

We have the world's future  
in our hands: Are we up to  
it?

Maureen O'Hara  
National University

► Without a global revolution in the sphere of human consciousness, nothing will change for the better in the sphere of our being as humans, and the catastrophe toward which we are headed . . . will be unavoidable.

Vaclav Havel 1992

# Main ideas

- ▶ Not an era of change but a change of eras. We are responsible for the planet's future
- ▶ Incoherence, uncertainty and anxiety are the new universal context
- ▶ Cognitive dissonance provokes pathological and transformational responses
- ▶ Meaning and psychological coherence are survival necessities and in short supply
- ▶ What can we do to take more responsibility for the long term future?

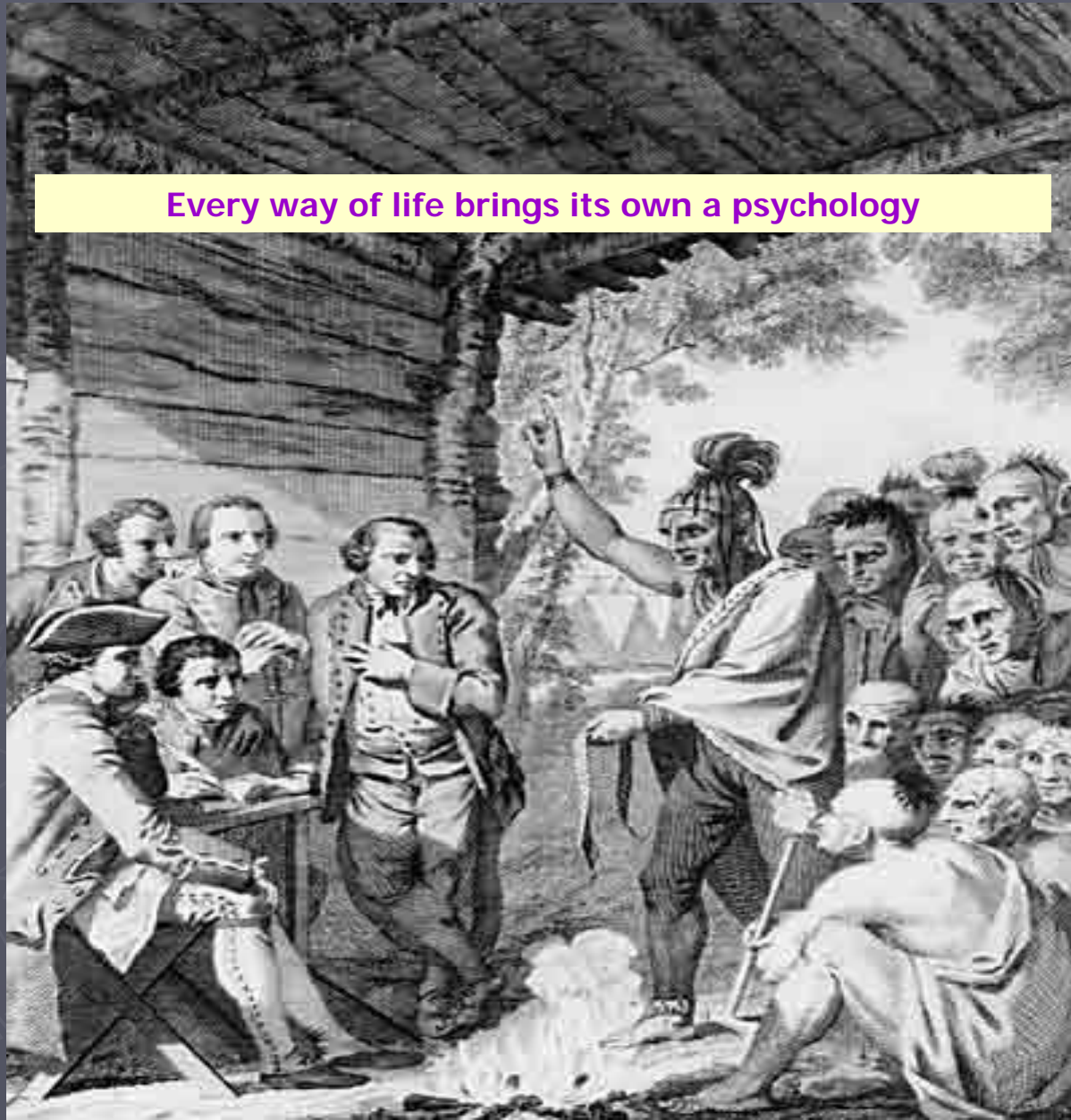
# Signs of trouble 2000-2007

- ▶ A billion people suffer some kind of serious mental distress
- ▶ One million suicides annually, and 20 million more try; (huge increase now in India)
- ▶ Alcoholism and drug use is up 67% in 15 years;
- ▶ Stress results in 40% of all disability claims in Canada
- ▶ Violence rates are up in all developed nations

- ▶ War trauma results in millions with PTSD
- ▶ Divorce rates up everywhere
- ▶ 750,00 Japanese men (hikimori) never leave home "can't cope"
- ▶ Russian, Japanese and Italian women are delaying marriage and refusing to bear children
- ▶ 35 % of African-American men will be incarcerated.
- ▶ By 18 y average US child has seen 200K acts of violence and witnessed 16K murders

- ▶ 1 in 4 European teens have diagnosable mental illness
- ▶ Only 18% of US 9th graders will graduate from college
- ▶ Teen on teen homicides increasing every year
- ▶ 1 in 4 US grade school children use drugs
- ▶ Increase violence in under 7 including murder of younger sibs because "have seen it on TV"
- ▶ 15 million Brazilian "street children"
- ▶ World wide child soldiers kill and rape, and are raped by other child soldiers

