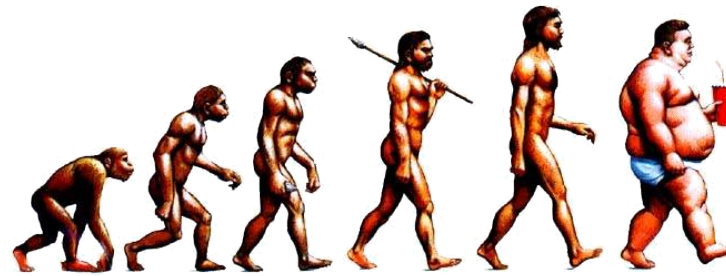


Time for an Update?

Our Instincts Today

We eat too much, move too little and get lost in our oversized residences and possessions. Apparently for no reason, we often behave significantly differently than would be good for us. What on earth is wrong with us?



Well 150 years ago, Charles Darwin published his Evolution Theory. Accordingly, all living species developed out of a few very simple life forms by adapting their bodies and behaviour – their instinctive „programming“ – better and better to their respective habitats („ecological niche“) in the course of the billions of years.

Name, Gruppe

Datum

We humans have now achieved to completely change many of our living spaces in almost every respect within a few decades!

How do the changes reflect on us?

Do all of our instincts still "fit" now?

Or should we now consciously question some of them in order to lead a happy, meaningful, sustainable life in this new world?

Here is an attempt at an intuitive inventory.

Text (version 0.8): Achim Rhein | <http://lern.land> | <http://wannaknow.org>
Image: <https://www.uv.es/jgpauas/he.htm> (Valencia University) | Book „El mono obeso“ by JE Campillo

Topic	Former Environmental Conditions	Our Instinctive Impulses	Today's Env. Conditions (esp. in Rich Earth Regions)	Today's Effects of Our Instinctive Behaviour (esp. in Rich Earth Regions)	Do you find Matching Updates? NEW Impulses to Act
1. How much to eat from what?	Most of time, we collected our food laboriously from all sorts of sources.	Eat as much as you can! Fat and sugar give you most energy! Fat pads might save your life!	We live in an abundance of (fatty and high-sugar) foods, most of them with low nutrient content.	Diseases of Affluence: Obesity, high blood pressure, heart attacks. And: Deficiency symptoms! Purely yield-optimized agriculture destroys soils and supplies of energy and water.	_____
2. (How much) Animal Products to eat? <small>These contain extremely much vitamin B₁₂, iron and certain proteins.</small>	There were few animal products to eat. Possibly, eating meat was crucial to the evolution of the human brain.	Eat as much animal products as you can! Meat is super delicious!	Animal products are also available abundantly. Today we know how to have a wholesome diet with purely vegan food. KEEP AN EYE on vitamin B12 und iron!	Exacerbated diseases of affluence, cancer, gout, ... Factory farming extremely burdens esp. our drinking water with animal feces and massive use of hormones. Antibiotics are permanently used across the board and thus are losing their effectiveness! Feed production devours land and drinking water.	_____
3. How much to Possess?	<i>Every bit</i> of food and material stock increased our chances of survival.	Accumulate as much as possible of everything useful!	Useless and (eventually) usefull things are in abundance. With insane effort, we are seduced into consumption.	We spend a big chunk of our life energy, time, attention to finance, choose, procure, store, maintain and manage more and more possessions. We also sacrifice tons of natural ressources (materials, energy,...) for that.	_____
4. To Fight or to Rest ?	We permanently had to struggle for vital ressources. No species could harm nature severely.	Fight! Do as much as you can! Just as all other beings, you are part of nature and therefore, with everything you will ever be and do, perfectly contribute to the big picture.	We have enormous tools to prevail in nature (and against nature!??) Now we were free to discover ourselves and each other, and develop new (life-)perspectives!	The urge to FIGHT doesn't let go of us. We subjugate, plunder and devastate Earth – and become more and more ourselves the reason for „environmental disasters“ and scarcities. We mistreat other species (even ours!) unscrupulously and extirpate them en masse.	_____
5. Demarcation from nature?	Nature was full of dangers and challenges: cold, heat, rain, water, humidity, diseases, parasites, „pests“, predators.	Create the largest possible rooms for you, your tribe and your supplies, as securely separated from nature as possible: warm or cool, dry, clean, safe, stable, <i>controllable</i> .	Thanks to complex technology and the - momentary - abundance of resources, today we can - felt - totally separate ourselves from our surroundings and create "artificial worlds" for ourselves.	With immense use of resources, we push "Mother Nature" out of our life. We sacrifice a lot of originality, creativity, self-expression (our <i>inner</i> nature!) to security, structure and control. Our life flattens out, we get sick: depression, allergies, "Sick Building Syndrome", ...	_____
6. Don't overlook anything!	Much happening around us could have existential impact on us. There were life-threatening surprises.	Be careful! Don't miss anything important!	Insane amounts of stimuli (texts, images, internet, music, films, computer games, cyberspace) flood us (almost) constantly, most of them intended to <i>captivate</i> us.	It is overwhelming for us to protect ourselves from harmful impressions, to choose the few genuine, really valuable to us, and to let it work on us in peace. We lose ourselves and each other.	_____

