

I am a human being and I enjoy the company of others, especially one who is my partner and with whom I spend most of my days and nights. I could describe her physical features and the parts of her face, but that doesn't say who she is, because she is a whole person – a *Gestalt*.

People whose right-brain function is impaired can sometimes describe their friend's facial features, but can't recognise whose face it is (like the 'man who mistook his wife for a hat' in Oliver Sacks' book). I'm glad to say I can recognise my wife's face, even in a crowd, thanks to using both sides of my brain.

We notice the parts that are around us, but our mind gives priority to seeing the *Gestalt*. That is a clue to the fact that it is the way things are related that our mind most wants to know. We intuit that no person or thing exists in isolation, because existence requires being related.

The word, Relationality, is a bit of a mouthful, but I want to use it to emphasise wholeness itself, not just the parts that are related. Any part can also be a whole in a different context. Recognising the whole is an implicit form of our knowledge that I suggest can also tell us about the parts, though the 'scientised' mind gives emphasis to the opposite idea.

With a left-brain bias, our mind grabs onto the parts and joins them together to make a larger something, which it tries to understand as a mechanism, by asking which part affects which other part and how does this event cause that event to happen. This idea of causality, linear or otherwise, is misleading; I will say more about that.

Life is much more like a dance. It is fundamentally creative. As I said about Creativity, it is a new *Gestalt* that is arising all the time. Our mind enjoys dealing with both the parts and the whole – it rejoices in the One AND the Many as equally important. Unity doesn't do away with the parts. Analysis and synthesis – dividing and uniting – together produce the dance of life, not through contradictions, but through reconciliation.

We need dark to see light, pain to know pleasure, and sadness to know joy. There is a fundamental coincidence of opposites, so we need some sense of both. The tension between them, as they are drawn together, is like the energy in a taut bowstring that makes the arrow fly. If there was too little tension, the bowstring and the energy would be slack. We need both the difference created by the parts and the unity of the whole – that is, the two sides of our brain working in combination.

A left-brain bias (and bureaucracy) employs categories to privilege the idea of sameness and this often streamlines the business of living together. It also fosters the dangerous illusions we have about a certainty and degree of control that is false. If we go too far in that direction, we are depriving ourselves of the joys of Real Life.

Wholeness is a concept we can **appreciate** only when we accept implicitness and uncertainty. Relying too heavily on explicit knowledge blocks off that way of using our mind. Yet we are still Creative BEINGS and will always be seeking out the new *Gestalt*.

As human beings, you and I were born into a position of incredible **trust** – that from the beginning, we will be **loved** and will also have the capacity to **love**. Our brains and nervous systems were not sufficiently developed at birth for us to have survived without that. I regard this **Love** as the foundation of what we call Relationality.