Every way of life brings its own a psychology



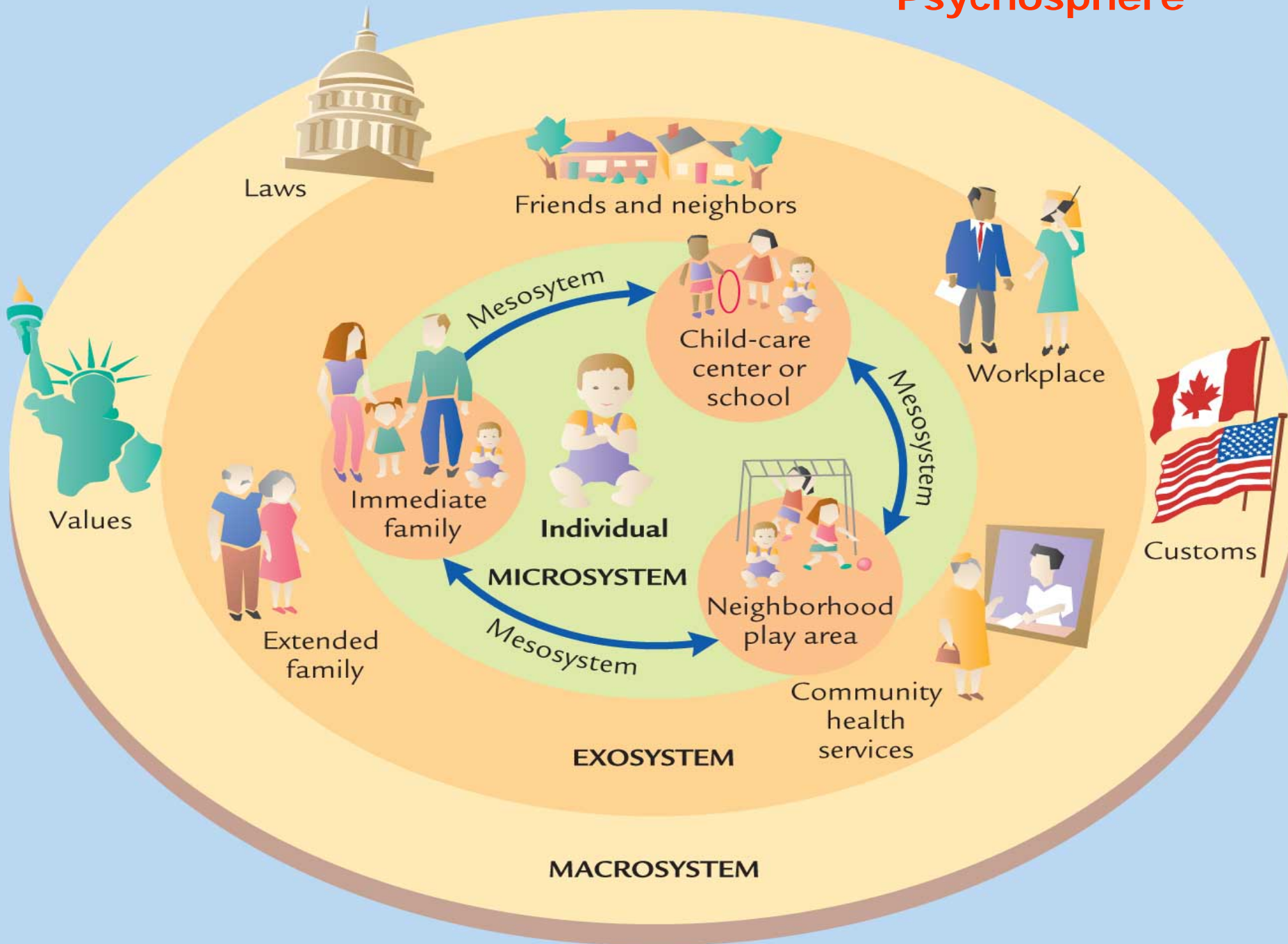


# Psychosphere

- ▶ Definition: The holistic, interconnected, interpenetrated system of narratives, symbols, images, representations, language, metaphors, patterns of life, values, epistemologies, cognitive habits, rituals, religions, sports, forms of commerce, metaphysics, art, technologies that together provide the raw materials of identity and the psychological context of life. O'Hara, 2007



