

FROM LOVE TO A LOVING SOCIETY: AN APPROACH TO A BETTER WORLD

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Abstract

It is true that the world is always changing, unfortunately, it has now reached a point where it has been transformed into a world of destruction. We are facing today a time when people only care about themselves, when they have chosen to ignore the problems of the others, and of the Earth itself, with the only purpose of satisfying their own desires. And today we are receiving a 'Wake-up call' to stop living our insatiable lives, and start living on the service to others.

However, the question would be, ¿How do we change the reality today, if we cannot change our actions in the past? And my answer is, Love to create a new and better society, because love is, as defined by Priest Pierre Teilhard de Chardin "*the most universal, the most tremendous, and the most mysterious of the cosmic forces.*", and the key to being able to live in harmony with the other people, the nature and all the living creatures.

I am an electronic engineer, fascinated with the way the brain works, and driven by the curiosity of understanding why we all have different personalities and behaviors, and what causes neural damages to occur, resulting in mental diseases.

In addition, I believe that understanding how we shape our behaviors can help us identify what could make a person be capable of hurting another one; because being a citizen of this planet, I cannot ignore the suffering, the pain, the fear, the injustice, and the loneliness, our brothers and sisters in the world are facing today, and for that reason, this essay reflects what I believe is the solution to all the hate we are experiencing today, in the light of Teilhard's work, and examples of how it would be if love was applied on different scenarios of our daily lives.

This essay is an invitation to not lose hope, but to work together in love and union for the beautiful future that we want to leave to our children and their children.

I. Introduction

The reason why I came from Colombia to Japan was because I was looking for a laboratory where I could work on neuroscience and research about the functioning of the brain in a healthy state and in a sickened condition. I was driven by the idea of deciphering the brain, and with that making it possible to determine what the causes of neural degenerations are and what possible solutions could be formulated to treat those mental diseases.

With that in mind, I joined a research laboratory working on the comparison between musicians' and non-musicians' brain, through the analysis of fMRI images (Functional Magnetic Resonance Imaging), specifically on data obtained through the technique of Diffusion Tensor Imaging (DTI); on an attempt to identify in which way and to what extent music could help brains have more plasticity to learn, carry out coordinated tasks, and facilitate the recovery from brain damage.

However, while I was trying to understand how the brain works, I could not help questioning, ¿Why would people do bad things to others? ¿What is hidden behind the conduct of a person killing another one for no apparent reason, and how to avoid that? Those thoughts were invading my head because I want to serve others, and I just could not ignore what is happening in the world; what is happening to all the victims of war, to their families that are trying to run away and in that attempt they lose their lives, or children are separated from their parents, and then finally arrive to be treated as something we have decided to call "refugees" but that in other words only means, different and less important than the "citizens" of which ever country they went to. They have been left without protection, they are at the mercy of other people. And these is not something that is only happening with Syrians, this is something happening to people inside their own countries, but then they are called "displaced", but not even neighboring cities are willing to take them in their lives. I cannot ignore the fact that the Earth is reaching its tipping points, and our insatiable life-styles are close to trespassing the Planetary Boundaries¹ causing the Earth to no longer be suitable for all species to live in it, bringing the destruction of ecosystems. I cannot ignore how nature is being destroyed because the land is just too small for our big human worlds, or how animals are being tortured and killed to satisfy consumers' taste for fur or leather, for entertainment or even worse, for the delight of killing. I cannot accept that poor people are starving to death, and wealthy people are throwing food away because they "don't like it" or because "they're too full", it just does not make sense to me the idea of poor countries dealing with hunger and industrialized countries creating policies to reduce food waste. I cannot understand how people are changing their cellphones, computers, TVs, every time a new and "better" model comes out, without even thinking about the impact these electronic wastes cause to the environment, and without caring about the fact that most industrialized countries ignore the international laws on transboundary movements of e-wastes, agreed to on the Basel Convention, and ship all those wastes to countries like

India, China and Nigeria, were poor people and mainly children, go into these dumps and manually try to extract the metals that can still be sold for money, at the cost of inevitably poisoning their bodies due to the toxic heavy metals, including mercury, lead, cadmium, and beryllium; and to other hazardous chemicals, such as brominated flame retardants². And many other issues that are affecting us today, and that will not cease to occur unless awareness is raised among the young generations, and we start acting together for a better future. We must act Today if we want to have a Tomorrow.

