of the mind, when the experience of being unfolds spontaneously.

## **A Neuro-Scientific Introduction to Ethics**

Ethics is the dos and don'ts for life on planet earth. It is comparable to an Instruction manual and conveniently it comes free with birth. The prefrontal cortex is structured for the noble purpose of ethically regulating man's social interaction. The perplexing question is why humans find it difficult to use the resources given by default at birth?

The degeneration of ethical values in our present society is akin to the degeneration (atrophy) of muscle mass in persons who don't exercise. Medically this is called the disuse atrophy. Similarly though our brain has specific cortical areas to mediate ethical behavior, loss of appropriate practices to enliven those areas, has resulted in the moral decay that is so rampant these days. Improper application of techniques to safe guard the hardware in which the software of ethics is etched is the cause of the decline in moral behavior that is the source of all troubles challenging humanity.

## **The Sexual Ethics - the Neuro-scientific basis of fidelity**

The feminist movements of the twentieth century which was brought about by the industrial revolution conferred almost complete sexual liberation for women in the West. Ever since then women have been encouraged to believe in the concept of choosing relationships for their own comforts rather than for the family's sake. In the aftermath of the Industrial Revolution, the general stress due to over work and consumerism left a bad taste about family relationships. In this scenario,



many ‘liberated’ women had found sexual partners for strictly physical pleasure, a so called “friends with benefits and without conflicts” and chose to follow the trend of the live-in phenomenon. In the stress enriched modern day family scenarios they seem to enjoy the apparent freedom such relationships bring. In their opinion, the absence of commitment and emotional entanglement frees women from the supposed harm due to heart breaks that is common in the event of breakdown of committed relationships. It does seem the right choice when one is entrenched in the rigid boundaries of present day industrial revolution inspired mechanized life.

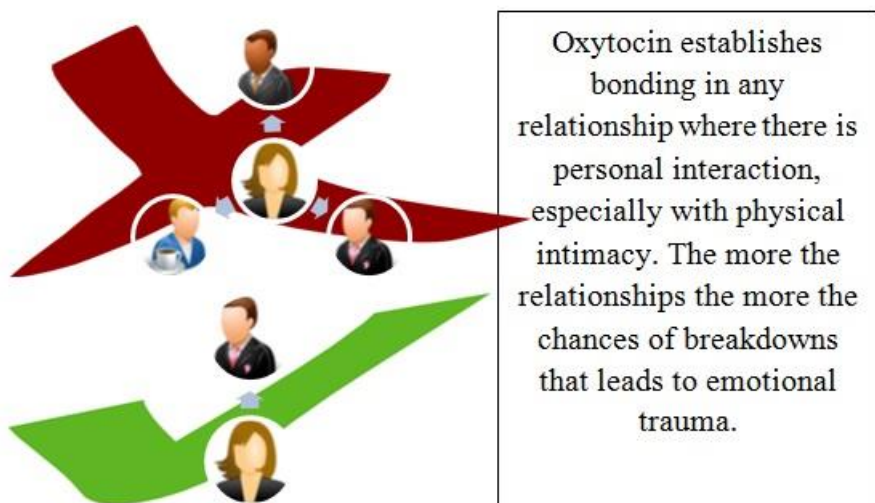
However, the biological reality is not as plain and simple as many women would like to think. Researchers at the University of California, San Francisco are finding that, in fact, women are not capable of having unemotional relationships. It is primarily due to the bonding hormone Oxytocin. As we know Oxytocin gets released in women during sexual intercourse too, and therefore facilitates a bonding behavior with the sexual partner. This realization shatters views of many feminists, who claim that women could and shall be completely independent from man.

According to recent researches whenever a woman engages in sexual activity, an emotional bond between her and her partner is created. This knowledge challenges current trends in sexual lives of many women and should help us move towards established norms of universal traditions regarding marriage and family which alone can assure us a decent survival on the long run without complicating our wellbeing. This modern trend of uncommitted relationships has been one of the defining lapses in modern history that has propelled us to a series of serious problems.





The concept of chastity has been, in neurobiological terms a master stroke through which traditions successfully executed a simplistic solution to prevent the myriad of problems that could decimate any civilization. It could be definitely a strategic advantage to have such a survival enhancing behavior as chastity to be hard wired for fool proof replication and maturation for generations together. And now with knowledge of the neuro-humoral networks mediating oxytocin release in response to varied intimate relationships, it is clear that nature indeed strongly favors lifelong bonding between couples for establishing stable families in which there is hope for continuity.



The emergence of lapses in multiple fields has its roots in a primary lapse, that of disconnection from the Self.

### **Emergence of Secularism and private lives**

The knowledge of history with respect to geographical influences and the application of our mind in learning from our common heritage are certainly not possible for the present generation who are time starved due to their preoccupation with mind boggling sense pleasures. “Unfortunately



this loss of historical interest has made the problems of the present difficult to be addressed because the context of the past lessons is essential if we are to salvage the future of our existence.

In a positive optimistic state of mind, Secularism evolved not to deny God, but it made its appearance to deny the differences in the approach to dispensing justice to a mixed population of different religious faiths united circumstantially in a geographic location. From a Neuro-scientific perspective it is clear that religions, though proclaiming the same basic eternal truths in their depths appear to be superficially diverse only due to regional geographic variations and its influence on human physiology with respect to the cosmic alignments. In the initial days of its emergence in the post industrial revolution scenario of multicultural society, secularism was hailed as a royal thought because secularist ideas meant mutual respect for other's religion and peaceful coexistence. It never came to deny or downsize religion. But as always, later adaptations by opportunists led to the present lifeless form or anti-life form of secularism.

As Ravi Zacharias observes in his book 'Deliver us from Evil', "In the name of non-offensiveness, religion is privatized and relegated to the home while in the name of freedom all kinds of indecencies and abandonments are made public. How ironic that sexuality and nudity, which are meant to be private, are now fare for public consumption while spiritual convictions, which are meant to strengthen public polity, are now for private expressions only."

"Secularization left society without shame and with no point of reference for decency, and pluralization left society without reason and with no point of reference for rationality. Privatization-born from the union of the other two-has left people without meaning and with no point of reference for life's coherence. The greatest victim of evil so engendered is the self. We no longer know who we are as people. We know that the premise of privatization is flawed because who we are in public is determined by what we have learned and cherished in private. **The role of the home is ineradicably etched into the mind of every individual.** We have all



heard the popular saying, “The hand that rocks the cradle rules the world.” History has demonstrated this to be profoundly true.”

Thus we come to understand that every field or compartment created by mankind is integrated with a cosmic order. The natural laws that are universal are indispensable for human life to exist and flourish. Morality is an integral part of those natural laws that applies to human beings in particular with reference to the greater cosmic order. In a common man’s perspective morality could be considered to be as essential as a road map for a navigator. A Neuro-scientist would vouch that morality is the road itself for the navigator. If there is a dent in the moral road our vehicle can never reach its cherished destination. And when the road is well laid, our journey is smooth, fast and full of laurels.



# 8 | Nullifying Polarization of Cultures



## Effacing controversies & conspiracies

The end of the blame game is possible only with the true understanding of the unified basis of the values of tradition. The term “western” doesn’t really mean a geographic reference point in as much as it is used to denote a period in recent history when industrial revolution first occurred in the west. Hence when we say “western culture”, it effectively translates into the post industrial revolution lifestyle and its impact on the society.

Towards this most important unifying step, we need to understand a small lapse in nomenclature that has created so many cross cultural rifts and tensions with possibilities of wars too.

With this correction, the artificial divide between the supposed ‘western’ and ‘eastern’ culture is effaced and a true platform is established towards global unity through cross cultural understanding. On a little bit of deeper scrutiny, it will be realized that the values in all traditions from different parts of the world have always been one and the same. From a neurobiological perspective, the basic values should have been the same for any society to have survived for long periods of time in the history of earth provided they were of the species of homosapiens. The culture of any society reflects the survival strategies that have been added for sustainable existence spanning several thousands of years. Of course to the modern physiologist and neuroscientists it is crystal clear that we are all



wired for specific behavioral patterns with very little room for deviation from the norm for longer periods without nature interfering, in the form of disease and terminating the deviant trait at the individual level and even the society harboring it.

The arbitrary polarization of culture into "western" and "eastern" is a lapse that has allowed association of individual freedom powered by industrial revolution and "progressive" happiness with the term "western" and that of individual sacrifice and stagnancy (read stability) with the "eastern".

In reality, the culture in both the west and east remained the same before the advent of industrial revolution. But as the west pioneered industrial revolution in an unprecedented manner, they were also the ones who reaped its benefits and pitfalls before others could. The post industrial revolution period culture became synonymous with "western" culture and came to be highlighted for its advancements in physical comfort levels of humanity. This evolutionarily untested 'culture' appeared sustainable with "great" advantages for as long as this new culture was confined to the few select pioneering communities. This too could happen only with a great cost born by other nature dependent traditional communities and the ecosystem in general.

But with the eventual globalization of this new culture of Post Industrial Revolution, lapses continued to be multiplied exponentially in a short period of few decades and the untenable results on our robust ecosystem and human psych is explicit to everyone who have not lost their balance of mind.

The pendulum of human endeavor for emancipation had swung too far in the pursuit of physical comforts. Trading of comforts was the first steps to globalization.

The term trading was the original word used literally and meaningfully in the place of the current usage of the word "business". The core of



industrial revolution was speed and when trading reached dizzying speeds, our lives became busy and this state of affairs came to be known as **business**. That was when mankind lost the discriminatory powers as he became too busy to reflect on the purpose behind making life physically comfortable.

It's of utmost importance to sink-in the fact in our psyche that the term "western" culture is an associative term for Post Industrial Revolution Culture and in no way determined a culture defined by geography. Industrial revolution truly blossomed in the virgin vastness of the American continent, as it was shielded well from the possible threats by the colossal trans-Atlantic distance. Hence the experiments with new culture could proceed unimpeded with amazing successes.

Industrialized American agriculture which was a perfect blend of modern technology supporting the eternal profession of mankind was uniquely aided by the most fortunate string of events in the world history. It included stability at home in terms of strong family and a vast virgin farm land, technological revolutions and demand from war torn Europe and Asia. The American economic surge to super power status was not a total positive result of industrial revolution alone. Rather it was in the back drop of worldwide restlessness that the Post Industrial Revolution Culture or "western" culture began to thrive on. It is important to note that the strong family structure of early 19<sup>th</sup> century absorbed the shocks of the creative processes of industrial revolution and allowed the new culture to shine for a short period.

