A More Successful Version of Humanity

The human body, both particle and wave, is not merely a single entity, but a conglomeration of 50 trillion cells. Cells are the individual unit of life; and our body is the cell's expression of community. Because we are made of cells, our body's life requires that we also care for our cells' survival. Wouldn't it be wise to ask how cells function together as such exquisite communities?

Let's break it down into an equation our cells have worked out. A species' ability to fulfill its innate drive to survive is predicated on the following basic factors: energy, growth, protection, resources, efficiency, and awareness, (Bruce Lipton and Steve Bhaerman, authors of *Spontaneous Evolution).*

If we were to create a Survival Index formula to assess the survivability of an organism, the equation would look like this: ***Survival = (Total Energy – [Growth + Protection Expenses])X(Resource Availability)X(Efficiency)X(Awareness).***

Total Energy: The amount of total energy available to drive the organism's life's processes, generating behaviors and movements.

Growth Mechanisms: Growth expenses represent the energy expenditures used by physiologic systems to secure energy, maintain the body's health and well-being, and help it grow. Growth occurs when the organism uses energy to convert nutrients into complex molecules needed to rebuild or replace worn-out cells.

Protection Mechanisms: Indispensible to survival, in the human body these mechanisms include the adrenal system's fight-or-flight reaction to external threats and the immune system's response to internal pathogens. Environmental threats force an organism to withdraw a substantial quantity of energy from its energy reserves and reallocate that energy toward the protection of its very life. The cost of protection curtails growth.

Resources: Organisms derive energy from environmental resources. Survival is predicated, in fact, on an organism's ability to secure external energy of equal or greater value than the amount of internal energy spent to acquire and process those resources. The primary resources for biological organisms are air, water, and nutrients, which come from both chemical energy and nonmaterial energy from environmental fields. Until the evolution of human beings, organisms relied on renewable resources for survival. The environment's resources were continuously replenished and Earth's many species were sustained over eons of time. Humans, however, altered the biospheres' balance and harmony by defining themselves outside their environment, and evolving into a technology-based civilization in which survival is dependent on extraction of the planet's nonrenewable resources. This situation, in which society's survival is linked to ever-diminishing external environmental resources, has sapped our internal energy and compromised humanity's future.

Efficiency: The measure of work accomplished compared to the amount of energy put into that work, is essential to survivability. Through evolutionary advances in structure and functionality, organisms honed their operational efficiency over time. By using energy more efficiently, they were able to invest their conserved energy into further evolutionary development.

Awareness: An organism's ability to perceive, interpret, and respond to environmental information. As the basis of intelligence, awareness ranges from simple reflex responses to conscious action, and then to the intelligence offered by self-consciousness.

The fundamental cellular units of awareness are the membrane's reception proteins and effector proteins that serve as perception switches. According to Lipton and Bhaerman, an organism's collective awareness correlates to the amount of membrane surface area that the organism dedicates to processing environmental perceptions. In light of the current global crises, it is apparent that human survival skills are questionable, at best. In contrast to human beings, all other organisms are proven models of energy conservation and efficiency. We know this because organisms that failed to properly manage their life energy reserves are extinct. Humans, who are vastly more wasteful than any other organism in the environment, are facing the same eventuality.

The Survival Index reminds us that we are asleep, inefficient, and expending too much energy on wanton, unwarranted growth and protection. A consideration of the factors that contribute to the Survival Index emphasizes that, in order to survive, we must reduce our protection expenditures, switch to renewable resources, become considerably more efficient, and wake up.

Perhaps as Einstein suggested, it is time to resolve our problems through new thinking. In pursuit of vital knowledge, perhaps we must learn from ancient sages who advised, "The answers we seek lie within." Einstein echoed that wisdom when he wrote, "Look deep, deep into nature, and then you will understand everything better." So as we descend into the inner workings of biology we can expect to find that an awareness of social and economic patterns is expressed by successful eukaryotic cells and multi-cellular organisms, such as our own human bodies. These models of community can help us create a template to promote a healthier, more successful version of humanity.

For awakening the undefended simplicity of neural efficiency, contact our website www.affectiveneurosciences.com or office at 406 752 6634.