That is why I am not just an electronic engineer, working in the field of Neuroscience, but I am also a citizen of the world, who wants to work for the world. For this reason, my essay will show what I consider must be a revolution to society and our way of thinking specially on students and highly prepared professionals in science, engineering, politics, law, among others, through love, with the inspiration of Priest Pierre Teilhard de Chardin, to always stay close to God and remain strong in our faith.

II. Our world today and what can we learn from Teilhard de Chardin

Humanity is a dynamic concept, first there is the known evolution of human beings as a specie, from primates to Homo Sapiens, and then there are the changes that have occurred since then, changes that are still occurring from our initial curiosity and desire to understand what surrounds us, and together with this has come our acknowledgement of the spirituality and the existence of God, because like Teilhard verified through his own in-detail study, there would be no life without God. However, through time the motives to those changes have been changing, and today it is our desire to avoid death what seems to be our biggest motivation. We keep on inventing new medicines, new treatments, new commodities, and new technologies, trying to make our daily life easier and safer every day, unfortunately, in that process we have lost our capacity to love, we are so immersed in the fear to pain, to suffering, to sadness, to diseases, to death, that we have become slaves to ourselves, we have become more selfish than before, we have stopped helping others if that could cause us any harm, and even worse, we have chosen to harm others under our own interests and benefits.

We have evolved into stray men, apart from God, and the Earth, our suffering brothers, and all God's creatures, animals and plants, are asking us to go back to Him. Because we are causing more damage that can ever be fixed, we are killing each other, we are stealing from each other, we are denying our hand to those in sickness or poverty, we are rejecting our brothers and sisters with arguments based on hate, hate towards what is different, hate towards what challenges us, hate towards what we do not know and we fear. We are living in a world where we decide whom we love based on skin color, religion, nationality, gender, and social status, deciding to ignore the fact that we are all one and we are the

result of God's love, and as that we are called to love each other like Jesus taught us, and like many saints through time have shown us.

It is time to listen to our calling, because like what happened to Saint Augustine, we know what we have to do but we are afraid to give up on what we think is pleasant and is the purpose of our life; but we must not fear, for God is our glory, and only on Him can we reach happiness.

Like Priest Teilhard and his cousin Marguerite Teilhard (Claude Aragonnes) showed through their lives, it does not mean lying on bed every day contemplating, worshiping and praying to God, but instead we must go outside, go to where we are needed, go to those who are in doubt and show them better, go to those who use science against God, and prove them how God is the absolute truth.

In the case of Marguerite, although she did not feel the vocation for the religious life, she pursued a life of service to God, through her educational work, encouraging girls to work hard for more and better opportunities including careers in liberal and civil services.

On the other hand, on the cards between Teilhard and Marguerite, from "The Making of a Mind" we can see how Teilhard always kept his vision of an **"All-embracing unity"** in the universe, which helped him go through the times of war, with his unbreakable hope of the day when that battlefield would become the land in which a new world would be forged.

Both Teilhard and Marguerite show us how we have all been chosen by God to carry out a special mission, and how we should follow it. Some of us have been called to become doctors, to treat, accompany and give hope to patients and to their families; others have been called to be engineers, to solve every day's problems, to make us reach far places faster, to help us communicate with those far from us, and many other daily tasks.

However, all this knowledge represents power, and we must not be carried away by the power it gives us, we must not forget that the reason why we do what we do cannot be to become rich, but to become useful, to serve everybody around us, from small details like formatting our friend's computer, to developing water purifying technologies to help reduce the number of deaths caused by drinking contaminated water, or to making light shoes for those who have to walk long distances to school or to work in Africa under high heats, or creating green technologies to reduce the emissions of CO₂ to the environment.

