

MENTAL ILLNESS FROM ANTHROPOECOLOGY'S POINT OF VIEW

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Abstract. There are and there have been great divergences generated in the mind of human being and as a corollary it can be said that for millennia human being has been mentally ill. Although we all agree that the current situation is chaos due to climate change, drug addiction and social decomposition, among others, are effect and not cause. These concepts are not about confronting the "good" with the "bad", but to raise awareness about the differences and disparities of our daily act and correct them to obtain a peaceful coexistence. As humanity, our mental fixations and mental illnesses over time, in different nations, cultures and religions, are as diverse as opposite, going from one extreme to another; the best example of this is the approach that each culture and religion gives homosexuality, Catholic and Muslim religion totally reject it, while Buddhism approves it without criticism; Another culture, Zapotecs (Mexico) considered muxes (homosexual men) part of a third sex, no better or worse than men and women, simply different. Another discrepancy is left-handed people who have been considered inferior. In Catholic schools, left-handed people were forced to write with right hand. In Islam and Middle East, everything that comes from left hand is considered impure. Discrimination comes to Japan and covers whole world except Buddhism. For centuries, human being has not been able to elucidate aspects of its existence, perhaps because of its paradigms of interest such as greed, power, money and technological progress, they have not allowed us to think about basics of human existence and its closure mental, willing to destroy itself. We have learned to be opportunists, people of goodwill are abused, today people have lost confidence by lies of rulers and worst, children have learned to lie.

Keywords: drug addiction, social decomposition, mental illness, mental fixations, interest paradigms, greed, power, money.

INTRODUCTION

This article is extensive, but it is just the beginning, trying to establish a clear guideline on concept of mental illness, from Anthropoecology point of view.

The concept of mental illness is very daring and perhaps disrespectful in the eyes of health professionals; however, a different approach is necessary to elucidate this concept. The best example is homosexuality, which for centuries has not been seriously and correctly discussed, but it has been reprovved without any foundation and with opinions completely opposed by different cultures and religions. Homosexualism and another example as simple as left-handed people have not been paid attention for millennia, their rejection has vanished in time; However, it is necessary to pay attention to the concept of MENTAL ILLNESS, because our existential niche is very committed.

It is necessary that in macro positive decisions of governments, administrative system knows how to convert them into micro actions that reach all people. It is very common that economic and political macro actions do not become micro actions and therefore benefit only economic and political power.

This writing, is only a tiny part of what is necessary with intention to draw a guideline to achieve the goal of healing mentally and achieve a peaceful coexistence.

DEFINITION OF ANTHROPOECOLOGY

Anthropoecology It is dynamic balance in animal, intellectual, social, cultural, spiritual, moral, ethical, economic and political aspects of human being in conjunction with environment in which it lives.

Taking only a few examples of definition of several authors of mental illness; It can be said that these have physiological and non-mental origin, since in some cases they talk about fact that disease can be due to: *"A difference in brain structure or neurochemical function; Or, they have an elongated ventricle and a reduction in gray mass in brain. There is another way to refer to mental illness, for example, mental disorder, psychological disorder, psychiatric disorder, emotional problems and others"*. [Copyright © 2007 Carmen Sosa Foundation. All rights reserved].

This does not mean that authors who classify these illnesses as mental are wrong, only that some researchers show their physiological origin, although their final reflex seems or is mental. Definitions set forth in this paper are to put in context, Anthropoecology point of view.

So some of these approximately 320 diseases listed as mental or mental disorders [fourth edition (DSM-IV)], have physiological origin and according to Anthropoecology there are mental illnesses such as: arrogance, avarice, envy, anger, lust, gluttony, laziness, omission, etc. etc.

[<https://www.profesorenlinea.cl/Cncias/EnfermedadesMentales.htm>]

MENTAL ILLNESS ACCORDING ANTHROPOECOLOGY

Generation of ideas and attitudes in a physiologically healthy brain, of human being, which places itself above other human beings, infringing damage in most cases and obtaining profit for himself.

DEFINITION OF BRAIN, MIND, MENTAL ILLNESS, TREATMENT OF MENTAL ILLNESS, MENTAL DISORDER, HOMOSEXUALITY AND LEFT-HANDED

Definition of Human Brain

Human brain is the center of nervous system, being a very complex organ. Enclosed in the skull, it has the same general structure as brains of other mammals. Human brain performs a large number of tasks, in general it can be said that it is responsible for both regulating and maintaining functions of the body, and for being the organ where individual's mind and conscience resides. [Wikipedia, la enciclopedia libre, es.wikipedia.org/wiki/Cerebro humano]

Definition of Mind

Mind is the most common name of the emerging phenomenon that is responsible for understanding, ability to create thoughts, creativity, learning, reasoning, perception, emotion, memory, imagination, will, and other cognitive abilities, gather information, reason and draw conclusions.

