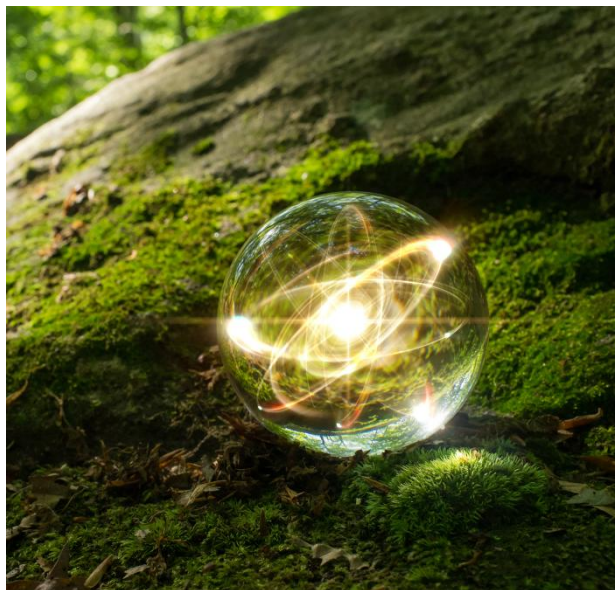


World Good Will Seminar



A Day of Reflection on the Theme:

“FROM THE UNREAL TO THE REAL” & THE SUSTAINABLE DEVELOPMENT GOALS IN THE LIGHT OF RIGHT HUMAN RELATIONS



Geneva

Friday 17 November 2017

Palais des Nations, Room XII

Place des Nations, 1211 Genève

World Good Will

40, rue du Stand - C.P. 5323 - CH-1211 Geneva 11, Switzerland

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WORLD GOOD WILL SEMINAR



An afternoon of reflection and discussion on the theme of the role right human relations and good will can play in the challenges, which not only the United Nations but also affiliated NGOs and humanity itself are facing when trying to implement the 2030 agenda or the Sustainable Development Goals:

The Sustainable Development Goals in the Light of Right Human Relations

Friday 17 November 2017 --- 15:00-18:00

Palais des Nations, Room XII, Place des Nations, 1201 Genève

Programme

15:00 Opening and Introduction

15:05 Right Human Relations and the SDGs – the fundamental role of Good Will

Mintze van der Velde – Lucis Trust, World Good Will – Geneva

15:30 What is the Role of Science in our Society?

Dr. James T. Ryder – Former Vice President of Lockheed Martin Space Systems Company and head of the Advanced Technology Center.

16:05 Break

16:30 Lifestyle as Medicine for Good Health and Wellbeing

Dr. Albert van der Velde - Integral GP in the Netherlands and Co-founder and Board Member of "Voeding Leeft".

17:05 Truth is always the next step

Patrice Brasseur – Association Psychosophie

17:40 Plenary Discussion with all speakers

18:00 End of the Day

Entrance free

***This event is financed exclusively by donations.
Your contribution is warmly welcomed.***

For more information, please write to:

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Phone: + 41 (0)22 734 12 52 – www.lucistrust.org - geneva@lucistrust.org

Introductory Remarks

*Respect for the word — to employ it with scrupulous care and in
incorruptible heartfelt love of truth — is essential if there is to be any
growth in a society or in the human race.*

Dag Hammarskjöld

Distinguished guests, ladies and gentlemen, dear friends,

Before we start the discussions of this afternoon, allow me to make a few practical remarks:

1. The speakers of today will be sitting at this table but each will talk at my left hand side. This is to make the video recording easier. If you cannot hear them well enough please use the ear-piece at your desk or your chair. You can adjust the volume with the “volume” button. Please do not use the red button – which would give you the floor – except when we are in discussion time!
2. We are very grateful to be able to assure French interpretation of the English talks. One of our faithful co-workers will interpret the talks simultaneously. If you want to make use of this service, please use the ear-piece and in this case select channel 9. Anyway, there are only two channels working: the live channel we are using for the talk and one other channel for the French translation. We apologise that interpretation from French to English is not available, so please for the talks use the text available at the entrance.
3. We will be using PowerPoints for some talks, so if you are at the back of the room, please try to take a seat a little bit more at the front.
4. We are also recording the whole event on video. We are not live-streaming but will post the video recording after the event on our World Good Will web-site. If anyone would feel uncomfortable about video recording, please take a seat in that corner, which will be out of the field of view of the cameras.
5. Please do not bring food or drinks into this room. We will have a break of about 25 minutes. Refreshments are available at the so called “*Delegates Lounge*”, Room A3, which is at the other end of the long corridor or “*Salle de Pas Perdue*,” to the left and open till 4:45pm.
6. Please turn off the sound of your mobile phone.

The Lucis Trust and its division World Good Will which is organising this event is on the roster of the United Nations since May 1989 with a consultative status on the Economic and Social Council. After the success of last year this World Good Will Seminar 2017 is the second event we are organising at a United Nations venue.

It is an immense pleasure and an honour to welcome you to this event and we are particularly pleased that you have come in such large numbers. We are here in the beautiful Room XII, which is also called the “Italian room” – but actually it is not an Italian donation. In 1935 the League of Nations launched a call for tenders, which was won by the architect Gustavo Pulitzer. A mural painting by Massimo Campigli, representing some builders at work during the construction of the Palais, is the only element of the original decoration still remaining. In fact, the room was completely renovated in 1999. Please enjoy the beauty and elegance of this room, with its high quality materials because this may perhaps be the last time. The Palais des Nations is undergoing a so called *Strategic Heritage Plan*, or renovation plan which will stretch till 2023, to comply with modern standards of safety and technology. In that plan this Room XII will be split into three separate rooms.

The United Nations HQ in New York has a Meditation Room dedicated to silence in the outward sense and stillness in the inner sense. This silent room was initiated by the second Secretary-General Dag Hammarskjöld, who said of this room: “*We want to bring back, in this room the stillness which we have lost in our streets, and in our conference rooms, and to bring it back in a setting in which no noise would impinge on our imagination.*”

The good thing of the Strategic Heritage Plan is that the construction of a silent room in the Palais des Nations has been approved and we are honoured that the Lucis Trust, together with other NGOs, is playing an active role in giving shape to this future room.

In the clamour and noise of the world of today, connected by social networks functioning at the speed of light and producing political discussions of a type never seen before, it might be of interest also to our discussions of

today – to think about: *silence*. For ideas to emerge, for thought forms to have a chance to come to our minds, silence is a prerequisite.

Like last year, we therefore would like to invite you to observe one minute of silence, in which you may meditate, pray or just be simply silent. You may remain seated. So let us have one minute of silence.

Thank you.

The global theme of this seminar is “*Discerning Truth in the Information Age*” and this afternoon we will focus more in particular on the *The Sustainable Development Goals in the Light of Right Human Relations*. The SDGs are a main theme of discussion nowadays not only within the United Nations but also – and more and more – in civil society worldwide.

The digital technology, including the Internet but also artificial intelligence, is growing at an incredible pace. Exactly one week ago an event called “*Current Internet Governance Challenges, what’s next?*” took place here in the Assembly Hall. Mr. Brad Smith, President and Chief Legal Officer of the Microsoft Corporation made a point that it is time to come to a new, digital *Geneva Convention*. Great challenges of a digital age are indeed awaiting us. But as Kate Gilmore, Deputy High Commissioner for Human Rights, mentioned at that event: of a world population of 7.6 billion, 3.9 billion still have no access to the Internet! The SDGs are designed to “*leave no one behind*”. Kate Gilmore reiterated that in the end, underlying all our political and diplomatic discussions, it is the *human dignity* – of you, of me, of everyone on this planet – that is at stake. Rereading the *Charter of the United Nations* (1945) and the *Universal Declaration of Human Rights* (1948) shows us that this has been agreed upon by all (or almost all) countries on this planet. With these thoughts I will now open the floor for our presentations...

* * *

The Sustainable Development Goals and Right Human Relations Discerning Truth in the Information Age

Mintze van der Velde

We live in an age of prejudice, dissimulation and paradox, wherein, like dry leaves caught in a whirlpool, some of us are tossed helpless . . . ever struggling between our honest convictions and fear of that cruellest of tyrants -- PUBLIC OPINION¹

These words, written in 1889, i.e. about 130 years ago, are still and perhaps even more relevant today. In this World Good Will Seminar we hope to shed some light on discerning truth in the information age and what role Good Will has to play therein. Although the public opinion may indeed be considered as a tyrant, we will see that the thoughts and actions of ordinary people, i.e. people like you and me, eventually can and will make a difference.