But unfortunately, we have become greedy and we want more and more, we are being driven but what power offers us, and we want to keep it to ourselves, we want to be the richest, we want to have the best and biggest lands, we want our water to be better than the others', and we become materialistic people, measured by what we have, instead of by who we are and the value of our actions to help others. And the worst part is we do not feel bad about it, not only do we not feel bad when we do bad things to others, but also,

we do not feel anything when we see others in difficulty, in hunger, in poverty, in disease, under aggression, or loneliness; we just feel happy it is not us, and move on with our lives.

We have become consumers of our own poison, we are taking ourselves in a life of vain pleasures, and condemning our souls to a life of immorality. We have become our own enemy, we are not killing our brothers and sisters because they are our food, like animals do, we are not killing them because they have attacked us, like self-defense law states as "allowed", but we are killing them because we have become slaves to our hate, our envy, our greedy, our fear of them having more than us.

Fortunately, there is a way out, there is light to this world in darkness, and the answer is Love; because independently of the biochemical reactions in the brain that induce those conducts, a smile, a comforting message, or a warm prove of affection through caring love, can alter those cerebral circuits and transform their aggressive ways of thinking.

Love has always been there, and people have tried to define it, but they are going away from its real meaning, they are trying to find tangible evidences of something that does not even have shape, they are trying to portray what they cannot even see it, and on their scientific mistake they are reducing love to a chemical addiction between people, resulting from the action of some neurochemicals, primarily involving testosterone, estrogen, dopamine, oxytocin, and vasopressin, that react to sexual attraction, or to behaviors we like in other people, making us attached to them.

Nonetheless, I believe that definition is too simple, and far from reality. I would like to express in some words what I consider is love. Love is the essence of our creation, the strength that comes to us from within, the braveness in times of fear and doubt, the capacity to see our brothers in pain and help them in solidarity, the freedom to choose the other's wellbeing over ours even though we do not have to, love is service, love is sacrifice, love is justice to protect those oppressed, and love is power to help.

However, I would like to present how, on a more profound and mature level, Priest Pierre Teilhard de Chardin, after his efforts and time dedicated to understanding love, came up with a clear definition of love as ***"the most universal, the most tremendous, and the most mysterious of the cosmic forces...the attraction exercised on each unit of consciousness by the center of the universe in course of taking shape."***, written on his Passage from 'Human Energy' on 'On Love and Happiness'. Now, ¿What does this mean? He uses the evolution of Love to explain it as follows:

"In its most primitive forms, when life is scarcely individualized, love is hard to distinguish from molecular forces...Then little by little it becomes distinct, though still confused for a very long time with the simple function of reproduction...Not till hominization..."Hominized" love is distinct... No longer only a unique and periodic attraction directed to material fertility; but an unbounded and continuous possibility of contact through spirit much more than through body...put aside any sentimental feelings

or virtuous indignation...Love is a sacred reserve of energy; it is like the blood of spiritual evolution."

In other words, love is the force that lies within us and makes up everything we are and everything we do.

Now if we were capable of understanding love with such clarity as Teilhard, so that we could love infinitely in the way God loves us, the world would be so different. I would like to show how this love would improve our way of living, not as individuals, but as a community of men.

III. The Power of love in the New Society

- In Sickness

I have chosen to approach this aspect first because I, myself, have changed my way of thinking. First, my interest in the brain appeared because I once met a person, who was schizophrenic, and while he was just standing at the corner of the room looking at me, I for some reason felt scared, without really knowing why, just because they had told me he could be aggressive. That was the moment I realized I wanted to do something to help those patients in order to give them a better opportunity to live and enjoy their lives, without being feared by anyone for having a disease.

