

## Five Reasons, why Humanity not only needs but also has already Altruism and Humour to survive - a Systemically View by a Family Therapist

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**Résumé:** \*1944, 2 daughters (\*'66 and \*'67), '80 wife of Dirk Brüning, both since '97 members of Cuba Sí; **Education:** 1978 Diploma: *Education Sciences*; 1979 II. State-exam: *Teacher for Primary- and Secondary School* <sup>1)</sup>; 1989 Certification in *Systemically advice and family therapy*; 1996 Certification in *Hypnosystemical conceptions for children and young persons, Permission for practicing psychotherapy as no doctor*;

<sup>2)</sup> **Occupations:** primary-school-teacher <sup>3)</sup>, adult-education-centre-lecturer <sup>4)</sup>, '90-'01 family advice therapist <sup>5)</sup>; Co-author of Jürgen Schubert, "mundtot, Nachkriegsbiographie...", 1999, ISBN 3-88864-288-4;

Being educated as a family-therapist myself, my favourite interest is the chemistry of human relationships. One of our pioneering scientists, Albert Einstein, recalled Aristoteles's insight: "The total is more than the sum of its parts."<sup>1)</sup> This insight had increasing effects within the scientific community during the last century. We can transfer it to the human body, its mind and feelings and to human relations <sup>2)</sup>. This is reflecting the quarks within the atom and our planet on his helix within the spiral nebula of our universe too. <sup>3)</sup>

Fig: 1) "Communication guide"

Thinking systemically in contexts means thinking in spirals considering not only the history of each event or person, but also its communicating and interacting, which causes respectively change within and outside the total. We cannot help, but communicating, because, if we don't want to, this is another message to our environment. By trying to understand, we are intervening already by our kind of view. We cannot help, but being a part of it. This knowledge is contradictory to what my generation and my children still had learned at school, which was separating one subject from the other, most of the time. <sup>4)</sup>

Thinking in contexts is contradictory to the predominating thinking in our occidental tradition culminating in the premise of the ancient Romans: "Divide et impera!" - causing a hierarchy of self-preservation, followed up by social Darwinism, causing racism and fascism, destroying even the germs of society, the families.

May be our planet will recover from his man-made diseases, but humanity seems to have no chance, if we will not share and combine our forces.

However, we have to look out for events, when these insights had been applied and for our successes then - even if they were exceptions - and which resources had enabled us then, when wanting to know, if "another world is possible".

Our prerequisites are:

- 1<sup>st</sup> Five senses,
- 2<sup>nd</sup> Five parts of brain, inclusively the triunion capacity of the neocortex,
- 3<sup>rd</sup> Experience of the need to share with each other,
- 4<sup>th</sup> Agreements how to survive together,
- 5<sup>th</sup> Sense of altruism and humour.

To make it transparent to you: I was inspired by the Cuban Five, when searching for and finding easily then 5 reasons.

1<sup>st</sup> We are in exchange with our environment by our **5 senses**. If we examine each of them separately and compare them then inclusively with those of our fellow creatures, the animals, we have to notice each of them is more or less handicapped. Furthermore, we find out, according to the priorities each of us has, at least one of the 5 senses is more educated than the others are. Because of our priorities and our handicaps by nature, we can't help, but being blinkered some how.

Nevertheless, we have a rather entirely impression, when we use our 5 senses, like the five fingers of our hands. In addition, our chance for a better understanding grows by exchanging our own experiences with those of other's.

2<sup>nd</sup> As for instance Paul D. McLean published in 1976 <sup>5)</sup>, our neocortex includes not only the left and right part, communicating with each other. There is another important part, which seemed to have been unknown till then, which is the physical base for planning, dispensing of our own topical desires and even to laugh at them and to empathize with some body else, which is after all the physical base for having visions, for a living in solidarity, for conscious love and even altruism, when our beloved ones are in danger. These "frontal lobes" at both sides of our forehead enable us furthermore to build a bridge to our oldest emotions and sensations. Therefore, we are even able to influence the rhythm of our breathing by combining our knowledge with our experienced emotions and feelings. That means, we can relax even in dangerous moments of life, instead of running away or fighting, which is an older, but very useful reflex in danger of our own life. Contradictorily to our reflexes, we have to train this ability based on the experience of better moments and confidence in life, if not by our own experience, by a convincing example of somebody else <sup>6)</sup>. Our **triunion neocortex** is the requisite for our ability for a life long learning, for humour to avoid fanaticism and for a living in respect and peace with our own nature and our environment on earth, as well.

