

Live Life
and Understand it.



 **EMOTION**

Understanding the power of life



zoe
SUCCESS FACTORY

■ OVERVIEW – MISSION LIFE

■ Mission Life – The understanding of the world

BCOL enables a universal understanding about nature and life. Thus a new quality for life and technologies. Read the available books now and gain the understanding for yourself.



Mission Life – The understanding for the world

1. The understanding of human & nature
 - Nature & Habitat
 - Human Being & Life
2. Understanding the functionality
 - Understanding & Consciousness
 - Emotion & Feeling
 - Intuition & Flow
3. Understanding the way of thinking
 - Identity
 - Perception & Interaction
 - Communication & Interaction
4. Understanding Life & Togetherness
 - The Human Dignity
 - Social & Integrity

Mission Life Success – world's operation

1. The understanding, autonomous machines
 - Understanding Technology ASTEP
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2. BCOL in nature and technologies
 - BCOL the underlying logic of nature
 - Nature BCOL explains life & nature
 - Technologies highly efficient based on BCOL
3. Partner, Economy & Success
 - zoe cooperation
 - The goal: To create a high quality future with partners, investors, employees, ...
4. Technological Organization
 - IEFO The dignity & social aspect in a functional logic
 - KHEO Social and training by a logic

BCOL – ENDLESS NATURE



■ FOREWORD – EMOTION



■ MISSION LIFE Life, understand yourself, live quality.

▲ **Our universe, existence, everything around us we call nature. Change is the basic operation of nature..** Everything we can see and touch is subject to constant change. Some change is directly perceptible (wind, warmth, sounds, light). Other change can only be perceived due to the differentiation of before and after, i.e. by referring to the previous state in memory. Such changes take place slower for us, e.g. the celestial bodies move (resulting in day and night). Change is thus the basis of our existence and ability to act. Without change there would be no possibility of interaction, perception or life.

■ **The discovery of BCOL** by Professor Johannes Keller (University of Ulm) in one of the most extensive research programs concerning human understanding (cognition), the process of how life, thinking, understanding, man and nature are interrelated, could now be fully explained in a logic BCOL "balanced cooperative operative logic". Thereby a new self-understanding emerged.

■ **This new self-understanding** opens up to us humans completely new foundations and new possibilities for action and a complete understanding

in dealing with ourselves and other people, respectively with life and nature.

● **Read now** and learn why and how this is important for you personally, as well as on what basis you can put your life on a higher quality level. You will learn why there have been so many unanswered questions in the world so far and that there are answers for them now. After reading you will be able to look at your life and the life of all people with completely different eyes and see possibilities that will enable you and all other people a completely different new quality of life and livelihood.

✎ **MISSION LIFE** – benefit from the full range of one's life, through one's own unfolding as well as that of all other life.



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■ Emotion – This is how I communicate with myself, this is how I feel about myself

■ Understand yourself, you have power

The human being with his abilities is a true wonder of nature. There are so many hidden or in the past through ignorance suppressed possibilities. Emotions are a source of power that have been completely misused and misinterpreted. Get now a comprehensive understanding of how your emotions work, how you can deal with them and enable a boost for your life.

■ Emotions – energy of life

To make the possible, it needs a comprehensive

logical understanding, this will be given to you completely in the following. Your understanding will adapt this automatically. You can assume, even if they do not notice this directly, it will be noticeable in the future. Trust yourself and your abilities.

■ Learn the language of emotions

Emotion is the language of how you and your body interact with each other, learn to speak it, learn to understand what a feeling says and use that understanding to fully use your own energy and your potential, a quality that enriches your life.



■ Emotion – This is how I communicate with myself, this is how I feel about myself

■ Me and my life

What is reality? What makes us humans, our thinking and feeling? What is to be understood by feeling and emotion at all? Until the discovery of BCOL, a logic that describes and explains the functioning, the operation of nature, it was not possible for us humans to comprehensively logically explain the processes that underlie feelings and emotions.

■ Emotion – how to deal with it?

Until today, countless opinions, beliefs and good advice have been in circulation to tell us humans how best to deal with ourselves. This went so far that opinions have arisen that man must always do right by his emotions and that no one should demand that he carry on regardless, even if he has a

bad emotion. One must do right to the emotions, that is the dignity of man. Other opinions emphasized exactly the opposite, that one must suppress emotions, with all force, because these would seduce us and lead us astray.

■ Without understanding everything is right or wrong

We have managed to fly to the moon or Mars, but to understand ourselves, man and nature, and thus also the nature of man, has not yet been possible. But the logic is valid: to be able to deal with something understandingly, it needs a comprehensive understanding of it.



■ Emotion – This is how I communicate with myself, this is how I feel about myself

■ But I do understand myself

The problem here is, almost everyone was sure "I can handle myself, I'm alive", if anything, maybe the other person can't handle himself, he sees the world all wrong. And because he sees it wrong, he also behaves wrong. And that's why I don't feel well around him.

■ This is your opinion

The identity of man, his dignity, as well as social togetherness could neither be clarified for the individual nor for the community. On the whole, opinions such as "Quantity is central, that is, having enough to live on, preferably abundance, and doing as little as possible for it, that's what makes a good life." At the same time, millions of people are starving and fighting each other.

■ The war of misunderstandings

A perfidious war of opinion and emotion arose in the world as a result. This was due to the lack of understanding of one's own natural functioning. On the one hand, material prosperity and yet cata-

strophic conditions – increasing spread of depression, Alzheimer's disease, loneliness, drug addiction, stress, lies and polarizing opposition. On the other hand, hunger, poverty and war. So either people suffered from "prosperity and against each other" or from "hunger, poverty and war". Such a perfidious and against the human being directed system has never existed before in the world.

■ Understanding starts with life

However, since the common opinion was, we know everything, the other one behaves just wrongly, there was consequently also no reason or no possibility any more to look for and find something which was not yet known. If someone had bad feelings, they were first treated with "You have to think differently, look at it positively" and if that didn't help, with medications that restricted the natural function of the brain. Instead of asking oneself: What is the real function of the human being, why does the human being come outside of his functional range? Obviously there can be something wrong with the environment.



■ Emotion – This is how I communicate with myself, this is how I feel about myself

■ Detect habitat operation

Nature is created in such a way that it is not simply there like a law, but that it is constantly in operation. That means, every second things change, the sun rises and sets again, it rains and stops again, that always. There is an operation behind it, but we are so used to it, it is so natural for us that we don't think about it.

■ Life is an operation, not a law

We take it for granted that if we take a cup and drink from it, it will just work, that the ground under our feet will carry us when we walk. To waste a thought on that would be ridiculous, that is natural law. Nature is like that! We know that, it goes so, it was always so and will remain so.

■ Recognition of the operation

Although people have constantly dealt with it, they did not want to see that nature constantly interacts the same, so the ground always interacts and therefore is solid and one can build on it, can run, that this is so only by an operation, so a functioning. We could not see that we have a habitat, which chan-

ges through its constant operation continuously and life is only possible at all because of that.

■ Operation is the basis of life & nature

Only because the liquid interacts with us can we drink it. Only because the air interacts with us can we breathe it. Imagine if the earth stopped rotating, there would be no more wind, no more rain. The sun, its light, would no longer reach us, there would no longer be the vibrations of warmth. Nothing would move any more. Thus all life would be extinguished. Because life means change, interaction with itself and other life within its habitat.

■ Laws are static and bind possibilities

Until now, people had only understood this in a very limited way. They thought nature would be their basic law and would be natural, like their life. They had with it a conception which went completely past the function mode of nature and the life. They thought linear and since all basic laws are steady, they overlooked the real functioning on the one hand of themselves as also the operation of nature which makes their existence possible at all.



1. How understanding works

Emotion is based
on the understanding of the brain



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Understanding interaction

In order to truly deal with something with understanding, it requires a comprehensive understanding of it. That is the basis of autonomous life. You wouldn't pour gasoline over yourself and set yourself on fire – you would burn, that would be stupid, you know that. But how would someone know that who has never come into contact with fire and gasoline? You first need to understand what will happen if you do something.

■ The operation of understanding you do not see

Fortunately, there are only apparently self-evident things that one simply knows. These include not setting yourself on fire, not cutting off your arm with a knife or saw, not reaching into a socket, or

running in front of a moving car. We know all that. Only stupid people don't know that.

■ Embracing our nature

If you still think that way, be glad that nature has provided for people like you as best it can. Nature has found a way to make life possible, even if this has no idea at all about how it works itself. So to let life live, even if this deals completely incomprehensibly with itself as well as with nature. It has used so many resources for it that life should manage to build up an understanding for itself like the nature as basis of the life on the basis of perception and emotion before it has destroyed its own operation and functioning.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Accepting our origin

It is a complete disregard of nature and life to claim that you know. Studies have shown that all humans (unless you personally are an exception, which we would then like to examine more closely) are first of all a clump of cells after generation, at some point become a small human being and then after birth cannot even move in a controlled manner, let alone go to the toilet. Life, no matter what genetics, origin or skin color, is equally stupid or equally intelligent at birth. Anything else is simply a superstition invented in the past to justify oneself in the face of inadequacies.