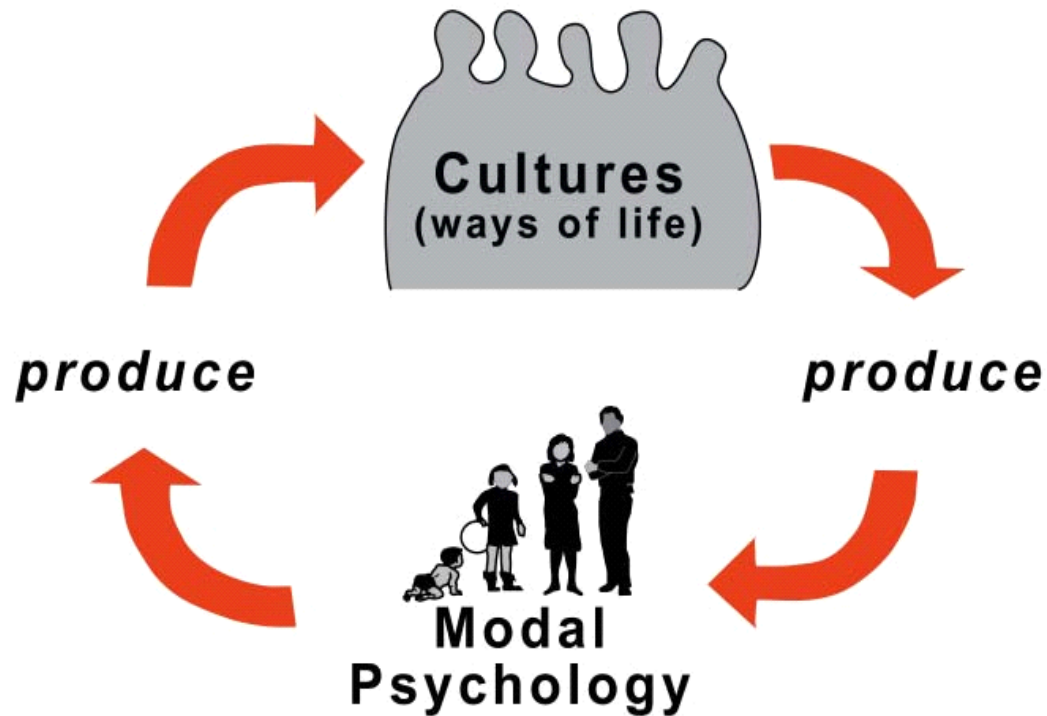
# Psychosphere



# Coherence and stability

- Members of any stable society or group share a coherent psychosphere
- Psychospheres simultaneously express, sustain and reproduce the group's psychology
- Coherent and stable societies share common stories on how things should be organized, what is valued, what is to be resisted, what the future should be and why
- When the dominant narratives change. social and psychological distress increases

**Psyches create psychospheres which nurture the psyches that created them**



# Psychological plasticity

- ▶ Different psychospheres produce diverse psychologies. These guide and frame
  - Brain structures and emotional responsiveness
  - Identity, both self structures and processes
  - Perception (what is seen)
  - Motivation (what we strive for)
  - Moral judgement
  - Meaning making (what we understand and value)
  - Cognitive and emotional strategies and rules for using accumulated information (what we consider wise).











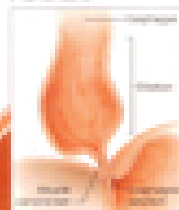


# Diseases of the Digestive System

## The esophageal lining

The esophagus is the passage in the digestive tract between the pharynx and stomach. The esophageal tract consists of a long, muscular tube with a complex system of all underlying connective tissues. A special layer of muscular cells is known as the gastric esophageal sphincter. The muscular esophageal sphincter is strongly innervated by sympathetic efferents and parasympathetic afferents.

### Achalasia



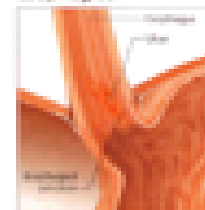
### Hiatal hernia



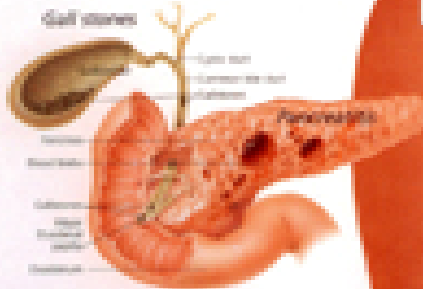
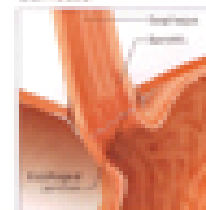
### GERD