However, I have now understood that it is not that patients with mental diseases cannot live in society because of their diseases, but because of the lack of love in the society itself. The lack of capacity to love what is different from us, to love what requires more time to understand us, to love what speaks a different language, to love what we think will not represent any benefit for us, to love what seems not necessary to love. And that is the key to everything, if we loved them, we would be able to work with them, learn from them, laugh with them, enjoy the beauty of life with them, because God loves us, and he is always watching over us, we are all here for a reason, we are here because God sent us here to live and share with every other creature of his creation.

If we loved them, we would be close to them, we would understand them better and we would be able to identify what the problem might be and what could be done to treat it, and because they would feel loved and welcomed in society, they would be in stronger conditions to undertake a medical treatment and be as vigorous and healthy as any other of his/her friends.

If we keep thinking that medicine is the solution, sick people will always be treated as patients, and healthy people will always have a "better" life. The key is medicine with love, loving a patient means loving him/her as a human being, and loving the diseases as natural actors. An illness is not a punishment, nor is an act of hate or oblivion from God,

because although it may hurt, it may be scary, it may be long, it is a part of life, and God is always next to us, to give us strength, comfort, and hope.

If we love a sick person, he will know he is not alone, and that the people around him are taking care of him not because it is an obligation, nor out of petty, but because they love him, so he can rest his pain on God's and doctor's love. And the day God decides to call him, although he will be sad to say goodbye, he will also be happy because he had always been loved, and he would then be returning to the house of the Father.

Diseases are not our enemy, hate and fear are. Patients start questioning why them and not somebody else, they did not deserve it, but somebody else did, they hate being sick, they hate those who are not sick, they hate the doctors who cannot cure them, and they hate God for causing them that; and they fear the pain, they fear the rejection and they fear death. Healthy people fear diseases for the same reasons, and in addition they fear the sick because they can infect them or spread the diseases to others they love. These haters and scared people are selfish and weak in faith.

For these reasons we need that universal force Teilhard referred to as love, and in a New Society, the love patients need would be manifested by everybody around them, their family, their doctors, their nurses, their neighbors, their friends; making either the recovery or the departure easier.

- In War

This is something the New Society should just know from the past, but not again in their present, because once we embrace the love inside us, and once we recognize everyone next to us as our brothers and sisters, there will be no space for battles over power, because we will be happy with everybody's happiness.

With love we will learn to share our time, our knowledge, our wealth, and our enjoyable moments with everybody who needs us, and in that way we will be able to become like angels to those in need, until they are no longer in need and start helping others. It will be a chain of good actions, where there will be no space for envy.

With love governments will understand that there is no need to invest any money in military purposes or weapons, but that instead, those resources could be used to bring up the poor that we always discriminate for looking dirty, eating garbage and sleeping on the streets, to whom not only do we close the doors to opportunities, but to our hearts as well.

Getting to this point requires a lot of effort and time, because we have to go from today, when many people are living under constant shootings, bombings, persecution, scarcity, terrorism, and other disgraceful actions; to a future where a Peaceful New Society will be achieved, not just in the absence of war, but in the absence of fear, the fear to be killed,

to be raped, to be discriminated, or to be hurt in any way physically or psychologically, and in the fulfillment of all their humanitarian dimensions.

What we can do today to end the bloodshed may seem insignificant, but what we can learn from “Letters from a Soldier-Priest: 1914 – 1919” when at the outbreak of World War I Teilhard de Chardin, already an ordained priest, joined the French army as a stretcher-bearer, is to be patient in a fervent faith, to do all we can even if it implies risking our own lives, and to always see the good in people and in situations. In his letters, he wrote about the favors he had received in different occasions, and about how honored he felt serving the men he was taking care of, and even living in the conditions he was living he was always supporting Marguerite in the distance.

War and evil acts are inherent to hate, and as long as we do not stop fighting our own simple battles against our anger, our arrogance, and our selfish desires, and until we learn to forgive every offense, we will not be able to fulfill this point.

- In Education

In the New Society, every child, boy or girl, will be educated in equity, to raise them in values and awareness of their relationship to the others, and to the Earth and all living creatures. Children will know they are loved by God, by their parents, by their teachers and by their peers, and everything they will be taught will help them learn to love others and to pursue their dreams, with never-ending hope and happiness. They will be raised to be strong to accept some failures, but they will also be raised to be perseverant and never stop trying.