Last year, when we organised the first World Good Will Seminar in the Palais des Nations of the United Nations in Geneva, I had the pleasure of showing you the following table:

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| 1 x 9 = | 7 |
| 2 x 9 = | 18 |
| 3 x 9 = | 27 |
| 4 x 9 = | 36 |
| 5 x 9 = | 45 |
| 6 x 9 = | 54 |
| 7 x 9 = | 63 |
| 8 x 9 = | 72 |
| 9 x 9 = | 81 |
| 10 x 9 = | 90 |

Of course everyone spotted that in the first line there is a mistake, that it is not ‘true.’ Please do not think that during the past year I haven’t learned anything – that would be too bad. But as this seminar focusses in part on

discerning truth, I felt it nice to repeat this example as here it is quite easy to spot something that is not true. I also mentioned last year that virtually everyone failed to congratulate me with the fact that I had nine out of ten lines right! We tend to focus on things that don't work, rather than on the good things that do work. We do this in our society as human beings or in our family, but quite often we also do this to ourselves as individuals. Often the facts don't change but the way we look at these facts, the way we interpret them makes all of a difference – be it in discerning truth or in taking a positive stance on how things develop. Sometimes, like in the above example, we clearly discern truth from untruth. But often we don't even realise that the lines between truth and untruth have been blurred, are less clear. These issues form the core of what we intend to discuss in this 2017 World Good Will Seminar.

Topics like *post-truth*, *fake news*, *alternative truth* etc. will be addressed in various talks during this seminar and thus I will not focus on these terms here in this opening address. For a start let us take the well-known motto of the theosophists “*there is no religion higher than Truth.*” That gives truth already quite a deep meaning. The question arises: is truth absolute? If not, what is it then? Again I will not answer that question here, as the various talks of this seminar will show that truth is something evolving, something with many dimensions too, thus contributing to finding an answer to that question. Doesn't everyone in his or her deepest inner feeling have that longing for truth? No matter how truth is defined?

This seminar is organised by World Good Will. What do we mean by good will in general and more in particular on a world scale? Perhaps a good start is to quote from the former secretary-general of the United Nations *Kofi Annan*, who shared the Nobel Peace prize in 2001. In an interview for the *Peace Talks* a few months ago in Geneva Kofi Annan was asked to comment upon the lack of confidence of young people in their governments. He noticed that not only youth have lost confidence but many older ordinary people too. Although Kofi Annan encouraged young people in particular, the following quote includes several aspects of value for men and women of good will.

Kofi Annan: “When we talk of leadership, nobody is going to ask you to solve the problem of Syria, or going to deal with North Korea. Your task is in your community or in your school, in your organisation where you see something is wrong and you decide: I am going to do something about this and organise with friends to act. If we all do our little bit collectively, we make a giant contribution. So use the energy, the creativity in you. You are the men and women of your times. You are connected, you are wired. You understand this world better than people of my generation. Use that knowledge well; use that connection, that partnerships around the world that you establish – use them well. And I must say, today I get a bit worried. Because when you hear some of the leaders making aggressive statements, making threats, at a time where we need to cooperate, at a time where the world has become so interconnected and we are dealing with problems that no one country, however powerful, can handle alone, don't be impressed by these noises. Unfortunately sometimes these come in from leaders. We need to work together and you have to be part of the change you want to be. So I am relying on you today.” Difficult to imagine a better advocate of world good will!

Allow me here to switch to another point, closely related to discerning truth in the modern times. Are we sure we are free to discern the truth? In this respect there is phrase which intrigued me: Dr. *Robert Lustig* recently published a book with the title “*The hacking of the American mind.*” Dr. Lustig, a New Yorker, is a professional paediatric endocrinologist in the USA, but specialised in studies of obesity and chronic diseases. This title brings up various questions. First of all the word *hacking*. As here in Geneva we almost automatically translate everything in different languages, I wondered how this would translate into French? Well, “*Le piratage de l'esprit américain*” is actually as clear, if not clearer than the original American title. Normally we would associate *hacking* with the hacking of computer systems, in the sense of people from outside intruding into a computer or information system and taking control of that computer system, without the consent of the owner of that system. But can the American mind be hacked? Can our mind, i.e. the mind of men and women in this modern world, like you and me, be hacked? We know of course about telepathy and hypnosis, but hacking all of the American (modern Western) mind, is that possible? According to Dr. Lustig the answer is definitely *yes*! And the sad thing about this is that in general we are not aware of it. Haven't we learnt anything of George Orwell's famous book “1984”? In short Dr. Lustig points out that we do not know well enough the difference between two positive emotions of *pleasure* and *happiness*. Too much pleasure can lead to the negative emotion of addiction. Too little happiness can lead to the negative emotion of depression. In the brain, however, pleasure and happiness show up in two very distinct ways. Of course I will be the first to agree with you that looking at brain scans only is probably not the full story. For a trained medical doctor this difference, however, is a well-established fact. But for us, i.e. the public at large, the line between the two has been blurred on purpose. Dr. Lustig shows that we are pushed to more and more pleasure without gaining in any happiness.

And that this can be related to our biochemical system, i.e. our physical health. I will not go into the biochemical details, as that will be the topic of another talk this afternoon. Don't think that Dr. Lustig is one of those "conspiracy theory" activists, he certainly isn't. Yet, the link between the financial interests of the major corporates in the Western, i.e. American, world and the blurring of the difference between pleasure and happiness are clearly demonstrated in his latest book. Dr. Lustig links this fact to the major medical challenges of our "modern times": obesity, diabetes, cardiovascular diseases, chronic diseases etc.

To balance the rather establishment position of Kofi Annan and the more scientific approach of Dr. Lustig, let me just briefly introduce a more left-wing Canadian thinker, *Noami Klein*. Klein is often ranked among the top intellectuals of our time. In her books and films she gives a clear and critical view on our world, which can perhaps best be summarised by the titles of her last three books: *"The Shock Doctrine," "This Changes Everything: Capitalism vs. the Climate"* and *"No Is Not Enough: Resisting Trump's Shock Politics and Winning the World We Need."* In November 2016 she was awarded Australia's prestigious Sydney Peace Prize, for, according to the prize jury, "exposing the structural causes and responsibility for the climate crisis, for inspiring us to stand up locally, nationally and internationally to demand a new agenda for sharing the planet that respects human rights and equality, and for reminding us of the power of authentic democracy to achieve transformative change and justice."

The policy of World Good Will is to take no political sides, left, right or in the middle. It is an understatement to say that the world of today is traversing a profound crisis and that the challenges are enormous. The challenges include environmental challenges, growing inequality, continuing corruption, etc. Yet, whether you take the left-wing view of Noami Klein, the more scientific view of Robert Lustig or the more conservative view of Kofi Annan, all are saying – each in his or her specific way: *there is a way out!* And the fundamental ingredients thereto are *common sense* and *good will*.

What has this to do with the Sustainable Development Goals also called the "2030 Agenda"? This agenda, adopted by 193 countries of the UN in September 2015, consists of seventeen goals to be achieved in 2030. These goals, focussing on a world without poverty, with respect for the planet and prosperity for all, were drafted after one of the widest consultations by the UN in all departments of society. They are aiming at a more sustainable world for everyone, including you and me, but most of all our children and generations to come on this little planet we call Earth. Let me just repeat: most of all our children and generations to come.

In a recent NGO briefing of the director general for Geneva, Mr. Michael Møller, stressed that even though there are 17 different goals, they form one integral whole and cannot be considered separately or as isolated. It doesn't make sense to solve, for example, goal 4 of quality education if goal 1 of eradicating poverty isn't fulfilled at the same time. Indeed a closer look at all the enunciated goals will rapidly show their interconnectedness. There is for example not a specific goal for 'Science,' but Dr. Jim Ryder will show in his talk today that science actually runs through all of the 17 goals. The same is true for "Ethical Responsibility," which also runs through all of the 17 goals and which was the topic of our World Good Will Seminar last year.

On the Lucis Trust web-site, especially the section on World Good Will we read: "People of goodwill are those who think and act with a measure of loving understanding and of concern for the well-being of all. The energy of goodwill is potentially a powerful force for social change – yet its power remains largely unrecognized and underutilized. World Goodwill fosters understanding of this energy and the role it is playing in the development of a new humanity.

It is the thoughtful, planned action of networks of goodwill that is driving the response to all the problems of our age: from poverty, poisoned race relations and environmental destruction through to sentimental spirituality, despair in thinking about the future, and the crises of materialism and selfishness. People of goodwill from all cultures, faiths and professions are creating, through their words and actions, a new world where sharing, cooperation and right relations are taking root and spreading. Never before in the history of the planet has goodwill been so active."

One of the urgent needs of today is the forming everywhere of groups and relating one group to another. Such groups are forming now in their thousands and are to be found in every land, and they will eventually blend and fuse together into one great movement of goodwill, which is spirit in actual expression. The common ground onto which these groups can and should be brought together is on one point only, and that is Goodwill. Each group must necessarily be left free to proceed with its own destiny and mode of work. Unity is a necessary ideal and is the reverse side of Goodwill. Unitedly, when the right time comes, these groups could issue a great

message to the world—identical messages being issued in each country by all the groups who stand for world unity and goodwill. Thus they will make the word ‘goodwill’ carry power throughout the planet. Thus a vast band of men and women of goodwill will be working unitedly, yet independently, and there will be made available—in moments of world crisis—an organised, ready and world-wide public opinion of such strength and organisation that it cannot be ignored.

