

I am a human being, so I wish for the best possible life experience – to live well. After 10 weeks of these weekly publications, I want to pause for a few moments to REFLECT on the ground we have covered so far and reiterate what I think are the little milestones we have now passed in our Co-Learning journey.

For me, to live well involves learning, and learning implies teaching, which was the starting point. We only learn about whatever we are interested in learning, so I chose the human mind and suggested, provocatively I hope, that many of us are, unwittingly, narrowing our attention, thereby sacrificing some of our Intelligence. This viewpoint, and the supporting evidence, comes mainly from Iain McGilchrist's massive books about the difference between the left and right sides of our brain and his idea that we are forgetting that the right needs to be the 'master' of our mind, employing the left as its 'servant,' not the other way around.

To support this, I followed with information about our Attention and Perception processes, as they involve our left and right brain hemispheres, and as they happen in Real Life. Then I drew attention to the role of our left brain in language creation, from which My Story is created, that story being the main guiding force for the way I use my mind. I explained further how we construct our reality and how different this is from a Virtual Reality, which I suggested was a further narrowing of the use of our minds.

The predominance of Knowledge that is implicit, rather than explicit, can be seen to reinforce my argument that is a potentially dangerous folly to be giving so much emphasis to the left-brain attention of our world. The crucial topic of Connectedness was a consolidation of the fundamental biological explanation of mind (introduced in Blog 1) that it is BELONGING that enables and nourishes our BEING, so we cannot afford to neglect that.

Last week, the subject of Creativity was the first example of the 'special qualities of humanness' that are to be featured from now on. Although I want to bring the potential problems to the reader's attention, I mainly want to **appreciate** the incredible resources we already have that enhance our Intelligence and strengthen our hopes for our future.

Clearly, this positive aim will require us to be using both sides of our brain with the right side as the leader. This is especially true for the purpose of REFLECTION. I am suggesting at this point that it will be important for us to pause and REFLECT, periodically, so we don't just continue blindly down the wrong path that does not lead to the best life experience.

I think McGilchrist has identified the problems more clearly than ever before, but I will also draw from other sources to write about the direction we can take to go forward from here. One of these is Humberto Maturana, whom I introduced in Blog 1. He explained much about what human beings are actually doing in the biological-cultural flow of our lives, how we are the ones who created the culture and the world we find ourselves in, and how our special qualities of humanness help us to create new opportunities for living well.

The Creativity that is a feature of our humanness is our greatest asset. I have noted some directions that I think are helpful or unhelpful, but I don't have a To-Do list that gives us any certainty. We can be thankful that we evolve and try to assist the helpful changes and resist those that seem unhelpful. REFLECTING from time to time reminds us that what each of us does, every day, will make a difference to our future world.