

Bio-Neurologic Coherence, Reason and Human Health

By Benjamin Wagener, August 16, 2018.

Human beings along their history of thinking, speaking, learning, creating have developed a tremendous amount of accumulated knowledge. From this knowledge to everyday life, from communicating with others to ones own understanding, from this understanding to its development in society, Reason is here and there, different, multiple, complex.

From what I learned in Psychoanalysis, to the current state of Neurosis in our Society, it seems that there is something important that was unknown to Sigmund Freud but that makes all his intuition meaningful: DNA.

It may be a pity that if Sigmund Freud has had a good intuition with respect to the mental role of sexuality (especially its role at the time of Sigmund Freud with millenia of suppression in Human Societies) the current state of Neurosis, if better somehow is still not at all fixed. The ideas of Sigmund Freud have spread all around in our Societies as if Sex and Sexuality could be the Reason, the explanation for each Human Being behavior. If Neurosis was a huge deal by the times of Sigmund Freud it has by now taken an other face where Sexuality is everywhere as if bringing the explanation of everything Human. This is still Neurosis, it is opened and public, it is everywhere by now. Our society swim in an ocean of sexuality more and indeed less than more understood.

It is a fact that Human Beings are very receptive to the question of sexuality, yet this cannot be the reason and the explanation either, and, actually, it is not.

The consequences of this widespread of sexual feelings and sexuality in our Society yield still another problem.

If a few decades ago still, the liberalization of Sexuality appeared as an answer to many misunderstandings and often absurd ideas coming from Religions, the proper reason for all this is neither God, neither sexuality.

I may be quite hard to say that the spread of sexuality in every human being mind has indeed made our Society quite a lot decadent... Yet I won't oppose this to Religion that was for very long the only available explanation but an obscure explanation based on esoteric and pretended superior reason or explanation that if not completely absurd were indeed badly founded and relied only on the existence of some superior mind or superior being, some divinity that would explain everything by some symbolic idea of divinity. This symbolic fantasia may have some explanation yet.

Only and anyway, no one could reasonably deny the role of Religions in the evolution of Human Societies. It was perhaps absurd and didn't rely on anything tangible, yet it has had also some

importance and brought some reason and structure in a period of times where there was nothing of Reason in our Society and where Human Beings were just limited to their animal condition. Religions can be criticized and Sciences have somehow demystified this area of the human reality and brought light on their inconsistencies and often absurdities, yet they played an important role in the development of the Human History, of our Society and in the Mental History. They have had a role that cannot be denied in the attempt to bring Reason where Human Beings were all limited to debility and animal condition.

If Sciences have shed the light on the inconsistencies of the logic proposed by Religions, yet Sciences have not truly proposed another alternative till now. Many of the ideas proposed by Religions make still sense for many persons in our World and Sciences cannot deny either that it can still have some positive influence in our Societies.

Yet, thankfully, if there was a reality that was destructive in Religions, the reality of Sexuality for Human Beings has been freed.

But if Sigmund Freud found some psychological reason and explanation in Sexuality, the conclusion of my many years of reflections is that nevertheless Sigmund Freud missed the main point. By about a century ago, if it helped, it has nevertheless created a secondary state of Neurosis. It is different from the one about a century ago, very different from the neurological blocking that was devastating many minds and their Society nevertheless now sexuality is overwhelming most Human Minds that for many don't find any explanation either.

If the past blocking of sexuality in the Human Minds was devastating to some extent, it is not much better by now where it occupies much of Human Minds with no explanation either but some reason for pleasure that cannot find its right place in a good understanding of reality.

Sexuality occupies most Human Minds in our current period of times and as such it shadows much of reality in a neurological occupation that, as such, makes many people blind of the realm, fully exposed to fast incoming and sensory perturbations.