■ Accepting understanding as a universal gift

Autonomous life, also that of animals, has generally the same basic ability and this is called understanding. Understanding is an operation, a function, which was given by the brain, better said the brain cells and their mechanics, as well as their function mode basically to every human being. Whether someone possesses 4 brain cells more or less, is completely irrelevant, because the human being uses only very little of his existing brain. That means understanding is an automatism which happens without intervention of that which we call thinking, without our consciousness, quite naturally.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Identify and differentiate our consciousness

It would be absurd to assume otherwise, because the consciousness is much too slow and much too small and narrow to have the power to do the understanding for us. That must take over our brain in the subconscious for us, on the basis of the operation or functioning available in every brain. Otherwise, how should it work that we are born without understanding, without knowledge and without a doctor title and then still can build up the whole understanding for our body, its interaction in its habitat? If not a mechanics would enable us to understand language at all, to understand walking, to understand dealing with objects, where would that come from? Only if a function that can do that has already existed, there is a possibility for it at all. That is a simple logic.

■ The operation of nature, our logic

By the way, explaining logic is not that difficult. Basically, all processes that we know from nature are logical for us. Imagine a pen, lift it in the air, let it go, what will happen? No, it will not remain suspended in the air, it will fall down, that is logical. Imagine you take a filled cup, hold it over your lap and turn

it around so that the opening points downwards. What will happen? It's logical, the liquid pours over your lap. That's logical, everybody knows that... That explains logic, natural logic. Natural logic is nothing more than being able to explain and predict the processes that occur operationally, i.e. automatically, in nature in certain situations.

■ Know your own body functions

By the way, that knowledge not you, but your brain, its basic function, knows that and reveals that to you, your consciousness, in the moment when you "ask" your brain about it or it sends it automatically to the consciousness in a situation unknown to you. Namely, the brain cells have received the functioning of the basic operation of nature as a building principle. This means that everything the brain perceives serves the cells and synapses as a blueprint for how they assemble themselves. Based on this, the brain in your head automatically, without the intervention of any belief or special intelligence, rebuilds perception into connections that then form complex networks. These networks represent a kind of logical "recorder".



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The logic of perception

This means that when a situation is perceived, the cells are triggered and now the signal begins to propagate into many more cells that have connected via synapses. The pathways that are run are your experience that has been logically filed. In the process, the details of the perception are identified, for example, the cup, the liquid, which you may not even see. But cup and liquid are connected with highest probability. If you are a tea drinker, then cup and tea, if you are a coffee drinker, then cup and coffee, just what was mostly associated with the cup. And then the process starts right away, either make cup with tea or cup with coffee or bring the cup to your mouth.

■ The subconscious in the brain – the "good spirit"

Your brain makes this process by triggering via the synapses and cells everything that belongs together and has been filed within perception. Since nature, as described before, never stands still, natu-

ral perception is always about processes. And so your brain also stores only processes and connections.

■ The brain understands everything

Contexts are processes occurring simultaneously in natural thinking, i.e. hand and cup, i.e. their interaction. And that's why your brain knew immediately when we asked you to imagine holding a cup over your lap and letting the opening point downwards, what would happen then. Now you may say: simply ingeniously intelligent, what nature has come up with how understanding works. One must first come on such a logic! It took us humans several thousand years to decode the BCOL – "balanced cooperative operational logic" – of nature, i.e. the functioning of nature, in order to then understand the functioning of the brain as blueprint logic.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The "good spirit" is reliable

This now finally existing understanding will now bring a completely new understanding for the human being, thus ourselves. If we still had believed mostly so far in some "super spirits", thus a supersensible something, whatever we call it, we now know that the blueprint function derived mechanically from nature and given to the brain cells enables us to think and understand quite logically. So that this is our "good spirit", which takes over the necessary interactions for us, as well as the logic of the understanding and makes an autonomous life possible for us only with that.

■ It is a flawless mechanic

So again, so that it is really understood: our brain, the cells and synapses, have received by nature a

mechanical ability, which we call Blueprint logic. Following this mechanics or logic, the cells or synapses connect biomechanically due to the signals coming from the nerves (our sensors like skin, eyes, ears, but also organs) or leading to them (our actuators like fingers, hands, feet, but also heart and organs) to a complex structure.

■ The mechanic works on the basis of perception

This is automatically formed on the basis of the processes and correlations, and thus corresponds exactly to these correlations or processes that were perceived or sent by the sensors and actuators. Named as Blueprint logic because it is a blueprint that corresponds to the BCOL of nature.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The result is understanding

This process is called understanding, because with it the brain is able to "run off" any context immediately at any time. In contrast to the nature, the brain can carry out this within fractions of a second, because it does not really have to run off in the nature, but the whole structure was already perceived in the end and therefore already exists. It can also jump into the sequence at any time at any place or combine the whole with another perceived sequence.

■ Once there, then fast as an arrow and always retrievable

The "running off" of these formations does not work mechanically, like the formation of the formation, but on electrical way about signals which

are transmitted by the synapses and cells. The "running off" is thus as fast as an arrow, the signals are transmitted in light speed. That means, if a structure is already present, it can be done in an instant, if the structure has to be built first, it takes longer and requires training. Training is nothing else than to run this structure several times, so that the connections consolidate and are available in the future in full speed at the first go

■ This is my tool, my intuitions

Intuitions are called that, because these connections are provided by the brain without thinking, they are simply "triggered". If several intuitions are triggered one after the other, this creates a "flow", a sequence that our brains simply carry out without us having to think consciously.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Mytool, my additional skills

The more such intuitions we have "stored", the easier it is for us to simply interact in the perceived situations without thinking, i.e. completely unconsciously. The brain only sends signals briefly, perception, all clear, processed, and that recurrently. Incidentally, all bodily functions the brain works off for us that way. It must also, because if we would have to think about whether now the heart should beat or when it should beat, we would be dead long ago.

■ Being quick as an arrow, that's my "good spirit"

This function, the signals that run thereby, could be called the "good spirit". Because they accomplish for us what we need, on the one hand, to control our body and to keep us alive, on the other hand, to be able to interact in our living space, to be able to grab a cup at all and bring it to our mouth. Without this "good spirit" and our body we would be lost. Our "good spirit" is as quick as an arrow and works unnoticed in the background.



2. How life works

Emotion is based on
life and its components



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Misunderstanding leads to violence

If we are of the opinion that autonomous life forms a unity and understanding just like that, then this is a misunderstanding from the time when life, understanding and thus autonomous life could not yet be explained. At that time, therefore, there were still many opinions and beliefs that led to misunderstanding and a lower quality of life, as well as war and strife.

■ Violence leads to assault

Results were psychological problems, i.e. that people went against themselves, their nature because of beliefs and opinions, affected their body as well as their spirit with it and this led accordingly to diseases. For an understanding human being (or autonomous organism) such a thing is incomprehensible. However, it shows how important understanding is to be able to deal with something understandingly.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The basic components of the human being

Us humans are made up of three components.

- 1. Our body, with the mechanics of the Blueprint logic in the brain.
- 2. Our "good spirit", that is, the signals, interactions that trigger the perception of our habitat and our body in the subconscious, whereupon the interaction of our actuators is triggered again.
- 3. Our consciousness, which we consider to be our "I".

Only this constellation leads to the fact that autonomous life can exist at all, which can interact individually in situations.

■ The component of the habitat

That means, our existence, our ability to act, thinking and consciousness exist only because the operation of the nature, an infinite cycle of interactions and interactions is available to us. This by the fact that the nature has created us with the ability of the understanding and has deposited us her operation as logic to the understanding of ourselves and our habitat as Blueprint logic in our brain as its function mode. Moreover, has provided the brain with a consciousness that enables us to virtually perceive nature and our environment on the basis of the logical composition of our brain.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Operation, interaction the livelihood

That means, our environment and nature is only available for us because it constantly interacts and is in interaction, on the basis of this it enables an order within time, which life urgently needs in it to be able to live. A standstill would mean that no more change is possible, with it of course also no more life. The time perceived by us is actually nothing more than change. The basis for the fact that something can exist at all. Because everything what does not change is also not existent, because it would be neither visible – therefore also opposite light no interaction would develop – nor tangible

and would have therefore also no place or place. This is simply not possible in our nature and existence.

■ The order, the basis

That we can live and understand, we owe to this basic behavior of nature, which can be expressed in the meantime as BCOL. That we can interact consciously in our environment individually, we owe to our consciousness, which is created due to the operation of our brain the BCOL as construction plan for the Blueprint logic using this, the operation of the signals in it, the "good spirit" virtually.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Our consciousness

Has reading this text completely pulled the rug out from under you and thrown your previous ideas about life, intelligence, etc. over the edge? We do hope that this has happened. This not unselfishly, because up to the year 2021 as neither BCOL nor Blueprint logic were known, there was actually hardly any hope for the human being, his environment, the habitat which every human being needs equally, the human being in the complete lack of understanding of the operation of nature, the cycles necessary therein for life had changed in a delusion of ideas and beliefs so far that a life will become almost impossible in the future. Only an understanding opposite the operation of the nature and the state of vital cycles can make life possible.

■ Preserving life, one's own as well as that of others

The operation of existence and nature has no direct influence on how an autonomous being deals with

its understanding. The nature has given possibilities to this, but the autonomous being decides himself. A decision against understanding, however, will always be a fight against the own life, the own nature, with it will always end deadly.