Many of us indoctrinated by the Post Industrialized Revolution education system view the world from within the four walls and seldom realize the holographic nature of need based emergence of reality. Many of us have grown up with the assumption of leadership by the developed (read industrially developed) societies in the west and many rampantly have applied those principles to their life and dependents (societies) in the fond hope of becoming leaders in the future. In our zeal in aping the 'developed' and in the inebriated mood of having neared the goals of



achieving statistical peaks, many of us are still proceeding in the “copy” mode despite the obvious decline of the role model societies.

Interestingly the general rule that is sadly ignored is that whichever society aspires, replicates and enjoys the benefits of “western” culture, would and should also pass through the painful relative descent that is typical of a non-biological goal based culture. But there could be an exception if we are able to stop our wild adventures at a critical point before the point of no return, so that we could shift from the relative decline to a plateau of stability based on sustainable progress. The knowledge to identify the core of the problem and the critical step that has toppled many a civilization before is presented in these chapters which intend to seamlessly integrate biology, ecology and evolution in a holistic business perspective.

Contrary to popular belief that the mismanagement of the financial economy is the cause of all the present turmoil, it is getting clear that our approach to life of disowning responsibility in economizing our desires is at the root. It will be unfair and ridiculous to slander the bankers or for that matter specific groups for all the crises. For how can a chronic gambler blame the casino owner, for deciding to close the shop, when the stakes are high for him? Isn't it obvious that all are in the game of gambling? It is common trend in the post industrial revolution culture to enjoy the benefits of booty until all is well and blame the system when deficits arise. This trait is treacherous and can only postpone collapse for a later date, when it will be all the more grandiose and painful. The whims of playing the game while winning and blaming the game while losing is definitely a child's prank that borders on sheer irresponsibility. This can only mar our growth towards being responsible adults.

The real purpose of the Industrial Revolution was to free man of the monotony of hard labor; so that we have enough time to devote for inwards growth towards the real purpose of life. It is once again emphasized that no culture is immune to the destructive changes if lapses



are allowed to seep in to affect our biological systems due to the influence of Post Industrial Revolution culture.

Another major contributor to polarization of the societies has been along the lines of religion. In the last few hundreds of years of man's fascination with the material innovations, he has had but little time to understand or experience his own religion, leave alone the question of understanding other religions. In the current scenario of globalization of post industrial revolution lifestyle and the concurrent stress epidemic due to a general lack of time, it would be meaningless to understand the true purpose of any religion from the conduct of the majority of the supposed followers.

It would be similar to asking an Extra Terrestrial being to assess the quality of the Mercedes Benz facility and its engineers by presenting them the wreckage of some of its cars, involved in a horrific crash in the high way, driven by a bunch of "high" seeking youths.

### **Polarization Gone, Unity Born**

**Genetic evolutionists** too, like our age old philosophers have warned explicitly that if we don't apply the lessons of our **shared genetic destiny**, that teaches us the importance of cooperation among all species, we may hasten our own extinction. We need to move beyond the Darwinian Theory, which stresses the importance of individuals, to one that stresses the importance of the community. At a global level, individual nation states can never think as individuals anymore and have to include all nations if we are to survive as a planet. We are certainly into the age of unity and the good news is that this time we don't have a choice. Spare the rod and spoil the child applies to the child in the adult too. This time our generous mother earth has taken up her rod of chastisement in the form of an imminent collapse of ecosystem, and there lay our hope of bringing the rogue elements in our being into the eternal reality of unity.

Einstein, the architect of grand unification in physics, in a letter to his friend Marcel Grossmann had said, "It is a wonderful feeling to recognize





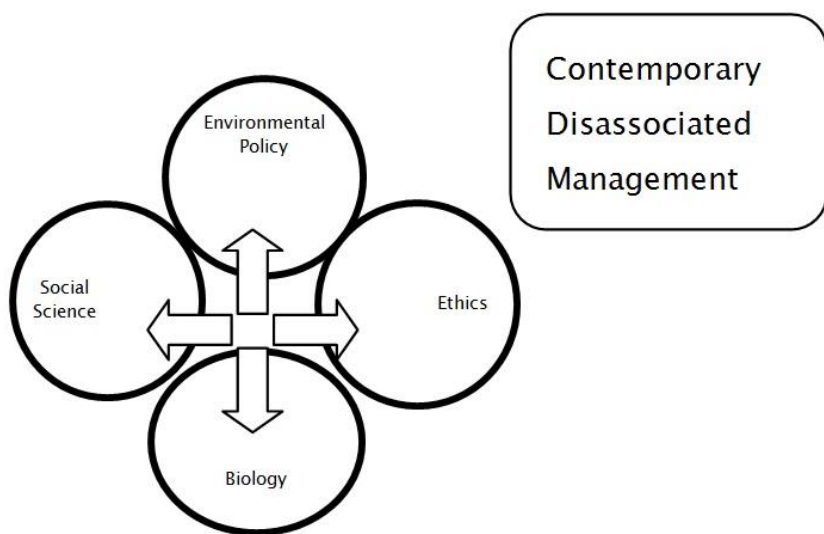
the unity of a complex of phenomena that to direct observation appear to be quite separate things." This was in the context to his successful alignment of the microscopic physics of capillaries with the macroscopic, universe-wide physics of gravity. It is well known that throughout his life he worked to unify everything apparently disparate into a single continuum, space with time and motion, gravity with electromagnetism and cosmology.

According to Edward O Wilson, the father of socio-biology, "The greatest enterprise of the mind has always been and always will be the attempted linkage of the sciences and humanities. The on-going fragmentation of knowledge and resulting chaos in philosophy are not reflections of the real world but artefacts of scholarship. The propositions of the original Enlightenment are increasingly favoured by objective evidence, especially from the natural sciences." In his national bestselling book 'Consilience - The Unity of Knowledge', he avers that, "Consilience is the key to unification. I prefer this word over "coherence" because its rarity has preserved its precision, whereas coherence has several possible meanings, only one of which is consilience. William Whewell, in his 1840 synthesis *The Philosophy of the Inductive Sciences*, was the first to speak of consilience, literally a "jumping together" of knowledge by the linking of facts and fact-based theory across disciplines to create a common groundwork of explanation. He said, "The Consilience of Inductions takes place when an induction, obtained from one class of facts, coincides with an induction, obtained from another different class. This Consilience is a test of the truth of the Theory in which it occurs. "The only way either to establish or to refute consilience is by methods developed in the natural sciences - not, I hasten to add, an effort led by scientists, or frozen in mathematical abstraction, but rather one allegiant to the habits of thought that have worked so well in exploring the material universe."

While advocating the practical application of consilience, he also adds that, "The belief in the possibility of consilience beyond science and across the great branches of learning is not yet science. It is a metaphysical world view, and a minority one at that, shared by only a few scientists and



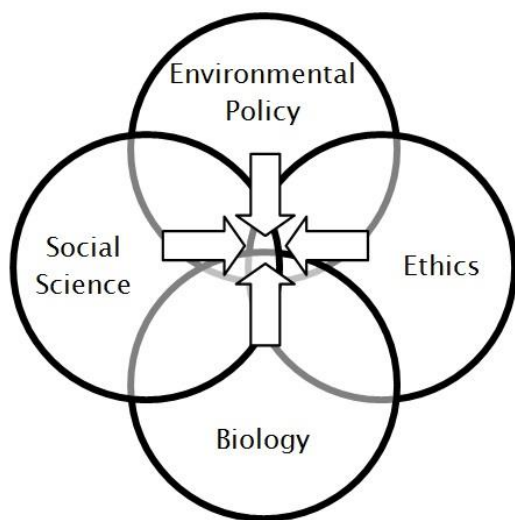
philosophers. It cannot be proved with logic from first principles or grounded in any definitive set of empirical tests, at least not by any yet conceived. Its best support is no more than an extrapolation of the consistent past success of the natural sciences. Its surest test will be its effectiveness in the social sciences and humanities. The strongest appeal of consilience is in the prospect of intellectual adventure and, given even modest success, the value of understanding the human condition with a higher degree of certainty.”



Moreover Wilson had rightly dissected the source of modern society’s chaotic path to the lack of application by the intelligentsia of the integration of knowledge from various related fields. He emphatically writes that. “We already intuitively think of these four domains as closely connected, so that rational inquiry in one informs reasoning in the other three. Yet undeniably each stands apart in the contemporary academic mind. Each has its own practitioners, language, modes of analysis, and standards of validation. The result is confusion, and confusion was correctly identified by Francis Bacon four centuries ago as the most fatal



of errors, which "occurs wherever argument or inference passes from one world of experience to another."



Consilience in  
Management



# 9 | (R)evolutionary Trends

## The hope of the future

*"An important scientific innovation rarely makes its way by gradually winning over and converting its opponents. What does happen is that its opponents gradually die out and that the **growing generation** is familiar with the idea from the beginning.* "Max Planck



### Social Innovations

#### Intelligent Moms of the Netherlands

The economically and ecologically viable plan at the present age for the shift towards evolutionarily favorable lifestyle for women and family at large is **part time jobs**. It has to be adopted only when the time really permits and if at all the need arises either emotionally or economically. Otherwise the best option for women is to remain as full time home professionals. In all aspects; the Netherlands is the world's leading country in terms of true women's welfare where in less than 10% of

them are in full time employment. This means 90% are engaged majorly in their true biological function of being mothers or home makers.

The family set up in the first few generations of the post industrial revolution era, where man works full time and the women has part time job to pay for the extras, is alive in this wonderland of Netherlands. Women have the quality time to take on the lion's share of the household duties, which is rightfully centered on childcare. Surveys reveal that women chose to work part time as it allows them to devote their attention on their kids when it matters most besides allowing them to maintain



social contacts and enjoy their hobbies. This balanced life helps them to keep their body and mind fit to feel happy and refreshed rather than feel frustrated, exhausted on a perpetual basis.

The social policy unit of Netherlands has been actively engaged in promoting part time jobs for women from the 1980s.

Majority of the women in Netherlands value their independence over success in the workplace. And they pride in being truly liberated from the “women’s liberation” of the 60s. It is interesting to know that there has been a book published attesting to the fact of Dutch women being happy and healthy.

“Dutch women don’t get depressed” was published in 2008 after extensive research involving scores of interviews with historians, psychologists, fashion designers, and ordinary Dutch women among many others in the country.

While some book writers had sellers proudly proclaim “French women don’t get fat” and so does Japanese women don’t get old or fat, the Dutch book parodies their claims and highlights the fact that Dutch as a nation emerge close to the top of the world happiness rankings established by Revet Veehoven, professor of social condition for human happiness at Erasmus University on Rotterdam. According to Ellen de Bruin, who is a psychologist and journalist, glamour, hospitality and charm may not be essential ingredients for female happiness.