Nevertheless, we must have the opportunity to use and to educate it, delivered at first by our beloved ones.

3<sup>rd</sup> The **experience** of our species needing to live in groups is well known <sup>7)</sup>. As biologists can tell us, our fellow creatures, the rats, are much more successful by applying this experience, than human beings are. <sup>8)</sup>

The rats have no René Descartes in their chain of ancestors emancipating human thinking by his logical ruled philosophy: "Cogito ergo sum.", which only seemed to confirm the ancient Romans at last: the short minded egoism. <sup>9)</sup>

They had no Immanuel Kant, who combined moral and thinking. <sup>10)</sup>

They had no Karl Marx, creating his dialectal philosophy of spirit and material, regarding the exchanges, and their respective results. <sup>11)</sup>

Neither had they Goethe and Schiller, nor Bach and Beethoven to cultivate their living.

They had no ancestors like Adolf Hitler, acting as a puppet on the strings of other short minded people enlarging their might and money by using the megalomania of others and abusing the disappointments of honest people. <sup>12)</sup>

They had no José Martí after all, who tried to use and to educate all of his resources. Despite of imprisonment expressing his love for life, his country and the universe by poetry, he not only thought of liberation, but also fought for liberation in solidarity with his friends. <sup>13)</sup> He might have had the fate of all the other former outraging persons in our history, which is - to be honoured at highly separated places so, that they cannot disturb "daily business" –

if there hadn't been another group of persons, 50 years after his death, who combined their knowledge and forces, motivated by high need like their ancestors, to try a revolution, humanity had never had before - initiating sustainable solidarity, while learning by doing until now. <sup>14)</sup>

4<sup>th</sup> **Agreements:** Due to our different priorities, societies find different agreements: representative democracy is one of them, at least.

As for one of the representatives, George W. Bush, the medias reported, he wants to hear the Holy Bible read to him in his free time.

Knowing what is said in the Bible about love to your next, to share with the poor, to care for the ill, to visit the imprisoned, and to love even your enemy, I can't help, but remembering, what is said there too: "You shall recognize them at their fruits." <sup>15)</sup> Meanwhile another agreement about democracy bears fruits on the resistant island, Cuba. Its education- and healthcare system, its participating society <sup>16)</sup> produced highly educated persons of moral strength like the Cuban Five, being able to reveal the so-called fight against terrorism in the name of democracy. - Without arms alongside with their families, they are working together in solidarity, even after having been physically separated by far distances and different high-

security-prisons, while supported by their homeland - like 5 fingers of one hand in connection with the whole body.

At the 20<sup>th</sup> of March in 2003 in Geneva we heard Aleida Guevara say: The Five were her brothers, they were the real sons of her father, Che Guevara, they made her understand, why she had to grow up without him.

5<sup>th</sup> I don't know any one of my profession, inclusively my highly appreciated teachers, the most famous of them had been or are living still in the USA, who could apply his or hers education as successfully as the Cuban 5 can do, because of at least one reason: family therapists use to exclude applying their knowledge to the "dirty business" of politics. They can't repair the destroying context of their clients.<sup>17)</sup> As the Cuban 5 show to us, most of them might have been imprisoned too, if they had tried to do so.

That's why; we have to be grateful to those, who even risked their lives.

Getting in touch or in correspondence with them, encourages honest people, initiates decisions, to change former priorities and to educate another ability then.

Their convincing example of relaxing even in danger and keeping humour, which is only possible on base of experienced love in family, which is nourished by their society.

Fig.:2) Gerardo Hernández Nordelo: "El Amor y el Humor....".

Their correspondence with more and more people is establishing solidarity and friendship between people, who would have never met, or even less, would have combined their forces for breaking the wall of silence around them, to rehabilitate them and wishing finally to embrace each other, when celebrating their common success.<sup>18)</sup>

More than 240 committees on earth are fighting for their rehabilitation and freedom.

Conclusion:

We have Five reasons for our hope, their names are:

Gerardo Hernández, Ramón Labañino, Antonio Guerrero, Fernando González and René González in representation of their beloved ones.<sup>19)</sup>

Fig.: 3) "El dulce abismo"

Finally, quoting my husband Dirk at the Moncada-festival in Bonn this year: "If we will manage to rehabilitate the Cuban Five, we will manage to rehabilitate Cuba overall." ... "each human being dreaming of social justice, of a society in solidarity" needs "the 'social political research laboratory, Cuba', as Heinz Dieterich Steffan called it once," where despite of the threatening and restrictions from outside and the respective injuries and handicaps inside, "our most important values can be proved."

