

Understanding Anger

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Three Classes of Life

In 1921, Alfred Korzybski, a mathematician and scientist, classified Life with precise and accurate operational definitions of plants, animals, and humans. He defined the plants as energy-binders, the animals as space-binders, and we humans as time-binders. Korzybski explained that:

The plants adapt to their environment through their awareness and control of energy. The animals adapt to their environment through their awareness and control of space. And we humans adapt to our environment through our awareness and control of time.

—The Manhood of Humanity

Energy-binding – the power of plants

The power of energy-binding is transformation, growth, and organization.

Energy-binders have the ability to transform solar energy to organic chemical energy. The plant is a solar collector. It spreads its leaves and harvests the ultraviolet rays directly from the sun.

Plants – the energy-binders are *energy aware*. They are aware and they process information about energy. They remember energy events and from that memory make controlled choices – energy choices. The plants think and decide. This is not human thinking, not even animal thinking, but it is a form of intelligence – very powerful *energy* intelligence.

Space-binding – the power of animals

The power of space-binding is mobility – the ability to move about in space. This is not the simple motion of plants. This is mobility – running, jumping, leaping, swinging, swimming, creeping, stalking, crawling, diving, and flying.

The space-binder moves towards a specific and attainable goal – water, food, a mate, shelter – and in any direction. The mobility of the space-binder is not just motion, it is controlled motion. The space-binder moves in search of food. For grazing animals the quest is continuous; for predators, occasional but more strenuous. And all animals are under constant threat from natural enemies. The animal, therefore, requires sense awareness – *awareness of the space* in which he lives. The space-binder uses his awareness to find food and to warn him of the approach of enemies.

Space-binders are aware of space, they are aware and they think, they think and they decide – constantly making controlled choices as to where and when to move. This is a form of intelligence — very powerful *spacial* intelligence.

Thinking for the space-binder is wholistic. The animals base their decisions on the whole situation. When the rabbit hears a sound in the thicket, he must react instantly, "fight or flight" and the decision must be made now, based on the whole situation. There is no time for analysis. Only wholistic thinking has the rapidity and flexibility to allow survival in the adversary world of space-binders. The power to allow animals move instantly towards *good space* – space that enables one to survive, and away from *bad space* – space that produces injury or death.

Time-binding – the power of humans

We humans are Time-binders. We possess the power to understand and through that understanding to control and dominate planet Earth.

The power of Time-binding is to understand – to observe and remember change over time. Understanding comes from the awareness of time – an awareness that allows humans to experience time as sequential or linear.

Tomorrow follows today as today followed yesterday. Time always moves from the past to the present, from the present to the future. Change is bound in time. And time-binders understand change in space because they are aware of time.

The Time-binder can make decisions based on understanding changes in his environment over time.

Understanding

Time-binders are aware of time, they are aware and they think, they think and they decide. This is a new form of intelligence — very powerful *temporal* intelligence.

Time-binding is a new way of thinking – analytical thinking. The Time-binder can make decisions based on understanding changes in his environment over time. Time-binding analysis is sequential analysis – linear analysis – focused on the *parts* rather than the *whole*.

Analytical thinking recognizes *cause* and *effect*. Time-binders are the masters of cause and effect. When humans understand cause and effect, they make scientific discovery. They make knowledge. When humans make choices based on knowledge, they make inventions. They make technology. Time-binders are the creators of knowledge and technology. When knowledge is incorporated into matter-energy, it becomes a tool. Humans are above all else toolmakers.

Understanding Means Not Starting Over

Time-binding is also that unique human ability to pass that 'knowing' from one generation to the next generation. Both animal and human offspring begin their lives in nearly total ignorance. The differences that exist between them are small, but what advantage in knowing that does exist belongs clearly to the animal. While the animal seems to begin life with a greater store of inherited knowing, it possesses little ability to learn from its parents. The animal is condemned to rediscover over and over, every generation must discover anew the knowings of its parents.

The wise old owl may know a great deal, but he has no way to pass what he knows to his offspring and they have no way to receive it.

We humans are very different in that respect. We can and do pass our knowing from one generation to the next.

Three Classes of Life

Energy-binders — The Plants

Space-binders — The Animals

Time-binders — We Humans

Three Natural Laws

Neutrality — The Law of Energy-binders

Adversity — The Law of Space-binders

Synergy — The Law of Time-binders

Neutrality

Neutral relationship with other originates in the plant world.