Now, to quote John Lennon, you may think that I am a dreamer, but I am not the only one. It is generally agreed upon that in many areas of our society the last couple of decades have known more changes than the last three or four centuries together. Just think of the idea of meditation: thirty years ago that term was only reserved to a small circle of people, ranging from religious people, hippies and drop-outs. Nowadays mindfulness and meditation are commonplace even in remote villages. It recently was a topic in the British parliament and I am sure it will soon find its place within the United Nations too. This afternoon various areas will be touched upon: science by Dr. Jim Ryder and medicine by Dr. Albert van der Velde. In some areas changes are going so fast that the public opinion, fuelled by the media in the broadest sense of that word, has difficulty to keep pace with the flow of change. Finally Patrice Brasseur will wrap up the afternoon, focussing on truth as always the next step.

When we look at the world of today certain facts are obvious. The old order has failed. The resources of the world have largely fallen into the hands of the selfish, and there is no just distribution. Some nations have too much, and they exploit their surplus; other nations have too little, and their national life and their financial situation have been crippled thereby. Many if not most of the nations encounter financial difficulties – just think of the various financial crises of the last few decades. All nations will have to attend actively to the settlement of the future economic life of the planet and its adjustment upon sounder lines – all of this based on the principle of sustainability rather than blind growth.

This period of adjustment offers the opportunity to effect drastic and deeply needed changes and the establishing of a new economic order, based on the contribution of each nation to the whole, the sharing of the fundamental necessities of life and the wise pooling of all resources for the benefit of everybody, plus a wise system of distribution. Such a plan is feasible and the 2030 Agenda or Sustainable Development Goals are the needed step thereto. If we take as definition of the word ‘spiritual’ – anything that brings humanity a step forward – then the SDGs are not just a political or diplomatic challenge, they are a very *spiritual* project.




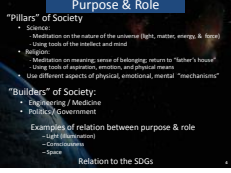

The solution to the SDGs here offered – good will and the will-to-good – is so simple that, for that very reason, it may fail to make an appeal. The quality required by those engineering this change of social and economic focus is so simple also—the will-to-good—that again it may be over-looked, but without simplicity and goodwill little can be achieved. The great need will be for men and women of vision, of wide sympathy, technical knowledge and cosmopolitan interest. They must possess also the confidence of the people. They could meet together and lay down the blueprints whereby the world can be adequately fed; they could determine the nature and extent of the contribution which any one nation must make; they could bring about those conditions which will keep the resources of the world circulating justly and engineer those preventive measures which will offset human selfishness and greed. Here in Geneva for example the United Nations, especially through the recently created SDG lab², are working from a top-down perspective. On the ground many groups and individuals are joining hands locally on the grass-root level yet world-wide. Two award winning documentaries witness of these local initiatives all over the world: *Tomorrow*³ and *A Quest for Meaning*⁴. Beautiful examples of Good Will, which is *Love in Action*.







1. H.P. Blavatsky, *Lucifer*, Vol. III, No. 18, February, 1889, pp. 441-449
2. The SDG Lab, see: [https://www.unog.ch/80256EE600583A0B/\(httpPages\)/C34532852241E58CC125815D003660AF?OpenDocument](https://www.unog.ch/80256EE600583A0B/(httpPages)/C34532852241E58CC125815D003660AF?OpenDocument)
3. *Tomorrow* <https://www.tomorrow-documentary.com/> or *Demain – Un Nouveau Monde en Marche*, 2105, Cyril Dion, Actes Sud, ISBN 978-2-330-05585-1. See also: <http://www.demain-lefilm.com>.
4. *A Quest for Meaning* <https://aquestformeaning-themovie.com/> or *En quête de sens* <https://enquetedesens-lefilm.com/>



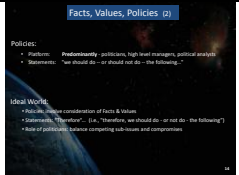

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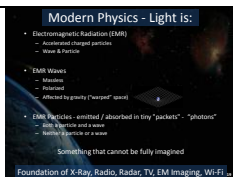
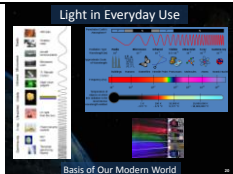
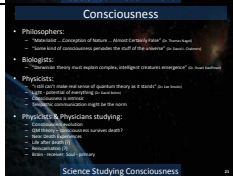
What is the Role of Science in our Society?

Dr. James T. Ryder



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|  <p>Science Mankind's Meditation on the Nature of the Universe</p> <ul style="list-style-type: none"> Knowledge & study of natural world & universe Based on facts learned through experiments & observation Builds / organizes knowledge into testable explanations & predictions Divided into: <ul style="list-style-type: none"> Natural sciences - study of material universe Social Sciences - study of people & societies Formal Sciences - study of logic & mathematics | <p>1. Science: Mankind's Meditation on the Nature of the Universe</p> <ul style="list-style-type: none"> Knowledge about or study of the natural world & universe Based on facts learned through experiments and observation Builds and organizes knowledge into testable explanations and predictions Divided into: <ul style="list-style-type: none"> Natural Sciences - study of material universe Social Sciences - study of people & societies Formal Sciences - study of logic & mathematics |
|  <p>Science</p> <ul style="list-style-type: none"> Foundation of knowledge for thinking about & progress towards achieving SDGs Engineering & Medicine - closely related (Applied Sciences / Technologies) Exists within Culture <p>"Science is a human pursuit – at once deeply personal, often flawed, and frequently groundbreaking"</p> | <p>2. Science</p> <ul style="list-style-type: none"> Foundation of required knowledge on physical plane for thinking about and progress towards achieving the Sustainable Development Goals Closely related to engineering & medicine (Applied Sciences / Technologies) Exists within Culture <p>"Science is a human pursuit – at once deeply personal, often flawed, and frequently groundbreaking"</p> |
|  <p>Culture</p> <ul style="list-style-type: none"> Customary beliefs, social forms, material traits of a racial, religious, or social group Characteristic features of everyday existence shared by people in a place or time Shared attitudes, values, goals, practices Includes: <ul style="list-style-type: none"> Science - engineering / medicine Religion - politics / government Arts - brings concept down to physical & emotional levels <p>(mankind's memory on the physical plane)</p> | <p>3. Culture (Webster's)</p> <ul style="list-style-type: none"> Customary beliefs, social forms, material traits of a racial, religious, or social group Characteristic features of everyday existence shared by people in a place or time Shared attitudes, values, goals, practices <p>Includes:</p> <ul style="list-style-type: none"> Science - engineering / medicine Religion - politics / government Arts - brings concept down to physical & emotional levels (mankind's memory on the physical plane) |
|  <p>Purpose & Role</p> <p>"Pillars" of Society</p> <ul style="list-style-type: none"> Science: <ul style="list-style-type: none"> Meditation on the nature of the universe (light, matter, energy, & force) Using tools of the intellect and mind Religion: <ul style="list-style-type: none"> Meditation on meaning; sense of belonging; return to the "father's house" Using tools of aspiration, emotion, and physical means Use different aspects of physical, emotional, mental "mechanisms" <p>"Builders" of Society:</p> <ul style="list-style-type: none"> Engineering / Medicine Politics / Government <p>Examples of relation between purpose & role</p> <ul style="list-style-type: none"> Light (illumination) Consciousness Space <p>Relation to the SDGs</p> | <p>4. Purpose & Role</p> <p>"Pillars" of Society:</p> <ul style="list-style-type: none"> Science: <ul style="list-style-type: none"> meditation on the nature of the universe (light, matter, energy, and force) Using tools of the intellect and mind Religion: <ul style="list-style-type: none"> Meditation on meaning; sense of belonging; return to the "father's house" Using tools of aspiration, emotion, and physical means Use different aspects of physical, emotional, mental "mechanisms" <p>"Builders" of Society:</p> <ul style="list-style-type: none"> Engineering / Medicine Politics / Government <p>Examples of relation between purpose & role</p> <ul style="list-style-type: none"> Light (illumination) Consciousness Space <p>Relation to the SDGs</p> |
|  <p>Purpose of Science</p> <p>Develop & organize knowledge about nature of the universe</p> <ul style="list-style-type: none"> Knowledge becomes applied science through engineering & medicine becoming applications & technologies Science cannot decide: <ul style="list-style-type: none"> value for society & human beings if and what technologies should be built | <p>5. Purpose of Science</p> <p>Develop & organize knowledge about nature of the universe</p> <ul style="list-style-type: none"> Knowledge becomes applied science: <ul style="list-style-type: none"> through engineering & medicine becoming applications & technologies Science cannot decide: <ul style="list-style-type: none"> value for society & human beings if and what technologies should be built <p>(The Story of Science – Susan W. Bauer)</p> |