### Esophagitis



### Barrett's



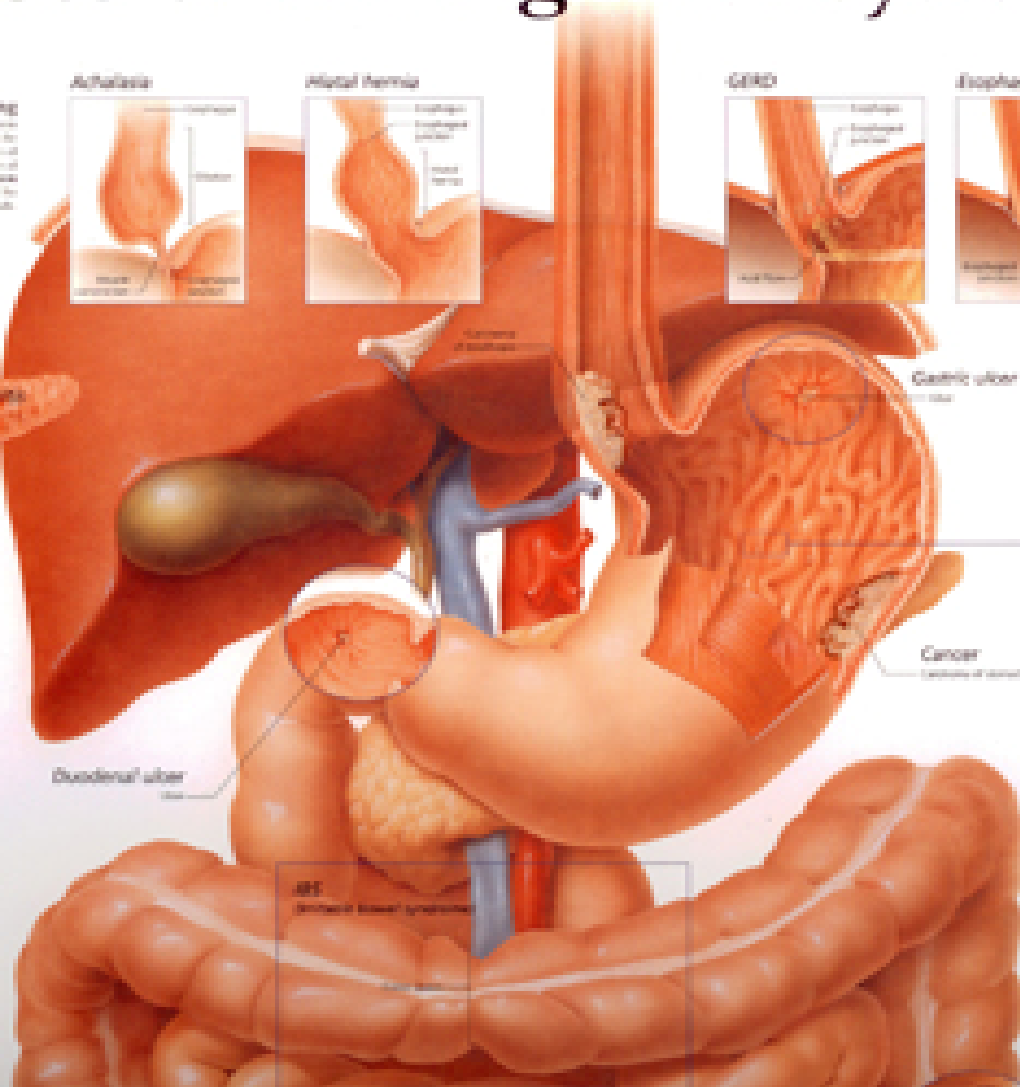
## Liver, pancreas & gallbladder

After eating, the stomach, liver, pancreas and the gallbladder in the part of the small intestine, where it is most vulnerable to problems for the liver and pancreas, cause problems for the gallbladder. The gallbladder is a small organ in the lower right abdomen that stores and concentrates bile. Bile is produced by the liver and is used to break down fats in the food. Gallstones are small, hard deposits that can form in the gallbladder. Gallstones are caused by the gallbladder.

The digestive system, or gastrointestinal tract, is a complex system that includes the mouth, esophagus, stomach, and intestines. The digestive system is responsible for breaking down food into nutrients that can be absorbed by the body. The digestive system also plays a role in the production of certain hormones and enzymes that are essential for the function of the gastrointestinal tract.

## Small intestine

The small intestine consists of three parts: the duodenum, jejunum, and ileum. The duodenum is the first part of the small intestine, where the food is broken down by the stomach. The jejunum is the middle part of the small intestine, where the nutrients are absorbed. The ileum is the last part of the small intestine, where the remaining nutrients are absorbed. The small intestine is a long, coiled tube that is about 6 meters long.



## The stomach

The stomach has several folds that help it expand and contract. The stomach is a muscular organ that is responsible for breaking down food into smaller pieces. The stomach is located in the upper abdomen, just below the diaphragm. The stomach is about 10-15 cm long and 5-7 cm wide. The stomach is divided into two main parts: the fundus and the antrum. The fundus is the upper part of the stomach, and the antrum is the lower part. The stomach is innervated by the vagus nerve.

## Types of Gastritis

Inflammation of the stomach wall

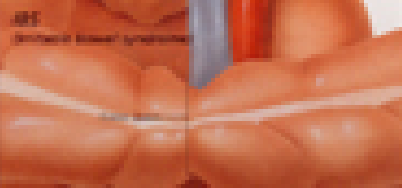


## Dysbiosis

Inflammation of the intestine



Polyps



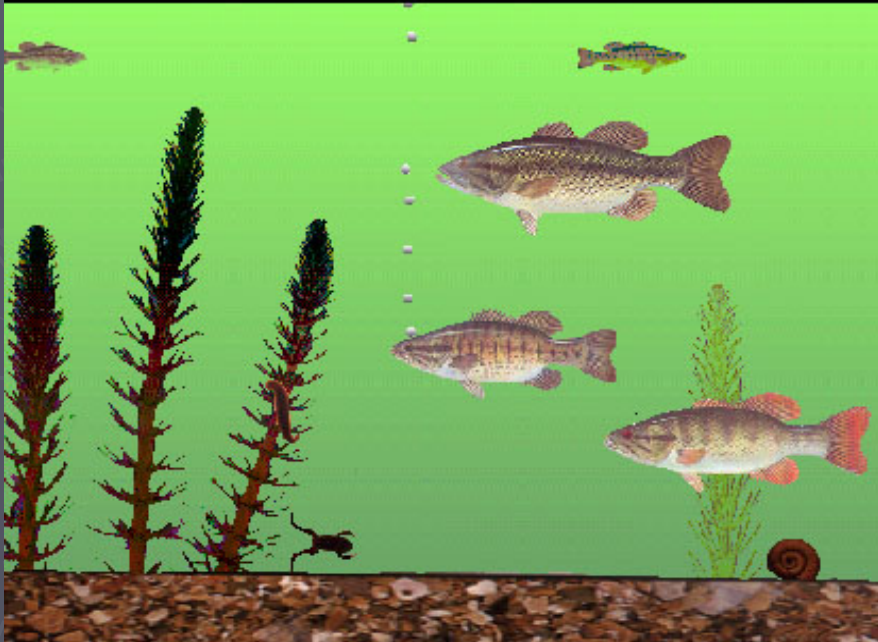


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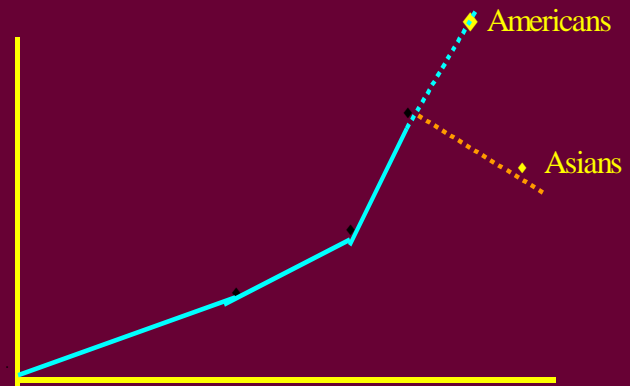
# Geography of psychology

**WESTERNERS AND EAST ASIANS DESCRIBE THIS SCENE IN DIFFERENT WAYS**  
(SOURCE: THE UNIVERSITY OF MICHIGAN INSTITUTE FOR SOCIAL RESEARCH)



## Expectations

Next Point?