Sunlight provides unlimited energy for the plants. Each individual plant needs only the sun, and adequate water and minerals to survive. Plants are solar energy collectors. They use the sun's radiant energy in photosynthesis to manufacture glucose, carbohydrate and other plant cells. Individual plants do not relate to each other. They relate only to the earth and the sun.

Plant survival does not require any relationship with other. The plants unique ability to utilize sunlight directly to synthesize organic tissue frees them from the need for others. This fact makes plants the *independent class of life* – independent of other.

While no plant will deliberately hurt another plant, it will also never help another plant. A plant's success or failure depends solely on its own efforts and talents. Relationships which do not hurt or help are neutral.

Adversity

Adversary relationship with other originates in the animal world.

Good space is limited. There is only so much water, land, shelter, and food.

There is not enough to go around. The space-binders must *compete* for this *limited* amount of *good space*. They compete *adversarily*. They compete by *fighting* and *flighting*. They compete by *attacking* and *killing* other space-binders. They compete by *devouring* the energy-binders.

Animal survival depends entirely on finding others to eat. The herbivores depend on finding plants to eat. The carnivores depend on finding other animals to eat. The animals inability to utilize sunlight to synthesize organic tissue means they must eat others—plants or animals.

This fact makes animals the *dependent class* of life – dependent on others.

CONFLICT –def→ The struggle to avoid loss – the struggle to avoid being hurt.

Imagine a fox chasing a rabbit, if the fox is quick enough, it will win a meal, at the expense of the rabbit who loses its life. On the other hand, if the rabbit is quicker, the fox loses a meal, and the rabbit wins its life.

The adversary world of animals is a game of with losers and winners. This is a world of *fighting* and *flighting* – of pain and dying. To win in this game someone must lose. Winning is always at the cost of another.

All animals, from the smallest insect to the largest whale are struggling to avoid losing – struggling to avoid being hurt.

The animals must *fight* and *flee* to stay alive, and they do. Always ready at a moments notice to go tooth and nail to avoid losing – to avoid death.

Synergy

The synergic relationship with other originates in the human world.

Universe provides unlimited time for humans. This is the sense of Time-binding. Human lives are finite, but human knowledge is not. Humans discovered control of fire ~1.5 million years ago, and it has been in daily use since then. Humans invent the wheel ~5500 years ago and its use is everywhere today. Because humans pass their knowledge to their descendants, in a sense, collective human life is not limited. Understanding is not limited. Knowledge is not limited. Technology is not limited. Quality of human life based on knowledge and technology is not limited.

We first discover synergic relationship in the microscopic universe. It is the basis of human cellular organization. Each of us has approximately 40 trillion cells organized within our bodies. These cells are related synergically, each acting in a highly *co-Operative* way.

Co-OPERATION –def–> Operating together to insure that both parties are helped and neither party is hurt.

Co-Operation is the mechanism of action necessary whenever an individual desires to accomplish a task beyond his individual abilities.

Imagine, you and a friend are moving a heavy piece of furniture. You operate together during the lifting. You would negotiate to insure the win – to insure being helped. The conversation might go like this: "Are you ready?" "Ok." "Ready, 1.. 2.. 3.. lift!" "Whoops! Set it down."

This is the true meaning of co-Operation – the negotiation to insure that both individuals win – and that neither individual loses.

INTERdependence

True co-Operation – working together, teamwork, joint effort, alliances – these are only possible to a life form with symbolic intelligence – to a life form with a voice and with language. On this planet that means synergic relationships are available only to humans. Synergic relationship means sometimes I depend on other and sometimes other depends on me. Synergic relationship makes humans the *interdependent class* of life – interdependent on each other.

Co-Operation results when there are no losers and no one is ignored. When humans behave synergically, they seek their goals and needs as allies rather than as competitors. Human intelligence is most useful when we humans think of ways where all parties can win and where there is no need for losers.

Win-Win

Synergic relationship becomes available to human individuals because of Time-binding. Our ability to invent and to understand new ways of doing things creates a new possibility for Co-Operation which does not exist in the world of the plants and animals.

Cooperation is an old word with lots of different meanings and feelings attached to it. Similar words are uniting, banding, combining, concurring, conjoining, and leaguings. Individuals who cooperate are affiliates, allies, associates, or confederates.

To some cooperation seems a losing word associated with socialism and communism. This is not what I mean.