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7. How close to nature to operate?	Even today, near-nature methods often require a lot of experience and personal commitment.	Use the "simpler", more reliable, cheaper, <i>more advanced</i> methods.	More and more powerful methods and products with unmanageable, ever wider effects are available.	Production, distribution and disposal of more and more goods are becoming more and more complex, and more and more harmful and risky for people and nature. Massive use of artificial substances, poisons, fertilizers, ...	_____
8. To do or give more voluntarily?	Even everyday life often pushed us to our limits. We could only hope (and pray?) that it would never get too difficult for us ... (especially with distinct seasons)	Use your resources as sparingly as possible. Avoid (possibly) useless efforts. Prepare for tough times!	Powerful technical and social systems comfortably satisfy our everyday needs ("push-button mentality"). (Personal supplies are hardly necessary anymore.)	We become increasingly sluggish and slack. It's very difficult for us to demand and adequately reward qualities that are difficult to experience (longevity, ecological and social standards, animal rights, sustainable agriculture, wholesome food, ...)	_____
9. Where to get involved?	Within our area of experience, we were mostly able to orientate ourselves and be effective. The rest of the world was little known and rather threatening.	Get fully involved in your environment. Here you will find everything you need - security, support, appreciation, ... Hopefully you don't need to know anything about the rest of the world.	Almost the whole world is our (felt) environment - but without deep knowledge and without any feeling for proportions. Because of globalization and ecological problems, we (apparently) have to cooperate across all borders.	Our environment slips away from us. We lose orientation and effectiveness. Families, clans, communities fall apart. We lack the basis, drive and perspective to think supraregionally and act accordingly. We mess with "big" politics, behave fatally unreasonable on a larger scale.	_____
10. Think about Future?	Long-term changes were hardly noticeable and hardly caused by humans.	Fit in the eternally same natural daily, yearly and life cycles. Everything should always stay as it is.	Our actions today can have positive, negative, and even catastrophic effects for ages! (Climate, soils, species decline, nuclear waste, ...)	With open eyes, we run into many a catastrophe, largely self-inflicted, including global ones. We let many opportunities for the future pass unused.	_____
11. Adapt?	For millions of years we lived in a fruitful interplay with all other beings.	Imitate your ancestors and fellow human beings. Don't ask why. "Change is blasphemy."	Today (almost?) nobody lives a completely meaningful, completely fulfilling, sustainable life.	We adopt - largely unconsciously, i.e. uncritically - ominous ways of life and behavior.	_____
12. Don't you make no Mistakes!	Wrong decisions could quickly become life-threatening. (Sowing before the last frost, ...)	Do what everyone does. Above all, don't make mistakes! GUILT and SIN in religion	Protected by social systems etc., we would be free today to pursue new, risky perspectives.	Instead of perceiving potential and courageously pursuing perspectives, we often only see our own or others' "MISTAKES". ("Deficit Orientation") Teachers and politicians: just don't you say anything wrong!	_____
13. Find the Truth	There has always been "lies and deception". In the past, however, they were usually easier to unmask.	You can see the truth quite well. You can derive a lot from your self-perception.	We are constantly being manipulated by immense means and in the most ingenious ways. (Politics, commerce, ...).	We can hardly fight the manipulation in order to make the right decisions <i>for us</i> and to realize ourselves in <i>our own way</i> .	_____
14. Who to Follow?	Personal success was almost always the result of (socially, ecologically, economically) constructive action.	Entrust yourself to particularly successful people and support them. They give you security.	In our complex world ruthlessness, unscrupulousness and (nasty) marketing tricks often remain undetected.	Anyone who becomes wealthy - almost regardless of the way - is valued and supported. Those who boldly live unselfishly and/or are looking for future-oriented ways often get isolated, considered as "crazy", naive ("do-gooder") and/or "anti-social".	_____
15. What to Do in Case of Stress?	Most dangerous were contact with enemies (predators) and natural disasters (fire, floods, earthquakes, volcanic eruptions, ...)	When stressed, DON'T THINK! IMMEDIATELY mobilize EVERY physical power and FIGHT with all your might or escape as FAST as you can!	Today, stress mostly arises from time pressure, lack (of money) or conflicts with other people.	In times of stress, differentiated perception and communication, creativity are hardly possible. ("Tunnel Vision") The opposite person appears to us as an enemy. Stress and conflicts intensify themselves and each other in a "vicious circle".	_____