■ The natural meaning and purpose of life

Man as understanding life has the task, corresponding to his nature, to preserve the habitat by understanding. Until the discovery of BCOL, however, he had not perceived this as his identity, as his task. He had rather acted contrary, that is against life and understanding. Justified himself by beliefs and opted for disproportionality. Thereby he has gone so far that the human being could not arrange himself as life any more and also put himself against his own life, moreover exploited his living space with incomprehension.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The consciousness

The consciousness is generated "virtually" by the functioning of the brain, the signals generated in it, it is neither the body, nor the spirit, rather the signals in the brain, which could be named as "good spirit", only generate the consciousness. That's why living beings can also sleep and still not die thereby, because the "good spirit" works completely independent of the consciousness, it takes over all "works" which are necessary within the nature. This is necessary for life. The consciousness would not be able to accomplish this on the one hand, on the other hand is much too much filled by what it sees, hears and experiences. I.e. this would not be able for a second to take over the whole works of the "good spirit".

■ The body

The body is therefore accordingly the tool to be able to interact in the habitat according to the operation of nature. He has therefore all possibilities at the disposal, which the nature makes available to him as an operation.

■ The "good spirit"

The "good spirit" is generated due to the perception of interactions with nature and with other life. The mechanics of the brain is such that everything that is perceived must in turn be connected in interaction out of the body. Like nature, the brain is a logical image of interactions, every change is noticed by the brain and perceived as an interaction.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Interactions – the brain understands and coordinates

For every interaction, the brain, like nature, needs an interaction, that is, a balance. So just like the operation of nature, the operation of the brain is balanced cooperative. You can think of it like a seesaw: if one side is too heavy, the seesaw can't teeter, the heavier side just hangs on the ground, nothing works. Everything our brain cannot compensate for causes an endless deadlock, or "holes" thus a nirvana, a nothing. Both means that this perception can no longer be processed correctly by our brain. We know this from Alzheimer patients or also from depressions, anxiety states etc.. These are states which do not allow correct interaction or perception at all.

■ Consciousness – the command center

The consciousness has a very special task as command center, the "good spirit" could be named as communication center. All perceptions converge with it and it processes them as fast as lightning, completely logically and completely error-free.

The consciousness is the command center or also the "good spirit", because it indicates how it would like it to be. From it the defaults come, which the "good spirit" then immediately converts, the logic for it compiles and the synapses and brain cells place themselves in such a way and build, that the "good soul" does not have to determine this again everytime, but the "good spirit" takes over this fully automatically for the "good soul".

■ A division of labor based on special skills

Ingenious division of labor, provided that one has understood the system and the natural identity of life and BCOL. Because otherwise the "good soul" becomes very fast an "evil sorcerer" and this has nothing else to do than to abuse the "good spirit" to apply the possibilities of nature in ignorance and to bring with it automatically any life incl. his own in danger or to inflict damage on him.

For an understanding contact, it needs understanding – if this is not available, this leads automatically from the "good soul" to the "bad wizard".



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Understanding means knowing the effect

The "evil sorcerer" is an automatism that cannot be fought. Why shouldn't a person eat only sweets, because they taste good? It requires an understanding of the process that these very sweets, on the one hand, attack the teeth, on the other hand, make fat and also damage the body, the functions (eg the pancreas, which is responsible for the correct dosage of sugar in the blood). That is, a small child does not have the understanding yet and the sweets are just so obvious that he reaches for them. Only a "good soul" of another person, who is now social – that is, turned towards life – will be able to give the child the understanding, by this person communicating with the child and explaining it to him.

■ Perception leads to understanding

However, if the child has already been confronted with many "evil sorcerers", then another "logic" is already hard-wired in the child's brain, explanations do not have to be taken so seriously. It will automatically resist in this case. Warlocks are the-

refore "contagious" opinions, beliefs, etc., cause a virtual perception that is logically stored in the brain and of course then immediately triggered and unwound in the respective perceived situations. The "good spirit" (the subconscious processes in the brain) perceives for us, will fulfill its task as "good spirit", unfortunately also for the warlock.

■ Operation of nature, the natural understanding

The cycles of nature are the good models, they show the operation and the possibilities of life. Our brain urgently needs these logics, because with them it can master new possibilities and situations, which are just based on the logic of nature. All other logics, which are not natural, which contradict the interaction of nature, which shift the natural cycles etc. automatically lead to the fact that the "good soul" becomes the "bad wizard". The whole is a logical course, there you can think what you want, this is not influenceable by thinking or by anything else, this is the natural operation of autonomous life.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Consciousness – condition for autonomy

But how does consciousness come about? By now we should have noticed, there is nothing that is simply there. Everything exists only because of interactions. By the way, we urgently need the consciousness, because think about it, no matter what you think or imagine, it would be there immediately. No, that would not be like in the fairy tale, because the smallest wrong thought would cost you your life under circumstances. Once you have made a mistake in the sequence, the order and already everything would be void in reality.

■ Consciousness – the decision for or against life

Autonomous life needs accordingly a consciousness to get a virtual idea, what will cause now probably the intended interaction and also to be able to assign an interaction to the situation. The consciousness, the "good soul" is therefore necessary and it has actually the task to be the "good soul" for itself, the living space and with it also all other life. If it does not like this, it will automatically work against its own habitat, against its own life, as the "evil sorcerer".



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The communication

The "good spirit" generates signals through the operation in the subconscious of the brain, through the interactions of the cells and synapses, all of which are picked up. As long as the "good spirit" knows what it does, so it interacts in such a way as the "good soul" or the "evil sorcerer" has ordered it in former times, a perception comes into the brain, the "good spirit" simply runs the physically laid out ways and the perception is resolved 1:1 and the corresponding interaction has happened automatically. Thereby there is only a short hardly noticeable signal into the consciousness, thus a kind of basic noise, which does not trigger anything in the consciousness. Also basic body signals, because they were understood very early, are processed in such a way that we notice almost nothing. By the way, they are also the farthest away from our consciousness. Only if something does not function, then there is an alarm signal, to it however later.

■ The frame of consciousness

Important here is, the consciousness has a certain frame in all people. You could see it like this: the insi-

de in the frame is the "good soul", the outside, outside the frame, is the "evil sorcerer". This frame is created as a child, after a baby understands the basics of how the living space logically works, a consciousness arises, this first includes everything that comes into the child's perception. Of course, this is too much and, because of the many possible interactions and interactions, it puts away many things that are not to be tried until later.

■ Curiosity – the drive

This is the basic function of the brain, curiosity. To want to understand everything it perceives, to interact with it. Curiosity is also the reason why small children are not afraid, but also easily come to harm. They lack a basic understanding of themselves and of nature. For themselves, the whole world is open. In the past, this understanding was quickly trimmed down by the social environment handing over to the child its beliefs about nature, other people, and soon.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ The emergence of an identity

Through understanding, the child develops an identity, a framework in which he moves, which is his environment and the perception of both nature and social contacts. The child believes his perception, because the Blueprint logic is designed to actually manifest everything he perceives physically in the brain in this way. Second, because of his own interaction, the child develops a framework in which he perceives his own abilities. This is the frame that determines how many possibilities this person will later have available for interaction, i.e., his intuitions. The environmental frame indicates what this person will perceive. Everything that does not fit into the environmental frame, this person will not perceive or feel responsible for. This together results in the identity.

■ Identify yourself

Identity comes from identify, that is, only in relation to what is perceived within this framework, the person feels identified, i.e. responsible. Everything outside of the frame this person may register on the edge, but it does not affect him personally, there the world can collapse, it will not affect him. He will perhaps say "they are stupid", but that was it. Only if it then comes into his frame, then it affects his life, then he will interact with it at all.

■ Identity – your scope of action

This means that the identity of the human being gives the human being his scope of action. Only within this fixed logical allocation, grown in the brain, a human being will interact. The smaller, smaller this frame is set, the less interaction possibility is given to this human being.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ You alone limit yourself

Thus, identity is the limitation of life, of the possibilities of nature and of interaction both with nature and with other life. Identity is thus the understanding of the operation of life, of one's own life, of one's own understanding according to BCOL. Identity is decisive for whether I will harm myself and my life, thus automatically harming nature and other life, or whether I am a "good soul" for myself or an "evil sorcerer".

■ The natural identity

Indeed, the identity of every human being is clearly given by nature. Every deviation is therefore automatically a deviation of the life naturally given to

me and will lead to the fact that my own life is lost by illnesses like depression, Alzheimer, cardiovascular dysfunction etc.. This automatically, because the possibilities of my Blueprint logic are limited.

■ Equal for every life

The natural identity is the same for every life: the natural existence is to use the habitat, the interaction of it, thus the full possibilities of the BCOL, the Blueprint logic as "good spirit" of understanding, the consciousness as "good soul" to assign the interactions, the body as a tool to fully interact in the habitat with other life, to protect one's own life as well as that of all others, by preserving the habitat and maintaining its cycles.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Communication – a component in the body

But there is still one component missing. The component is missing, how the perception comes into the consciousness. We have seen in the meantime that every perception is processed directly by our "good spirit" by realization of the intuitions, without that we must do something consciously to it. This can happen understandingly for life, protecting it, as well as ununderstandingly for life, damaging it, both our own and that of others. By the way, BCOL is always interaction and interaction, i.e. interactions which harm others will harm use equally, at the latest by the fact that our brain grows in such a way and we are automatically limited, so in the future our life will lose more and more possibilities, until finally death can only be seen as redemption from the point of view of the actual possibilities.