Co-Operation in synergic relationship means *operating together* to insure a *win-win* outcome.

Beyond Adversity

A very limited form of cooperation exists among some animals. We see it the hunting pride of lions and within the hyena pack. Human co-Operation is a much more powerful mechanism. Animals have no voice with which to negotiate. Their primitive cooperation is guided by instinct, and it is quick to breakdown into the fighting and flighting of the adversary way.

We humans share the animal body, to survive we must also eat. We are omnivores. We meet our basic needs and survive by eating both plants and animals. Physiologically, we humans are also a dependent class of life. So adversary behavior comes to humans legitimately. But we humans are much more intelligent than the animals and that intelligence gives us options other than fighting or flighting.

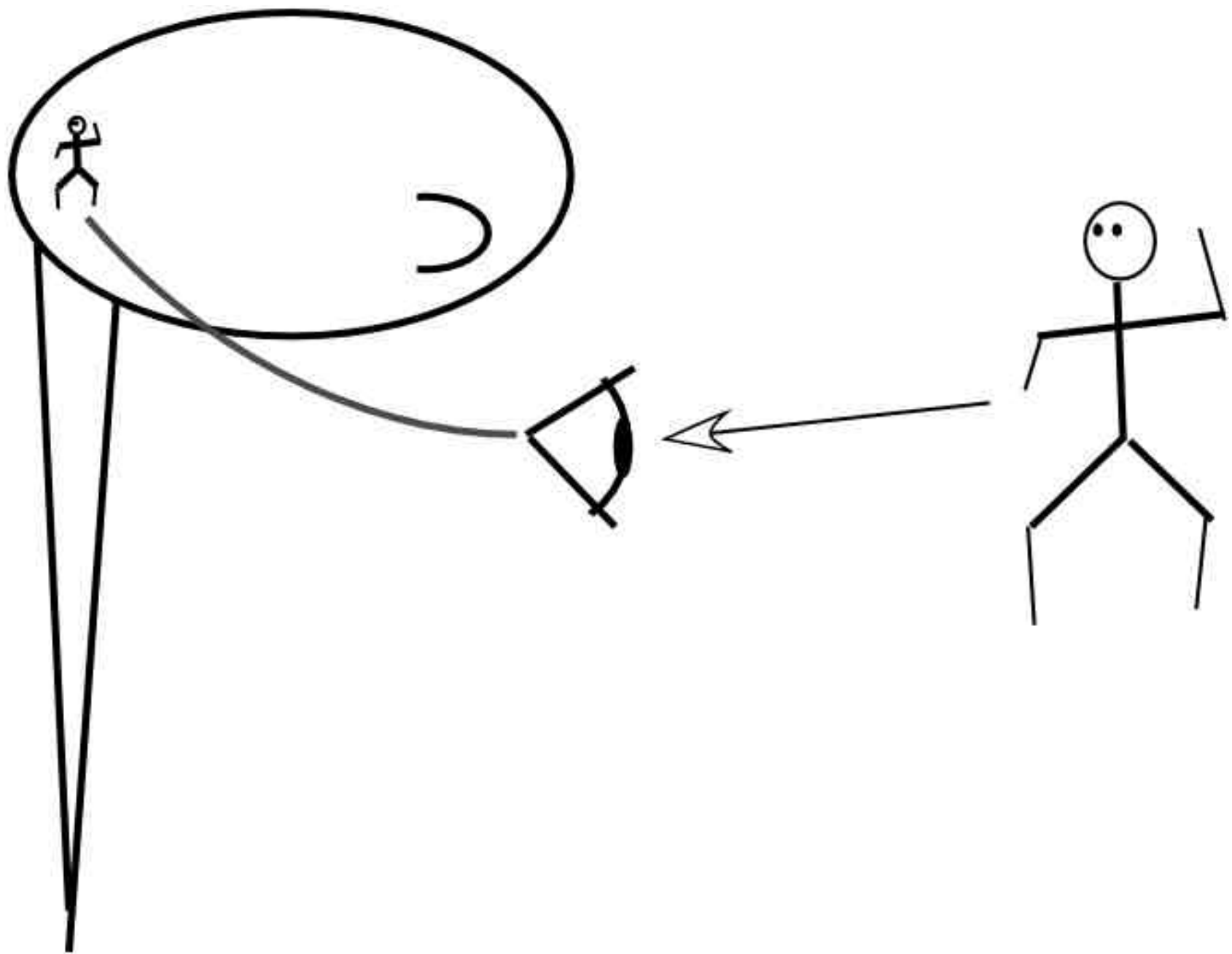
Understanding Anger & Fear

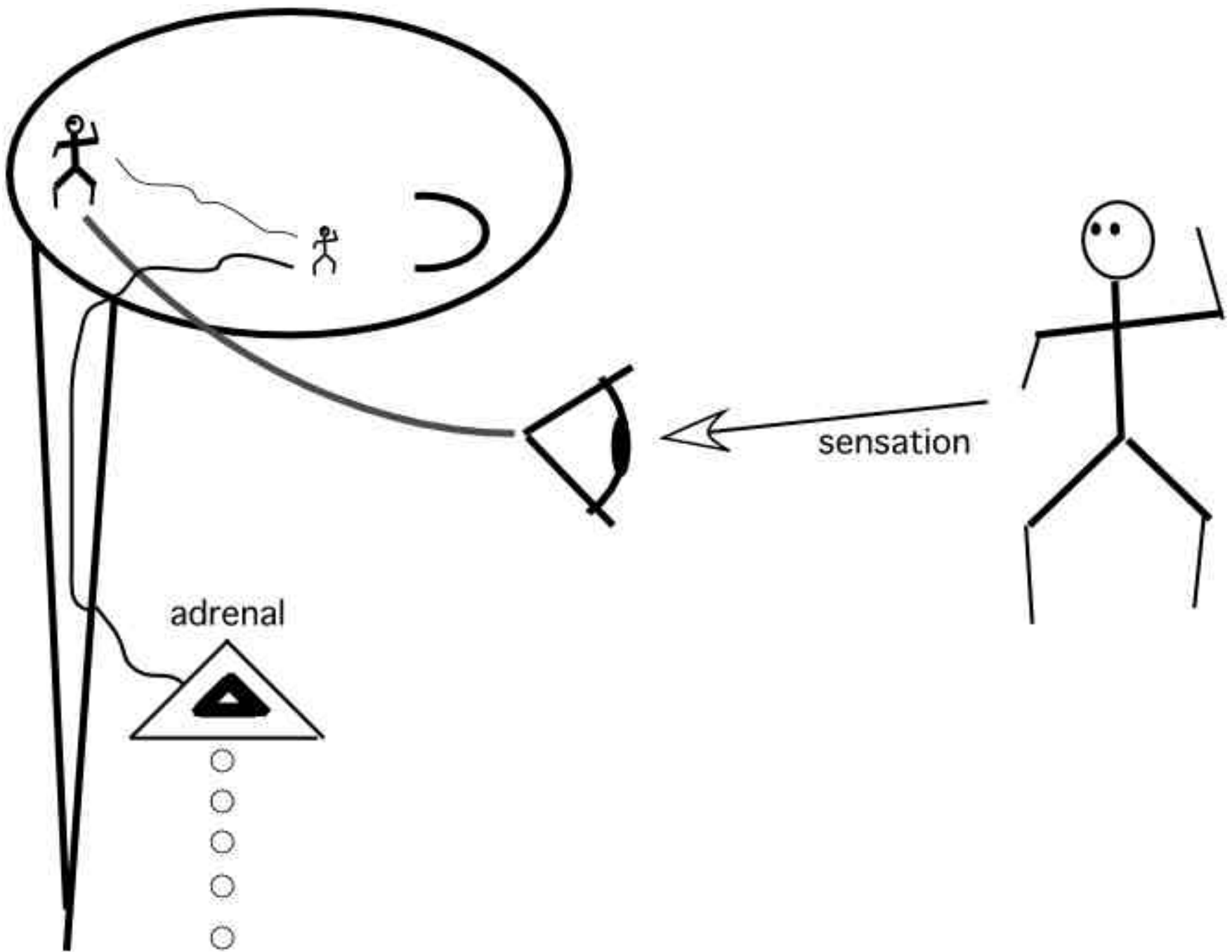
Space-Time Intelligence

Human intelligence results from the complex relationship of two minds—the Space-mind and the Time-mind. Understanding their relationship will take some careful thinking. They sometimes function as separate units. They sometimes function in conflict. They sometimes function in co-Operation. All humans have both a Space-mind and a Time-mind, but often they are developed to different degrees.