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|  <p>Science & World Goodwill From the Unreal to the Real</p> <ul style="list-style-type: none"> • Science & engineering / medicine - Religion & politics / government • Part of the puzzle • Lie within society & culture • Not separate factions - partners <p>Together they form the "real"</p> | <p>6. Science & world Goodwill (from the Unreal to the Real)</p> <ul style="list-style-type: none"> • Science & engineering / medicine - Religion & politics / government • Part of the puzzle • Lie within society & culture • Not separate factions - partners. <p>Together they form the "real"</p> |
|  <p>Purpose of Engineering & Medicine</p> <p>Application of knowledge illuminated by science</p> <p>Technologies based on desire driven by:</p> <ul style="list-style-type: none"> • Cultural needs & acceptance • Politics • Religion (whether recognized or not) | <p>7. Purpose of Engineering & Medicine</p> <ul style="list-style-type: none"> • Application of knowledge illuminated by science • Technologies built based on desire driven by: <ul style="list-style-type: none"> - Cultural needs & acceptance - Politics - Religion (whether recognized or not) |
|  <p>Roles of Science & Technology</p> <ul style="list-style-type: none"> • Role of Science <ul style="list-style-type: none"> • Bring light into the world • Illumination • Light of understanding of the universe • Impart knowledge to society • Role of Technology <ul style="list-style-type: none"> • create what dreams are possible • Impact society | <p>8. Roles of Science & Technology</p> <ul style="list-style-type: none"> • Role of Science <ul style="list-style-type: none"> ▪ Bring light into the world <ul style="list-style-type: none"> ○ Illumination ○ Light of understanding of the universe ▪ Impart knowledge to society • Role of Technology <ul style="list-style-type: none"> ▪ Create what dreams are possible ▪ Impact society |
|  <p>Religion: Purpose & Role</p> <p>Purpose</p> <ul style="list-style-type: none"> ○ Search for meaning ○ Sense of belonging ○ Desire to become part of the group; to return to the "father's house" ○ Achieve oneness with one's "beloved" ○ Connection with universe (using "aspiration, emotion, physical means") <p>Role</p> <ul style="list-style-type: none"> ○ "Knowing" of who or what you are ○ Building relationship with the "divine" | <p>9. Religion: Purpose & Role</p> <ul style="list-style-type: none"> • Purpose <ul style="list-style-type: none"> ○ Search for meaning ○ sense of belonging ○ desire to become part of the group, to return to the "father's house" ○ connection with universe (using "aspiration, emotion, physical means" ○ Achieve oneness with one's "beloved" • Role <ul style="list-style-type: none"> ○ "Knowing" of who or what you are ○ Building relationship with the "divine" |
|  <p>Politics & Government: Purpose & Role</p> <p>Politics ("affairs of the cities")</p> <ul style="list-style-type: none"> ○ Purpose: "Who gets what, when, and how" (assumes consensus) ○ Role: Guiding or influencing governmental policy <p>Government:</p> <ul style="list-style-type: none"> ○ Purpose: Exercise authority over & performance of functions for political unit ○ Role: Govern a state or community | <p>10. Politics & Government: Purpose & Role</p> <ul style="list-style-type: none"> • Politics ("affairs of the cities"): <ul style="list-style-type: none"> ○ Purpose: "Who gets what, when, and how" (Harold Lasswell, Political Scientist) ○ Role: Guiding or influencing governmental policy • Government: <ul style="list-style-type: none"> ○ Purpose: Exercise authority over & performance of functions for political unit ○ Role: Govern a state or community |
|  <p>Roles Intertwined</p> <p>Science & Engineering / Medicine Religion & Politics / Government</p> <p>Science:</p> <ul style="list-style-type: none"> ○ Illuminate what seems to be ○ Engineering & Medicine: create what is illuminated <p>Religion:</p> <ul style="list-style-type: none"> ○ Illumination: human thought & action; what we believe, or want, or desire ○ Politics & Government: decide direction and determine what to build / create | <p>11. Roles Intertwined</p> <p>Science & Engineering / Medicine Religion & Politics / Government</p> <ul style="list-style-type: none"> • Science <ul style="list-style-type: none"> ○ Illuminate what seems to be ○ Engineering & Medicine: create what is illuminated • Religion <ul style="list-style-type: none"> ○ Evaluation of human thought & action; what we believe, or want, or desire ○ Politics & Government: decide direction and determine what to build / create |

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|  | <h2>12. Reflections: Science & Religion</h2> <ul style="list-style-type: none"> • Hegel's dictum (1770-1831) Matter is spirit fallen into a state of self - otherness. • Max Planck (1858-1947) "Both Religion and science require a belief in God. For believers, God is in the beginning, and for physicists He is at the end of all considerations... To the former He is the foundation, to the latter, the crown of the edifice of every generalized world view." • Pierre Teilhard de Chardin (1881-1955) or G.I. Gurdjieff (1872(?)-1949) "We are not humans having a spiritual experience. We are spiritual beings having a human experience". Variant: We are not human beings on a spiritual Journey. We are spiritual beings on a human journey. • Albert Einstein (1879-1955) "Science can only ascertain what is, but not what should be, and outside of its domain value judgments of all kinds remain necessary. Religion, on the other hand, deals only with evaluations of human thought and action; it cannot justifiably speak of facts and relationships between facts...Now, even though the realms of religion and science in themselves are clearly marked off from each other, nevertheless there exist between the two strong reciprocal relationships and dependencies. Though religion may be that which determine the goals, it has, nevertheless, learned from science, in the broadest sense, what means will contribute to the attainment of the goals it has set up" |
|  | <h2>13. Facts, Values, Policies (1)</h2> <p>Facts:</p> <ul style="list-style-type: none"> • Platform: Predominantly - scientists / engineers / doctors • Statements: <ul style="list-style-type: none"> ▪ "such and such is the case, or is true", or ▪ "such and such is NOT the case, or not true" • "unemotional": <ul style="list-style-type: none"> ▪ things we are not sure of can be a fact ▪ quantification of uncertainty is key role of science ▪ facts can be simulations that predict something given assumptions <p>Values:</p> <ul style="list-style-type: none"> • Platform: Predominantly - ethicists, pastors, priests, Imans, etc.; economists, citizens • Statements: "such and such is good, or not good, or better than some alternative" |
|  | <h2>14. Facts, Values, Policies (2 of 2)</h2> <p>Policies:</p> <ul style="list-style-type: none"> • Platform: Predominantly - politicians, high level managers, political analysts • Statements: "we should do -- or should not do -- the following..." <p>Ideal World:</p> <ul style="list-style-type: none"> • Policies: involve consideration of Facts & Values • Statements: "Therefore"... (i.e., "therefore, we should do - or not do - the following") • Role of politicians: balance competing sub-issues and compromises |
|  | <h2>15. Working Together</h2> <ul style="list-style-type: none"> • Science & Engineering / Medicine • Religion & Politics / Government <p>Relating the Pillars:</p> <ul style="list-style-type: none"> • Light – illumination • Consciousness • Space • SDGs |

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|  | <p>16. Light – Illumination: All we know is because of light</p> <ul style="list-style-type: none"> Reveals what is “hidden”: factually & metaphorically <ul style="list-style-type: none"> Factually (Materialism): matter & technology Metaphorically (Religion) : what is “hidden behind” outer “garment” of matter Enlightenment: achieving clarity of perception, reason, & knowledge “We interpret what we see in the light of what we believe.” <p style="text-align: right;">Oswald Chambers</p> <p style="text-align: right;">“Science is a human pursuit – at once deeply personal, often flawed, and frequently groundbreaking” The Story of Science – Susan W. Bauer</p> |
|  | <p>17. Light: Early History</p> <p style="text-align: center;">Dharmakirti, Dignaga, Empedocles, Euclid, Lucretius, Ptolemy</p> <ul style="list-style-type: none"> Atomic (Particle) & energy Travels in straight lines Interaction rays from eye and sun First theories of reflection and refraction Concepts of Ether and Space <p style="text-align: right;">Everything – State of Consciousness</p> |
|  | <p>18. 19th and 20th Centuries</p> <p style="text-align: center;">Hertz, Planck, Röntgen, Birkeland, Tesla, Einstein, Lewis</p> <ul style="list-style-type: none"> Light: <ul style="list-style-type: none"> Electro-magnetism (experiment) Radio waves Waves gain / lose energy as quanta Photoelectric effect explained Plasma (matter & EMR): ubiquitous in space & on Earth <p style="text-align: right;">Basis of Light in Modern Physics</p> |
|  | <p>19. Modern Physics – Light is:</p> <ul style="list-style-type: none"> Electromagnetic Radiation (EMR) <ul style="list-style-type: none"> Accelerated charged particles Wave & Particle EMR Waves <ul style="list-style-type: none"> Massless Polarized Affected by gravity (“warped” space) EMR Particles - emitted / absorbed in tiny “packets” - photons <ul style="list-style-type: none"> Both a particle and a wave Neither a particle or a wave <p style="text-align: right;">Something that cannot be fully imagined Foundation of X-Ray, Radio, Radar, TV, EM Imaging, Wi-Fi</p> |
|  | <p>20. Light in Everyday Use</p> <p style="text-align: right;">Basis of Our Modern World</p> |
|  | <p>21. Consciousness</p> <ul style="list-style-type: none"> Philosophers: <ul style="list-style-type: none"> “Materialist - Conception of Nature - Almost Certainly False” (Dr. Thomas Nagel) “Some kind of consciousness pervades the stuff of the universe” (Dr. David J. Chalmers) Biologists: <ul style="list-style-type: none"> “Darwinian theory must explain complex, intelligent creatures emergence” (Dr. Stuart Kauffman) |