It is claimed that the contentment feeling is due to social conditions that allows for balance between work and family life. The Dutch women are unique in that 68% of women work part time, approximately 25 hours a week and in surveys most of them don’t want a full time job.

### **The reasons for the balanced approach to life by Dutch women**

The Dutch are probably far ahead in the life experience cycle. Women have been working since 14<sup>th</sup> century, due to conditions necessitated by



the plague scourge, in which men perished in huge numbers. Probably, it was the first feminist revolution and the Dutch have matured as a society and have opted for the only biological and evolutionarily sustainable golden mean path of part time work for women in the modern industrial generation.

Besides the impact of women being more home-centered for their own mental and physical health, it is absolutely far more important to evaluate the effect on the next generation, on whom our future depends. The real taste of the “mothers at home” treat only begins to ooze out when we read the UNICEF Report card 7 which reveals that Netherlands heads the table of overall child wellbeing in the developed nations list. For the one who is rooted in the biological laws of life, it is no surprise that the children are well off in the Netherlands, where women predominantly prefer part time work only.

Another seemingly disconnected report on Child Happiness reveals more. The move of the minds from being obsessed with economic factors alone in exclusion to other if not more but equally important biological factors has occurred in the richest nations of the world.

“There are significant relationships between some of the dimensions chosen. Poverty, for example affects many aspects of child well-being in many well-documented ways: particularly when prolonged, poverty has been shown to be likely to have an effect on children’s health, cognitive development, achievement at school, aspirations, self-perceptions, relationships, risk behaviours and employment prospects. Equally clearly, economic poverty **alone is revealed as an inadequate measure** of children’s overall well-being. A multidimensional approach to well-being is necessary to improve understanding, monitoring, and policy effectiveness.”

Hence the developed countries are now attempting to study multidimensional factors to seek to know whether children feel loved, cherished, special and supported, within the family and community, and



whether the family and community are being supported in this task by public policy and resources.

## **The Voice of Motherhood from the White House**

These are eventful days for the cause of Motherhood. There can be no better news for our world than when this supreme force of creativity and sustainability raises its head within the ultimate corridor of power of modern times - the White House. In 2009 Anne Marie Slaughter was appointed the first woman Director of Policy Planning at the United States State Department. She had secured a 'dream job' that for many would be a goal worth pursuing for a lifetime. But not for this especially bold woman who had initially began by confessing to her colleagues that it was difficult to be away from her son when he clearly needed her. Though she was dissuaded initially by strong negative reactions from all around her, she made up her mind that when she quitted, she would write an op-ed titled 'Why Women Can't Have It All.'

Eventually when she did dare to step down, she laid bare her inner most feelings in a long editorial published in the July/August 2012 issue of the Atlantic Magazine, poignantly explaining the course of events that shaped her life and the ultimate sensible decision that she had taken towards her biological calling. Particularly she targets the current unfavorable social attitudes to motherhood. She ridicules the first set of reactions to her decision, with the underlying assumption that her choice of relinquishing professional duties for the biological duties was somehow sad or unfortunate. But it was the second set of reactions—those implying that her parenting and/or her commitment to her profession were somehow substandard—that triggered a blind fury in her.

She observes sadly that "... the decision to step down from a position of power—to value family over professional advancement, even for a time—is directly at odds with the prevailing social pressures on career professionals in the United States. One phrase says it all about current



attitudes toward work and family, particularly among elites. In Washington, “leaving to spend time with your family” is a euphemism for being fired. This understanding is so ingrained that when Flournoy announced her resignation last December, *The New York Times* covered her decision as follows:

Ms. Flournoy’s announcement surprised friends and a number of Pentagon officials, but all said they took her reason for resignation at face value and not as a **standard Washington excuse** for an official who has in reality been forced out. “I can absolutely and unequivocally state that her decision to step down has nothing to do with anything other than her commitment to her family,” said Doug Wilson, a top Pentagon spokesman. “She has loved this job and people here love her.

Think about what this “standard Washington excuse” implies: it is so unthinkable that an official would *actually* step down to spend time with his or her family that this must be a cover for something else. How could anyone voluntarily leave the circles of power for the responsibilities of parenthood? Depending on one’s vantage point, it is either ironic or maddening **that this view abides in the nation’s capital, despite the ritual commitments to “family values” that are part of every political campaign. Regardless, this sentiment makes true work-life balance exceptionally difficult. But it cannot change unless top women speak out.**”

And that’s why she did speak out as a top accomplished woman can do. At this point it is pertinent to remember here that the story of Anne Marie Slaughter has been and is being replicated in millions throughout the developing world but without the turn around that she could do with confidence on the motherly instincts. The main reason remains the social attitudes set in motion by the events past the Post Industrial Revolution, where men and women strived to be better workers outside home.





In fact all her life, as she admits she has been on the other side of this exchange. She humbly admits that she had always been the woman smiling the faintly superior smile while the other woman told her that she had decided to take some time out or pursue a less competitive career track so that she could spend more time with her family. She had been the woman congratulating herself on her unswerving commitment to the feminist cause, chatting smugly with her dwindling number of college or law-school friends who had reached and maintained their place on the highest rungs of their profession. She had been the one telling young women at many a lecture that you *can* have it all and do it all; regardless of what field you are in. Which means it was she who had always been playing the part, albeit unwittingly, of making millions of women feel that *they* are to blame if they cannot manage to rise up the ladder as fast as men and also have a family and an active home life.”

From being a staunch pro feminist to a 180 degree turn into the crusader of devoted motherhood has been the call of the changing times toward true development for humanity.

In tandem with our concepts on prioritizing biological needs over modern Post Industrial Revolution Culture based goals, Anne states that, “In short, the minute I found myself in a job that is typical for the vast majority of working women (and men), working long hours on someone else’s schedule, I could no longer be both the parent and the professional I wanted to be - at least not with a child experiencing a rocky adolescence. I realized what should have perhaps been obvious: having it all, at least for me, depended almost entirely on what type of job I had. The flip side is the harder truth: having it all was not possible in many types of jobs, including high government office - at least not for very long.”

As regards the importance of revaluing Family Values, she stresses that “while employers shouldn’t privilege parents over other workers, too often they end up doing the opposite, usually subtly, and usually in ways that make it harder for a primary caregiver to get ahead. Many people in



positions of power seem to place a low value on child care in comparison with other outside activities. Consider the following proposition: An employer has two equally talented and productive employees. One trains for and runs marathons when he is not working. The other takes care of two children. What assumptions is the employer likely to make about the marathon runner? That he gets up in the dark every day and logs an hour or two running before even coming into the office, or drives himself to get out there even after a long day. That he is ferociously disciplined and willing to push himself through distraction, exhaustion, and days when nothing seems to go right in the service of a goal far in the distance. That he must manage his time exceptionally well to squeeze all of that in.

Be honest: Do you think the employer makes those same assumptions about the parent? Even though she likely rises in the dark hours before she needs to be at work, organizes her children's day, makes breakfast, packs lunch, gets them off to school, figures out shopping and other errands even if she is lucky enough to have a housekeeper - and does much the same work at the end of the day."

Towards the end as she aptly writes about rediscovering the pursuit of happiness, she confides that, "One of the most complicated and surprising parts of my journey out of Washington was coming to grips with what I really wanted. I had opportunities to stay on, and I could have tried to work out an arrangement allowing me to spend more time at home. I might have been able to get my family to join me in Washington for a year; I might have been able to get classified technology installed at my house the way Jim Steinberg did; I might have been able to commute only four days a week instead of five. (While this last change would have still left me very little time at home, given the intensity of my job, it might have made the job doable for another year or two.) But I realized that I didn't just *need* to go home. Deep down, I *wanted* to go home. I wanted to be able to spend time with my children in the last few years that they are likely to live at home, crucial years for their development into responsible, productive, happy, and caring adults. But also irreplaceable years for me to enjoy the simple pleasures of parenting - baseball games, piano recitals,



waffle breakfasts, family trips, and goofy rituals. My older son is doing very well these days, but even when he gives us a hard time, as all teenagers do, being home to shape his choices and help him make good decisions is deeply satisfying.”

To be a mother of her son, none can fit in this world as best as she could, but there could be plenty of competent women out there to take her vacant office. It is a great moment for motherhood and the world. Only we need to offer this intelligent choice to the scores of mothers who in the spirit of aping the ‘developed’ are coping with extraordinary stress and contributing to the ecological degradation of our Mother Earth due to the imbalanced mindset of the younger generation.

### **The progression to biology based laws in work hours**

It has always been that people throughout the world aspire to work to live. But when the madness of economy centered policies took over the global system of operations, people were working to die. Suicides were the order of the day in labor intensive factories in certain Asian countries, as the whole world was gobbling Tablets PCs in competitive prices. But with world consciousness awakened through an alert media, it has been contained through control of inhuman conditions that required humans to work in environments more primitive than the slavery era.

The New Economic Foundation (NEF) recently called for gradual transition to a working week of 21 hours. The organization was voted Think-Tank of the Year in 2002/3. In 2010 NEF announced a long-term alliance with the New Economics Institute in the USA.

Enlightened economists from developed nations have recommended moving on from the present 35 to 40 hour to a 21 hour standard work week to solve some of the problems that the society faces now. They reason that this move to free the citizens from time shortage can holistically deal with 1. Un-employment, 2. Overworking. 3. Family break ups, 4. High carbon emissions, 5. Low well-being, and the 6. Universal



stress epidemic due to lack of free time. In this context, it is interesting to know that actual work week lengths have been falling in few of the countries of the developed world.

The giant of the capitalist and the protagonist of assembly line methodology of production in the automobile sector, Henry Ford, was an ardent proponent of shorter work hours, which he introduced unilaterally in his own factories. Though Ford pursued this policy for business rather than humanitarian reasons, it made sense because ultimately business is for enriching human life and if biological basics are taken care under whatever pretext, it could only lead us to a better world. Ford argued that workers, who were also the main consumers, needed adequate leisure time to feel the need for the goods that are manufactured and thus perceive a need to purchase them. How intensive farming can ruin the fertility of the soil, so is long work hours to the consumer health. To find biological role models in our physiology in support of working for lesser periods with greater efficiency on the long run, it would be prudent to note the trend setter and our war horse organ - the heart. The pacemaker cells of the cardiac muscle fire for only 0.03 seconds and take rest for 0.05 seconds. The resting period of the cardiac muscle is called diastole which is always longer than the contracting period systole. Here in the seat of our hearts we discover the principle of work and rest.

Recent studies have shown conclusively that a four-day week has not only increased consumption and stimulated the economy, but also improved worker's level of education and health too. These improvements were possible due to the free time gained from monotonous work schedule that helped them to relax, exercise and pursue their interests towards self-improvement. Reduced work hours also saves money on many other family related activities including transportation, which in turn helps reduce carbon-related emissions. All these benefits add up to increase workforce productivity on a per-hour basis and eventually can have a telling impact on the environment. These are only the few direct tangible effects which are miniscule when compared to the unlimited intangible



positive effects on the long run due to better family bonding and better quality of the next generation.