■ Nature is certain

So don't worry, the nature has with BCOL an ingenious operational logic which causes that in the nature except an operation which is balanced 1:1 balancing cooperation, nothing else can exist in the long run. Thus there is also no reason for the fear that an "evil sorcerer" could take over the power. Because he cannot exist in the long run, the operation of the nature will limit him more and more until he is no more existent.



3. This is emotion

Emotion is communication



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Emotion – the content in consciousness

Now how does the perception actually come into consciousness? Quite simply: the incoming signals, which the "good spirit" processes and can immediately resolve due to existing logic through interaction, we only feel as a diffuse positive feeling. These signals are all within the scope of our identity, that is, within the scope of our sphere of competence defined for us. Here the distinction between emotion and feeling is important. Emotions are neutral and unevaluated. They arise directly with the processing of an incoming signal with regard to the relevant goal or result and the options for action available for it. Emotions are translated into feelings via the evaluation of the result of this processing (an immediately realizable option for action is available versus this is not the case), which show themselves involuntarily via facial expressions and gestures, for example.

■ Emotions – the communication

If now a signal comes into the brain, for which the "good spirit" had received no clear instruction sometime before, accordingly physically also no logical way (action option) is present, this triggers an emotion in our consciousness. If the thereby relevant goal or result lies outside of the imagined

identity, i.e. our subjectively determined area of responsibility, it now depends on whether we have connected this goal or result with our identity given by nature (i.e. whether we want to operate as a "good soul"). If this is the case, the search for options for action takes place. If, on the other hand, the "evil warlock" dominates (instead of the natural identity), then there are either attempts at justification ("that's none of my business" or "it's the other person's fault") or a change of goal or commitment to a different outcome ("I'll punch the other person in the face" or "I'll walk away and leave the other person alone"). The environment of the other people and their identity also plays a role here, because the question of whether individuals who are ready to operate are involved, and also the question of whether a common goal had been agreed upon, influences whether options for action are sought or whether the "evil warlock" prevails.

■ The identity – my greatness, my abilities

The "smaller" the people are here, i.e. the narrower their frame is, the more this then leads to quite a lot of warlocks who make each other's lives difficult, smiling in diplomacy to destroy each other's Blue-print logic.

■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Emotion and change of the target or relevant result

If the "evil warlock" comes to the decision to make a change in the goal or relevant outcome, this can mean the return to the "good soul", provided that the goal or outcome is compatible with IEFO (e.g., if the decision is made to involve other people in order to achieve dispute resolution and re-enter into operation according to BCOL). If the goal or outcome is not compatible with IEFO (e.g., "I'll punch the other guy in the face"), feelings of dislike, disgust, fear, jealousy, resentment, anger, envy, or hatred arise. Whereby these feelings can be combined with a diffuse positive feeling that occurs due to the successful exercise of an action option (e.g., when the opponent was successfully knocked to the ground).

Rating leads to feeling

If the perception of a signal is within the scope of the imagined identity but there is no precisely fitting, immediately realizable option for action, what matters now is the following:

● 1. The path we then consciously chose, we perceive as unsuccessful.

▲ If we have not previously determined that this one way must work, but only said "Let's just try that one, if not like this, then just try it again differently", then with the "try it again" an option for action

is present and a diffuse positive feeling arises.

Otherwise, the result is:

▲ Anger, rage, frustration. Is/are involved in the perception of failure of other person(s): Hatred, powerlessness.

● 2. If there are several possibilities in the brain and a decision is necessary:

▲ Good environment or people ready to operate: we just take one of the possibilities, diffuse good feeling, (let's see what comes out), curiosity, together, social.

▲ Warlock environment: anxiety, I have to get it right immediately, stress.

● 3. We have no possibility at all

▲ Good environment or people willing to operate: there is always the possibility to talk with another, affection, love, togetherness, lifted, glad, social.

▲ Warlock environment: hiding, covering up, fear, insecurity, reluctance, loneliness, depression, drugs, psychotropic drugs, suicide.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ This is only a rough scheme of how emotion packages are translated into feelings based on the evaluation. It is obvious that especially the readiness to use our abilities (for operation) as well as the role of the natural or imagined identity (the question of competence) are significant, i.e. whether abilities and identity harmonize or are imbalanced.

A natural identity, as well as the intuitive abilities to live it, is balanced. A natural environment, which also lives this, is a good environment. There are then as good as no more bad interpretations!

■ At the mercy of emotion without understanding

Since only through the discovery of the Blueprint logic a complete understanding of the human being, his emotions and feelings could be worked out, previously there were many beliefs and opinions that prevented a clear view of the operation of the human being. Since this is now understandable as well as logically comprehensible, this changes much in the understanding.

■ Feelings are ratings

In particular, people are then no longer at the mercy of their feelings and no longer have to fight against them compulsively, as this is equivalent to fighting against their lives. Depression, etc., can be avoided in the future if people are willing to accept understanding. If this is not the case, life will have no existence in the long run.

■ Feelings are interpretation

In the meantime it has become clear that perception is processed completely the same with each person. I.e. if one knows itself, one knows the function mode of the other person. This must have become clear in the end already at the beginning. Since the understanding in the brain originates from the Blueprint logic, which is equally available to each human being, interpretation can take place only due to the conscious individual understanding. Thus also the interpretation of the emotions, thus their evaluation, which one calls feeling. (The terms could not be defined exactly so far because of the lack of understanding).



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Feelings due to lack of interactions

There are also feelings that do not come through perception, but through the absence of perception. Blueprint logic and BCOL are based on interaction and interaction, i.e. everything must be balanced cooperative, if this is lost, i.e. not there, the body becomes ill, it needs other life besides nature and balanced cooperative interaction to be creative and the brain alive. If this is not there, a feeling of emptiness and loneliness occurs. Life depends on identifying and respecting each other to the fullest extent of nature, and each in it providing its fullest extent of interaction. If a life does not do this, it will automatically suffer damage because it can no longer feel its life in a fully positive way.

■ Feelings are the same, skills are different

That means: The emotions, which we perceive, are all the same, only the interpretation and the evaluation (feeling) is dependent on how we identify ourselves and finally from the environment, whether this perceives us, as a full life corresponding to nature, this also mutually protective 1:1 balanced, is demanded.

■ The full range of nature, a good feeling

Until the discovery of Blueprint logic and BCOL, there were probably very few people who lived their full naturally given bandwidth. So that they could enjoy life to the fullest, whether at work or pleasure does not matter. Because a proper environment is just interacting, stress is not possible in this, maybe sweating and doing it several times until it works. However, this is recognition of one's own body. The feeling thereby always balanced with a diffuse positive mood.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Pain – dysfunction, physical or virtual

A feeling that has not yet been further elaborated here, because the logic has not yet been perfectly defined, is pain. Pain means that it was recognized, a place of the body does not function as it should. However, based on the findings of blueprint logic, pain can also be a virtual pain, i.e., based on a virtual dysfunction (an imagined interaction or an interaction not performed). Social exclusion (e.g., bullying) and loneliness fall into this category.

■ Emotion – the package, the function

Meanwhile we know that the evaluation of the emotion has nothing at all to do with the actual emotion.

The emotion is the whole package, which is provided to the consciousness by the "good spirit", all details in it, the identified participants, the individual possible action steps or if none are available, just exactly all logics, which we have perceived in the past and our brain has stored logically.

■ Emotion our action experience and possibilities

But the consciousness cannot do anything with all this, because this package is much too extensive for the consciousness. Accordingly, we can imagine the emotion package as a matrix, a cube, in the center is the consciousness, that is the point of perception.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Emotion the ability for imagination

This emotion package now allows the consciousness to walk in any direction, forward (examining possible interactions and actions), backward (looking at how it acted in the past), sideways (going into more detail on the correspondingly identified objects). With each step that the consciousness takes, this is simultaneously signaled as a perception to our "good mind", which immediately rebuilds the package and sets the new center point where our consciousness is at the moment.

■ Feelings, the evaluation follows the ability

Accordingly, our feelings also change immediately, if this is a way that is known and accordingly safe, we become sure and consciously turn to it. In this

moment this is the new order, how such a perception should be handled in the future. After doing it several times, this is stored as intuition. And with that, the brain has changed again.

■ Emotion – the holistic communication

Emotions are thus our ability to order our brain, life and understanding as we would like it to be, whether this is actually good or bad is unclear until we have the understanding via BCOL and Blueprint logic. Only with the full understanding and acceptance of our identity according to BCOL does this become meaningful and truly powerful. Life properly aligned according to nature-given meaning and natural operation is a powerful tool.



■ Emotion – Start understanding yourself – otherwise you can't handle yourself

■ Without understanding

If we have oriented our life without understanding BCOL, that is, have a misunderstanding of life, then life is a torture, because either one suppresses one-self or one's feelings, cannot perceive one's possibilities, becomes lonely, psychotic or like a machine. Or because we suppress other people, block their possibilities, if we refuse operation according to BCOL. All this is not how nature designed life and its operation. Thus life (fortunately) will be finite in any case.

■ With understanding

To understand the emotions as communication and accordingly take the possibilities from it in the future. To use the abilities of the body fully and to be able to use the gut feeling. The body is ingenious, its possibilities are ingenious. Read the functioning of intuitions, with it you can realize your abilities and will be in hardly any situation without procedure option, so that emotions also do not have to interpret badly.