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| | <ul style="list-style-type: none"> Physicists: <ul style="list-style-type: none"> "I still can't make real sense of quantum theory as it stands" (Dr. Lee Smolin) Light - potential of everything (Dr. David Bohm) Consciousness is intrinsic Telepathic communication might be the norm Physicists & Physicians studying: <ul style="list-style-type: none"> Consciousness evolution QM theory – consciousness survives death? Near Death Experiences Life after death (?) Reincarnation (?) Brain - receiver; Soul - primary <p style="text-align: center;">Science Studying Consciousness</p> |
| | <p>22. Space</p> <ul style="list-style-type: none"> Greek metaphysics (BC): Kosmos, "Ideas & Forms", "the One" Giordano Bruno (16th C.): aether / spiritus Fresnel, Stokes (19th C.): aether drag hypothesis Michaelson / Morley (early 20th C.): no aether <p style="text-align: center;">Ether Theory right? Wrong?</p> |
| | <p>23. Aether (vacuum), The "Deep Dimension" (21st C.)</p> <ul style="list-style-type: none"> Non-Locality - photons / particles entangled <ul style="list-style-type: none"> space time quantum state & time Space-time <ul style="list-style-type: none"> All quanta, systems, information exist simultaneously? 3D Hologram? New Terms: <ul style="list-style-type: none"> Cosmic plenum, nu-ether, matrix Fractional Quantum Hall state, "String nets", Amplituhedron theory |
| | <p>24. Vacuum is not Empty?</p> <ul style="list-style-type: none"> Ancient metaphysical concepts <ul style="list-style-type: none"> Pervasive energy sea undergirds all phenomena Man & cosmos interconnected Physics today <ul style="list-style-type: none"> Quantum vacuum energy exists every way Vacuum fluctuations-central role - large-scale phenomena Zero Point Field exists Emerging Concepts <ul style="list-style-type: none"> Everything "in touch" throughout cosmos - all times & places Single underlying substructure "Vacuum" subject to influence: consciousness / intention |
| | <p>25. Aether (vacuum), The "Deep Dimension"</p> <p>Universe - instantly & intrinsically interconnected whole?</p> <p>Space-time - entangled cosmic matrix?</p> <ul style="list-style-type: none"> Everything - interpenetrating / interdependent field balanced w/cosmos Boundary lines dissolve - physical & "metaphysical" Ever changing, energetic/information cosmological unity <p style="text-align: center;">Ancient Wisdom: Consciousness is Ubiquitous</p> |
| | <p>26. The Role of Science in Society</p> <p style="text-align: center;">Bring light into the world - the light of understanding</p> <ul style="list-style-type: none"> Science: collective meditation on truth <ul style="list-style-type: none"> Responds to humanity's "cry" for knowledge Brings knowledge "down" onto the physical plane |

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| | <ul style="list-style-type: none"> ▪ Worldwide cooperation across disciplines driven by Goodwill • Applications: <ul style="list-style-type: none"> ▪ Balanced between the poles of science & religion ▪ Science indicates what is possible – culture “decides” what to build ▪ Supported by engineering / technology & politics / government • Provides foundation for SDGs: <ul style="list-style-type: none"> ▪ Expanding knowledge and understanding of the physical plane ▪ Development of insight and new concepts |
|  | <p>27. Science and Society not Independent</p> <p>SDGs – related to : philosophical & political change Culture – shared attitudes, values, goals, practices Includes:</p> <ul style="list-style-type: none"> • Science & engineering / medicine • Religion & politics / government |
|  | <p>28. Science, Religion, Culture – interconnected</p> <p style="text-align: center;">Thank You</p> |

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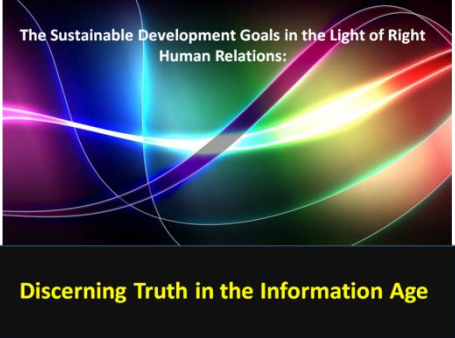


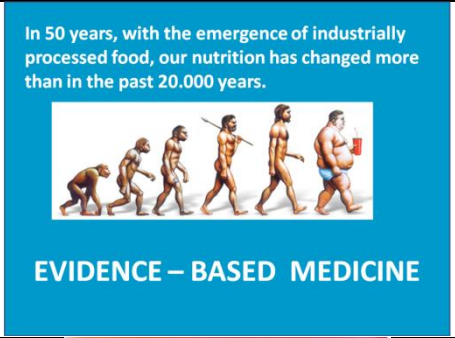

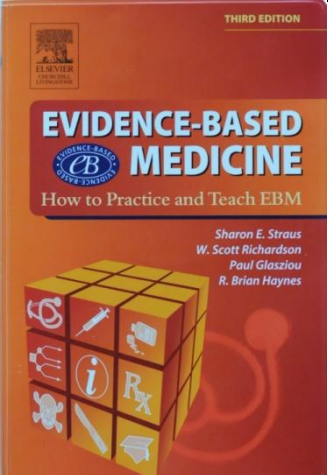
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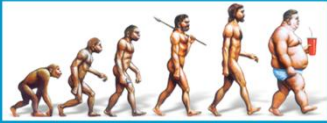
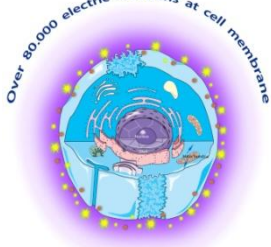
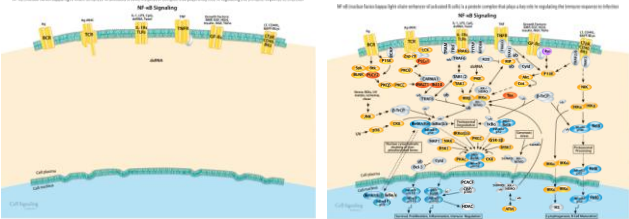

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Lifestyle as Medicine for Good Health and Wellbeing

Dr. Albert van der Velde

(Numbers refer to the slides of the presentation)

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|  <p>The Sustainable Development Goals in the Light of Right Human Relations:</p> <p>Discerning Truth in the Information Age</p> | <p>1. The Sustainable Development Goals in the Light of Right Human Relations.</p> <p>These are tremendous challenges. Do we need more of our Intuition?</p> |
|  <p>"Lifestyle as medicine for good health and well-being"</p> <p>Preventive medicine in a world where we are all at risk In 50 years, with the emergence of industrially processed food, our nutrition has changed more than in the past 20,000 years. Is our biological system able to adapt to this change?</p> | <p>2. Good afternoon ladies and gentlemen.</p> <p>First of all I would like to emphasise that I feel very privileged to be able to share some ideas , thoughts and experiences with you in a freely and open atmosphere. I realise that in many places on the planet this would not be possible and that many people have to put all their efforts into simply surviving.</p> |
|  <p>Our physical body is part of our Planet</p> | <p>3. Our physical body is part of our Planet.</p> <p>Without the Sun and our planet there is no life for us possible.</p> <p>In the Light of Right Human Relations and Sustainable Development Goals, we know that more than 75% of the communication between human beings is Non Verbal. It is the expression and communication of our body.</p> |
|  <p>In 50 years, with the emergence of industrially processed food, our nutrition has changed more than in the past 20,000 years.</p>  <p>EVIDENCE – BASED MEDICINE</p> | <p>4. Finding Evidence in nutrition in the way we normally look at what is evidence is very difficult and complex. For instance, it is not so easy to find a placebo for an apple.</p> |
|  <p>THIRD EDITION</p> <p>EVIDENCE-BASED MEDICINE</p> <p>How to Practice and Teach EBM</p> <p>Sharon E. Straus W. Scott Richardson Paul Glasziou R. Brian Haynes</p> | <p>5. This is the original book from which we extract all our evidence-based research.</p> |

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| <p>WHAT IS EBM?</p> <p>Evidence-based medicine (EBM) requires the integration of the best research evidence with our clinical expertise and our patient's unique values and circumstances.</p> | <p>6. And what do we find in the definition of <i>Evidence-Based Medicine</i> (EBM) on page 1 of the Introduction?</p> <p>Evidence-based medicine requires the integration of the best research evidence with our clinical expertise and our patient's unique values and circumstances.</p> <p>Where do we find that in <i>Random Controlled Tests</i> (RCT's)?</p> <p>Most RCT's deal with great numbers of patients in the research and have their average outcome, which we consider as the standard evidence- based truth.</p> <p>I – working for the past 30 years as a General Practitioner (GP), or a family doctor – see individuals. I have to deal with all the individual side effects of medication and all other interventions.</p> <p>I cannot find the individual in EBM.</p> |
| <p>Discerning Truth in the Information Age</p>  | <p>7. And next</p> <p>What is the truth in this information Age?</p> |
|  | <p>8. Soon it is very well possible that we can't comprehend any more what we can see and measure. Who is able to understand 80.000 electromagnetic reactions per second at the cell membrane, simultaneously working together in billions of cells in the body?</p> |
|  | <p>9. and 10. We see on our planet more and more the complexity on a large scale, we see in the cell the same analogy on a much smaller scale. The complexity as we now are able to measure with our devices is increasing and increasing.</p> |
|  | <p>11. There is a conflict between the environment and our genome. For our genome it is impossible to adjust to the fast changes in the environment. Our DNA needs thousands of years to adjust to environmental changes.</p> |
| <p>Prof. Dr. F. Muskiet UMCG</p> <p>More than 95% of our diseases are caused by environment</p> <p>Our genetic material has a secondary role at most</p> | <p>12. Discerning Truth in the Information Age</p> <p>Our genetic material has hardly changed in the past 100 years.</p> <p>15 years ago we thought we would get a DNA pass, which would tell us when and where we would get any disease. Now we hear nothing any more about this. We acknowledge now more and more that the great majority of diseases are caused by environmental influences. Food, climate change, pollution, electromagnetic changes.</p> |



600,000 processed food products in US

13. 80% of all the products in the supermarket are processed and contain a lot of additional substances and sugars. There are 50 different names of sugars. Who is able to see what sugars are added?