Several nations who are awake to these holistic dimensions of strategic planning have imposed limits on working time in an effort to combat unemployment. The simple arithmetic is that less work hours per worker translates to a demand for more workers, and provide a better quality of life for those that are already hired. At a higher dimension, the craving of every human for being a good social animal in an altruistic sense by way of helping the unemployed get jobs is also satisfied.

The traditional wisdom to segregate office work and home work for a better quality of life is no more relevant, as smart phones and internet technology has effaced all distance and time compartments. Thus true reduction in work hours, along with holistic education in life style management by way of sharing the experience gained by the ‘developed’ countries, is a must for all in the rest of the world. This is a vital life line that the economically advanced societies have to administer to the developing societies. If it is not done now in the larger humanitarian interests; it might have to be done later certainly as an emergency survival strategy, for the global ecology cannot for certain bear the unsustainable insults by the multitude of population in the developing societies.

Another country that has raised everyone’s eyebrow is United Arab Emirates. It has transformed itself as a major economic and cultural hub in the Middle East. Besides the tallest building, Burj Khalifa, the nation stands tall in many aspects too. It is an exception among the many Arab nations that have been consumed by the spring revolution. It is home to an institution that strives to build families. The University College of Mothers and Family Sciences is a unique effort in this direction and worthy goal to emulate in other societies. **Its establishment states to us the strength of higher traditions that have been preserved to this day in the nation of Emirates.**



In these days of general decline in moral standards, and a nosedive in dress sense it is a sign of hope when we see the dress code of the nationals in UAE and other Arab societies. When dressing is getting scantier by the day in many developing societies, it is indeed a surprise to see a trend towards preserving the traditions in Arab countries. In many industrialized societies, the women in particular have started to dress for convenience rather than for cultural values. For instance, many women even in traditional societies in Asia have begun wearing flimsy dresses citing the hot weather due to global warming. But in Arab countries, in spite of the unfavorable climatic conditions with long scorching summers, one could find majority of native women fully clad even in the beaches while bathing.

The neurobiological basis of dressing in traditional societies towards protecting motherhood is a virtue that has to be emulated universally in the modern societies. Dressing that hides the biological contours of the body has always been the rule rather than exception in all parts of the world until the Industrial Revolution. Whether it is the Victorian Era of the Europeans or the Vedic traditions of the Indians, clothes were primarily adorned to hide the natural biological contours of the human body and not just to cover the skin. According to modern research humans are particularly captivated by the shapes of the body which in fact convey the biological success of the reproductive process. And traditional dressing by covering the attractiveness prevents any possibility of breach in the family commitments of individuals by way of evoking illegitimate interests from unnecessary quarters.

Thus we are witnessing the wonderful evolution of knowledge in culture that has been structured at every step with the ultimate purpose in mind of preserving the sustainability factor – Motherhood. Every step though a micro step for an individual, means a giant leap for mankind as a social being.



## **The Macros in Micro-lending: The Social Business Strategy in being the Banker to the Poor**

Deep societal crises due to the famine of 1974 in Bangladesh inspired a post-doctoral man returning from the land of entrepreneurship USA, to ponder for solutions that his neighbors were desperately struggling with. His compassion for the society and his educational skills merged to create a sustainable social business in the form of micro lending. When it started, he can only dig his hands in his pockets for helping and he knew the limits of his pockets."

Professor Muhammad Yunus established the Grameen Bank in Bangladesh in 1983, powered by the belief that credit is a fundamental human right. His objective was twofold. It was to help poor people escape from poverty by providing loans on terms suitable to them and by teaching them a few sound financial principles so they could help themselves manage their life without getting into the clutches of debts and loans.

From Dr.Yunus' personal loan of small amounts of money to destitute basket weavers in Bangladesh in the mid-70s, the Grameen Bank has advanced to the forefront of a burgeoning world movement toward eradicating poverty through micro-lending. Replicas of the Grameen Bank model operate in more than 100 countries worldwide.

He knew the practicalities of charity for he says "charity is not replicable because you need money all the time to do it again, and it stops. It is not sustainable. If you turn it into a social business, it becomes much more powerful and it is replicable."

It's well known that compassion arises from the heart and certainly it is the last place for business plans to surface. The man, Mohammed Yunus had a big one in that. Like a reflex jerk, the decision was instantaneous, with the only intention of solving a problem that the large banks were unable to or unwilling to solve. Instead of the complaining mode, **he**



**switched on his creative self-help mode instilled by his mother** and later honed by his experiences as an economist in Chittagong College and later as a full bright scholar pursuing his PhD in Vanderbilt University in the United States. He showed the world that simple math skills arising from a compassionate heart are enough to solve pressing social issues that have been ignored or indirectly fostered by established institutions headed by highly qualified intelligentsia. Nobility of Mohammed Yunus was indeed appropriately honored with the Nobel Peace Prize in 2006.

According to Richard Brandson, CEO of Virgin Group of Companies, “Business is about people. The success of business is determined only by their relevance to life and **society**. Successful businesses fulfill certain needs. It is true for all successful businesses - from McDonalds to Face Book to Google and Apple. Businesses declined when they lose their relevance – when people can’t be bothered by the company or its products.

Any walk down the lane of history will also reveal a strange coincidence of chains of events, which at that moment would have appeared insignificant and localized, but now retrospectively fits precisely into a well-planned scheme of global developments towards human evolution,

The internet revolution and the success of companies like Google are waves generated by the need of the times, which has since eternity shaped man’s destiny. This is what is reflected in the official religion of Google, which is the belief that faster communication will lead to a better informed global citizenship and the demise of top down authoritarianism. If this is translated into the esoteric language, it would imply individual enlightenment and the ensuing societal coherence as the means and end respectively for a better world.

### **Signs of societies getting to the roots of the problem**

The NEF further observes that, “Over the last few decades, there has been good progress in diverse fields ranging from the health care to sociological research on the causes of well-being. Though many of the findings have





reinforced the common sense beliefs in traditional values as regards well-being, it is only recently that there has been some interest from policy makers at national higher levels. This is seen, for example, by the commissioning of a programme on Measuring National Well-being in the UK. “The policy areas which have been identified include: the economy, social relationships and community, health, the local environment, education and care. There is also a section on personal characteristics, which, although often not amenable to direct policy changes, play an important part in the understanding of the factors that are important to an individual's well-being.”

### **Raising Signs of respect for diversity**

“The concerning characteristic of globalisation in media is that instead of serving as a window to the world of diversity, it has become a doorway for sellers of strange life styles with a common basis of corporate profits, regardless of its impact on cultural appropriateness. It is a great hope for the future when the leaders are awake to the eternal truth.”

“Each language expresses a whole culture and embodies a unique way of seeing and understanding the world around it. But one side effect of media consolidation, and especially the global domination of the English language media, is the extinction of living languages and the loss of the unique insights they possess.”

It's no coincidence that places with the greatest cultural diversity are also places with the highest biodiversity. As much as the rainforests of Brazil are home to plants containing secret cures to human illness, they have been home to cultures that held the keys. *Andrew Simms, Petra Kjell and Ruth Potts, New Economics Foundation: Clone Town Britain. The survey results on the bland state of the nation*

Awareness about the uniqueness of each region of our beautiful earth and its culture has come to the fore front now. This automatically ensures that effective steps will be taken by the collective consciousness that has been awakened. Towards this end the need for new measures of progress has



been long sought after, among the intellectuals who have had a holistic dimension to life. Importantly for them, those measures should be what the contemporary society values most – something that the current approach which was developed in the Post Industrial Revolution era, fails to do.

One such tool is the Happy Planet Index (HPI). It tells us how well nation states are performing in terms of supporting their inhabitants to live good lives now, while ensuring that others can do the same in the future, i.e. sustainable well-being for all.

It uses global data on experienced well-being, life expectancy, and Ecological Footprint to generate an index revealing which countries are most efficient at producing long, happy lives for their inhabitants, whilst maintaining the conditions for future generations to do the same.

Unfortunately and predictably the third global HPI report states that “this is largely still an *unhappy* planet – with both high- and low-income countries facing many challenges on their way to meeting this same overall goal. But it also demonstrates that good lives do not have to cost the Earth – that the countries where well-being is highest are not always, the ones that have the biggest environmental impact.”

## **Scientific Innovations**

### **The Global Coherence Initiative- Where Heart Rules Over the Brain**

The GCI is a project pioneered by the Institute of Heart Math, a non-profit organization in researching emotional physiology, heart-brain interactions and the physiology of optimal health and performance. It is well known in the modern scientific world that the brain controls all other organs of our body. But recent researches have confirmed our ancestors’ preoccupation with the heart. At the heart of the matter concerning the regulation of our physiology is our wonderful heart. It has so far been known to the modern doctors for its mechanical role in pumping blood. But now we have a



whole new dimension of the heart serving as an organ that can influence the whole body by it's over bearing effect on the brain.

The Global Coherence Initiative has been designed to help individuals and groups work together in synchrony and to strategically increase the impact of their efforts to create positive global change so that together we could:

- Increase personal coherence for the benefit of ourselves and the planet
- Help shift the planetary consciousness baseline from self-centeredness to wholeness care
- Increase connection and social harmony
- Empower our ability to navigate through global changes with less stress and more ease
- Empower environmental responsibility and stewardship of the planet

According to the founders of Heart Math, this project has been initiated because millions of people sense that this is an extraordinary time; that a paradigm shift of human consciousness is now under way; that we are at the crossroads of change and must move toward the healing of ourselves and our planet. Many people are feeling a strong desire to help change our present and future conditions and are looking for ways to use their heart, spirit-aligned wisdom and care to make a meaningful difference.

Towards this objective of changing the future, heart coherence has been studied in detail. As many people recognize what their meditations, prayers, affirmations and intentions can do to affect the world researchers suggest that these activities can have even more transformative and lasting impact by adding heart coherence to the process. Heart coherence is a distinct mode of synchronized psycho-physical functioning associated with sustained positive emotion. It is a state of energetic alignment and cooperation between heart, mind, body and spirit. In coherence, energy is accumulated, not wasted, leaving you more energy to manifest intention



and

harmonious

outcomes.

## **The vital handshake of the Ancients and the Modern**

Once again, the motherhood enriched Netherlands has been the honourable host to great minds of various traditions, in the cosmic efforts to usher in the age of enlightenment.