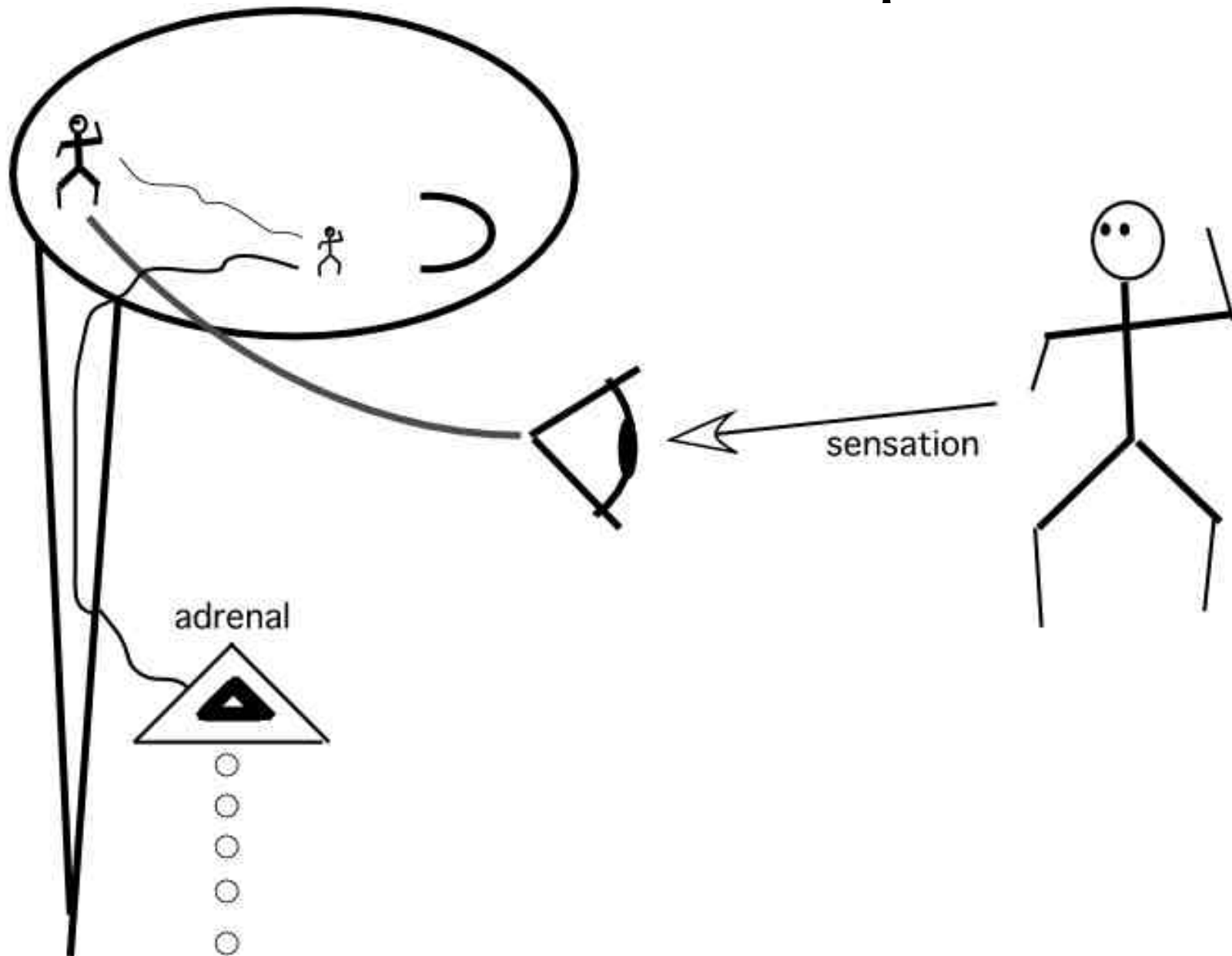
Space Mind thinks in images and codes those images with emotions.
The space-mind is responsible for survival in space.

Time Mind thinks in words and forms those words into opinions.
The time-mind is in charge of understanding in time.