■ The natural attitude to life

■ By naming the natural operational functioning of life (according to BCOL), it can now be described what the natural feeling of life of autonomous organisms consists of. **The operation according to BCOL goes along with the natural feeling of life of the joy to be able to successfully make interaction for interaction within nature and in harmony with nature.** This feeling of life is shown by every infant with the observable joy of interaction. Likewise, we know the feeling of life from our pets who flourish when we interact with them and who suffer or die when they are not given the opportunity to interact. And presumably every human being knows the experience of flow: to become completely absorbed in the doing of an activity that is fluid and smooth, and to perceive the activity as a reward in itself.

■ Our idea of a fulfilled life must therefore be: it is necessary to perceive every successful result of an action according to BCOL as a reward, to feel it as satisfaction and as an expression of successful life. This experience of reward and satisfaction must be combined with the knowledge that each step is the starting point for the next steps in a development of continuous change in harmony with the operation of nature. The natural feeling of life is therefore the joy of being able to successfully make interaction after interaction within nature and in harmony with nature. **This feeling is holistic, encompassing the experience of reward and satisfaction combined with the knowledge that all life is a process of perpetual change.**



■ The natural attitude to life

■ At the moment (in 2021), the natural feeling of life is almost unknown to most people, especially due to the focus on momentary states (the disregard of permanent development and change) combined with a perfectionist ignorance of the significance of every single successful result of an action according to BCOL. Following the idea that it is possible to achieve a final, finished, optimal result makes it almost impossible to be able to experience the natural feeling of life. Such an idea is the combination of perfectionism with the focus on single states. We know this from people who strive to

build the most beautiful house possible, to host the most successful wedding celebration or to live up to the ideal image of a nuclear family. The state of owning a very nice house, of being married, of having accumulated possessions or of living up to a socially constructed ideal image has no meaning for the natural feeling of life. **For life is not a state, but perpetual change. And reward and satisfaction can occur not only in the attainment of a seemingly final optimal end state, but in every single successful interaction that is consistent with the logical-operational mechanics of nature.**



■ The natural attitude to life

■ The sensitivity to the feeling of reward and satisfaction as a result of such individual interactions, which we have largely lost, is the starting point for overcoming the consequences of disregarding the natural operational functioning and the dynamic order (mental and physical illnesses, social conflicts, environmental destruction, lack of understanding, excessive demands, poverty and hunger, loneliness, etc.). **Only by rediscovering sensitivity to the sense of reward and satisfaction as a result of**

individual interactions according to BCOL can we achieve a sustainable solution. Everything else represents a therapeutic attempt, effective at best in the short term, to mitigate the symptoms of disregard for the logical-operational mechanics of nature (through psychotropic drugs, medical interventions, the exercise of power and domination, the use of quantitative, problem-oriented technologies, etc.).



■ The natural attitude to life

■ We have to become aware without any doubt that all operations, all actions, which contradict BCOL and the logical-operational nature mechanics, have nature- and life-hostile, thus destructive quality. Nature provides us with the habitat and the ability to implement the logical-operational natural mechanics qua birth. Based on this natural logical functioning, an understanding of the logical organization of individual action (Knowing, How to, Execute, Operate; KHEO) can be developed and an understanding of a logical organization of life (Integrity, Economy, Functionality, Organization; IEFO). **The necessary elements to realize a harmonious life – to successfully perform interaction for interaction within and in harmony with nature – and to achieve the natural feeling of life are now available to all people.** This feeling of life is the

basis of life, adherence to this feeling is the only way to achieve permanently successful life in harmony with nature. **Passion for permanent life, for operation according to BCOL means: I want to interact with others, to fully contribute my possibilities, to bring myself into the dynamic self-organizing natural order. I do not want stagnation by clinging to non-operational opinions or seemingly ideal states. I don't want to justify mistakes and failures or look for culprits (because guilt is a state), but look for possibilities to come into new operation in interaction with other people. Only hand in hand (in a cycle of interaction) is operation possible according to BCOL. By isolated, individual acting or reacting, no lasting life can come into being.**



■ The natural attitude to life

■ Holding on to opinions without reference to operation and corresponding possibilities, clinging to role models and their characteristics (personality states) or to seemingly ideal states (the perfect nuclear family, possessions, socially constructed static ideal images) as well as the search for culprits and justifications for mistakes and failures ultimately only produce stagnation.

■ We have to admit to ourselves that so far we have not fully used our possibilities and our natural potential in operation according to BCOL. This is true for every human being. In this respect we are all "guilty". Every human being has so far aligned himself with states and has not recognized the

insignificance of this or has refused to recognize this insignificance of states. Every human being has looked for justifications or culprits for mistakes and failures instead of looking for possibilities for new operation according to BCOL. This has certainly been due to the fact that the realization and knowledge of BCOL was not available in explicitly expressed form. Now, logical-operational natural mechanics (BCOL) is openly stated and, moreover, technological support is available (via a "virtual brain" whose operation is based on BCOL) that makes truly comprehensive, global understanding possible. Without such a technological extension of understanding, only the search for a world formula or an omniscient God would remain.



■ The natural attitude to life

■ Thus, there is now no "excuse" for a person not being passionate about lasting life. The mission of life is openly before us.

■ The decision must now be made for every human being: Do I want to enable and protect life or do I want to live in disharmony with the natural, logical-operational dynamic order?

■ A decision with heart and mind can only follow the mission of life.



4. Appendix

The logical explanations



■ Emotion –The logic of basic emotions

■ The so-called **basic emotions** are considered to be strongly biologically anchored and can also be observed in infants as young as a few days old as well as in primates and other animals (in psychology, the term basic emotions is used). Among the basic emotions, negative emotions (anger/rage, fear, sadness, disgust/resent, contempt) dominate over a single positive emotion (joy) and an emotion that is ambiguous in valence (surprise); [in specific models, interest, shame, guilt, hate/love, and trust/mistrust are also considered basic emotions].

■ Our findings from research on the importance of the "Balanced Cooperative Operational Logic" observable everywhere in nature for human thinking and behavior (discussed in the article "There is no thinking without intuition") also apply to

human emotions and feelings. They show for the first time the central importance of intuitive behavioral processes for the development of emotions and feelings. This logic of basic feelings must be taken into account in order to achieve a successful handling of emotions and feelings.

■ When are basic feelings experienced?

Joy occurs when a (substantial or unexpected) progress in the process of goal realization is noticed or expected. Ex: Mother returns home after a long absence and takes her infant in her arms. Winning a gold medal at the Olympics. A nice dinner with close friends is coming up. Negative feelings always occur when the course of intuitive action processes is disturbed or is not successful and no intuitive behavioral reaction to this disturbance or failure is available.



■ There is no emotion and no feeling without intuition: the logic of basic feelings

■ Examples of negative feelings:

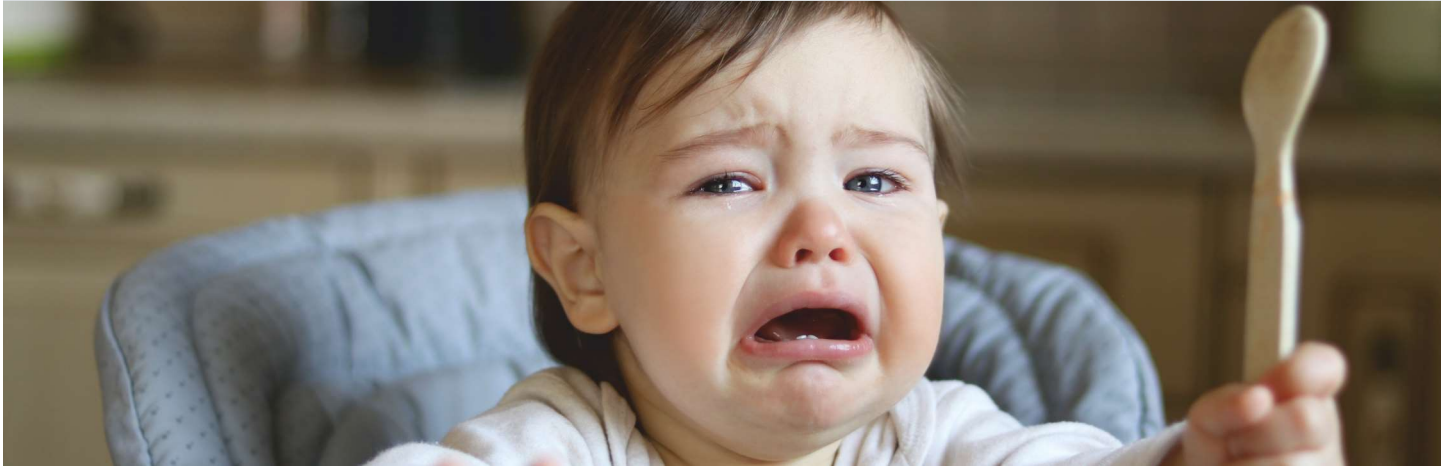
Example: When driving, the car in front brakes abruptly and sharply (fear). At work, a colleague messes up documents or tools so that one has to search for the necessary documents/tools at great expense (anger). One cannot read a text well because it is written in illegible handwriting (reluctance). After losing a loved one, one can no longer engage in the usual interactions with the person (grief).