Looking at OBESITAS a world problem?



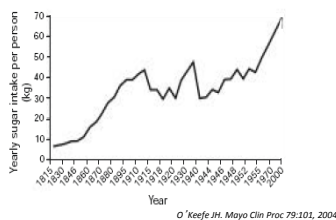
14. Our body is not able to deal with all the environmental changes. Our metabolism is disturbed and cannot keep a healthy balance. The tremendous increase of processed food and amount of sugar in our diet leads to very serious problems like obesitas, diabetes and a lot of chronical diseases.

Sugar



15. It looks like the increased intake of sugars in the past 60 years is one of the main causes of our epidemical planetary rise of obesitas and diabetes. Recent publications (Lancet) show that 70% of the people in the US have overweight (BMI > 25) and is leading more and more to obesitas (BMI > 30). Now already 36% of the population. And it is still increasing.

Sugar consumption



16. This is an overview of the yearly sugar intake per person in the past 2 ages.



High Fructose Corn Syrup
100% metabolized by the Liver
Insulin Resistance



Aspartame > Insulin respons > Insulin Resistance

Insuline response with
low fat and much
sweeteners (KH)
low calories

Insuline Resistance
and
Lowgrade Inflammation



600,000 products in US

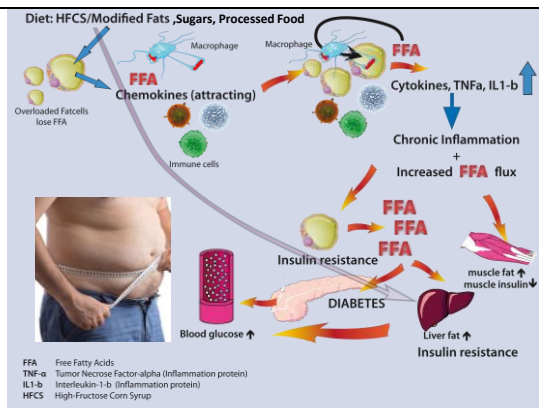
17. There are over 50 names for sugars and sweeteners. Who is able to know what there is really in our food?
And all the sugars give rise to metabolic distortions like insulin resistance and low-grade inflammation in the body.

**Inflammation
and
metabolism
are
intimately related**

Prof. Dr. Fritz Muskiet

Hotamisligil, Nat Rev Immunol 2008

18. Inflammation and metabolism are intimately related.
If we see this in the light of Sustainable Development Goals and Right Human Relations, we need to focus more on the awareness of interactions in our bodies.



19. Fat cells absorb glucose and fatty acids from the blood and store it as fat drops. Fat cells can increase a factor of four in size, but when that limit is reached, things are going wrong. Too large fat cells no longer manage to keep all of their stored fatty acids, and therefore leak small amounts of fatty acids, into the bloodstream. This begins with a cascade of processes that eventually end up in diabetes-2. The leaking fat cells die. They commit suicide. Macrophages and other immune cells, partly present in the fat tissue and partly from other parts of the body, are surging for the dying fat cells. They surround the dying fat cells and clean them up. By the way, the fat tissues are not smaller. For each fat cell that breaks down immune cells, the fat tissues make a new one. But the continuous demolition work of the immune cells confuses the functioning of the fat cells. Fat cells and immune cells release inflammatory proteins as Tumor Necrosis Factor-alpha and Interleukin-1 beta. Those inflammatory proteins make fat cells deaf for insulin. Some may enter the body through the blood, and block the action of insulin in organs.

Lifestyle factors causing pro-inflammatory or preventing anti-inflammatory responses

1. abnormal dietary composition
2. abnormal microbial flora
3. insufficient physical activity
4. chronic stress
5. sleep loss
6. environmental pollution

Prof. Dr. Fritz Muskiet

20. Not only food, but of course also other Lifestyle factors causes an inflammatory response in the body. For example: abnormal dietary composition, abnormal microbial flora, insufficient physical activity, chronic stress, sleep loss, environmental pollution.

2014 WHO opens public consultation on draft sugars guideline

WHO's current recommendation, from 2002, is that sugars should make up less than 10% of total energy intake per day. The new draft guideline also proposes that sugars should be less than 10% of total energy intake per day.

It further suggests that a reduction to below 5% of total energy intake per day would have additional benefits. Five per cent of total energy intake is equivalent to around 25 grams (around 5 teaspoons) of sugar per day for an adult of normal Body Mass Index (BMI).

Much of the sugars consumed today are "hidden" in processed foods that are not usually seen as sweets. For example, 1 tablespoon of ketchup contains around 4 grams (around 1 teaspoon) of sugar. A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of sugar.

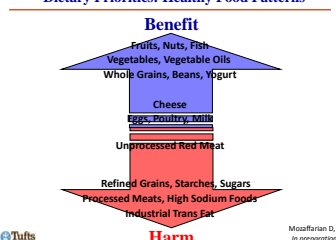
21. In 2014 the *World Health Organisation* (WHO) opened a public consultation for a draft of a sugars guideline. Now it comes with new guidelines one sugar intake. The new draft guideline also proposes that sugars should be less than 5% of total energy intake per day.




22. Chronic inflammation leads to different chronic diseases.




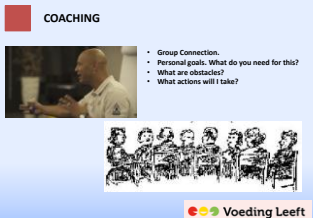

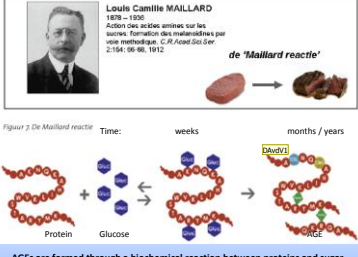
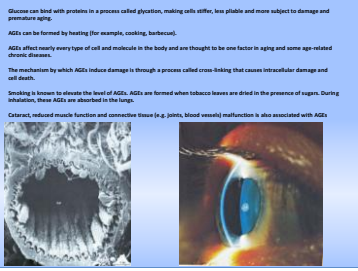




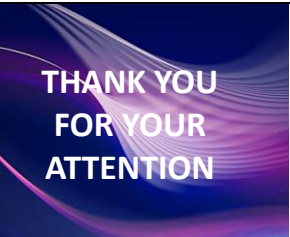
Dietary Priorities: Healthy Food Patterns



23. & 24. Dr. Dariush Mozaffarian: Associate Professor in the Division of Cardiovascular Medicine, Brigham and Women's Hospital and Harvard Medical School; and Associate Professor in the Department of Epidemiology at the Harvard School of Public Health. His research focuses on the effects of lifestyle, particularly diet, on cardio metabolic health and disease; on global impacts of suboptimal nutrition on chronic diseases; and on effectiveness of policies to improve diet and reduce disease risk. Dr. Mozaffarian has authored or co-authored more than 200 scientific publications on lifestyle and cardiovascular health, including on global dietary burdens of disease, omega-3 fatty acids, trans fatty acids, diets and weight gain, and healthy dietary patterns.