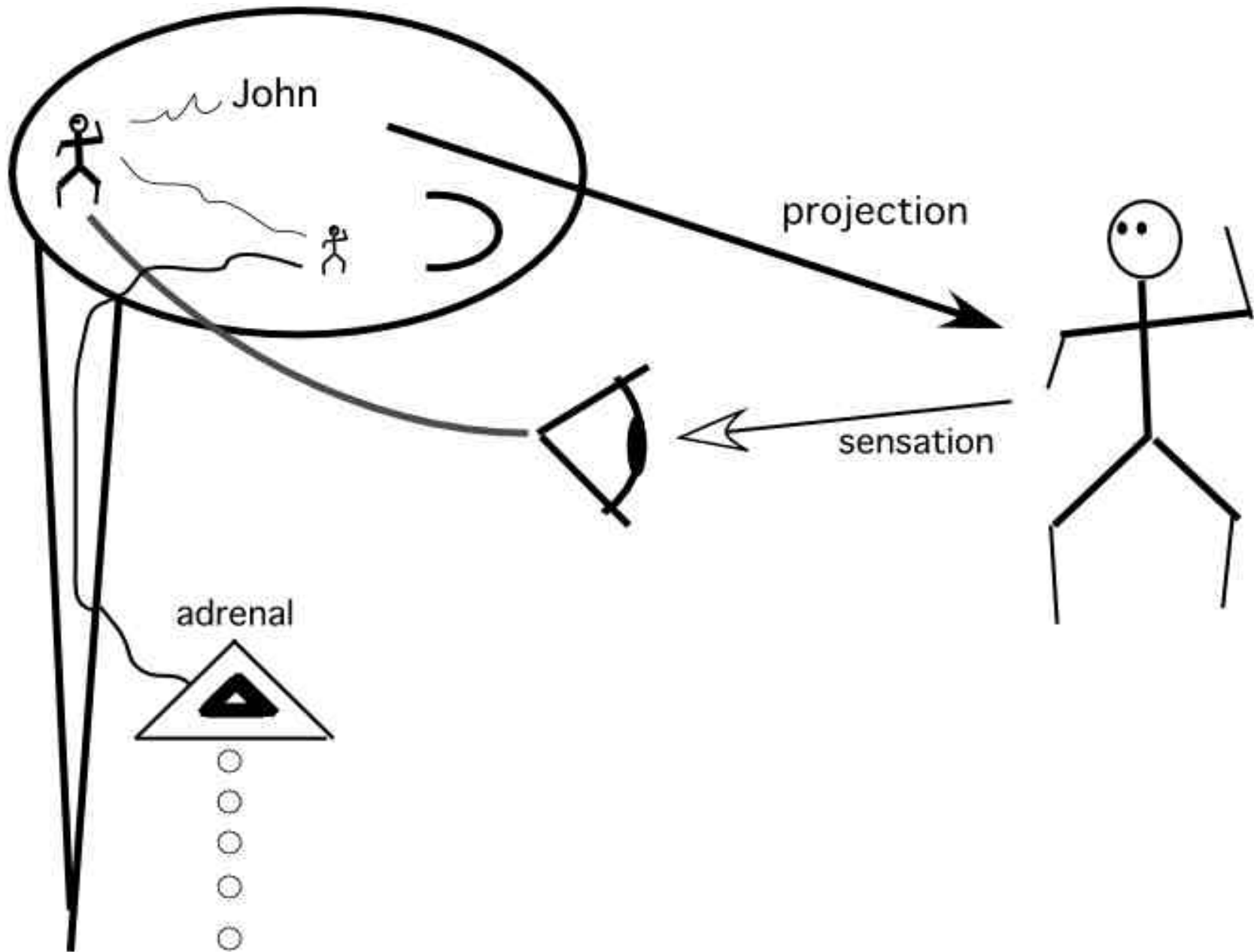




Space Mind



Time Mind



Survival

Of all the stressors that effect humans, the emotional stressors are the most powerful. The reason for this is our animal body. The design of our body is very old. It comes from the jungle. Our body survived in a jungle where tooth and claw was the rule, where survival of the fittest, the adversary fittest was the rule.

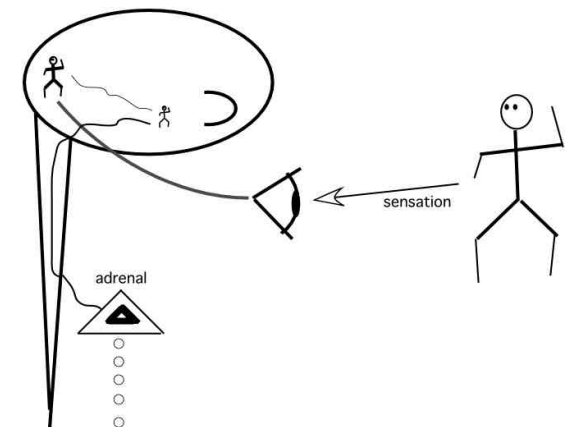
Survival in the jungle is not very much fun. If you watch one of the National Geographic specials you get a clear picture of what the space-mind is all about.