As such if the role of sexuality was denied in religions and mostly made diabolic, the role of sexuality proposed by Sigmund Freud is not satisfying either. There is today in our World a fundamental misunderstanding that comes from a super interpretation of sexuality as the explanation of everything. Yet if it plays some role it is also a profound reduction of reality and a profound reduction of the human thought that if not making us decadent makes us stupid. There is an over-investment of sexuality in our current society that for the sensory impact it has on each makes us all more or less idiot.

To sum up, was Religions a proper explanation, no it wasn't but they have had some structural influence, was Psychoanalysis a proper explanation, no it is not either even if it freed a central mental mechanism.

It took me a long period of times to realize that there was something missing in Psychoanalysis. It was far from obvious because Psychoanalysis is full of neurotic concepts where everything turns around sexuality and it was even less obvious because if it appears clear that sex plays a central mental role it doesn't fix anything either.

Psychoanalysts since Sigmund Freud have turned the question of sexuality in all of its aspects and moreover as it frees human mind, Psychoanalysis have accumulated tons of various pseudo-

explanations that make sense only in their own relativism: sex because sex... as an explanation of everything... to sum up.

Yet there is something that was very unclear in all this neurotic-full arena but that is much more fundamental than sexuality: Biology.

Biology plays an absolute fundamental role in all our development and evolution. If it is often something considered as fundamental by all Physicians as at the core of our organisms and for each organisms, this is also completely shadowed in Psychology and in Psychiatry.

It is shadowed for many reasons. First the development of Human Beings in our Societies have created a mental structure and a mental understanding that makes sense for Human Beings only in their social context. This is the Evolution of Human Beings that created this super structure. As such we are mentally mainly disconnected from our biological realm. We have a reality that is made up mainly social and this is through this social context that we interpret reality. Human Beings, with time and evolution created a mental reality that makes sense in social relationships but that is mainly disjoint from our biology. "OUR REALITY IS NOT REALITY", our reality is mainly social. Our biology from the earliest stages of development to adulthood maturation bring us up for being social beings.

As such, from the beginnings of Psychology and related eras, everything was contextualized through this social mask. No way to conceptualize the mental reality from biological reality, no link was ever found till now...

The mental reality of Human Beings is so evolved and so complex that if everything grows up through biology, the existence for Human Beings, for consciousness, is at the corner stone of this biological by-product. We have an existence that through evolution made us develop a "super-context" that makes sense in Human Societies but that is mainly completely disjoint from nature and biology.

On the other hand there is also the historical context that produced this opacity. Biology was for long disjoint from medicine, they are two areas of Human knowledge that if fundamentally linked, took nevertheless two completely different paths. And even through the eyes of Sigmund Freud, this social realm of the mental development was much too present, too much ubiquitous to ask any reason for biology.

Yet... there is a link... This link is far from obvious... Our existences take place at another level. We are the human realization of our Biology. Biology at the absolute central place of any being is naturally what makes us alive, what makes us what we are... in any aspect of our lives.

And... Biology... Is also what makes our brains... From our earliest development the brain evolves and structures based on our biology and thanks to our biology. Our brains are one among others natural expressions of our genes. It is in our DNA that if the explanation for such or such body functioning or expression can be found, our brain and its activity through our mental lives are as well the expression of our biology and have the same core in our DNA.

Now, from brain development to mental activity and life, the core, the core of every life we know, the core that produces our identity and that keeps our integrity... is DNA...

DNA as present in any cell of our organisms is also what keeps us alive and that make us individual beings through an extreme complexity of biological relations. This is our DNA that explains

why through such a complexity, such a complex plurality, we stay unique and we keep our lives safe through the biological integrity that DNA allows.

It is therefore not difficult to see the point I want to come to. If Psychoanalysis doesn't explain anything through its sex sex sex explanation... Biology can explain the reason why sexuality plays a central role in the mental life. If Sigmund Freud has had some genius to understand some of the reasons for neurosis... One of the greatest geniuses... Remains Darwin...