# European vs Asian psychology

## Western Psychology

- ▶ Greek lineage
- ▶ Written language alphabetic
- ▶ Atomist--sees world of separate whole objects
- ▶ Individualist/egocentric
- ▶ Ethics & logic based in rules, aims at general principles
- ▶ Decisions based in quantification
- ▶ Reason favors abstraction, analysis and theory

## Eastern Psychology

- ▶ Tao/Confucian lineage
- ▶ Written language ideographic
- ▶ Holistic--sees part-whole relationships
- ▶ Relational/sociocentric
- ▶ Ethics based in cases and aims at harmony
- ▶ Decisions based in pattern recognition
- ▶ Reasonableness favored over reason. Synthesis and concrete cases favored



# The (really) big picture



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Nationality, language, culture of socialization, landscape, climate

Travel experiences

health

Immigration status

Adverts  
Media

Economic status

Pol party

Sexuality

Workplace

Sports club

profession

race

Neighborhood

This map is not working!



Religion, beliefs, values

age

Education  
Training.  
skills

Ancestors  
family and  
progeny





Source: The Guardian, summer 2007

Shouldn't there only be four?



# Pressure

Violence

Opportunity  
with risk

Teamwork

Biotechgenics

Litigation

Paradigm

Dominant  
IT

Changing rules

Techn

Capacity gap

Life - work  
imbalance

Downsizing

Health

Market  
uncertainty

Diversity

Overwork

Global

Relocation

Terrorism

Speeding  
up

Me

Pressure from  
incoherent  
external world

Racism

Uncertainty

Cultural  
collisions

From  
"compliant"  
"entrepre

Changing

Sex and gender



# The World is *Very* Confusing Place...



Courtesy of GBN

Cyberpunks

Biotech genetics

Pollution & shrinking natural resources

Population pressures

Violence

World internet

Market uncertainty

Tribal warfare

Terrorism

Gay rights

Info-revolution

Gender bending

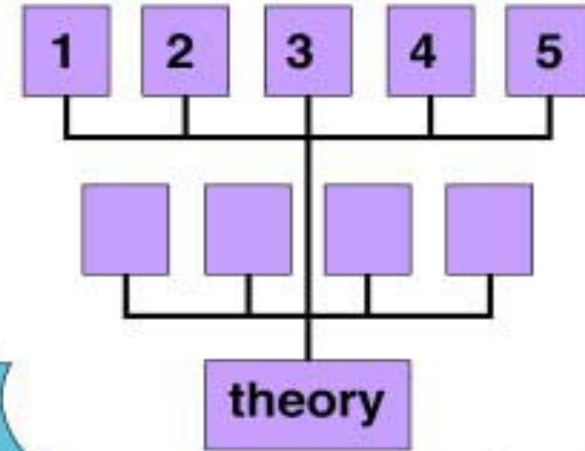
Virtual reality



can not be handled with



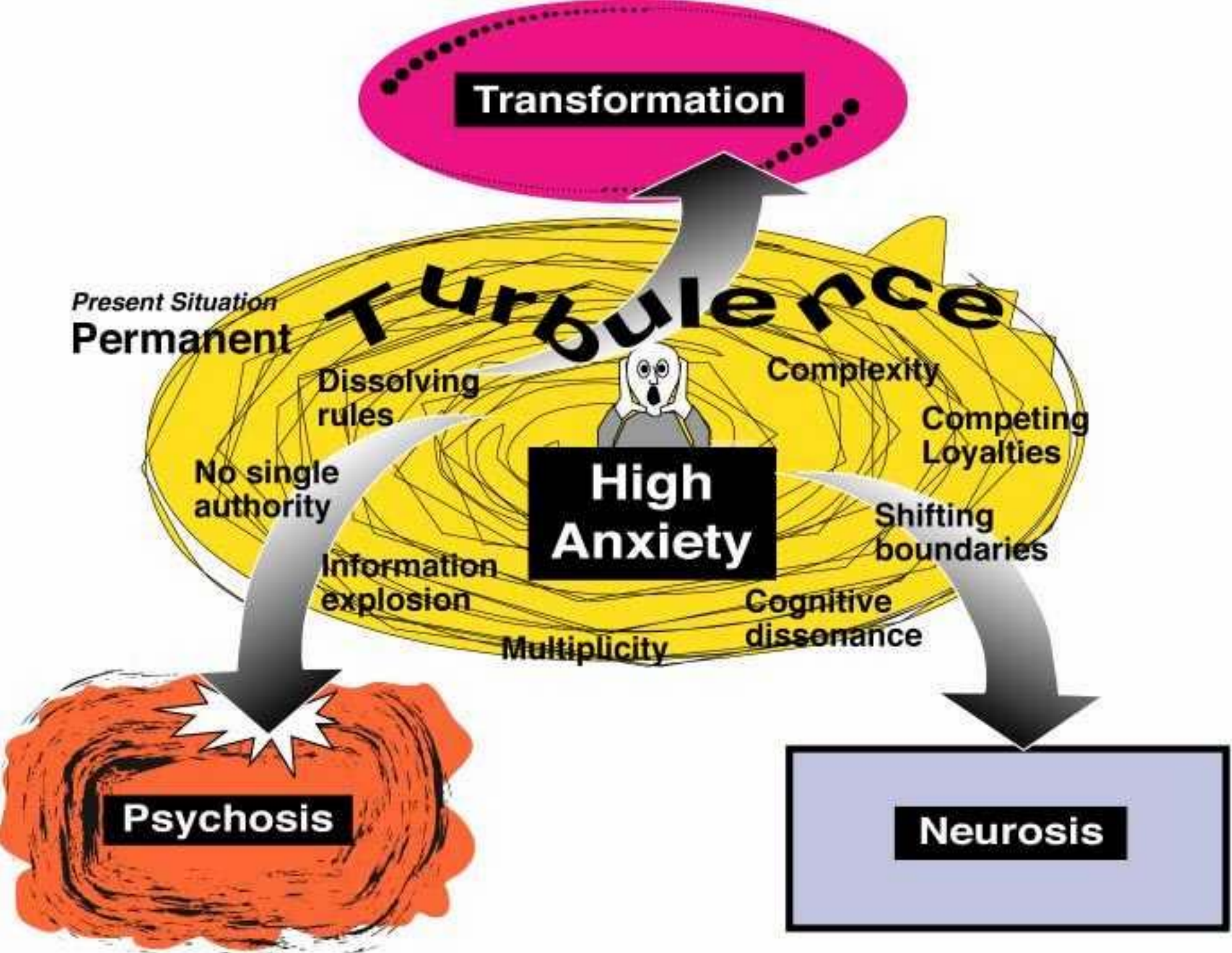
Truth, certainty, order predictability



# Psychospheric disruption

- ▶ All “received” psychologies are outdated-some more than others
- ▶ Long-held cultural and cognitive anchors are unraveling everywhere.
- ▶ No one is a “native” or ever will be: many are “refugees”
- ▶ “Culture shock” and cognitive dissonance is pandemic, bewilderment normal—and dangerous
- ▶ Psychological and cultural coherence based in single view of the world is now maladaptive and becoming more so
- ▶ Cognitive dissonance means diminished capacity to deal with looming problems especially in moral realms
- ▶ Mental health is deteriorating everywhere.
- ▶ Adds up to a global conceptual emergency