Anger Hormone — Nor-adrenaline

When you release the anger hormone, you prepare to kill. Its a matter of personal survival. The physiological changes that result from a nor-adrenalin release are astounding.

- Blood Pressure jumps way up 220—230—240—250
- Heart Rate goes way up 120—140—160—180
- Blood gets thicker, stickier, and clottier
- Turns off the immune & GI systems

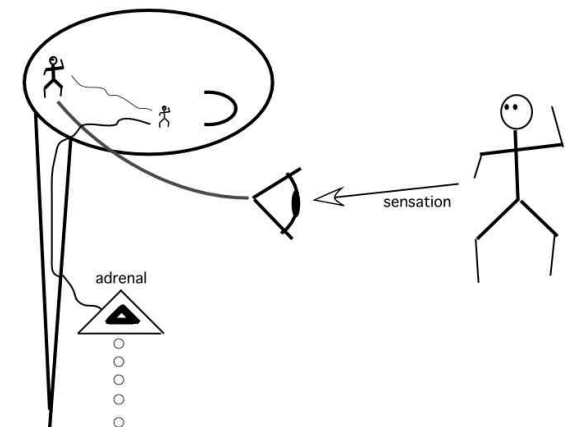
Preparing for Battle!



Anger Response

Preparing to Bite — Blood supply floods to the biting muscles, and the face flushes.

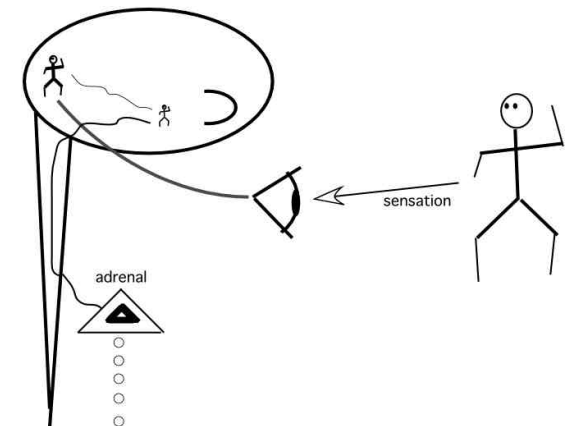
Preparing to Hit Hard — I feel an urge to hit, slug, punch, or kick. I want to hit something. I want to hear the BOOM. I want to hear something go BANG!. I want to SLAM the door. I want to hear some NOISE,



Loss of Effective Intelligence

In addition to all the physical changes that occur in animals and in the human body with the release of Nor-adrenalin, another thing happens to us humans. What is that? We get stupid. Have you ever noticed how stupid you are when you are angry? When you are angry you loose access to up to 80% of your effective intelligence.

Space Mind is in charge of survival. It attenuates the Time Mind. It has no need of opinions. It's going to kick some ass.

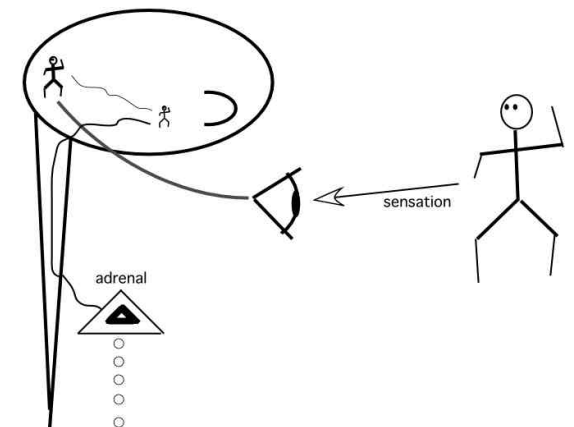


Fear Hormone — Adrenaline

When you release the fear hormone, you prepare to escape. The action will be flight and/or hiding. The focus is on avoiding being killed. The effects of *adrenaline* on the body are equally powerful, but somewhat different than nor-adrenaline