Please, let us join the brilliant idea of the well-known US-sociologist, James Petras, to nominate them for noble prize of peace.<sup>20)</sup>

Thank you for having me.

## REFERENCES:

**Institutions of Education:** <sup>1</sup> "Pädagogische Hochschule, Münster" (University of Education and teacher-training college), student teacher at „Dreifaltigkeitsschule“ Münster, North-Rhine-Westfalia; <sup>2</sup> family therapy: „Molter-Eberbach-Fortbildungen“, Cologne (associated to Institute for Family-Therapy, Weinheim), trainee in Psychiatry „Landeskrankenhaus“ Düren; "Hypnosystemical conceptions for children and young persons": Milton Erickson Institute, Rottweil associated to "Milton Erickson Gesellschaft für Klinische Hypnose" [Association for Clinical Hypnosis], Munich; "Erlaubnis zur Ausübung der Heilkunde auf dem Gebiet der Psychotherapie für nichtärztliche Psychotherapeuten" [Permission for practicing psychotherapy as no doctor] by "Gesundheitsamt, Kreis Düren" (Public Health Department, district Düren); **Occupations:** <sup>3</sup> "Melanchthon-Schule", [a Primary School] Munster; <sup>4</sup> "Volkshochschule" [adult-education-centre], Jülich; <sup>5</sup> practicing in my own office, Wiesenstraße 2, 52428 Jülich (I had to give up in 2001 because of the economizing of German health-care-system);

### **Five Reasons, why Humanity not only needs but also has already Altruism and Humour to survive - a systemically View by a Family Therapist:**

<sup>1</sup> according to Haja Molter, Dipl. Psychologist and teacher of family therapy, at "Molter-Eberbach-Fortbildungen" in 1988- 1989, Albert Einstein, most famous for his theory of relativity, quoted Aristoteles;

<sup>2</sup> compare to Niklas Luhmann, sociologist (1927-1998), author, representative of the social scientific systemical theory at the university as professor in Bielefeld, Germany, he transferred the science of cybernetics to society; compare to Gregory Bateson: "Steps to an Ecology of Mind. Collected Essays in Anthropology, Psychiatry, Evolution and Epistemology" 1972 by Chandler Publishing Company;

<sup>3</sup> US-American scientists Politzer, Wilczek and Gross were the winners of Noble Prize of Physics in October, 2004, for having discovered the exchanges of quarks as responsible for the cohesive strength within the atom 30 years ago;

<sup>4</sup> compare to Paul Watzlawick et al., "Pragmatics of Human Communication. A Study of Interactional Patterns, Pathologies, and Paradoxes. W.W. Norton & Company, Inc., New York 1967; Watzlawick/Weakland/Fisch: "Change. Principles of Problem Formation and Problem Resolution. W.W. Norton & Company, Inc. New York 1974;

<sup>5</sup> during a psychology seminar at "Pädagogische Hochschule", Munster, in autumn 1976, Professor Walter Schurian told about this publication of Paul D. McLean, leader then of the Institute for Brain Research in Washington; quotations of McLean in: Daniel Goleman, "Emotional Intelligence. Why it can matter more than IQ", Bantam Books, New York " 1995, first German edition in 1997, see esp. Chapter 2 and "Harmony and thinking" p.48-49 and appendix, p. 398 in German edition 1997; Carl Sagan: "Cosmos" Random House, Inc., New York, 1980 by Carl Sagan Productions, Inc.; Referring to Paul D. McLean Daniel Goleman confirms the ideas of Immanuel Kant in "Kritik der reinen Vernunft" [Critics of Pure Ratio], without mentioning Kant's philosophy, compare to <sup>10</sup>;

<sup>6</sup> Compare to methods of relaxation of Edmund Jacobson (Progressive Muscle Relaxation), Heinrich Johannes Schultz (Autogenes Training) - both of them developed their methods in the "twenties" of the 20<sup>th</sup> century - and to Brian M. Alman and Peter T. Lambrou: "Selfhypnosis. The Complete Manual for Health and Self-Change", German Edition: 1995 ISBN 3-927809-34-9;

<sup>7</sup> Arnold Gehlen: "Urmensch und Spätkultur", Frankfurt 1965; Margaret Mead: "Continuities in Cultural Evolution", 1964;

<sup>8</sup> Rats had returned to the Bikini Atoll after nuclear bombing experiments there by the USA from about 1946-54, before human being could have had a chance to survive there, as it turned out. Furthermore, according to Walter Schurian (mentioned above) rats transfer their instrumental knowledge to their descendants, and they even inform their fellows, before dying, after having eaten a lethal dose of poison, not to eat from this.