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| <div> <h3>Reversing Diabetes2 Groups program</h3> <p>Medication does help people with diabetes type 2, but it doesn't cure Diabetes</p> <p>Eat less and move more doesn't work</p> <p>There is more evidence that with specific Lifestyle Diabetes 2 can be prevented and cured</p>  </div> | <p>25. As a family doctor during conferences I always heard from my college's that if a patient has Diabetes he will have it for the rest of his or her life. And from a medical perspective this is in many cases true. It was a shock for me, when I realized that the way I give medication to patients with diabetes makes it very hard for them to reverse the diabetes. Because the second group of medication (SU derivatives) we give to our patients increases the Insulin resistance which is the cause of Diabetes. I always believed that there should exist a way back for many diseases. Together with 2 friends we started the <i>Stichting Voeding Leeft</i> (Food Lives Foundation). Stichting Voeding Leeft (Food Lives Foundation) is an independent platform with the aim to make people aware in new ways of how food affects our health. We do this by generating knowledge, developing innovations and offering both consumers and professionals the way to experience food. What do we want to achieve? Care professionals and patients consider food to be a medicine for chronic disorders which may be treated with food as therapy on an individual basis.</p> |
| <div> <h3>New Insights</h3> <ul style="list-style-type: none"> • Power of the group • A diet is hard to keep • The body tells you what is good for you  </div> | <p>26. New Insights: Power of the group A diet is hard to keep The body tells you what is good for you</p> |
| <div> <h3>Reversing Diabetes type 2</h3>   </div> | <p>27. English trailer <i>Reversing Diabetes type 2</i></p> |
| <div> <h3>In general</h3> <ul style="list-style-type: none"> • Group of 20 people • Guidance team: GP, dietician, nurse and lifestyle coach • Intensive program of 6 months: <ul style="list-style-type: none"> - 5 program Days we meet together on location <ul style="list-style-type: none"> start 2-day's Return day 1 Return day 2 Return day 3 - Online platform, with guidance team - Aftercare 1,5 jaar  </div> | <p>28. Reversing Diabetes2 is specialized in reversing type 2 diabetes. Since 2014, we help people with diabetes getting healthier. Reverse Diabetes 2 Focuses on less medication, better blood sugar levels, weight loss and more health. Reverse Diabetes 2 does not work with medication or with medical procedures but with lifestyle. Insulin, SU derivatives, metformin and other drugs do not cure diabetes. You may feel better, but you will not be better. There is increasing evidence that diabetes type 2 with targeted lifestyle changes can be treated successfully. According to these latest insights, <i>Reversing Diabetes2</i> puts on nutrition, movement and relaxation as a medicine.</p> |
| <div> <h3>Components of Group Program</h3>   </div> | <p>29. Each program day consists of the same components. Both together and in 2 groups of 10 people.</p> |

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|  | <p>30. Knowledge:</p> <p>Explanation about systemic disease (physiology), scientific part in support.</p> <p>Nutrition advice for diabetes patients. And a note pad for background information and tables.</p> |
|  | <p>31. Experience:</p> <p>Cooking Workshops.</p> <p>Shopping game. Preparation for groceries at home.</p> <p>Blood glucose measurements; Experience: how does nutrition affect my blood glucose?</p> |
|  | <p>32. <i>Do it:</i></p> <p>Getting Started at home. Daily shopping and moving with awareness.</p> <p>Continue with blood glucose measurements at home and note in the folder. Certainly in the first stage.</p> <p>Be active in community. Learn from each other's questions to the team and share experiences.</p> <p>Note what they would like to see back from the main therapist.</p> |
|  | <p>33. Coaching:</p> <p>Group Connection.</p> <p>Personal goals. What do you need for this?</p> <p>What are obstacles?</p> <p>What actions will I take?</p> |
|  <p>AGE Reader: Advanced Glycation End Products</p> <p>What role may LIGHT play in the near future in the area of Health?</p> | <p>34. In addition to the previous talk of Dr. Jim Ryder we may ask: what role may LIGHT play in the near future in the area of Health?</p> <p>I would like to show a device, which both use light for the interpretation of what they measure.</p> <p>The AGE reader is based on Light technology and may play an increasing role in Healthcare.</p> <p>The AGE reader is able to measure Advanced Glycation End-products.</p> <p>Advanced Glycation End-products are formed through a biochemical reaction between proteins and sugar.</p> |
|  <p>AGES are formed through a biochemical reaction between proteins and sugar</p> | <p>35. Louis Camille Maillard (a French chemist and physician) published in 1912 for the first time a paper on what is still called "The Maillard Reaction": the browning effect when you barbecue beef. Cross-linking connections between protein structures in tissues of the body will make cells more rigid, less pliable and can even lead to cell-death.</p> |
|  | <p>36. We see that AGE's are formed both inside and outside the body.</p> <p>Outside: mainly by heating food with both proteins and sugar (almost any processed food).</p> <p>Inside: by long term connections of proteins and sugars within tissues and organs. (at body temperature).</p> <p>See examples on slide.</p> |

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| |  | | <p>37. The Sustainable Development Goals in the Light of Right Human Relations Discerning Truth in the Information Age</p> |
| |  | | <p>38. In China, they know the word CHI = Life force In India, etc., they know the word PRANA = Life force In the Arab world, they know the word RUACH = Life force Is it a good thing to ignore this whole?</p> |
| | <p>TAKE HOME</p> <ul style="list-style-type: none"> • People are getting more and more lost from their inner nature and outer environment • Changes in past 60 years has more impact than 20.000 year before • Lifestyle has great potential for good health and well-being • Dietary risk factors is no 1 for mortality risk factors in USA • Reversing Diabetes type II is very well possible • Avoid processed food • Eat fresh and unprocessed food: vegetables, fruits, nuts, fish, vegetable oil, beans, yogurt and whole grains. | | <p>39. Take home messages</p> <ul style="list-style-type: none"> • People are getting more and more lost from their inner nature and outer environment • Changes in past 60 year has more impact than 20.000 year • Lifestyle great potential for good health and well-being • Dietary risk factors is no 1 for mortality risk factors in USA • Reversing Diabetes type II is very well possible • Avoid processed food • Eat fresh and unprocessed food: vegetables, fruits, nuts, fish, vegetable oil and beans. |
| |  | | <p>40. Thank for your attention.</p> |

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Truth is Always the Next Step

Patrice & Frédérique Brasseur

Truth and right relations

Truth and right human relations. These are the two ideas highlighted during this afternoon. It is through these two ideas that we could consider the sustainable development goals (SDGs).

There are many ways to look at the SDGs. This is a debate between different ideologies. Some goals, such as economic growth, are considered inappropriate by those who favour degrowth. Others such as quality education, innovation in industry or partnerships for the achievement of goals give rise to controversies and very different interpretations depending on the type of societies or countries...

Who's right? Who is wrong?

We are constantly faced with these two challenges, and previous talks have already dealt with them in various ways. What is truth, what are right human relations? These two issues are intimately linked and cannot be dissociated the one from the other.

In the absolute we might define right relations as the result of the harmonious relationship uniting the personality and the soul. Right relationships are thus, on a daily basis, a function of our ability to live and fully radiate our essential nature through the personality.

Such a universalized ability would generate an atmosphere of light and love, uniting all human beings with each other and with all the kingdoms of nature. Of course we are not there yet! That is why we can say that for the time being, there are not really right relations on Earth or so few that they do not set an example.

Sure, this approach is too absolute and we will return to the present world where multiple relationships are being played out.

Who can say that a relationship is fair or unfair? According to what criteria? What corpus of truths?

The right ideal relations, as we have just defined them for example, are based on an approach to the truth that many here today conceive; but many listeners in a different context would find these theories completely ridiculous and would not fail to criticize or even fight them.

Likewise, if in a different conceptual framework someone advocated as the mark of right relations the superiority of the man over the woman or the duty of blind obedience to the director, many would have a lot to say about it and would not fail to condemn such assertions.

In fact, right relations can only be understood in reference to what everyone considers true; it always depends on the views and age of consciousness of those who judge.

In some villages where awareness of dependency governs exchanges, it seems normal for men to chat or play cards while women take care of wood, water, cooking and housework. The men charged with defending the tribe are available in case of an attack.

A Muslim couple, who are strong believers, can consider that the woman should be veiled because this is the truth they hold dear. If they both adhere to this belief, it becomes their truth and their choice is totally right.

If your framework of truth defends an egalitarian vision of men and women in a democratic space, you will perceive these two examples as the expression of very unjust relations.

But this perception is inaccurate because no one should judge the other on the basis of his or her own truth; these relationships are right, given their common and accepted truth in a particular time and space.

Some will assert, in individual conscience, other principles of truths and claim the primacy of the individual in every situation, his autonomy and absolute freedom, arguing the right to bear arms, because every human being is responsible for his life and must cope with it as he can. Nature is then considered the property of humanity, and that Nature may be exploited to the best of its ability.

In this state of consciousness, we are convinced that it is possible to reach the SDGs according to “runoff theory.” The enrichment of some people ending up in dripping onto everyone, increasing the richness of society as a whole!

If individualism is your creed, then the relationships that this worldview entails are right, and so are the behaviours and thoughts that follow from it.

For others, right relationships mean taking into account the interdependence and asking for recognition and respect for everyone, for all, for everything that lives on Earth. In this framework of truths, i.e. of the Sustainable Development Goals, we are talking about sharing, planetary responsibility, effective brotherhood, the replacement of competition by cooperation, which implies profoundly different interactions. But here again, we are in the framework of a certain truth, concerning a specific fringe of the population and we should not expect that today, everyone will agree!

Harmlessness and Right Relations

Do not harm! That is the key word for right relations.

It is essential to realise how much what is right stems from the framework of truth forged by our states of consciousness.

Understanding, admitting and integrating this analysis leads to more right relations. Failing this, misunderstandings, criticisms, condemnations and therefore unjust relations, will be triggered! This is unfortunately what we are witnessing every day in the world.