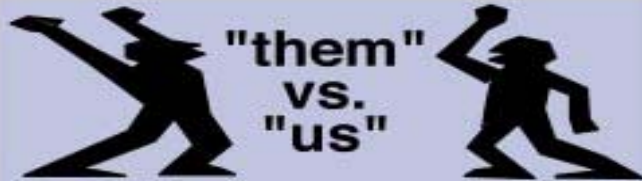


# Reaction and Denial



Repression

## DEFENSIVE COPING



Win-lose games



Competing stories

Boundaries tightly controlled



Fundamentalisms

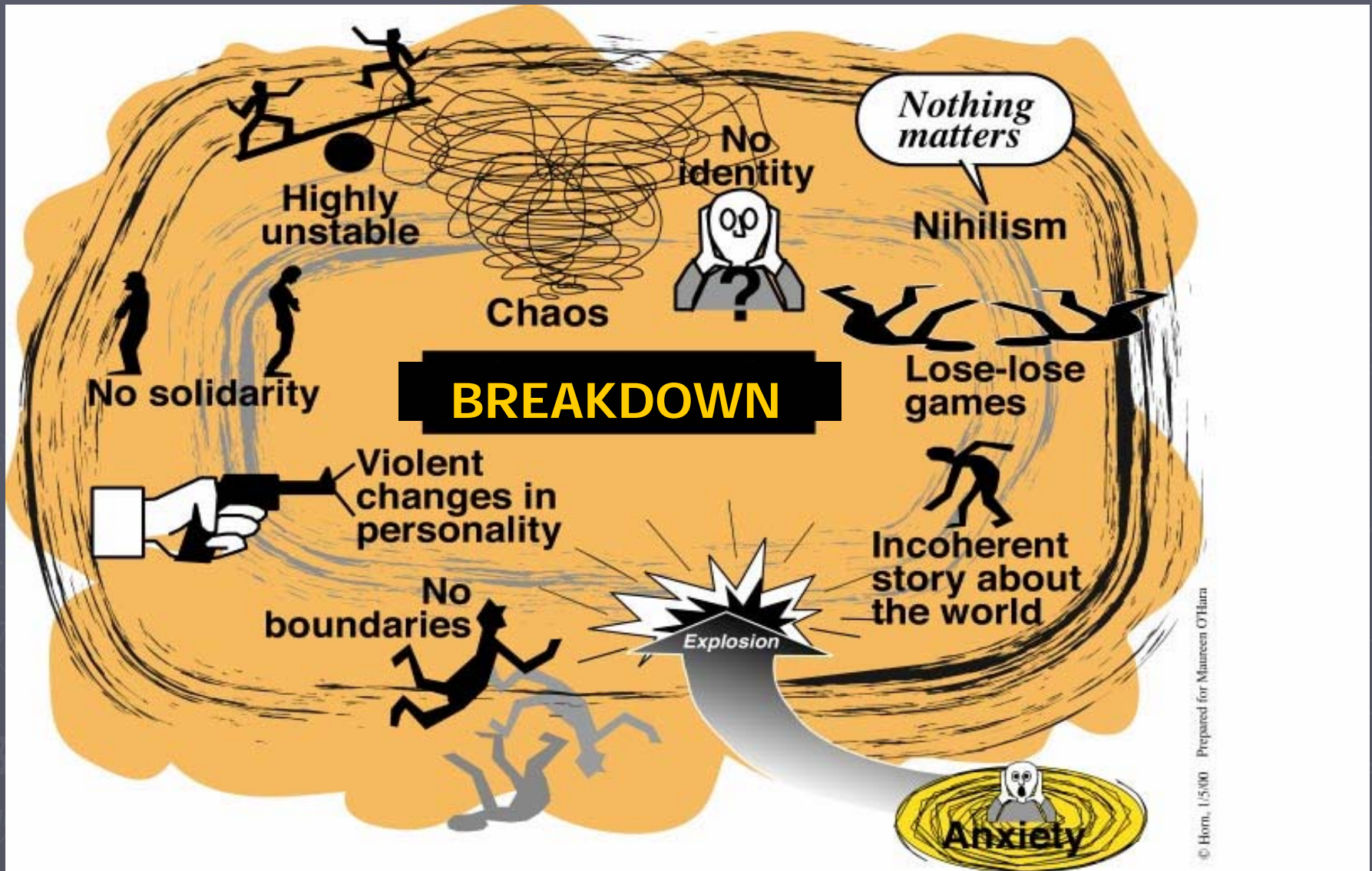
Fragmentation



Simplification and rigidification



# Chaos





# Inflection point

- ▶ **Without a global revolution in the sphere of human consciousness, nothing will change for the better in the sphere of our being as humans, and the catastrophe toward which we are headed . . . will be unavoidable.**

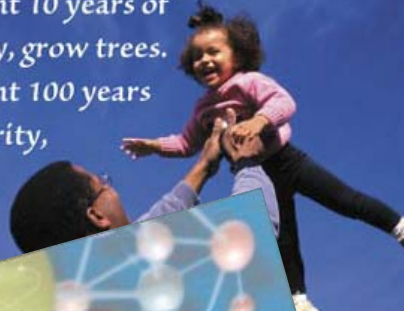
Vaclav Havel 1992

# Signs of hope

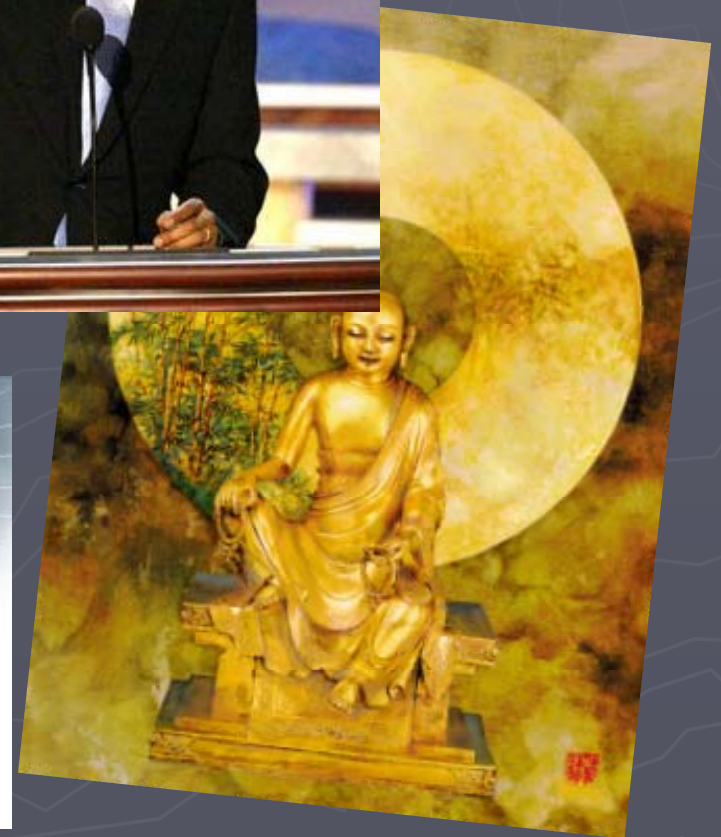