■ The logic

When it is perceived that habitual intuitive behavior cannot (or no longer) be successfully performed or is disrupted and no intuitive behavioral response

to this disruption or failure is available, the cognitive system takes over the processing of this failure or disruption and intuitive responses initially occur as a result of the cognitive processing of this trigger, which include physiological elements (e.g., heart rate increases, release of hormones) and automatic behavioral responses (e.g., facial expressions, brief freezing).

■ In addition, the subconscious mind is searched for intuitive behavioral reactions that could be applied. If a reaction is identified, it comes to the exercise of this. If the search remains without result, the further course depends on whether a more complex cognitive system is present or not.



■ There is no emotion and no feeling without intuition: the logic of basic feelings

■ If a more complex cognitive system is present, this is followed by conscious interpretation, i.e. evaluation of the situation, which triggers a specific subjective state of experience (e.g. the feeling of anger). If there is no more complex cognitive sys-

tem or if there is insufficient cognitive capacity, the dominant intuitive behavior in the cognitive system at the time in question is executed (e.g., baby cries; adult screams; dog barks).

Scheme for the logic of basic feelings:

Impaired/erroneous **intuitive** behavior + lack of a directly available **intuitive** behavioral response to an experience.

Physiological reactions (e.g. heart rate increases, release of hormones)
Coupled with reflexive behavioral response (facial expressions).
+
Extended search for an **intuitive** behavioral response in the subconscious mind

"Search" means behaviors are present, each one is intuitively tested virtually tested and produces either a satisfactory result (feeling) or leads to jumping to the to jump to the next behavior.

Search Successful: Execute **intuition**.

Ex: Person with strongly established (= intuitive) aggression tendencies exercises physical violence.

Search is unsuccessful.



In the emergence of feelings intuitive behavioral reactions are at every stage of the process are of importance!
There are therefore no feelings without intuition.

Complex cognitive system + sufficient capacity available ?

No

Existing in the cognitive system
Execute dominant **intuition**
(Ex.: baby cries; adult screams; dog barks)

Yes

Conscious interpretation, i.e. evaluation of the situation, subjective state of experience is triggered (Ex.: anger, reluctance, fear).



■ There is no emotion and no feeling without intuition: the logic of basic feelings

■ Taken together, these considerations and findings show that basic feelings are indicators of (intuitive) action success.



"That's just awesome!"
Whether dog or rocker: No emotion without intuition.

■ **Basic feelings** can consequently be described as the result of a process of processing specific signals that enter the cognitive system in the course of perception. These signals result from the perception of results from (intuitive) action processes. The result can be negative if (intuitive) action processes are disturbed or unsuccessful and no intuitive behavioral response is available. The result can be positive if a (substantial or unexpected) progress in the process of goal realization is detected or expected.

■ Intuitive action processes.

Intuitive action processes can be understood as those behaviors that are automatic, unconscious, implicit, uncontrolled, fast and without cognitive effort. Such behaviors can also be performed by infants, primates and other animals, which is why basic elements of basic emotions can also be observed in them.

■ When are we free from basic feelings?

As long as (habitual intuitive) behavior runs smoothly, i.e., nothing is perceived that is unexpected or represents a disturbance or blockage of the (intuitive) behavior, the cognitive system does not receive any critical signals and consequently no basic feelings arise, because these necessarily presuppose a corresponding processing and transformation of critical signals in the cognitive system. In the process of successfully running (intuitive) behavior a state of diffuse positive mood results.



■ There is no emotion and no feeling without intuition: the logic of basic feelings

■ A very well-known example of such an emotionless state of diffuse positive mood is the so-called flow experience. This state occurs when people devote themselves to an activity in which the demands of the activity correspond to their abilities (e.g., a game of chess against an equally strong opponent) and they become completely absorbed in the activity (e.g., the surgeon who only realizes after an operation lasting several hours that he has been working in the operating room for so long). In our research on the flow experience, it has been shown that in people who are in the flow state, brain areas are only weakly active that are typically quite strongly activated when thinking about oneself (in the left prefrontal cortex) or when emotions arise (amygdala).

■ These findings are perfectly consistent with the statement that basic feelings function as indicators of intuitive action success: If intuitive behavior runs smoothly and accordingly no critical signals enter the cognitive system, then the cognitive system also does not produce any impulses that lead to the emergence of basic feelings.

■ Logical handling of negative basic feelings.

Many people suffer from frequently experiencing negative feelings (fear, sadness, anger/rage). From the perspective of the described logic of basic feelings, starting points open up for reducing the



We understand each other: emotion is communication with our body

frequency with which negative feelings occur: Since the starting point for the development of feelings is the lack of a directly available intuitive behavioral response to an experience, this represents the first starting point.



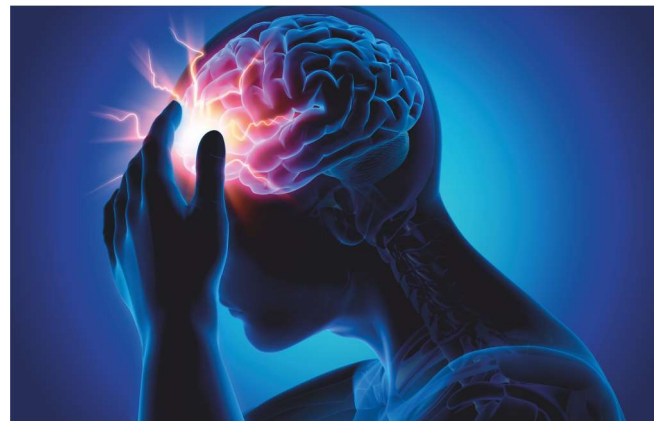
■ There is no emotion and no feeling without intuition: the logic of basic feelings

■ Provided that a successful intuitive behavior can be implemented for the reaction to disturbed or faulty intuitive behavior, the emergence of a feeling will not occur.

■ But it is also possible to start at a later point in the development of feelings: At the conscious evaluation. Here, too, based on the behavioral sequencing (see below), a corresponding successful intuitive behavior can be implemented that prevents the negative emotional state from occurring.

● **To note:** With our newly developed method of behavior sequencing, the identification as well as the implementation of successful intuitive behaviors can be successfully achieved. Behavioral sequencing consists of a systematic differentiation of the components contained in a behavioral episode, i.e., the behavioral and the comprehension elements, involving the acting person as well as one (or more) observing person(s). Currently, we

are working on a computer-based method to implement successful intuitive behaviors on a web



Computer-aided methods enable the implementation of intuitive behaviors

platform by means of so-called "brainays" on the basis of behavioral sequencing, thus making them accessible worldwide, at any time, and to all people.



■ Emotion and feelings – the language between you and your body

■ Emotion is the multidimensional language that our body, our subconscious perfectly masters. We humans need to learn or understand this consciously – this makes us successful and life worth living.

■ It is very significant to realize:

Emotions occur depending on the ability or inability to act. It is the internal communication that makes understanding intuitive life possible.

■ The consciousness of man can be both the own enemy and the own friend. Depending on the importance or the handling a person has given to it, it will harm the person himself and others or will be used for the protection of life.

■ Since the conscious "thinking" comes serially, i.e. from one context (situation or object) to the other, the capacity of this is much too small to enable the human being understanding life or actions. That is why there are emotions, the language of internal communication.

■ Emotion – the body's internal language

Through emotions, the body, i.e. the subconscious, reports its state and (in)ability to act to the conscious mind. There are only two basic fundamentals of emotions (a person experiences himself as capable or incapable of acting). If this system is understood correctly, it enables us to deal with ourselves in an understanding way. Thinking" is the virtual request to the subconscious to perform a context, a situation or an action virtually. In turn, emotions are generated as a result.

● **The emotion incapable: Bad (negative) feelings indicate an inability to act**, i.e. a bad future. It is the conscious indication of the subconscious mind, i.e. the language between you and your body, which reflects the inability to act in a situation and asks you to make decisions in order to become capable of acting.

● **The emotion capable: Good (positive) emotions indicate ability to act**, that is, a good future that allows for action.



■ Emotion and feelings – the language between you and your body

■ **Caution:** It is important to remember that feelings can be positive and yet we do harm. This occurs especially when intuitive actions are present which have never been consciously checked for their impact, especially over time or towards other people, and harm oneself or others.

■ **Categories:** Feelings can be classified according to categories. Therein lies, among other things, the understanding and correct interpretation of the "language of feelings". Some of the feelings are also associated with an intuitive bodily action. The release of hormones and messenger substances can also be activated more strongly.

● **Short-term feelings** (in the millisecond range)
They inform about an unpredictable, i.e. unexpected situation. They are important to make us aware of new situations and to direct necessary instructions for action to our body.

● **Manifest feelings** (going beyond the millisecond range). These feelings indicate a person's ability to act. If they are not influenced by action, they manifest themselves in situational or even permanent inability to act or in faulty substitute actions.

● Social feelings

Arise from experience with others or in interaction with other people. They influence the ability to act, thus seriously influencing the possibilities of a person.

● Feelings of well-being

Feelings generated by a performance that affect a person's general state of mind, as well as their willingness and ability to act in the future.

● **Procedure-feelings:** States in the time course of a process. They seriously determine the results of the action, the openness and possibilities to experience something new.



■ Emotion and feelings – the language between you and your body

● **Mixed feelings** from individual social feelings. Social comparison in the occurring life situations (at work, at sports, in the restaurant...). Pure single feelings rarely occur, because there are always several processing in parallel in the subconscious.