We are so convinced that we hold the truth, or a truth wider than that of others, that we cannot endorse what they are going through; we make them responsible for unjust relationships. We are then identified with our beliefs, blinded by our certainties, conditioned by our perceptions and understandings, to the point of locking ourselves in our points of view and being imprisoned within them.

Right or Just and Unjust Relationships

One could object that if each one defines right relations according to his or her own truth, then there are only right relations...

This is not the case! Whatever frameworks of truth are promoted, they never give one the right of life or death over the other, nor do they allow violence against others.

Here we find a certain gap between a theoretical truth and what we are experiencing in life. Here it is that we find the zones of just or unjust relations.

The attacks perpetrated by some radical Islamists are not part of the framework of truth provided by Islam. They are the distortion thereof, and as such they constitute unjust relations.

When, in individual conscience, we accept a truth according to which "human beings are born free and equal in dignity and rights," then right human relations are to be found on the condition that we respect women as well as men, the poor as well as the rich and all and everyone regardless of his or her ethnicity or religion...

To claim an interdependent consciousness leads to right relations only if this truth is actually implemented on a daily basis. Full support of the SDGs requires more than just intellectual agreement

In order for a relationship to be just, it is necessary to be in accord with the truth that we claim, in accordance with the truth proper to our state of consciousness, within the environment in which we live. We must live the coherence of our ideas within ourselves and with those around us.

That is the difficulty!

If we want to make progress in truth and in right relations, two lines of adjustment must be considered.

The first, which we have just seen, is to apply the truths we believe in to all our daily relationships, for ourselves and not for others!

The second, which we shall examine now, requires us to always question the framework of our truths, in order to broaden it, to make it more inclusive, to go ever further in the approach of what seems true to us.

So let us now come to the truth.

What is truth?

It is interesting to define **truth** in relation to **reality**. Indeed, when one speaks of a proven reality one no longer speaks of truth, it is!

But what reality are we talking about? Reality is multiple. The worlds of justice, finance, politics, sciences, etc. are as many objective realities, concrete or more abstract, in which various searches for truth are expressed.

Let us leave aside these enquiries to orient ourselves more specifically towards the inner world.

The subjective reality of these worlds is expansive; with each new step comes the question of truth: "What is true among all the presentations of Truth? What evidence do we have? How can we pretend that one truth is better or to be preferred rather than another?"

We tend to pursue THE truth as if there were ONE ultimate and definitive truth... But the truth is not the Reality; it is only a representation, a symbol. The quest for truth is a mental process of discerning, of understanding the fundamental laws of the Real; and this Real is always beyond the truth we are to approach. Beyond the mind, we can gradually penetrate into Life, into the Real, into subtle areas where the problem of truth no longer arises... but this is not an easy thing!

Before we will have become genuine Intuitives, this confrontation with the problem posed by truth pushes us to seek corridors through the limits of our mind. Faced with the most abstract and wide-ranging truths, we are often fascinated and seduced by these global approaches, which sometimes completely escape us and which we are unable to verify or prove. That is how we are limited to believe that this is the truth.

All truth is elaborated in everyday life

A demonstrable truth is not something that emerges, ex nihilo, in the absolute! Not at all! Truths are always partial, steps to be discovered gradually and to be experimented. Only the truths that come from our individual experience have a transformative impact and can be applied to daily life. A reference to grandiose truths can make one dream or serve as a global direction, but as long as these truths have not been familiarised by us to a minimum, their existence has no impact on human evolution.

Let us take an example: I read or hear that "Everything is one." Mentally and intellectually, I conceive it! "Everything is one" seems to me to be a truth; emotionally I tend to believe it! What do I do with it in my life? Will I suddenly succeed in living my life by integrating this One Truth and all that it implies? If you succeed, you are a Master of Wisdom! Needless to say, we still have a few incarnations left to climb the ladder of truths before we reach this ideal!

So what can we do with this truth? Nothing! It can be an interesting working hypothesis, it gives direction, it guides our ways of being, but the consciousness of unity is still not expressed in our approaches to relationships within ourselves and around us.

In meditation, however, we can perceive what the scriptures call "Soul, Consciousness, True Self." We feel in these moments of inner union that souls are ONE! We can join vibratorily, an interwoven group, not a group made up of an addition of individuals or souls, but a whole, an organism that gives us the experience of unity!

Can we experience this on a daily basis?

One could say, for example, that this touch of unity, this experience of non-separatism, gradually leads to a different attitude in our life, and makes us inclined to think more and more often in terms of globality. Our approach to the idea of relationship is changing, our interest in competition is dwindling in favour of cooperation; a broader brotherhood is expressing itself and the links we are building appear to be more right or just. So when we connect to these qualities we perceive changes in our relationships and our way of thinking about the world. The sustainable development goals seem to us to be of imperative necessity, etc.

This is how we develop a partial but useful truth.

The only valid truths are useful truths!

Those that can change, even if only minimally, our daily lives! The ones we can prove for ourselves in the light of our daily activities! We are all scientists because scientists only assert the validity of a truth if it is proven by facts. We must do the same: we must become scientists of the inner life.

We progress from little truths to bigger truths that become little truths...

Any recognised truth will lead to another one, which will allow a new revelation to settle down; that will itself give way to the next one on the scale of our approach to the true. It is essential to understand that truth is always relative and that Truth, the great ultimate Truth, is at our level unattainable, the truth is always testifying to a reality. There doesn't seem to be any final Ultimate Reality. It is therefore appropriate to perceive the Truth rather as a stopover, as steps of stairs that lead us from a small truth to a greater truth. **At whatever level we may be, the truth is always the next step.**

But then, is the truth everywhere?

Yes, the truth is everywhere! And that is amazing! One might believe at first (and it is often said) that one is going from error to truth. But not at all! We are going from small partial truths to larger ones.

If we study the curve of involution and evolution, all human beings, whatever their place, are in phase with a particular truth and reality that follow a continuum. At every point, everyone has his or her part of truth and his or her vision of a certain reality.

There are some human beings who are at the start of the curve of incarnations, who develop their first bodies; others have left earlier; humanity for the moment, in its majority, lies at the bottom of the curve; many evolved people are on the ascending part and finally the great initiates have reached the top of the curve.

Are those who are just starting out wrong or in error? Are those who are ascending right or in truth? No, they are all right. The truth is absolutely everywhere, no one is wrong.

Truth is the certainty to which everyone has access according to his or her level of consciousness, the certainty that serves as a basis for his or her evolution, up to the next step.

Many are asking themselves: "In the multitudes of knowledge, what teaching is true, what theory is to be believed?"

We must realise that all the teachings are true because they are all useful to someone at a specific point on his or her evolutionary journey. Some will argue that the doctrine of the heart is taught everywhere, and that people who profess personal development, the culture of the self, the interest of the self, are mistaken. Error! They are true! All human beings on the involutionary path are building their personality and do not need to be told that reality passes through their hearts. What would they do with it? Nothing at all! What is their need, what is the useful truth for them to advance on the path of individualisation and autonomy? They need teachings that advocate: "here and now, listening to one's emotions, the need to recognise them, to go through them, the importance of the self, and the learning of its affirmation." And it is true!

In other words, all the teachings are true at a given time for someone. Once a person has integrated a teaching, this teaching is no longer necessary and new truths open up to him or her. But the truth of past knowledge is always relevant to the person who follows.

All truth, integrated and practiced, becomes obsolete. Unless we camp on certainties and freeze ourselves in a set of knowledge, other truths to conceive, to experience, to implement will be born. It is in this way that we progress from truth to truth, from one opening in consciousness to another opening in consciousness.

It is therefore necessary to understand that those who refuse to take into account or ignore the SDGs are not necessarily wrong, given their level of consciousness. Their truths do not yet incorporate these and there is no reason to disregard them. Education must continue.

Are all truths equal?

No, of course not! Not all truths are equal! As the number of parameters increases, the more we open up our perceptions to globality, the closer this truth comes to Reality. An extremely local truth is only of interest to very few people. But when it begins to involve more people, to attach itself to the planet, to all living kingdoms, it takes on a greater weight.

We therefore find that the more global the truths, the more important they are. But this is not a reason to neglect or disregard small local truths or accuse people who are still at this level of being wrong. Hence the importance of education, which is the only way out of ignorance and to open ourselves to the search for other truths.

Which teacher would make fun of a primary school pupil because he or she cannot solve a math equation?

What useful truth am I willing to implement?

This is the main question we are to ask ourselves regularly, and especially when we are led to reflect together as we are doing today.

The question is no longer “who to believe or what to believe?” but: “What truth am I ready to integrate now? What truth am I willing to work on now?”

The world of right relations can only progress if each of us demonstrates coherence by experiencing the truths that are useful for the test of daily life.

The SDGs are definitely not the great truths we would dream of for the Earth, but they are a set of small and useful truths that everyone can grasp.

This is the other meaning to be given to the sentence: “Truth is always the next step.”

The first sense was our efforts to continually broaden our vision and our truths.

The second sense implies a daily process of coherence in the application of lesser truths, and by that transforming our existence and that of the Planet.

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***We heartfully thank our translators without whom
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