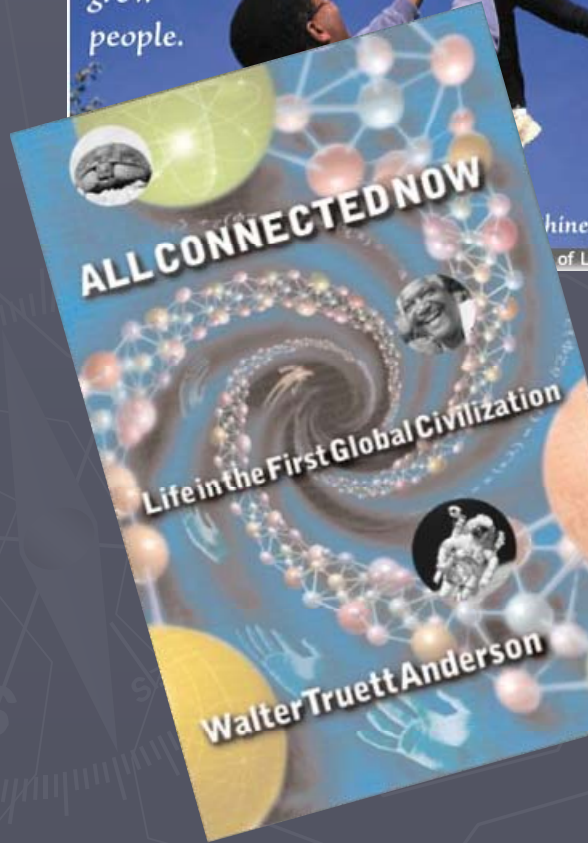
- ▶ There are signs that a new consciousness is indeed emerging.
- ▶ Socializing processes for new kinds of minds already exist and more can be developed.
- ▶ Innovation is currently going on in the informal spheres-on the street, spiritual practices, psychotherapy, workplace training and change management activities, videogames, but it is haphazard and may needs a guiding mythos
- ▶ Should we and can we design the psychosphere for a new consciousness ?
- ▶ If so, who is “we”?

# Change is already here

If you want 1 year of prosperity, grow grain.  
If you want 10 years of prosperity, grow trees.  
If you want 100 years of prosperity, grow people.