■ **Since emotion and feeling is the meta-language of the human being** with itself, this can also occur in the dialogue with itself. If it comes to a continuous dialogue, depression or panic fear or a splitting off of the consciousness from the reality in more or less strong form develops.

■ **If the action is not cooperative balanced**, i.e. the actions are directed against the own necessities of life, the habitat or other people, insanity and death arise depending on the strength of the impact (e.g.

general careless handling of nature and "good" feelings despite destruction taking place).

■ **Emotional attachment to nature and other people.** The basis for a correct interpretation of one's emotions and feelings is always the consideration of nature and one's own possibilities, as well as one's own understanding of action and the results.

■ **To note!** People who do not have this knowledge, this understanding of emotions and feelings, and who lack the knowledge or understanding of balanced cooperative operational logic (BCOL), will definitely harm themselves and other people – whether intentionally or unintentionally – and thus violate the dignity of their own lives as well as that of their fellow human beings.



■ Emotion and feelings – the language between you and your body – the emotion lexicon

■ The encyclopedia of emotions

To get a first insight into the language of emotions and feelings or their meaning, the known basic feelings and their meaning are listed below. In the future, training methods and more detailed presentations will be elaborated.

■ Short-term feelings (in the millisecond range)

● **Fright** is an experiential state that occurs when a situation suddenly changes in a way that was not expected and no intuitive behavior is accessible to deal with it immediately.

● **Surprise** – Surprise occurs when a situation changes in the short term in a way that was not expected. However, intuitive behaviors are available to deal with this.

■ **Manifest feelings** (beyond the millisecond range): fear, despair, anger, sadness, hatred...

● **Anxiety** occurs when a person perceives being at the mercy of a situation without any safe option for action.

● **Desperation** is experienced when a person searches for a course of action in a problematic situation but is unsuccessful in doing so.

● **Anger** is an experiential state that occurs when a person wants to execute an action option, but execution is blocked or they cannot achieve success in doing so.

● **Grief** occurs when a person perceives that actions he or she has been able to perform successfully in the past will no longer be possible in the future.

● **Hate** is experienced when an action that a person wants to implement is deliberately blocked by another person or persons.



■ Emotion and feelings – the language between you and your body – social intuitions

■ **Social feelings** that arise from experience toward others or in interaction with others:

Inability: hatred, shame, guilt, distrust, contempt (states at the negative pole of the emotion dimension, positive joint action not possible).

Unfeeling state: Neutral understanding.

Ability: love, lust, pride, trust, admiration (states at the positive pole of the feeling dimension, common positive action can take place).

■ These feelings can be generalized or arise in the individual moment.

● **Trust** is experienced when a person perceives that he or she has intuitive behaviors available to work with others to follow a positive path and get to a destination.

● **Pride** occurs when a person perceives that he or she is more capable of acting than other persons (i.e., meets or exceeds a social standard of comparison; guilt = social standard of comparison is not met).

● **Lustfulness** is an emotional state that arises when a person perceives at a moment that a result or bodily state can be achieved through an action toward or with another person.

● **Love** is an experiential state that occurs when a person perceives shared opportunities for action with another person and feels a strong need to implement them with that person.

● **Admiration** is a feeling toward another person who is considered the author of a result that exceeds a standard or norm.



■ Emotion and feelings – the language between you and your body – the sensitivities

■ Feelings of well-being:

Incapable: Intransigence/Defiance, Reluctance, Disgust

Capable: Anticipation, joy, well-being

● **Anticipation** If a person is used to result and goal orientation, he/she experiences anticipation when it is perceived that a positive result can be achieved through an action.

● **Disagreement/Defiance** arises as a result of denial of a course of action through which a positive outcome could be achieved.

● **Joy** is the continuation of anticipation: the result of perceiving that a positive outcome has been achieved, which may also lead to confidence, pride, love, and further possibilities.

● **Reluctance** is the continuation of intransigence/despondency.

● **Well-being** is a feeling state that occurs when it is perceived that results have been achieved that satisfy basic needs.

● **Disgust** is the idea of exposing oneself to something that there is an aversion to.



■ **Emotion and feelings – the language between you and your body – the ability to act**

■ **Sequence feelings** (states that occur over time):

Incapable: Displeasure (grumpy), lethargy, distance

Capable: Enthusiasm (joyful), elan, sense of community

● **Enthusiasm** occurs when a person joyfully performs an activity, feels anticipation of reaching the goal, and is pleased with each intermediate result.

● **Elan** is experienced when a person perceives that he or she can focus the full capabilities of his or her mind and body on action, undistracted by anything.

● **Sense of community** occurs when a person perceives that he or she can work with others to successfully bring about an outcome.



**Computer-aided methods enable
the implementation of intuitive behaviors**



■ Emotion and feelings – a general language that applies to all people

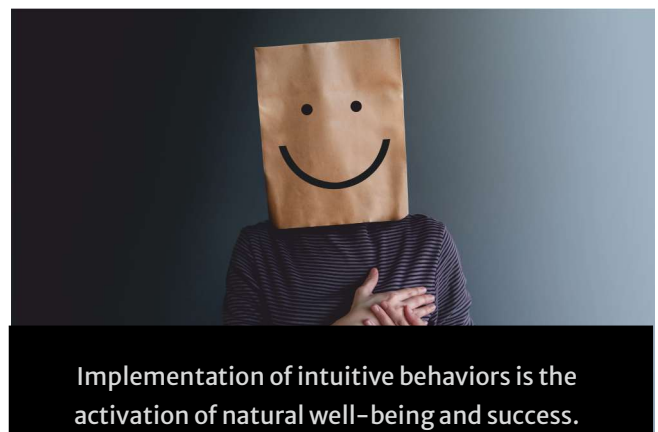
■ **Empathy**, based on our perspective, can be understood as the ability to understand the actions that trigger certain feelings.

■ Integrity

To determine pro-life (i.e., prosocial) feelings, it is necessary to consider interpersonal aspects. This is because positive feelings can also occur when other people are harmed by the relevant emotion-provoking trigger. For example, a person may experience great pleasure in deceiving others. In addition, emotions may prevent necessary prosocial actions, which may occur in the case of a reaction with disgust/refusal to another person's physical distress. The same applies to a reaction with contempt to a person's social distress situation.

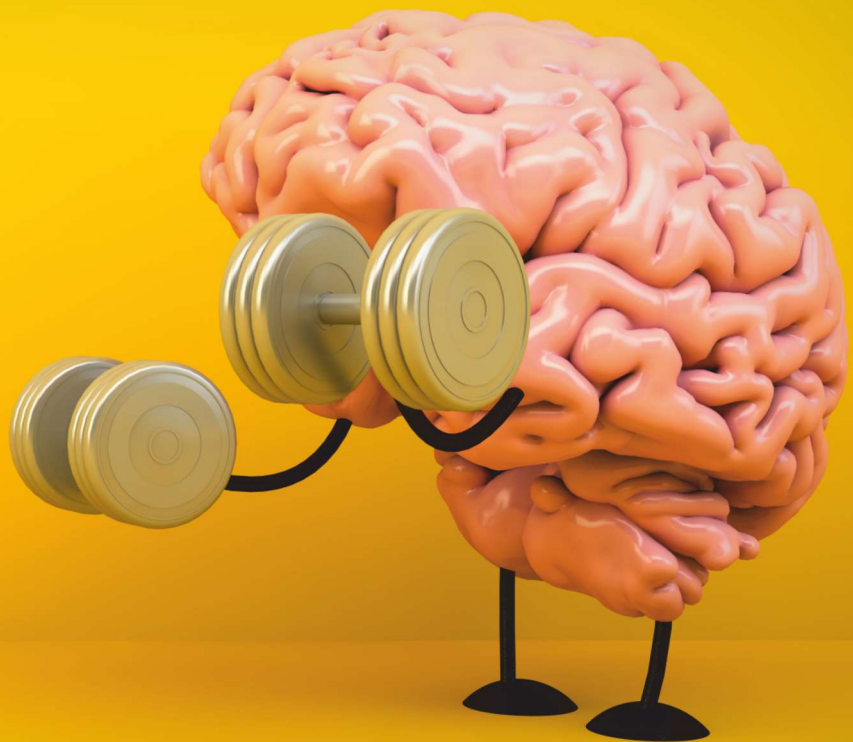
■ **The dignity of the human being** consists in being able to use his life unrestrictedly within the necessary available economy, his possibilities and abilities towards nature and other people balanced cooperative – this is his task; that of the community

consists in making this possible through Integrity and to ensure it through organization.



Implementation of intuitive behaviors is the activation of natural well-being and success.

■ **Training methods can be developed for all feelings**, which can be provided to anyone for self or team training via a special procedure as well as a newly developed logic processor via a web platform. The exact methods are being fully researched at the moment and developed via behavior sequencing through the reverse logic of behavior projection.



■ Emotion and feelings – training the language between you and your body

■ Feelings can be trained

Based on the knowledge that emotion and feelings are the language between "you" and "you", i.e. the consciousness of the person and the body, his ability to act or assess the situation based on experience, a generally applicable training program can be created.

■ Emotion and feelings – generality

Until now, it has been generally assumed that emotions and feelings are an individual experience. This is also completely correct in the sense that

every human being has a different individual body, a different genetics. Therefore, certain mechanical "components" are individual. However, the system, i.e. the logical processing of emotion and feelings, is the same in animals as in humans.