Mind has three types of processes: conscious, unconscious and procedural. It also encompasses non-intellectual functions, affective functions. Laboratory studies suggest the idea that the mind is a result of brain activity. Thanks to these discoveries, it has been possible to advance in psychopharmacology, for example, in the so-called antidepressants. [Wikipedia, la enciclopedia libre, es.wikipedia.org/wiki/Mente]

WIKIPEDIA Mental Illness

Mental illnesses cover a wide variety of disorders, they manifest themselves as alterations in the processes of reasoning, behavior, ability to recognize reality, emotions or relationship with others, considered as abnormal with respect to social reference group from which comes the individual. The main treatments are psychotherapy and psychotropic drugs. Other treatments include lifestyle changes, social interventions and self-help.

Terminology

Depending on the concept of disease used, some authors consider it appropriate to use the term mental disorder in the field of mental health (which is the one used by the two most important psychopathology classification systems today: ICD-10 of the World Health Organization and the DSM-V-TR of the American Psychiatric Association). However, the term mental disorder has also been the subject of controversy and criticism.

History In ancient times, mental disorders were related to supernatural causes. The most primitive cultures attributed them to demonic possessions or natural forces and the more complex cultures to the gods. [https://es.wikipedia.org/wiki/Enfermedad_mental]

Mental Illness

Serious mental illnesses include: depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress (PTSD), and the personality. Good news about mental illness is that recovery is possible. [www.nami.org/.../Enfermedades_mentales1.htm]

Mental Illness Treatment

Extraordinary advances have been made in treatment of mental illnesses.

Somatic treatments include drugs, electro-convulsive therapy and other treatments that stimulate the brain (such as transcranial magnetic stimulation and vagus nerve stimulation). [Por Caroline Carney, MD, MSc, Chief Medical Officer, Magellan Healthcare]

Sexual Identity Disorders

Sexual identity disorder refers to feeling a persistent discomfort about his or her sexual condition, along with the desire to be of the other sex, repeatedly verbalizing that he or she belongs to it. It is not a simple change of habits or behaviors but of profound alteration of feeling of being male or female. Cause; It is unknown. [Dr. Esther Martínez García] [http://www.mapfre.com/salud/es/cinformativo/disordersidentity-sexual.shtml]

The Church and Homosexuality

Do not be fooled, because in the kingdom of God there will be no part of those who surrender to prostitution, or idolaters, nor those who commit adultery, nor the effeminate, nor homosexuals, nor those who steal, nor misers, nor drunks, neither cursed nor thieves. [1 CORINTHIANS 6:10 (DHH), 09/21/2019 · Nathan Díaz],

[www.youtube.com/watch?v=XQDXAToLOzQ]

Catholic-Church-and-Homosexuality

"If a man sleeps with another man, as is done with a woman, they commit abomination; They will be punished with death. They will be responsible for their own death". Although various leaders of the Catholic sect accept the existence of a natural tendency of a homosexual nature, many consider that in the end it is a deviation from nature and that, therefore, homosexuals must resign themselves to living repressing the tendencies of such "deviant nature", as soon as getting carried away by them would mean giving in to "unnatural" behavior and, therefore, intrinsically bad.

*[https://laicismo.org/iglesia-catolica-y-homosexualidad/] **Homosexuality and Christianity.***

Many people live tormented by the idea, with simple possibility, of being attracted to the same sex, or they are already slaves of a homosexual way of life.

Our mission is to provide them with a helping arm to get out of confusion that may be happening. Clarification is necessary: There are people who do not want to leave homosexuality. Before them our mission is to love them as Christ loves them and as he loved them: until death.

We are not homophobic. We are in favor of helping those who are not happy with a homosexual lifestyle. they and their relatives suffer from not being able to leave homosexuality. And they don't know that this is possible. [https://renuevo.com/elhomosexualismo-y-el-cristianismo-primera-parte.html]

Muxe Sexual and Gender Diversity

In Zapotec region of Isthmus of Tehuantepec (Mexico), muxe ('mushe') is called the gender that defines a person born with male genitals who assumes female roles in any social, sexual and / or personal sphere. From the pre-Columbian era, Zapotecs considered muxes (homosexual men) part of a third sex, no better or worse than men and women, simply different. [https://es.wikipedia.org/wiki/Muxe]

Scientist Demonstrates Causes of Homosexuality

Hugo R. Mendoza (†), a Dominican scientist, shows in research that sexual preference is transmitted by the mutation of a gene.