By no way by the times of Freud one could have linked such natural theory of species evolution to Human Reality. Once more, Human Beings live mentally in a social theater, that makes some sense probably explainable also by Evolution Theory, but that is disjoint from the natural reality. Moreover by the times of Freud and almost till now, the state of Humans Reality, of social reality, was a very complex structure of humans among humans that was almost unthinkable from a natural point of view. Till now indeed and in Medicine, if Biology plays a fundamental role it is still considered very profoundly as distinct.

Humans among Humans... In their Humans World... almost nothing conceivable outside for us... Evolution made us so...

Now that I suggested that Biology is fundamentally present in our existences, and that I suggested that above Psychoanalysis and sexuality there is the fundamental reality of Biology and DNA... I can propose a better alternative than "THE BECAUSE SEX SEX SEX OF PSYCHOANALYSIS"... BECAUSE DNA!

I want to propose this alternative because it is very well funded from a scientific point of view but also because it can have very interesting Medical and Psychiatric consequences.

The main point is that if no one could understand anything by the sex sex sex proposal, mental reality through DNA may be much better founded and much better understandable.

First it is quite clear that for the role that plays Evolution in any species and in ours, the reason for the conservation and evolution of Human Beings, as a prioritary importance, can explain very well that through Evolution the development, evolution and conservation of our DNA explains with clarity why sexuality plays a central role in Human Mind.

It would be understandable quite crystal clearly by most biologists, it would be less clear for Psychologists or Psychiatrists... It would not be that clear for them because they rely on the human mental theater. And by the way even if this is quite clear for most, the concrete explanation of how from DNA to everyday life our minds structures is still very very far from being understood...

Now I enter some more Medical perspectives. As I suggested earlier if sexuality is obviously important from a DNA point of view in our minds, it can also disturb or even over-charge our neurological functioning. Sexuality makes sense, bring sense but cannot be the sense. It is for no doubt at a fundamental place in human mental logic. From a biological point of view, as DNA is so much crucial and absolutely fundamental in any aspects of life, it is completely conceivable that it plays also an absolutely fundamental role in the human mind.

From a biological point of view, if there is anything that structures the human mind psychology at its core, it is DNA.

But then we can see much further from a neurological point of view. First we can understand easily why by blocking sexuality, by blocking DNA expression, by blocking the core functioning of our Psychology so many kinds of various troubles appeared and still appears in everyday Psychiatry. As such DNA is at the core of the reason for life, by blocking its natural functioning we can only expect various neurological dysfunctions.

And there is even much more... The development of the Human Brain to its Mental life is an extremely complex system that we still don't understand truly. But starting from the point that it is the expression of DNA we can expect a lot by expecting that this DNA expresses the best it can.

We can expect... a lot... We can expect better than Psychoanalysis and its sex sex sex debilitation that may have some sense but that is a sweetly disturbing neurological functioning... And we can expect much more than the various mental trouble...

We can expect that the brain could develop, express and stabilize at its best. From a cognitive point of view we could also expect a sane, fully developed and balanced expression of our mental life, of our biological identity.

We could also expect that this better neurological order and balance, that could be reached could allow a much better psycho-logy. We could expect if those ideas are developed that some disorders, some often long lasting disorders, that found their cause in neurological troubles be, if not cured, much improved.

And through this balance possible, through this fundamental psycho-logy, we can expect a much better well-being, a much better mental well-being that can develop and stabilize properly through the proper DNA structuring of the Brain.

I don't want to look too much enthusiastic but this is truly something that could bring reason, order and balance in an area of the human life that causes still a lot of individual difficulties, psychological trouble and neurological troubles.

With DNA taken as fundamental... Also from a mental point of view... We can expect the development of a much better Psychology, a much better Psycho-logy and balance. And we could expect in turn, a much better mental well-being.

More... We could expect... only with respect to neurosis for example... that a stability could finally be found, further than the past sick-making misconceptions... further than the current debility-making misinterpretation.

This could have in turn, very interesting consequences for Public Health.

LIFE AND DNA... THAT'S ALL...

To be continued...