The land that has had the evolutionary cycle of Industrial Revolution, Post Industrial Revolution culture and its consequences at an earlier date has probably had its tryst with destiny, a step ahead of the world. The best and the most exalted minds from the most ancient traditions of India, the Arab world, the America and Europe have had the golden opportunity to work together to unearth eternal secrets in the universal language understandable to our age - science.

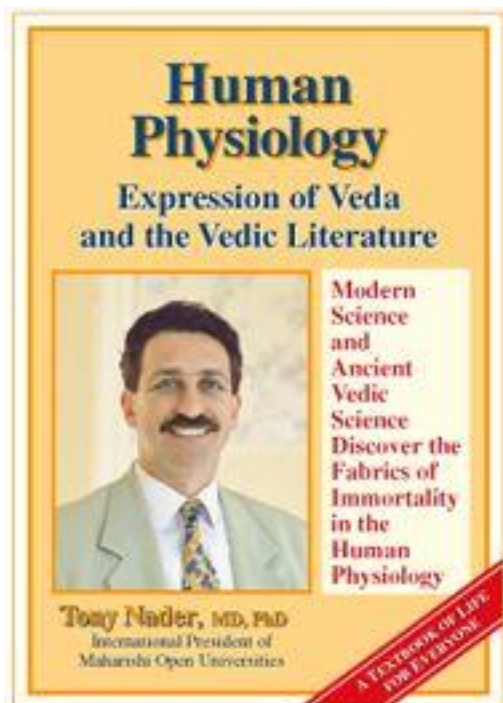
## **The Neuroscientist Par Excellence**

The world has been fortunate to have had brilliant and dedicated minds working toward unity of knowledge and peace. Among such individuals we have a true leader in Professor Tony Nader, who has contributed tremendously to an amazing discovery and whose work has effaced so many mysteries in the medical world for all times to come. Professor Nader, who secured his PhD in the area of Brain and Cognitive Science from Massachusetts Institute of Technology (MIT) and completed his post-doctoral work as a Clinical Research fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School, has been at the forefront of path breaking researches in integrating Modern Science and the Ancient Knowledge of Immortality. His desire to gain total understanding of the human mind and body of consciousness and physiology, led him to the study of the ancient knowledge treasure from its roots in India, under the guidance of the greatest scientist of consciousness of all times Maharishi Mahesh Yogi.



Dr. Nader's greatest contribution to humanity has been the discovery that our human physiology is nothing but the expression of certain specific coded frequencies of sound vibrations. These sound vibrations have been preserved in human awareness through a continuous, unbroken oral tradition of expert scholars whose families have been dedicated for this cause. This knowledge of the sound frequencies that structure human

physiology has been maintained in the greatest heights of the world—the Himalayas and the adjoining geographical regions in India. These frequencies of life have been encoded in the native language of Sanskrit as Veda - which when translated in English stands for 'knowledge'.



### **The knowledge that structures human physiology**

The great scientist of consciousness Maharishi Mahesh Yogi, who hails from the pure heights of the Himalayas, brought in profound

insights about the ancient Vedic literature to the world, when he came to the Americas in the early 1940's. He had declared then that through the window of science we see the dawn of the age of enlightenment. He guided this fascinating discovery which found that the laws that construct the human mind and body are the same as those that give structure to the syllables, verses, chapters and books of one the world's most ancient knowledge collections called the Vedic literature, simply meaning knowledge literature. According to Professor Nader "This discovery brings to life physiology in terms of its inner intelligence, whose impulses are available in the form of the sounds of Veda and Vedic literature." He



further states that “It is my fulfilment that this discovery is being made available to the whole population through all channels of education and health in countries where science and scientific research are applied for the benefit of mankind.”

The discovery has been published as a textbook titled, “Human Physiology- an Expression of Vedas and Vedic Literature” published by Maharishi Vedic University.

This discovery of precise correlation between the 40 aspects of the ancient knowledge contained in the Vedas and the 40 divisions of human physiology has opened the doors for further research into other ancient scriptural knowledge. It is only a matter of time when humanity will have the scientific proof to authentically state that all religious scriptures in their revealed languages (which are geography specific) are nothing but sequentially and chronologically arranged chapters in the one book of the one Almighty.

Already the great discovery by Professor Nader has been instrumental in bringing out another important discovery that has far reaching significance in terms of uniting human race. This discovery brings to light the scientific basis of a universal pilgrimage protocol that can ensure perfect health for the whole humanity. It has been alive since eternity through the coherence it creates in the individual physiology through the exposure to certain geographic specific radiations peculiar to strategic sacred spots.

Such references regarding the miraculous and far reaching effects of pilgrimage are found as basic tenets in all the religions of the world. In the world’s most ancient system of medicine, the Ayurveda, pilgrimage has been accorded the primary role in averting and managing serious health disorders. In all the holy books beginning from Torah, to Bible to the Quran, pilgrimage has been emphasised as a mandatory exercise for the ultimate benefit of mankind.



## **The Discovery of correlation between the Ancient Pilgrim sites of the world and neurological centres in the human nervous system.**

This discovery hypothetically proves the united eternal basis of our traditions by way of a precise correlation between the ancient pilgrim spots from the world over and specific neurological centres in human brain and spinal cord. This has been possible because of the amazing work done by Dr. Nader in correlating the various cosmic bodies and the corresponding neurological centres both structurally and functionally.

It is well known since time immemorial that certain spots have exerted a **mysterious attraction** on scores of people around the world. All ancient civilizations recognized the existence of these sites, and marked their geographic locations in ways they could best imagine.

Those places are familiar to us all; they include the magnificent temples of India, synagogues and mosques of Jerusalem and Mecca. Even the Stonehenge, Machu Picchu and the Pyramids are nothing but structures that have been constructed at certain spots that have been cognized to have certain special potencies with reference to Human wellbeing. Such places which have been identified to have special significance to humans have been revered as **sacred places since time immemorial**. They are found





across the globe in the form of sacred rivers, mountains, healing springs, forest grooves and places of mythological interest where divine revelations were witnessed or associated as fables.

Ancient legends and even the hard core scientific minds tell of “bizarre” experiences that people have had while at these sacred places. While classical physics of the recent past couldn’t explain these apparently “bizarre” phenomena, the latest developments in physics such as Quantum field theory have brought us to the door step of true understanding of ourselves in the cosmos.

Scientists and the common man at the level of **Classical Physics** can seldom imagine the magnitude of importance of such places and therefore **disregard** and **ignore** the miraculous phenomena which keep occurring at the holy places. The intelligent have even termed these practices as superstitious, and branded the common folks as foolish, though these sacred places have continued to be the most visited places on the globe.

In general it is common for most of us to wonder as to what is the basis of the pilgrimage traditions that is an integral part of all religions? And what do the mythological legends of the sacred sites reveal in terms of a meaningful message to humanity?

### **Mythological stories and Physiological Realities**

Certain places were recognized by sages and prophets as radiating cosmic power or energy. Spirits and Angels were known to have appeared and consecrated specific geographical locations. There have been reports of blessed pilgrims experiencing miracles of healing of mind, body and soul. The lucky few have had the solutions to perplexing problems. These phenomena were not uniform to all. These apparent discrepancies lead to disbelief among the unlucky many who were not the beneficiaries of the cosmic stuff. To the enlightened and humble soul, the founding myths of the sacred spots are nothing but coded secrets of Physiological realities





revealing the true character, utility or importance of particular places that aided ultimately in the transformation of human consciousness and thus along with it the human body.

In this age of Hi-Tec gadgetry, it is easy to explain certain processes that occur inside our bodies as we can take recourse to microscopes, PET scan and many more stupefying instruments. But in those good old days, wise people who had gained knowledge were left with nothing concrete to explain, except for stories that could at best associate the truth with vivid scenarios, so that the people could comprehend the significance with ease.

### **No more Miracles!**

It is known to many believers that miracles do not happen in contradiction to nature but only in contradiction to what we presently know of nature. Luckily we are at a point of time where the science of the modern times has fully matured to comprehend the science of the ancients. The prophecy of Swami Vivekananda, a great monk from India, that science and religion will meet one day has come true now.

The new science of **Archae-Astronomy** has brought to focus the remarkable evidence that almost all ancient pilgrimage sites are topographically situated in precise alignment with certain astronomical bodies.

The knowledge of networking of cosmic astrology and sacred geography is a heritage that is common to all cultures. The seers of the ancient times have recognized that there is an intricate galactic symphony of subtle forces operating upon our planet and hence on our selves, by virtue of the cyclical orbits and movements of numerous heavenly bodies that precisely map the space. The sacred places, because of their strategic location, emanate profound energetic celestial frequencies that serve as ideal portals where humans may easily access those life supporting frequencies. The times most suited to access these holy spots are the particular dates that



are religiously followed in each of their founding myths as festivals that actually empower one's physiology with coherence and energy.

Though this research is in the preliminary stages, it points to a glorious future where humanity will be united even in physical dimensions in no uncertain terms with the clear understanding that we are but one in spite of distance and differences.

### **The Leader of Scientists - Dr. John Hagelin**

John Hagelin Ph.D. is a world-renowned quantum physicist, educator, public policy expert, and leading proponent of peace. In recognition of his outstanding achievements, Dr. Hagelin was named winner of the prestigious Kilby Award, which recognizes scientists who have made “major contributions to society through their applied research in the fields of science and technology.” The award recognized Dr Hagelin as “a scientist in the tradition of Einstein, Jeans, Bohr and Eddington.”

Dr Hagelin has conducted pioneering research at CERN (the European Centre for Particle Physics) and SLAC (the Stanford Linear Accelerator Centre). He has authored more than 70 papers that have been published in journals such as *Physics Letters*, *Nuclear Physics*, and the *Physical Review*. His scientific contributions in the fields of electroweak unification, grand unification, super-symmetry, and cosmology include some of the most cited references in the physical sciences. He is responsible for the development of a highly successful grand unified field theory based on the superstring - a theory that was featured in a cover story of *Discover* magazine.

Dr. Hagelin is therefore at the pinnacle of achievement among the elite cadre of physicists who have fulfilled Einstein's dream of a “theory of everything” through their mathematical formulation of the unified field - the most advanced scientific knowledge of our time.

But there is something more than anyone else in him for Dr. Hagelin is unique among scientists in being the first to apply this most advanced



knowledge for the practical benefit of humankind. He has pioneered the use of unified field-based technologies proven to reduce crime, violence, terrorism, and war and to promote peace throughout society - technologies derived from the ancient Vedic science of consciousness. He has published ground-breaking research establishing the existence of long-range “field effects” of consciousness generated through collective meditation, and has shown that large meditating groups can effectively defuse acute societal stress – thereby preventing violence and social conflict and providing a practical foundation for permanent world peace.