- BP is high, but not quite as elevated as with anger.
- HR is even more elevated than with anger.
- Marked Tremor
- Urge to stool — emptying the GI system
- Turns off the immune & GI systems

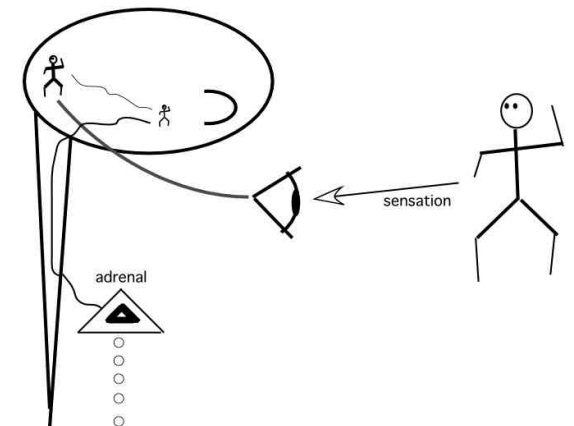
Preparing for Flight!



Fear Response

Preparing to Run — Blood goes to the legs preparation for running. I don't have the urge to hit hard, my urge is to run fast.

I have the urge to get away. I have the urge to hide. I don't want to fight. I want to avoid a fight.

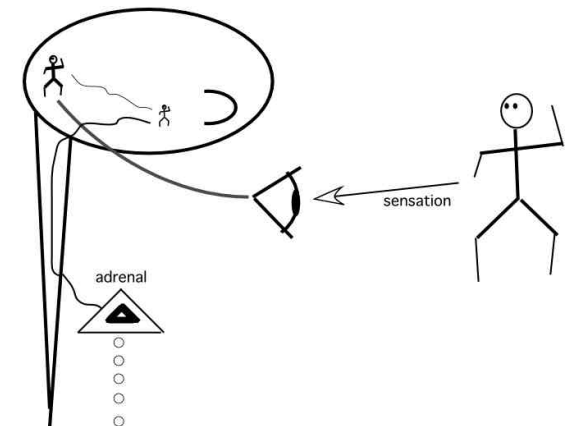


Loss of Effective Intelligence

In addition to all the physical changes that occur in both the animal and human body with the release of adrenalin, another thing happens to us humans — We get stupid.

When you are afraid you lose access to up to 80% of your effective intelligence.

Space Mind is in charge of survival. It attenuates the Time Mind. It has no need of opinions. It's going to run for your life!



Maladaptive Emotions

When you're angry, your body is preparing to fight an enemy in the external world and it can not waste energy fighting an infection inside your body. Your immune system won't work. Because again, you can only use your body for only one thing at a time. And it's all based on hierarchy and priorities. If I think somebody is trying to hurt or kill me, how important is it to worry about viruses or bacteria.

When I am angry or afraid, my body shunts all energy to the muscles for fighting or fleeing, leaving me with no protection against viruses, bacteria, or cancer cells. Unnecessary anger and fear is maladaptive and dangerous to your health.

CALMNESS —def—> The ability to process information without physiological response.

Intelligence is different from knowing. Intelligence is the mechanism for processing incoming information.

Intelligence is the hardware. Knowing is the software. And when you are deeply calm you are 100% intelligent.

An individual who has mastered calmness knows that all internal thinking is symbolic. If my body responds to every thought of danger let alone every real danger, then I will truly come to know the meaning of the sentence: “The coward dies a thousand deaths, the brave man only one.”

A thousand deaths

Today most of us die a thousand deaths. When we imagine our problems and stresses, our bodies tense and strain. When we think of danger, we feel afraid. When we think of hurt, we feel anger. These feelings of anger and fear are just our internal sensing of our bodies as they prepare to fight or flee. But when our bodies prepare to fight and flee, they shut down vital systems.

If these systems are shut down for more than a few moments, we shorten our lives and become sick. In a world of chronically frightened and chronically angered individuals, all our lives are shortened, and all of us are sick.

In our modern world, calmness is a survival skill. Calmness is the ability to think of danger and hurt without feeling fear or anger.

Calmness

Most powerful human emotion

- Reduces Heart Rate
- Lowers Blood Pressure
- Turns on the Immune and GI Systems
- Enhances cellular repair and healing

Turns on the Time-mind—Enabling the Dual Mind, thus
Maximizing and Optimizing Effective Intelligence.