<sup>9</sup> René Descartes 1596-1650, French philosopher; to the role of emotions in rationally thinking: Antonio R. Damasio, "Descartes' Error: Emotion, Reason, and the Human Brain, New York: G.P. Putnam's Sons 1994;

<sup>10</sup> Immanuel Kant, (1724-1804) German philosopher, one of his publications: "Kritik der reinen Vernunft" [Critics of Pure Ratio], among others he created the "kategorischen Imperativ": "Handle nur nach

derjenigen Maxime, durch die du zugleich wollen kannst, dass sie allgemeines Gesetz werde.” [You should act following the maxim, by which you could want, it would become general law.]

<sup>11</sup> Karl Marx, (1818-1883), German philosopher and politician cooperating with his friend Friedrich Engels, numerous publications, most famous “Das kommunistische Manifest” and “Das Kapital”, most famous book of Friedrich Engels: “Der Ursprung der Familie, des Privateigentums und des Staats” [The origin of the family, of the private property and of the state].

<sup>12</sup> Adolf Hitler (1889-1945), national socialist politician, when wanting to become an artist in painting, the academy of Vienna refused his requests to study there twice: in 1907/08. After having participated at I. World War, he joined German National Socialist Party. His coup against state failed in 1923. He was convicted to 5 years imprisonment then, but released already at the end of 1924. Finally, he was sponsored by big business and armaments industry, like Krupp, Bohlen und Halbach, even US-American armaments industry made their profit by dealing with Hitler, like the grandfather of George W. Bush. There was a sinister liaison of capital owners, megalomania and disappointed, badly educated people suffering from disinformation (but most of them seemed to have realized, what was going on, nevertheless) leading into II. World War. The balance of horror according to Professor Christian Meyer, who had been quoted by Peter Nemetschek (Dipl. Psychologist, Hypno- and Family Therapist) in 1997 at the “Kindertagung” [Children Congress] of the Milton-Erickson-Institute, Heidelberg: 55 Million dead people, among them 20 Million Russians; victims of Holocaust: nearly 6 Million, most of them Jewish. After the war, 200,000 Germans were found guilty of having directly participated at those murders, but only 12,000 of them were sentenced by trials. Until now, the survivors of the Holocaust have to fight for reparation, and former resistant fighters are still fighting for their rehabilitation by German society. In addition, they are warning people not to let happen such circumstances again. One of the German survivors of the Holocaust is, for instance, Esther Bejerano (Artist, Chairwoman of the Auschwitz Committee of Federal Republic Germany [BRD], member of the international Auschwitz Committee), see Esther Bejerano/Birgit Gärtner, “Wir leben trotzdem” [We are alive, nevertheless!], 2004, Pahl-Rugenstein, ISBN 3-89144-353-6. One of the still alive resistance fighters is Peter Gingold (Speaker of the Association of Antifascists [VVN], vice-president of Auschwitz Committee, speaker of German Association in the Resistance and Movement Free Germany [DRAFD]. Since summer 2004, Esther Bejerano and Peter Gingold belong to the supporters of our committee to free the five, officially. They seemed to have felt inspired to support the Cuban Five after having read about attorney Rafael Rodríguez’s visit to René González Sehwerert at 26th of May in 2004 this year by the interview of Graciela Ramírez, which was translated in to German then. Rafael Rodríguez Cruz is member of the Rosenberg foundation for children. He published an advertisement in “The Nation” in favour of the visiting rights in prison for Olga Salanueva, wife of René and their six years old daughter Ivette, and Adriana Pérez, wife of Gerardo Hernández Nordelo at October 4, 2004.

Comment to “fig.: 1)”: „The cruelty was stronger than any culture“ compare to Alexander Mitscherlich, “Aggression und Anpassung” [Aggression and Accommodation] in: „Freiheit eine Utopie? Ausgewählte Schriften 1946 bis 1974“, S. 209 f [Freedom an Utopia? Selected Writings from 1946 to 1974, page 209 f] versus Ernst Bloch, „Das Prinzip Hoffnung.“ [The Principle of Hope], 3 volumes of the German philosopher, first edited by Suhrkamp, Frankfurt in 1959;