"Genealogical findings indicate evident hereditary tendency of the phenomenon as well as its potential obedience to genetic changes not yet clarified, supported by the finding of GAY-1 genetic mutation in male homosexuals and located in locus Xq28, of high prevalence in the population in general (11%) and that despite controversy regarding it, as a determining factor of male homosexuality, it does not cease to reinforce the organicity of the homosexual situation", added the doctor. "Evidence of existence of hereditary factors in homosexuals raises more precise studies not only clinical but molecular, while recognizing social, cultural and ethical difficulties for their study". For centuries, science has been debated between the definition of homosexuality as a behavior conditioned by the environment or an irreversible biological condition. [http://www.taringa.net/posts/noticias/6139810/Cientificodemuestra-las-causas-de-la-homosexualidad.html]

Controversial treatments in Russia to cure homosexuality

Being gay is no longer considered a mental disorder in Russia. At least, not officially. In 1999, the country withdrew homosexuality from its list of mental illnesses, 26 years after the United States (1973) and 7 years after the World Health Organization (1992) (WHO).

From Nizhny Novgorod, 400 kilometers from Moscow, he claims to have cured 78 homosexuals and 8 transsexuals with a three-step method developed by his mentor, psychotherapist Nikolai Ivanov.

"On the right track:" Yuri, 40, was a patient of Goland. He says that he continued his treatment in the early 1990s because he wanted to "wake up and be on the right track." Instead, it ended the sexual desire shattered.

"The result was, without a doubt, negative. Even harmful. To be honest:

catastrophic," says Yuri. [https://www.bbc.com/mundo/noticias-internacional-39770514]

Lefties have been marginalized in history and in the Bible. Why?

1. Throughout history left-handed people have been considered inferior. In Catholic schools, left-handed people were forced to write with the right. In Islam, everything that comes from left hand is considered impure, and in Middle East more or less the same. Discrimination comes to Japan and covers the whole world except

Buddhism. [globoedia.com › zurdos-marginados-historia-biblia]

REMARKS:

It has been called mentally ill to all those human beings who suffer from a problem or brain deficiency that sometimes originates from birth and in general, prevents them from fending for themselves. However, adults who, due to any accident or illness, (brain damage) lost their mental faculties and whose behavior could be similar to that of former, are not called mentally ill.

It is clear that patients mentioned above have a cerebral deficiency; therefore, they are sick of the brain and not of the mind as they are usually classified.

As a corollary, from Anthropoecology point of view, homosexuality and lefties, are considered a genetic alteration; as are, cleft lip, mermaid syndrome, Down syndrome, autism, among many other mental disorders.

Some common diseases in adults; as they are, Parkinson's, Alzheimer's, cerebral embolisms, among others, affect the brain and therefore mental reasoning.

Psychiatric patients also have a brain disorder that leads to abnormal behaviors and are also mistakenly identified as mentally ill. It seems that mental illnesses have not been recognized as such; alone, brain diseases have been recognized and associated with mental illness.

The seven deadly sins classified by Catholic Church are: arrogance, avarice, lust, anger, gluttony, envy, laziness. They are mental illnesses from Anthropoecology point of view.

For year 2020 A.D. human being is immersed in an EPIDEMIC of mental illnesses and worsen.

Some of these seven sins or mental illnesses are omnipresent in both political and economic power, with few exemptions.

Avarice of a few affects millions of people even thousands of kilometers away.

Miser, usually accumulates wealth and many consider it good and with this wealth you can get a lot of material benefits, material wealth gives feeling of security and some people or groups, has shown that this is true, at least while power changes hands.

Action of "sin" generates a behavior subject to a thought, subsequent reasoning and at last stage action itself. This whole process occurs in a healthy brain, with ability to think and reason; However, action threatens coexistence of human beings. That is why these are not only sins but mental illnesses.

Another attitude marked by greed, capitalism:

NOAMI KLEIN. *This changes everything, capitalism against climate.*

This changes everything is a brilliant explanation of reasons why climate crisis challenges us by definitively abandoning ideology of << free market >>, restoring global economy and rebuilding our political systems. In this book, Naomi Klein argues that climate change is an alert that forces us to rethink our current economic model, which has already failed in many aspects, and argues that massive reduction of greenhouse gas emissions is the only opportunity to limit the enormous economic inequalities, rethinking our fractured democracies and rebuilding local economies. With direct style to which we are accustomed, the author challenges our consciences with this provocative work that puts climate change at center of politics. [Lectulandia, Editorial digital, ePub r1.2, FleCos 26.03.2017]

REMARKS:

Climate change is evident according to arguments of some analysts and scientists, which complement it with videos and reports that show emission of greenhouse gases, coupled with action of weather phenomena; it is said, produced by human being, such as HAARP phenomenon. [https://youtu.be/xU_vkr_-BEc], considered as a secret weapon to destroy cities and towns by means of nature, or CHEMTRAILS AND GEOINGENIERÍA, A reality [<https://youtu.be/I5x3LBIw74>]. Some claim it, others deny it, but reality of climate change is present.