Children in the New Society will have their faith and their principles ahead of their own desires, and they will act with responsibility in leading roles, on behalf of those whose voice is not listened. They will be tolerant, they will look into the other people’s hearts and will love them for whatever they are, have, look like, or have done, because they will be raised not to judge but to live in goodliness inspiring others by their own example.

No child will be subjected to abuse, aggression, work, marriages, discrimination, or any other way of physical or psychological damage. And those who had been abused before will forgive their aggressors and teach with their example, the gift of forgiveness.

Imagine the New Society were children will experience love at home, with their caring and guiding parents, and then will go to school to learn about the laws of Physics, Mathematics, Biology, Literature, and more, so that later they can open new roads of opportunities for the next generations. Those will be the children who will then become the scientists and engineers who will find faster ways of cleaning the rivers that have been polluted today. They will be the future doctors and nurses that will take loving care of the patients and their families.

In the New Society every student will be praised for his aptitudes and skills, and will be motivated to continue learning, and also to reinforce those areas that represent difficulty for them, without giving them the wrong idea that they are bad at them.

The children of the New Society will be able to recognize the love in the authority of their parents and their teachers, understanding when they are scolded, not with violence but with teaching words, because they will know they are their mentors, who want the best for them.

Education based in love will raise children into loving adults, who will care for the others, who will feel empathy for the needs of other people, animals or nature, who will be able to free their hearts from vain attachments to the pleasures of this world, by clearly differentiating between the real liberty and the apparent one. These children will always love and cherish their life, as the gift it is, and that is why they will take care of it, will work hard to keep on going despite the difficulties, and will learn to see through the eyes of solidarity.

- In Families

The families of the New Society will honor the value of love and marriage, and will learn to love unconditionally and to forgive unconditionally. They will know their significant other, as their complement and company through their lives. They will learn to read their expressions to know when they are tired or worried and tell them, “relax, I love you and I am here to support you”. They will be able to trust without hesitating, and there will never be space to even think about misbehaviors coming from the other.

With love, a married couple will be able to leave any differences behind, and build together a new start, where each other will try every day harder to be perfect for their beloved one.

With love, the members of a family will tell each other beautiful words that will go as hugs from one heart to the other; but they will not just love through words, but through actions, like listening to the other’s problems at work, and giving them advice and support; like cooking their children’s favorite meal because they know how happy that would make them; the kids cleaning their bedrooms because their parents are tired from work; and many other examples. They will be honest with each other, and maybe sometimes a discussion will be necessary, but through dialogue and love, the reasons for the argument will be solved.

With love, marriages will not be ending over reasons like “I don’t love you anymore” because we would know in the first place that love is not something that comes and goes, but something that is always there and we can shape ourselves to love as much as we want. And then, they will be the first role model of union for their children to follow.

A marriage with love will result in loving parents who will be able to teach their children good from wrong, and to give them all the tools they need to become confident, optimistic, hardworking, and loving adults. And then, they will as well build beautiful, helping, and loving families.

- In Business

The love will be expressed at work and at our business when we act based in the benefit of both sides, whether the sides refer to two companies, or to a company and its clients. Businesses will be transparent, no side will try to trick the other through lies. Job positions will be given without any preference, for meritorious achievements and performances, and not because of existing friendships or family bonds.

The purpose of a business will not be to just increase the profits, but to provide good working environments to the employees as well as having a strong social responsibility to help in the issues affecting the world, such as poverty, climate change, gender inequality, and many others present today.

With love, coworkers will not be seen as competition, but as teammates, who are working with us to make the company every time better; so there will be no space for gossiping, envy, bribery, or anything related. With love we will be able to rejoice on our coworker's promotion, and we will be motivated to work as hard as that person did.

With love, we will learn to devote to our jobs like Marguerite did to education, not to fulfill ourselves, but to serve others in the best way we can.