<sup>13</sup> “José Martí, \*Havana in January 28, 1853, he died fighting against the Spanish colonialism in May 19, 1895 at Boca de Dos Rios (Cuba); he lived among others in Spain, Paris, Mexico, Guatemala, New York and Venezuela; he was a restless fighter for Cuban independency. He distinguished on lyrical poems (among others Ismaelillo, 1882; “Versos sencillos”, 1891), (“Amistad funesta”, 1885) dramas (among others “Abdala”, 1869), numerous articles, critical studies and a comprehensive correspondence. Today he is regarded in Cuba as the first outraging ideologist of the anti-imperialistic fight in Latin America.” (Compare to Meyers Enzyklopädisches Lexikon, Band 15, translated from German into English by J.Michel-Brüning)

<sup>14</sup> Referring to the “high need” of the Cuban Revolution after having been victorious in 1959: The former Batista-regime, which had been a regime of US-American fruit companies at the same time, caused 20,000 dead and disappeared people. Cuba had at least 30 % illiterate persons then. Healthcare had been reserved for the rich, (compare to Jean A. Dumur, Cuba, editor: Charles-Henri Favrod, edition Rencontre 1962, German translation by Heinrich Steyer);

<sup>15</sup> see Matth. 7,16.

<sup>16</sup> compare to: Arnold August, “Democracy in Cuba and the 1997-98 Elections”, 1999, Editorial José Martí, Canada-Cuba Distribution, P.O. Box 55025, Succ. Fairmount, Montreal Canada, H2T 2 M8, ISBN – 0-

9685084-0-5; The Canadian author was one of the international observers of Cuban elections and he researched thoroughly and describes extensively the Cuban participative democracy, its history and its election system.

<sup>17</sup> My highly appreciated teachers by literature and Videotapes:

- a) Milton H. Erickson (1901-1980) US-American physician, psychiatrist and hypno-therapist, founder and editor of "American Journal of Clinical Hypnosis", founder and managing director of the Education and Research Foundation of the American Association for Clinical Hypnosis, numerous publications, one of the most famous about him is "A Teaching Seminar with Milton H. Erickson", Brunner/Mazel, New York 1980, German edition 1992, ISBN 3-608-95015-X;
- b) Virginia Satir, she died in September 1988 in her seventies, social worker, founder of family therapy, author of numerous books, one of the most famous one: "The New Peoplemaking", 1988 by Science and Behavior Book, Inc., German edition 1990 ISBN 3-87387-018-5;

Besides of those teachers during my education in "Systemically Advice and Family Therapy" as for Haja Molter and Peter Eberbach, I had a lot of other highly qualified teachers in Germany, like Bernhard Trenckle, Fritz B. Simon, Siegfried Mrochen, all of them authors, as well.

I had workshops (each lasting at least for 2 days) with US-American psychologists like Steve de Shazer (in cooperation with his wife, Insoo Kim Berg, founder and managing director of "Brief Family Therapy Center", Milwaukee, Wisconsin), Daniel P. Kohen (Managing director of "Behavioral Pediatrics Program" at Children Medical Center, Minneapolis; Ass. Prof. at University of Minnesota), Jeffrey K. Zeig (Milton-Erickson Foundation Phoenix, Arizona 85020-5543) and Jane Parsons-Fein (Managing director of the Parsons-Fein "Training Institute for Psychotherapy and Hypnosis", see [www.pfti.org](http://www.pfti.org) ) Regarding her as a friend I asked her to support the home coming of Elián González at the end of 1999 and in the beginning of 2000 publicly, but she only answered she wished good luck for me by supporting him. In addition, I asked her to support the release of the Cuban Five, but she didn't even reply any more.

<sup>18</sup> One of the greatest successes of the international cooperation was the full-page advertisement in "The New York Times" published at March 3, 2004. We collected worldwide about \$ 50,000 for its funding. Another full-page advertisement could be published in "El Diario La Prensa", the oldest US-American news paper in Spanish language, at June 7, 2004 because of that.

<sup>19</sup> Extensive reports about the Cuban Five and their beloved ones, their history, their unjustified trial in Miami, their speeches for their defence, articles and public speeches of their attorneys for their defence, their support by outraged people you can read for instance at [www.freethefive.org](http://www.freethefive.org), [www.antiterroristas.cu](http://www.antiterroristas.cu) and [www.miami5.de](http://www.miami5.de) (German);

<sup>20</sup> James Petras published his article at May 12, 2004 in Rebelión. At The 14th of May, it was published in German at [www.miami5.de](http://www.miami5.de). Günter Belchus, a member of the German committee ¡Basta ya! wrote to four Noble Prize winners, as to Roberta Menchú, Adolfo Pérez Esquivel, Gabriel García Márquez and Nadine Gordimer, asking them to support the idea of James Petras.