The scientific aspects of this work are extensively covered in the next chapter on the value of gaps.

We as a civilization are well past the times of leaders standing up only for their nations or union of states. None of us truly in the present moment can afford to speak proudly about invincibility of a select few. Neither can declinist historians predict the collapse of the few well to do nations. The perpetrators of globalization for whatever cause they did, whether they like it or not, have ensured that the fate of our civilization is globalized.

We have reached the critical state of no-return in global oneness that we either adapt ourselves to the change expected of us in a responsible unified living or recklessly speed up our decline while self-trumpeting jarringly about how much a nation is individually indispensable in world affairs. Fortunately we have world class scientists who have adorned the mantle of leadership and are leading the world consciousness by helping our political leaders in adopting newer paths towards peace and sustainability.



# 10 | Life is in gaps

## THE TECHNOLOGY OF CONSCIOUSNESS



Gaps oh no I was overwhelmed by my passion to express myself that I typed intensely to pack every bit of space with what I wanted others to see and feel my power and intensity towards the cause of communicating. Later when I looked back I realized that my intensity is meaningless to others without the little gaps.

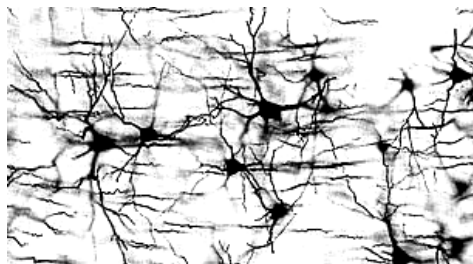
Dear avid readers, sorry to have spoilt your few seconds in making you read the above sentence or rather a paragraph. But it was certainly not typos. That was a bit of wisdom in a literal sense. The above sentence is typed properly below. Please read it.

*Gaps oh no, I was overwhelmed by my passion to express myself that I typed intensely...to pack every bit of space with what I wanted others to see... and feel my power and intensity towards the cause of communicating. Later when I looked back, I realized that my intensity is meaningless to others without the little gaps.*

Though the first paragraph had every bit of the words of the third paragraph, it couldn't make sense easily. On effort, it could be deciphered



but not without taking their tolls of time and of course the wrong interpretations that could creep in according to the caliber of the reader.



In my zeal, I had felt that the gaps between words were a mere waste of space and time. Later I realized that our very existence is a void of silence and the soul stirring out of it is the communication process with others. It is meaningful only with the gaps, for while commuting the distance between the end of a word and the beginning of the next, we dip in the cosmic reality of eternal void and emerge with the knowledge that is life and meaning itself. Without gaps, we are agape in life.

If we could find meaning to meaningless, our life will be meaningful, for being intelligent is only a step better than insanity and not the ultimate. We have to transcend the thoughts to the very basis of intelligence, into the field of infinitude. To understand the reality of gaps let us start our journey into the deeper realities of our world.

The most concrete and immediate reality is our physical body. At the level of physical body, it is accepted that we are flexible creatures, a bit similar to water, as we are made up of 70% of water molecules. But at a further deeper level, it would be most appropriate if we consider ourselves to be made of void. Well before you start feeling that it is turning abstract, let us go back to the molecular level and restart our journey to the void in more transparent steps. You would certainly agree that molecules are made of atoms and when the atom is split, the sub atomic particles are not seen as solid objects, but as whirling specks of energy separated by massive distances comparable to the interstellar spaces.

Effectively we can derive at a truth which for certain will be crazy to know. If not for the 'solid' proofs, scientists themselves would have



laughed at the results of their own experiments, which were in the first place begun to ‘concretely’ prove that the philosophers and the spiritualists were wrong in their belief in the unknown. The crazy truth they discovered was that every atom is more than 99.999 percent empty space, whether it is hydrogen atoms in air or carbon atoms in the ‘solid’ wood that was used to crucify truth. At the sub-atomic quantum levels there is no meaning for the words ‘solid’, ‘concrete’ etc. Everything in our body, including the bones is as void as the intergalactic space.

### **Environment and our Physiology - A continuum**

It is neither wise nor can we be at ease with ourselves if we separate our physiology from our environment in the process to understand human health. If we do separate the inseparable and attempt to understand human health, we are but bound to end up diseased.

### **Simple Analogy**

When we see a plant that is wilting with its leaves in a withered state, would it be wise to examine the structure of the wilting leaves under a microscope for finding the cause? Or would it be more logical to simply observe the plant’s immediate environment. In all probability the later would reveal the cause for the leaf’s wilting and drying. If the soil is dry, merely watering the roots could bring back the life to the drying leaves.

### **Advanced Analogy**

The science of cloning stem cells in the field of cell biology has revealed interesting facts to scientists. It has been routine for cell biologists involved in tissue culture techniques to pry deeper into the cellular machineries including the genome and cytoplasmic organelles to find the cause for abnormal cellular growth. But common sense approach by experienced cell biologists have revealed the simple fact that when the culture cells under study are ailing the cells environment should be assessed for the cause and not the cell itself.



## **The Exclusive Genes and Science of Genetics**

With the discovery of powerful microscopes and Watson and Crick's revelation of DNA's genetic code, the age of genetics superseded every other field in the efforts to contain human diseases.

Nature (genes) and nurture (environment) are the two forces that control biology. In fact to be more precise "nurture" is the cause and nature (genes) is the pathway of that change in biology.

In the last few centuries, there has been too much of emphasis on genes (i.e.) genetic determinism – the belief that genes are the ultimate "control" of biology.

It is common place for many of common folks to argue that they themselves have no say in their lives and behavior, for they have got it as heredity from their family. We often hear our friends telling "Don't blame me for my laziness or temper tantrums for it is genetic". Most of us have been programmed to believe that genes control our life totally and many live in perpetual fear that someday some rogue genes can turn deadly against themselves in the form of cancer or other life threatening illnesses.

### **Human Genome Project - the untold, unsavory truths**

It was a global, scientific mission which started in the late 1980's. Its aim was to create a catalogue of all the genes present in humans. The purpose of cataloging all the genes was in the hope of treating diseases by manipulating the particular gene responsible for making particular proteins whose defective production results in particular diseases. Scientists expected nearly 120,000 genes for the 100,000 plus different proteins that make our bodies, along with the regulatory genes. Geneticists were in for a rude shock. Only 25000 genes were isolated in the 23 pairs of chromosomes. More than 80% of the presumed required DNA didn't exist! Protein coding portions of genes (Exons) added up to only 3% of the human genome. The remaining 97% is made up of Introns and other DNA of unsettled or unknown function, and is referred to as junk DNA. In



effect the Human Genome Project helped us to clearly understand the following; it dismissed a wrong notion that there was one gene for one protein. Importantly, this clearly states that it will be impossible for genetic engineers to fix all our biological problems with ease.

Humans can no longer use genes to explain why we are at the top of the evolutionary ladder. There is not much difference in the total number of genes found in humans and those found in primitive organisms like the round worm, fruit fly and the laboratory mouse.

### **EPIGENETICS-The new science of real control and hope**

Epigenetic means control above genetics. Recent researches in epigenetic states the following:

DNA blue prints passed hereditarily through genes are not set in concrete at birth i.e. Genes doesn't determine our destiny.

The following environmental influences can modify genes without changing their basic blue print. And that includes:

1. Nutrition
2. Physical and emotional conditions
3. Stress

These environment mediated modifications can be passed on to future generations as certainly as the original DNA blue print.

### **How Environment Influences Genetics?**

In the chromosome, the core is formed by DNA and the covering or sleeve is formed by proteins. When genes are covered by the sleeve, the information cannot be "read". The sleeve covering any gene is removed only by an appropriate environmental signal, which brings about a change in the shape of the regulatory protein; thus exposing the DNA and the gene to be read. Thus the activity of the gene is "controlled by the





presence or absence of the enslaving proteins, which are in turn controlled by environmental signals.

## **Practical Application of Epigenetics**

Epigenetic mechanisms have been found to be a factor in a variety of diseases including cardiovascular diseases, Diabetes Mellitus and cancer. Only 5% of cancer and cardiovascular patients can attribute their diseases to heredity. (Willet 2002) The malignancies in a significant number of cancer patients are derived from environmentally induced epigenetic alterations and not defective genes (Kling 2003, Jones 2001, Seppa 2000, Beylin 1991)

Essential Inference: Human Physiology is definitely shaped by where one lives (the geography and the environment) and so it means primarily there are cellular changes. It's the environment that matters most; both at the subtle molecular and at the gross biological level. Similarly countless broken hearts, who are staring at a choice between the frying pan and the fire, have to know the truth about the stage where marriages are expected to perform. Couples who are united by flesh and blood, yet divorced by time and money, leave tender hearts of the kids with a scar of a lifetime to mar their trust in future.

It is not a deficit of individual love and care in most of the cases; it's just the environment in which marriages are expected to survive. Let all of the simpletons out there in the fringes of a divorce know for certain that their spouse is not the only cause of the troubles. When any married couple unknowingly tread on a red-hot oven and start blaming each other for the torturous burns, what else could it be than frank ignorance? From Human DNAs to Marriages, their healthy survival depends on the environment.



## **The missing Life-Line link in Human Environment of the modern civilization**

Industrial Revolution powered its way through our lives through the discovery of engines, that replaced the need of muscle power of cattle for all the life supporting necessary requirements like farming, transportation and other production activities. The substitution of cattle as a source of power by machines was a big relief to those days urbanites, as that saved them from the stench and other problems associated with maintaining the cattle. The practical benefits in terms of freedom from the periodical responsibility of maintenance of biological life units, the space saved in urban areas and the cosmetic benefits apparently far outweighed the nutritional value of the products obtained from the cattle. More over the founding of mechanized rearing of cattle in Diaries were revolutionizing the concept of intelligent living. Vaccination, Pasteurization and Packaging technologies overshadowed the subtle but powerful effects of cattle on humans and environment. In fact, livestock were made out scientifically to be the cause of desertification until recently when Dr. Allan Savory, brought to light his bitter experiences with such institutionalized thoughts on vilifying livestock. He is a born-again scientist who has discovered the vital role of Livestock in Global health by way of being more than an antidote to desertification and a promoter human health. Simultaneously the discovery of A 2 protein in the Milk of native Indian breeds and its health promoting effects have once again revved up the focus on cattle.

The holistic effect of cattle on human health has been always known to human kind. In all civilizations dispersed in various geographic zones, livestock have been the central pillar of any society. Their importance can be understood by a cursory knowledge of the mythology of various cultures.

**What are we (the human physiology/ body) made of?**



All the textbooks do state that our body is made of cells. It is true and that's why the first chapter in the usual basic sciences textbook is about cellular physiology. These protocols and methodologies came about because the understanding of the world has been based on classical physics, which was at the level of molecules, atomic and subatomic particles.