- In Politics and Law

Governors, ministers, diplomats, policy makers, lawyers and judges, will understand that they are not in those positions to think about accumulating riches, and live in commodities with special treatments and benefits but to serve their nations and their people through justice, hard work, and example, for citizens of the world to be loved as one, and to work together to help build the New Society. Politicians must stop thinking about power, about land, about resources, about "what is mine", and start thinking about what they can do to improve the live quality of their people, and how to create guidelines and rules that promote love and tolerance, instead of promoting hate and violence.

All national and international functionaries will talk openly to their people and to other leaders in the world without any feelings of resentment or greed, they will leave behind their past and their interests, to build up a better world for their children and their children. They will know that there is only one justice, and it cannot be bought or sold,

and it applies to everyone equally. However, every individual will be given the opportunity to declare honestly, moved by the love of truth, and to be believed.

Living with love and justice, people will work hard to make their countries and the world every day better, because it would be their way of showing their gratefulness and happiness for what they are given, and all these lessons will be trespassed to the coming generations.

IV. Conclusion

In my research, I am tracking the influential path of music on our brains, and therefore I believe we could find the way in which we shape our behaviors, and understand what could make a person be capable of hurting another one, to the point of even being able to kill her. If we were able to decipher this, we would be able to interrupt this pattern of conduct, and prevent these events from happening.

However, it does not mean that we have to wait until it is possible to know which biochemical reactions in the brain induce those conducts, but instead I believe there is another way, which is through love, especially during the childhood, because independently of the networks that have been created on our brains, love from our brothers and sisters of the world, can transform those cerebral circuits into loving patterns.

I believe that like Teilhard always wrote about fulfilling his mission, I must fulfill mine which consists in understanding the brain while living together with others, observing them and promoting fraternal love, in order to be able to create a New Loving Society.

If we want to leave a better world to our future generations, then we will need to work together and understand that the only way out of this destruction that we live in today, is by loving all the peoples and the nature, and doing everything with love, because love is the only force that can take us out of our path of selfishness, envy and greedy, into a path of peace and harmony.

And if we want to be good citizens of the world, we must start by understanding that good is not just the absence of evil, but the realization of good through love, without getting tired. It is not enough, and it would be wrong to think we are good, just by not killing, or not stealing, or not causing any harm; on the contrary, being good requires loving actions, requires helping those in misery, in sickness, in loneliness, with their faith in doubt, in desperation. Requires, stopping on your rush to work when you see somebody fallen, and take the time to help him/her stand up, and then continue your way; it requires cooking for your mother when she is tired; it means helping a person carrying something too heavy; or protecting a person being attacked; it means forgiving always; it also means taking care of animals and of the environment; or say 'Hello' and 'Thank you'; in other

words, it means doing all the simple actions that we sometimes ignore in our anxiety to “change the world”, while blaming others for the bad things, without realizing that only when we change, will we be able to make the world better, like Mother Theresa said, **“Not all of us can do great things. But we can do small things with great love.”** There is a passage in Spanish, from an unknown author which I translated as follows: **“One day I started wanting to change the world, so I tried. After a while I realized it was impossible for me, so I decided instead to change my nation. After trying I realized I couldn’t, for which I decided to change my community. After a while trying I couldn’t, so I decided to change my family. However, after a while I realized I couldn’t, and now on my deathbed I have come to the conclusion that I should have changed first, because in that way and with my example my family would have changed, and at the same time my family with their example would have changed my community, which would have changed my nation, which would have finally been able to change the world”**, we are always living in a hurry, time is never enough, however, if all of us could understand those words, imagine how much more beautiful our world would be.

My invitation to those reading this essay is to start changing NOW, we need to start giving our own example so that every time there are more of us working for a better loving world. We must not get tired and we must not be afraid, because like Saint Francis of Assisi said we must **“Start by doing what is necessary; then do what is possible; and suddenly we will be doing the impossible.”** There is always hope at the end of the day!

We must always be scientists and engineers for the world!

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