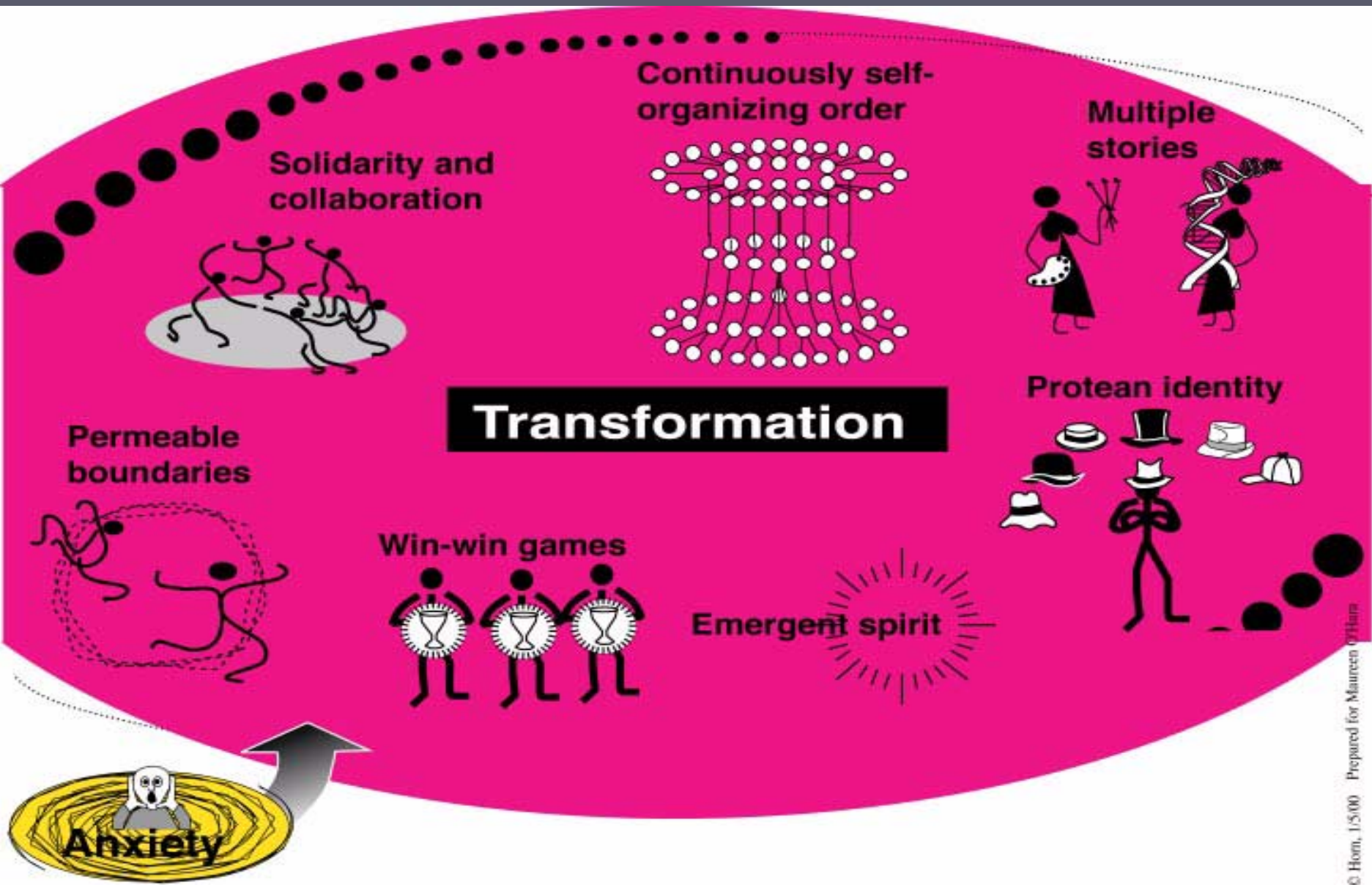


Chinese P  
of Leslie





# Emergent consciousness?



# Emerging “hybrid” psychology

- Rational
- Focused
- Exclusive-- differences
- Clear boundaries
- Objectivist
- Particular (sees the part)
- Individualistic or self-centered
- Analytic
- Certain enough to act
- Intuitive/extrarational
- Holistic and wide angle
- Inclusive-- similarities
- Fluid boundaries
- Relational
- Integral (sees patterns of the whole)
- Community/group centered
- Synthetic
- Uncertain enough to learn

# New schools for new minds

- ▶ New curriculum: content to process
- ▶ New pedagogy: experiential—whole person
- ▶ New modes of inquiry—qualitative

# New programme

- ▶ Content “open system” constantly updated in response to feedback from changing world
- ▶ Information literacy, visual communication, bricolage become key skills for everyone
- ▶ Globalized world requires globalized curriculum framed in new global story.
- ▶ Making room for love, emotions, spirituality, art, aesthetics
- ▶ Awareness of the short, medium and long term future
- ▶ Always scanning for what's next



# New organization for the academy

- ▶ Blurring of traditional disciplinary boundaries
- ▶ Collaborative research
- ▶ Emphasis on wisdom not expertise
- ▶ Emergence of new configurations  
“transdisciplinary” studies
- ▶ Diversification of faculty categories
- ▶ More nimble faculty involved in innovation

# Changed meaning of education

- ▶ In new economy what can be automated will be automated.
- ▶ From mastery of content to processor and generator of new knowledge
- ▶ Preparation for leadership at every level.
- ▶ Human beings will be needed not for how they can resemble machines, but for how they resemble full human beings--their capacity to care—in other words for their humanity
- ▶ We are talking about cognitive and emotional capacities-- in other words **consciousness**

**We are all immigrants**



***21st Century - this way***

**Hell, no**

**Let's go!**