With the advent of deeper levels of understanding in Quantum Physics, we now have a clear understanding that all matter is nothing but fluctuation of energy. That's what Einstein emphasized in his universal formula of  $E = mc^2$ .

In medical terms, consciousness is the basis of human physiology. As it is the substrate, we will begin our journey with a brief understanding of what we mean by "consciousness".

It is the basic stuff in which and by which we and the whole universe seem to exist and act. The CERN reactor which was set up to study the subatomic world is certainly not the most economical and appropriate way to understand reality. In fact we have in us the most subtle and exquisite instrument to experience the basic substratum of universe - the human mind. The process through which we streamline our awareness to reach within us, the source of the universe has been known to humanity as Meditation. All prophets, saints, holy men and women have experienced this state of consciousness and have emphasized the importance of accommodating quality time in our daily schedule for such exercise. In the previous ages due to the optimum pace of life, quality of food and environment, human brain had the necessary refinements to slip into the gap quiet easily. But as human civilization retrogressed under the umbrella of 'development', sleep itself was lost and meditation became a lost art reserved for the lucky few who realized the gradual but definite march of the masses to the edge of madness. Thanks to the scientific researches in neuroscience and quantum physics, more and more individuals woke up to the benefits of slipping into the gaps consciously.



In the past few decades rapid advancements in theoretical physics has led to a progressively more unified understanding of the laws of nature, culminating in the recent discovery of Unified Field Theories based on the superstring. These theories locate a single, universal, Unified Field of intelligence at the basis of all forms and phenomena in the universe. As the Unified Field is the ultimate source of the order displayed throughout the vast universe, it is millions of times more fundamental and hence that much more powerful than the nuclear force.

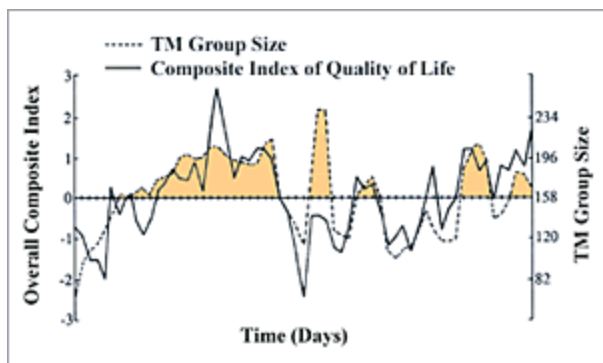
Theoretical and empirical investigation reveals that the Unified Field is fundamentally a field of consciousness. The fundamental qualities of the Unified Field—intelligence, dynamism, and self-awareness (i.e., “self-referral,” the non-Abelian property of self-interaction)—are the defining characteristics of consciousness.

Extensive published research further demonstrates that human consciousness can directly access and experience the Unified Field in the most expanded state of human awareness, known as “pure consciousness.” This experience of the Unified Field—pure consciousness—constitutes a fourth major state of human consciousness, physiologically and subjectively distinct from waking, dreaming, and deep sleep. This experience is marked by the onset of global EEG coherence and increased alpha power, indicating maximum orderliness of brain functioning and utilization of the total brain.

### **The Global Peace Initiative – The silent route to stability**

From measuring coherence to powerfully creating coherence has been the most advanced and proven method of recent times that has arrived as a great boon to mankind for all times to come. This unique technique is

known in this scientific age as Invincible Defence Technology. It has been field tested repeatedly and proven to





prevent social violence, terrorism, and war. It has been confirmed by more than 50 demonstrations and 23 scientific studies. These research studies has been carefully scrutinized by independent scholars and accepted for publication in top academic journals. In every setting, whether it is in the war zones of Middle East or Washington, the crime studded street of America, this technique produced marked reductions of crime, social violence, terrorism, and war, and increased peace and positivity in society.

A critical experimental test of the Invincible Defence Technology was conducted during the peak of the Lebanon war. A day-by-day study of a two-month assembly in Israel in 1983 showed that, on days when the number of participants in this Unified Field-based approach to defence (“TM Group Size,” right) was high, war deaths in neighbouring Lebanon dropped by 76% ( $p < 10^{-7}$ ). In addition, crime, traffic accidents, fires, and other indicators of social stress in Israel (combined into a Composite Index) all correlated strongly with changes in TM group size. Other possible causes (weekends, holidays, weather, etc.) were statistically controlled for (*Journal of Conflict Resolution* 32: 776-812, 1988).

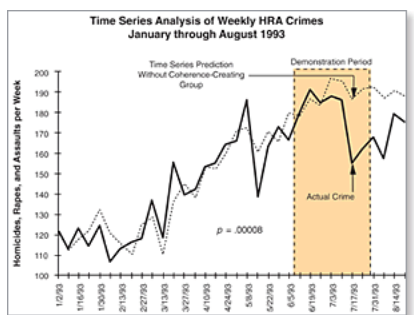
These results were subsequently replicated in seven consecutive experiments over a two-year period during the peak of the Lebanon war. The results of these interventions included:

1. war-related fatalities decreased by 71% ( $p < 10^{-10}$ )
2. war-related injuries fell by 68% ( $p < 10^{-6}$ )
3. the level of conflict dropped by 48% ( $p < 10^{-8}$ )
4. cooperation among antagonists increased by 66% ( $p < 10^{-6}$ )

The likelihood that these combined results were due to chance is less than one part in  $10^{19}$ , making this effect of reducing societal stress and conflict the most rigorously established phenomenon in the history of the social sciences (*Journal of Social Behaviour and Personality* 17(1): 285–338, 2005).

In addition, the global influence on terrorism of three large coherence-

Eggonomics





creating assemblies was studied retrospectively through an analysis of data compiled by the Rand Corporation. The data revealed a 72% reduction in worldwide terrorism during the three assemblies taken together, as compared to all other weeks during a two-year period. Each assembly had approached or exceeded the participation threshold (8,000) predicted to create a global influence of peace. The study ruled out the possibility that this reduction in terrorism was due to cycles, trends, or drifts in the measures used, or to seasonal changes (*Journal of Offender Rehabilitation* 36 (1-4): 283-302, 2003).

### **Decreased Crime and Social Stress**

A National Demonstration Project conducted in Washington, D.C., from June 7 to July 30, 1993, tested the efficacy of the Invincible Defence Technology for reducing crime and social stress and improving the effectiveness of government.

In this carefully controlled experiment, the coherence-creating group increased from 800 to 4,000 over the two-month period. Although violent crime had been steadily increasing during the first five months of the year, soon after the start of the study, violent crime (measured by FBI Uniform Crime Statistics) began decreasing and continued to drop until the end of the experiment (maximum decrease 23.3%), after which it began to rise again. The likelihood that this result could be attributed to chance variation in crime levels was less than two parts per billion ( $p < .000000002$ ). The drop in crime could not be attributed to other possible causes, including temperature, precipitation, weekends, and police and community anti-crime activities (*Social Indicators Research* 47: 153-201, 1999).

These are just a few of the more than 50 scientific demonstrations and 23 published studies on this Unified Field-based approach to defence. These studies are backed by more than 600 other published studies conducted at over 200 independent universities and research institutes in 30 countries on the individual and societal benefits of these Unified Field-based



technologies of consciousness. This extensive body of scientific research makes the Invincible Defence Technology the most thoroughly tested and rigorously established technology of defence in the world today.

Now the important question that can be triggered by curiosity is how did this technology appear suddenly and where from did it take its roots from?

These technologies have been in application since time immemorial and the world has been celebrating and enjoying the benefits of such traditional groups established since eternity. We have started to feel its absence in recent years when such groups have dwindled due to the gradual decay of society's support for them due to their new found hope on material technologies that seemed to outwit the traditional systems for a while. In every traditions Nature has designed coherence creating groups who had been in operation from the silent depths of their beings in communities spread meaningfully across the planet. The largest organized groups have always been thriving in the land of mystics – India for eons.

Unity is not a choice anymore, it is a necessity.

As the fish like tadpole sheds its tail to metamorphose into a frog, we humans have to shed our tale of self-centered growth to leap frog into enlightenment. The tail of identification with academic pursuits should be shed and the halo of self-realization should be crowned, if we are to exist on planet earth. For it is not a matter of choice anymore to follow an esoteric path, but a question of life or death. It is the time of reckoning. Either we refurbish ourselves to eternal standards or perish. This is the call of the changing times. The time has come when we realize the limits of our achievement, with our eyes wide open. Now is the time to close our eyes and turn inwards towards the self, for which we are all here in this world temporarily. It is time for silence and stillness.



## Is it all in the Genes ?



Topics	Round worm	Human Beings
No of cells in body	96 9 cells	60-90 trillion cells
No of cells in brain	302 cells	100 billion nerve cells
Total cells	1271 cells	50 trillion cells
Genes	24,000	25,500

Just 1500 genes is the difference between a round worm and man!

NO. THE ENVIRONMENT IN WHICH THE GENES  
ARE PRESENT MATTERS MORE





# 11 | GIFT FOR RULERS

## **Formula for Coherence Creation**

Schools have to be categorized into high priority zones with more importance than that is presently given to Defense Sector.

Averting the danger that has not yet come is the most important priority that any society should aspire for. And there is no better place and age to start than at the schools.

All schools have to be declared Stress Free Zones and this should be positively enforced by converting the schools to Coherence Creation Zones. The following steps have to be logically followed from a Neuro-scientific point of view to ensure that the brains of next generation are brilliant and functioning to its ultimate potential.

### **Location of Schools-Evolutionary Environmental Policy**

Schools should be located within walking distance of the residential locality in a biocompatible Geopathic stress free site. The building should be eco-friendly and should not be the cause for sick building syndrome. Its surrounding environment should be free of the following pollution.

1. Electromagnetic Field Pollution (No Mobile Transmitters/Towers)
2. Noise Pollution
3. Crowd Pollution
4. Chemical Pollution (Pesticide Free)

### **Regulation of School Activities**

1. All students and teachers should ideally walk to the school except in case of emergencies and illnesses. If climatic conditions are unfavorable for such policies, ensuring walking and physical activities within the school timings should be encouraged.



2. School working hours should be circadian clock compatible for both students and staff (i.e.) starting from 10:00 am to 3:00 pm.
3. Quiet Time for Mind Relaxation Techniques should be the core of the school syllabus, followed by the knowledge of traditions specific to the region and its Neuro-scientific correlation should be emphasized for sustainability of culture.
4. Physical Exercise is integrated along with the day to day life's utility enhancing activities like gardening, cleaning etc.
5. Lunch break for Food and other basic activities have to be given appropriate circadian clock based schedule. Particular care is taken not to thrust it into the available time gaps between other academic objectives.

