



Success for Your Health and Your Peace in 2020

Evolution and the Promotion of Health, Wellbeing and Peace

Health and Peace are at the center of personal wishes for the holidays:

“Health” can be – inadmissible reduced – understood as the “degree of efficiency of body and brain”. But the capability and the performance readiness of a complex cascade of surprisingly autonomous systems is the prerequisite for that what a **person** is able to create and realize. And it makes no sense to attribute to the biological subsystems to have an idea about that for what a person intends to use them. But we agree: Organs etc. are **not machines**. Therefore we have to motivate them to use their potentials even though they have also own use. Therefore also their “degree of efficiency” is depending of the capability and the performance readiness of their ontogenetic precursors. This makes obvious: We can **promote** health of the person if we are able to improve the “degrees of efficiency” of the different evolutionary levels with a focus on the demands of the person. This includes also the expectations **on** and **of** the person. This makes obvious: “Health” is finally individually depending e.g. on the daily rhythmic, the modifications thanks to aging, changing in interpersonal relationships etc. Therefore we can wish you with really good reasons for 2020 to reach **“YOUR optimal health as an eco-socio-cultural person.** But adequate **knowledge** and **conditions** are needed. Therefore **health promotion** is also a challenge for family, community and society.

Peace is related to the influence of the relationship between humans on their realizations.

“Down with the weapons” is just a special but for many relevant case – from this position. So it is also justified to wish you “YOUR peace (of mind)”. But is it logically adequate to hope for peace?

Traditional Darwinists should contest this: The hope for peace would be self-deception, if you accept a permanent evolutionary process which has to be based **only** on the **fight for survival** and to be the **fittest**. But Darwin was **not** in this sense **“Darwinist”**: He – and especially Wallace – accepted the fight even for the origin of species up to the primates just as the **most relevant** evolutionary principle. He assumed that this principle is **not sufficient** to understand the evolutionary step from homo as **primate** to the person as social entity (Descent of Man 1871/75). As additional principles has to be respected “Sympathy beside of love”. And a human without these attribute would be an **“unnatural monster”**. The evolutionary process would **cause** logically finally the extension of Sympathy to “the men of all nations and race... but to the **humblest living creature”**.

Respect was given – even by sciences – **only** to these **parts** of Darwin’s logical stringent argumentation which fitted to the interest of **political and economic power**. This demonstrates: The evolutionary process could **not** be stopped but could be influenced. Therefore even the evolutionary principles are matter of **modifications**. And we have to give respect that we are the generation which **knows** this and our **influence**.

Therefore the actually missing step of the integration of **“Sympathy beside of love”** into the principles for evolution is indispensable but **never sufficient**. We have to extend our understanding and guidance also to **responsibility**.

This is not only valid for the relevance of health promotion and **wellbeing** for **health politics** but also for the future oriented dealing with a dynamic understanding of the relevance of **peace**: Never only the period without war, but a **prerequisite** and **resource** for the **further development opportunities for comprehensive sustainable life forms**.

We wish you health and peace for 2020 in this sense.



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