

Table of Contents

| | |
|--|-----------|
| Before we get started | 7 |
| Part 1: Life as an Ongoing Learning Process | 19 |
| <i>Why do we have so many problems? 20 · On what are our thoughts oriented? 22 · What drives us to seek knowledge? 26 · Where has our quest for knowledge led us? 29 · Are we capable of recognising ourselves? 31 · How do we gain insights of our own? 36 · How can we assess the validity of our insights? 41 · Which insights prevail? 42 · On which insights can we orientate our actions? 44</i> | |
| 1.1 Living organisms don't function like machines. They want to live and pursue their own goals, making them intentional subjects | 49 |
| 1.2 Programmes and blueprints can help us realise our goals, but all living organisms are self-organising | 53 |
| 1.3 Competition is not the driving force of evolution; it merely moves living systems to become increasingly specialised | 57 |
| 1.4 No living system exists for its own sake. It is always connected to other living organisms and can only live and evolve amidst other organisms that want to survive, grow and reproduce | 66 |

| | |
|--|-----|
| Part 2: The Structuring of the Human Brain | |
| Through Social Experiences | 71 |
| <i>What is coherence? 72 · How does self-organisation work in the brain? 74 · How do we become the way we are? 76</i> | |
| 2.1 The prenatal structuring of neural networks in the developing brain | 77 |
| 2.2 The structuring of children's brains through their own experiences | 89 |
| 2.3 The structuring of the human brain through the transgenerational sharing of experiences | 100 |
| 2.4 The lifelong re-organising capacity of established neural connection patterns in response to novel experiences | 114 |
| Part 3: Unlocking Potential in Human Communities ... | 121 |
| 3.1 How do we currently live together? | 123 |
| 3.2 Are there alternatives? | 131 |
| 3.3 What do we want to live on? | 139 |
| 3.4 What do we want to live for? | 142 |
| 3.5 When will we take the first step? | 146 |
| The road ahead | 153 |