### **General School Syllabus Policy**

The syllabus has to be aligned with local cultural roots and it has to be delivered in the language of the geographical location for the local population.

Schools have to prioritize with the current global requirements of reducing carbon foot prints and should favor green technologies towards sustainability. For instance home work projects and vacation projects should be integrated with routine home care and self-care. As in the present times it should not favor creating artificial models made of cardboards and plastics for such activities should be best seen as future garbage needing additional resources to dispose.

### **School Staff Selection Policy**

1. All teachers and supporting staff have to reside in campus and have to be role models in life for the students. This is to nullify stress due to travel.
2. Couples who are both teachers should be preferred and encouraged as a policy decision.

### **Biocompatible Syllabus Policy**



1. The syllabus should be biologically compatible and **the students' have to be helped to exercise** "Early Career Selection" as determined by students' aptitude. This assures that their learning is oriented to specific fields to avoid unnecessary subject overload.
2. Human physiology and life supporting latest researches (selected Neuro-scientific topics) should be introduced early in the schools.
3. All such academic activities are to be under the umbrella of the major policy of **Gender Specific Education and Evolutionary Goal Compatible Academic Planning**.

### **General Policy for Business Activities**

All business activity except emergency medical services should be aligned to circadian rhythm based work schedule. This should apply to all non-essential commercial activities like commercial shopping malls and entertainment centers. There will be enormous power savings and perceptible improvement in health of the society; along with the bonus of reduced crime rate and accidents. For instance, Rulers at home will do well to plan all outdoor activities before sun set.

### **General Policies for Motherhood Promotion**

Until the opportunity comes to have gender specific education and work division back as in the pre-industrial revolution era and in extraordinary situations which requires the females to support the family income, it would be best to consider "teaching in schools " as the best profession for would be moms; provided the kid and mom are in same school.

Gender Specific Education has to be introduced immediately to all the population with certain exceptions applicable to prodigies.

In all essential services like medical doctors and nursing care professionals, women should work only part time.



The mere exposure of the masses to such holistic and simplistic researches that reveals the true cause of all health and societal problems is more than enough to shift the collective psyche of the society towards adopting healthier trends. Towards this, establishment of learning centers similar to **The Royal Academy of Home and Earth Management** should be promoted with genuine integration of traditional practices and leadership from the region.

### **Futuristic Biocompatibility Based Policy Decisions**

Promoting full time education and employment among women is injurious to the immediate interests of the individual and family and suicidal to the long term interests of the society and nation. This rule is even applicable to men who over work.

Whatever may be the level of application, may it be the family or, at the National level, if the Ruler facilitates the family, he will be ever in the plane of peace and prosperity. For instance, at the home front, employing of housemaids should be facilitated only if it is with the housemaid's family. Though it may appear inconvenient, if the primary block is overcome with proper understanding of the core issue, solutions to other peripheral issues can be easily found. For instance when the services of helpers for home is required it would be easy to find a male driver with his family i.e. wife who is fit to be a maid in the same employer's house. Such kind of integrated planning can ease the unnecessary biological stress that the present generation is creating worldwide.

### **Converting Full time jobs for Part Timers**

Double Employee Hiring, i.e. 2 part timers = 1 full timer which is win: win for all in the game. Thus if women are optimally and intelligently used to tap their creativity and not stressed to ignore their family, then we can have both their energy and a bright future.



## **Policy Decisions for Preservation of National Identity and Heritage**

The national identity and heritage of a country is preserved in the hearts of the home makers i.e. mothers and thus effectively transferred to the next generation. If the mother is happy, she will radiate it all around her and it will influence the succeeding generations in a way that the heritage will be a living reality than a dead preserve.

Displaying vintage arts or utility handicrafts in spacious but empty museums and later on as an innovation, moving those pieces into shopping malls for bringing it to attention of the crowd or introducing heritage topics in the time starved school syllabus are acts done in desperation by well-intentioned but ill-informed responsible individuals.

Biologically, these measures are comparable to strangulating a child with the “school tie” and lovingly feeding the traditional porridge for health.

The home environment has to be pleasant in the child’s memory. The everyday experience that the child gains at home has to resonate the cultural heritage of the land and it can best be reflected by the mother, because biologically she is the tool selected by nature for that very purpose of nurturing and caring. If we as a society can’t ensure that this role is played comfortably and honorably by women, then no matter how many millions we spend on preserving our heritage, be it in promotions in media or in building museums, we are embracing cultural extinction and physical elimination. As far as our heritage being continued to the next generation, it is certainly one thing to talk of the good old times and entirely different to live it oneself. If the present generation values its heritage, it has to live it, rather than talk of it. When it lives, there is no need of any strategy. But when it is no more living, surprisingly and fortunately we are in need of no revolution either. Only simple steps can revive it.

It is pertinent to begin with averting the lapses that contributes to neglecting our true heritage and that begins with communication with the



next generation. And that again begins from the mother, in the form of mother tongue. If there are no mothers, how can mother tongue flourish into the next generation? Abdicating one's right at the right time and space during infancy for teaching mother tongue and keeping it to a later date could as well mean surrendering our heritage with its basis in language to forces beyond our control. Postponing the learning of one's mother tongue to a later time in a child's development as through teaching it at school is like encouraging learning to drive in the expressways of great cities. It is fraught with risks that we can't imagine.

Mothers have to be honoured with tangible social rewards for the upkeep of families and that must include schemes that ensure economic stability for her invaluable role in preserving the foundations of humanity.



# ROYAL ACADEMY OF HOME & EARTH MANAGEMENT

As a logical sequel to this book on the pivotal role of motherhood and its over bearing role in ensuring the survival of our civilization, it is deemed beyond all priorities to be the only way out of the multidimensional crisis that mankind is in at present.

In accordance with universal traditions, it is hoped that all the intellectuals of the world will contribute to this effort at grass root levels to inculcate a trend of self and family care syllabus in the schools at the primary level itself.

Girls and women have to be honored for their unique role as the supreme guardians of the future of mankind. They have to have special gender specific time concessions and educational specificity to discharge their larger than life biological roles in the most comfortable and efficient way possible.

Each one of them needs to be trained to be a holistic doctor and teacher for ensuring the health of the next generation, for a wife is not alone the mother to the kids, but also to her husband. No other health care strategy or educational model can envision a doctor patient ratio of 1 and teacher student ratio of 1 respectively.

This effort at one stroke can contain the raising trend of broken families, increasing divorce rates and delinquent behavior in the youth. With the basic deficiency corrected, the natural healing process will take over effortlessly and instantaneously to ensure a healthy society and a prosperous planet.

**All are invited to contribute in whatever way they deem it to fit to serve this dire cause to retrieve our last heritage - The family.**



## **Theory Syllabus-1 year**

Anatomy & Physiology-Basics

Life Knowledge sciences-Basic concepts

Elementals of Cooking

First Aid

For Emergencies

For Non Emergencies

Ecology –Ecopsych (Including cow & cattle integration in our lifestyle)

World Religions & History

Principles of Unified Field based life style sciences-Basics

Home & Global Economics

Family Management

Traditional Practices particular to the culture and the Neurobiological consequences to the local population.

## **Theory Syllabus-2 year**

Anatomy & Physiology –Advanced Systemic

Human Nervous System & Morals

Neuroscience & Quantum Physics

Evolutionary biology

Life Knowledge Therapies – Basics

Principles of Unified Field based life style -Advanced

Prenatal Engineering

Neuro-scientific Principles of Child care

World Peace through stable families

Environment Protecting Sustainable technologies

## **Practical Syllabus-1 year**

Emergency First Aid Care

CPR etc

Pulse Diagnosis

EMF Detection

Basics of acupuncture massage

Cooking for health

Physical Postures including breath regulation exercises

Relaxation techniques including Meditation

200





Horticultural and Agricultural training

## **Practical Syllabus-2 year**

Blood Pressure measurement

Heart Rate Variability measurement

Advanced Meditation



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With a clear vision to innovate for easing life and an integrated track record of working for the betterment of World Health through holistic principles in management and medical research, Dr. Vecram Addithyen alias J. Sathesh Kumar has been blessed with certain World Transforming Discoveries that are in the threshold of making revolutionary changes in the way we deal with health, disease and world peace.

He has been conferred with an award for “Enlightened Leadership” by the Maharishi University of Management in USA and the Netherlands. (November 2007) He is currently focused in discovering the unifying principles that are the structuring dynamics of cosmos, which includes the Human Physiology with particular reference to Neurosciences and Quantum Physics.

The application of these interdisciplinary fields of research to management, innovation and entrepreneurship is a logical extension of his understanding of the human mind and its unlimited potential through the use of the science of creative intelligence, that helps tap the source of this entire material universe-the consciousness.

He had also served as Medical Sciences Professor, Ajman University of Science & Technology in United Arab Emirates.



He has completed his MD in Physiology in Annamalai University, Chidambaram, the Land of the Cosmic Dance, India, which is known as the seat of Consciousness in Ancient Indian Sciences. His graduation of the MBBS program was from Madras University, India. He has over two decades of experience in the medical and management fields with particular reference to path breaking researches in neurosciences, including Yoga. He is also coordinating the activities in UAE for the Global Union of Scientists for Peace, which is a scientific body based in USA, to bring peace and invincibility to all the nations through the technology of consciousness.

He has presented his World Transforming Discoveries to some of the world's leading scientists and leaders who have highly appreciated his work as one of the dimensions that completes the understanding of our heritage and health. He has been the key speaker in the **European Assembly of Leaders of invincibility** and also has presented the discoveries in the **Global Administrators Conference**, held in the Netherlands.

He is currently working on to deliver the timeless knowledge that has been bestowed on him, to the global populace, thirsting for ethical holistic health care through **Ufa World HI Health Edu-Care Center**, head quartered in Devanahalli, Bangalore, India. He is also a serial innovator, blessed to work in integrating proven technologies and presenting it aesthetically for everyday use to ease pressing social problems. Towards fulfilling these objectives quickly, he is currently engaged in creating mainstream films to catalyse the spread of knowledge which can ensure a quicker world transformation to peace and prosperity.



Dr. Vecram Addithyen alias J. Sathesh Kumar invited as the **Key Speaker** to present the Discovery in this Assembly held between 15-11-2007 and 27-11-2007





Dr. Vecram Addithyen alias J. Sathesh Kumar with the Honorable President of India, Dr. A. P. J. Abdul Kalam at Rashtrapathi Bhawan, after presenting this research. (2003)



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**Dr. Vecram Addithyen**

Alias J. Sathesh Kumar

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from neuroscience, quantum physics, epigenetics,  
economics, history & mythology to help us hibernate  
& facilitate metamorphosing into the age  
of enlightenment."**

