

Preface

While working with my patients, I noticed functions and reactions of the body, which I summarized in the system of 'NetzwerkMensch': it describes our body as a living network. In the first two books, I therefore presented an extended physiology with its scientific foundations: my first book [66] I wrote in the sense of a textbook on a contemporary integrative physiology and the second book [67] more in the sense of diagnostics and therapy with practical instructions.

With the present third book I would like to put the NetzwerkMensch-Physiology into a broader, general context and focus on phenomena related to the autopilot in NetzwerkMensch and to consciousness in a more extended sense. This book is essentially concerned with the 'Autopilot' of NetzwerkMensch I already mentioned in the first book. The automatic functions of the movements of our motoric autopilot relieve our everyday life enormously. The motoric autopilot is the autopilot of our muscles. The same automatisms relieve our thinking and acting.

In my search for the reasons for unnoticed external influence, I found two main principles in our autopilot:

- "slow and fast thinking" (Daniel Kahneman [41]) and
- the vegetative autonomic nervous system with its polyvagale function described by Stephen Porges[51]. The polyvagale autonomic nervous system follows our perception of danger, life threatening, or safety – fear or safety.

In considering previous points, I have included hints on how we can learn to better manage our autopilot and our unconscious fears in everyday life. [53]

One key core of the model of KörperInformatik in NetzwerkMensch (= body informatics = BI) is based on the realization of data processing in living beings. [30][31] This realization is also used in "trans humanistic" programs as a basis, in which patentable artificial DNA, patented animals and hybrid models of humans then play a major role within the framework of synthetic biology. [39] But also the development of artificial intelligence, robots and further developments, which threaten our everyday life by increasing surveillance, are discussed. [54][68] This "trans humanistic" kind of implementation of the knowledge of data processing in living beings includes a large number of dangers for the individual human being. The individual threatened effects are sometimes difficult to recognize and even more difficult to overlook?

I oppose this development with the model of a modern contemporary medicine, which includes a holistic consciousness. With a holistic consciousness we recognize the consequences of an industrialized society for the health systems. [37]

Through the implementation of 'KörperInformatik in NetzwerkMensch' (= biological Nano medicine) we gain an increased trust in our body – a more stable self-confidence. We can reprogram our behavior through the gained individual self-confidence and thus apply the integrative NetzwerkMensch-physiology in our everyday life.

At the end of the book I connect the principle of pilot-autopilot with Daniel Kahneman's system of 'fast and slow thinking' and with the polyvagale autonomic nervous system. This system forms part of the basis for my practical work. With its perspective we promote the consciousness of the bio-logical system of the individual and its integration and connectedness with nature - the consciousness of a peaceful co-natural future.

With the awareness of our bio-logical systems we can

'Live Naturally – a natural life.'