The different conception and reaction of feelings is therefore due to the "individuality" of the past experience and the underlying ability of the intuitive system. This can be trained easily and purposefully.



■ Emotion and feelings – training the language between you and your body

■ The importance of training

Due to misinterpretation of the emotional system, its logic and importance for a life worth living, certain phenomena can occur which are basically against human life.

This leads to misfeelings, wrong actions, compulsions followed by aggressions, depressions. The original receptivity of the brain, i.e. the imagination, creativity, as well as the possibilities of the brain are actually physically limited more and more. This by the fact that misinterpreted emotions lead to wrong actions (inability to act or aggression to act) and thus the understanding processes triggered by perception in the subconscious store incorrect processes as correct.

■ Misunderstood emotions lead to "stupidity", aggression and depression

Since any perception leads to processes in the brain which, based on this perception, manifest the

intuitions in blueprint biologically hardware-technically by forming connections between nerve cells, it is essential to train intuitions as well as the resulting emotion and feelings.

■ Only by changing the cause an effect changes

It makes little sense to treat the effects such as depression, anxiety, stupidity or aggression, if the causal situation is not changed. By trying to treat the effects, the person is only further limited and his possibilities as well as his life is only possible in parts, which cannot correspond to the dignity of a human being.

It is also essential to realize: it is not the fact that there are emotions and feelings that distinguishes us humans, but the fact that emotion is evaluated on the basis of the ability and possibility to act, perception and experience.



■ Emotion and feelings – training the language between you and your body

■ This means that only people who have learned the language of emotion and feelings for themselves can deal with themselves permanently. People who have not mastered this language are at the mercy of their environment, perception and experience. Accordingly, the goal must be to train the language of emotion and feelings, as well as the possible actions for the individual basic feelings, in order to make them intuitively retrievable.

■ These intuitive ways of acting are then retrievable independent of situation and context, i.e. the logical composition of a context, a situation or a procedure is then the trigger to these trained intuitions and not specific individual contents such as a specific person.

■ The processing of intuition and emotion

The "technical" processing of intuition and emotion is a control loop, i.e. according to BCOL a balan-

cing system. A perception is processed on the basis of experience in the biological network of the brain formed according to Blueprint Logic. Thereby, as far as the ability to act exists, the received perceptions are passed on in parallel on this way to a multitude of outgoing cells after a multitude of differentiations.

■ Signals of it also arrive in the consciousness. If on the basis of experience and precalculation (the ways and their courses of the signals are the logical precalculation and action possibility) action ability can be determined, then the signals of the input and the output are equivalent and cancel each other logically. Everything that does not cancel out is followed by the logical conclusion that this must now be cancelled out by some action. If this is not possible, no action is possible to this perception.



■ Emotion and feelings – training the language between you and your body

■ The brain, the master builder

Our brain thus represents a logical system developing itself as biological hardware. For us humans it is now important to have understood this system in order to be able to deal with it correctly and logically, so that we can live a life worth living together.

■ Training is necessary!

Training is extremely important and must be adapted to the physical functioning of the brain. To disregard this means to want to disregard the life of oneself as well as that of other people, which is not only nonsensical and to be classified as stupid, but much more as harmful, disregarding the dignity of man and of life.

■ The laws of nature, the opportunity of life

It is necessary to apply the naturally prevailing physical laws of nature, the interactions and resulting

new situations and results accordingly, in order to enable a life holistically both in a habitat worth living in and in a uniform togetherness. Disregard of the fundamental laws of nature, like the natural cycle of interactions leads always and exclusively into new situations, which do not permit life and habitat any more, since this shifts automatically due to the interactions always further on the basis of the made changes.

■ Seize the opportunities now

This realization enables, for the first time in human history, an understanding between us humans and between us humans and the environment. This shows that a common coexistence in peace and well-being is very possible.



■ Emotion and feelings – training the language between you and your body

■ The training programs

In order to generally enable all people to act and thus to live in dignity, the basic intuitions and the basic understanding of the language of emotion and feelings must be worked out precisely and then made available in a generally valid manner via technical procedures that are available everywhere and remain constant.

It requires technical procedures that can be accessed digitally in a web-based manner.

The procedures must cover the basal emotions as well as be executed in a way that is independent of situation and competence.

Context and situation independence is imperative so that the brain does not bind these procedures to certain external key stimuli, but to the logical perception taking place in the brain, i.e., to the processing of the subconscious. Procedures such as behavioral sequencing and projection help to work this out.

The most important necessary trainings are those that re-translate the "incapable" emotions and thus give people the ability to act.

At the same time, actions are created that enable people to meet each other at eye level, that is, with the same emotion – in an equal way.



■ Let's create a future of quality together

■ **The full quality of life** based on the understanding of life, nature and habitat, technology, economy and organization – life success.

■ **zoe Life Success Factory.** Zoe is ancient Greek and stands for life and the nature of life and could not be fully explained until the discovery of Balanced Cooperative Operational Logic (BCOL) and its manifestation. BCOL describes the function of nature, its automatic organization and stability. In addition, topics such as the coexistence of mankind, the functioning of the habitat and also the functioning of the brain, thinking and understanding. A life in harmony with life & nature (BCOL) automatically means an individual life of high quality.

■ **BCOL – Technology as an Assistant: "Actionstep"**
BCOL could be converted into a technology – a kind of processor – which makes it possible to perceive, logically deduce and combine changes extending over the whole world in real time like the human brain. It can thus assist humans while protecting nature and life.

■ **BCOL – new nature-based technologies**

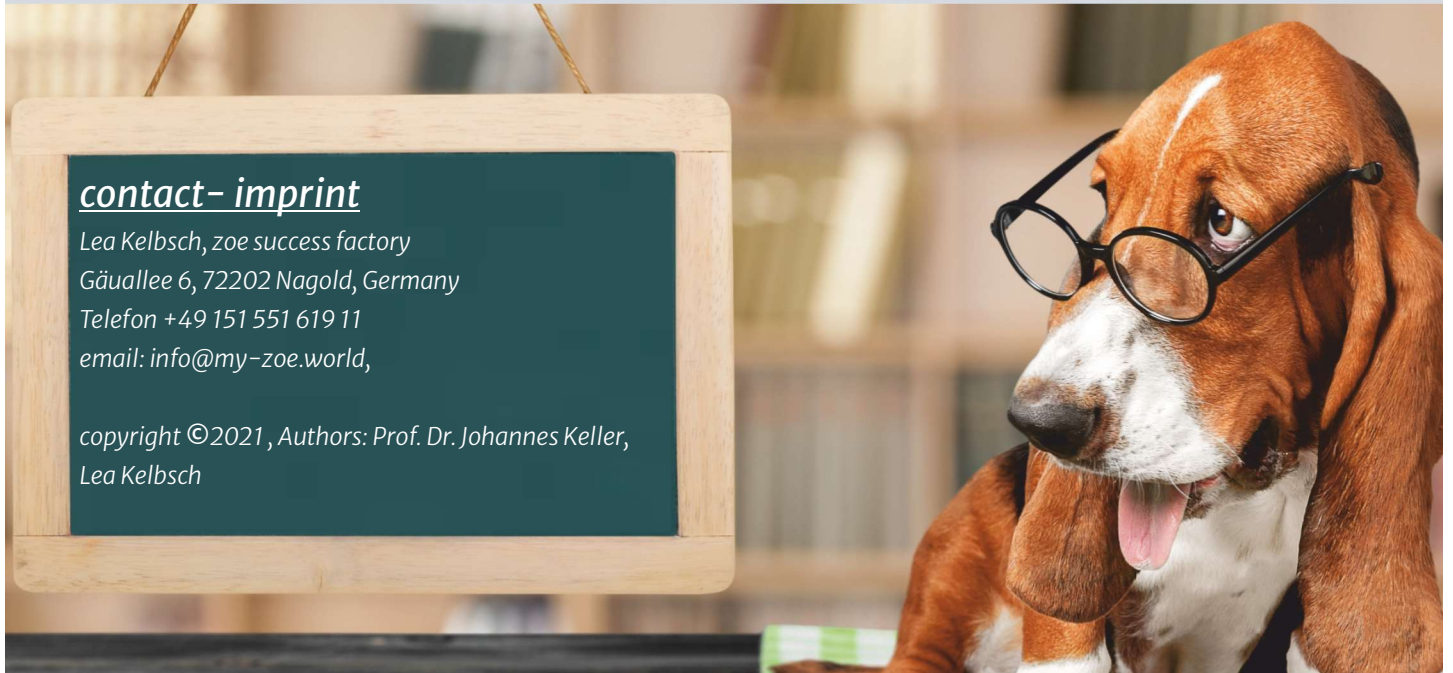
BCOL enables nature-friendly, highly efficient new technologies, both in machinery and in energy production. These are developed and implemented with partners.

■ **Get involved now** so that this understanding, the resulting opportunities are being spread and used across the world. Understanding is the prerequisite for people to be able to deal with themselves, life per se and nature with understanding. All people, industry, trade, service, health, government, education, training, science, etc. benefit from it. Assistants like Actionstep enable the basis for a common understanding, organization and individual action.

● **zoe Life Success Factory**, together with partners, takes over the part of the organization and provision of the means and possibilities.

✎ **Together we create the clear goal of a future of high quality, for every life in a high quality habitat based on BCOL, KHEO and IEFO. Become part of life**

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Let's start ...