BRAIN AND MENTAL CAPACITY OF HUMAN BEING

Human being is a thinker being very far from being rational.

Real actions of human being, are those that are born of its thought and not of his word. It is the moments of solitude and reflection where human being manifests its aspirations or frustrations and that is where decisions and actions are born; both positive or negative.

Human mind is capable of creating or defining things that cannot be understood later, such as definition of God, Soul of human being, Spirit, Angels, etc. He cannot understand some physical and tangible things such as life itself and death, although today (2020 AD) he is able to manipulate life.

Mind of human being, behaves equally as in any other living being, that humans call animals. Once paradigms, skills, traumas, taboos, positive and negative thoughts in the way of doing things are recorded or embedded in mind, they determine a particular behavior of each individual; human or animal, which distinguishes it from others. E.g. A wild animal fed in captivity will not survive in its natural habitat because it does not know how to feed itself.

In same way, human being even with his ability to think, once he has his fixations; positive or negative, it is difficult for him to change its behavior once fixation is established, it becomes a conditioned reflex and if its fixations are negative, it will infringe damage to the rest of its peers. This phenomenon occurs in many human beings daily and simultaneously, manifesting itself individually; but, generating a collective psychosis. These discrepancies that become fixations are presented in religions, politics, food, dressing, etc.

What factors influence these behaviors to be generated and those fixations formed?

How open are those who say they have an open mind, if they are not aware of their mental fixations?

Human being knows instinctively that it is good and that it is bad; however, when bad brings benefits, then some or many of them act in that direction regardless of the consequences to their peers and usually refuses to introspection, perhaps for fear of their own conscience.

As a corollary, from Anthropoecology point of view, negative fixations are considered mental illness

The more complex a living being is, it has more possibilities for actions, as well as deviations.

There is nothing supernatural in the universe; what there is, are many superhuman things, which we do not understand and that happen sporadically. Many charlatans take advantage of the superhuman.

Where are people's rare beliefs born? They are: Dracula, vampires, werewolves, apparitions, hells, skies etc.

Which of these beliefs cause closure and why?

Why do such phenomena continue to be promoted?

Human being has been given task of establishing a number of laws governing behavior among human beings; However, he has taken for granted that natural laws are taken and understood by themselves.

If it is assumed that we are born with a blank brain and we have to learn everything, then not teaching natural laws through natural sciences is biggest mistake. Some laws that are aimed at protecting natural environment, have an economic approach and little or nothing naturalistic.

When a country changes laws in each period of government; it is because without a doubt, they did not obey interests of those of current period, much less for welfare of society; however, if they were established according to norms of nature, those laws would be eternal; as are commandments of some religions, e.g. "You will not kill, you will not steal," they were, are and will remain valid, but are not obeyed.

Transcendental and positive works for humanity have been created in shelter of loneliness and humility before nature; in contrast to negatives that have required a collective effort, it means collective mental illness.

Perhaps the human being will have discovered everything when he discovers himself. Although it, has more will to discover how to travel at speed of light.

"It is easier to disrupt an atom than a human behavior." [Albert Einstein].

Behavior of human being is pendular both in daily activities and in great changes or social movements. One day we are fans of one ideology and next of another, attacking the first, without actually knowing what it is about. Phenomenon that has not been given due attention; neither individually nor collectively.

Talking about real causes may bother our comfort niche and there is the main problem; We think that our behavior at individual level is "normal and correct."

If problems of human being get worse day by day, as a corollary it can be said that our "normal" behavior is not correct. So, our erroneous behavior may be due to paradigms of interest or we suffer from some fixations or mental illnesses.

These concepts, do not go against worker, go against lazy and irresponsible. It does not go against entrepreneur, it goes against evil, greed and voracity in business. It is not about millionaire ceasing to be a millionaire; but, with its millions, stop corrupting political system and pretend to buy religious indulgences. It's not about eliminating small merchant, it's about not being dishonest in its daily transactions. It does not go against all human beings, it goes against those dishonest people in their daily actions.

What happens are not circumstantial errors; but harmful actions executed with full knowledge for their own benefit, regardless of harm caused to others.

If to maintain that comfort niche it is necessary to kill, steal, extort, bribe, blackmail, enslave etc. etc. Well, it is simply done, causing a mental impasse.

Call itself impasse or mental illness, these aspects do not allow us to learn from history and we do more of the same; all those who hold power do everything possible to maintain themselves and others; whatever their level, wish to have such power.

As time passes, empire leaders subsequently become more and more autocratic, arrogant and violent, even believing they are saviors of the world and then gods.

Positive formative education must be such that a soldier defends his family, his land for love of his people and his homeland and not for monthly salary paid to belong to army. In "advanced" countries, in some cases those who join the army, it is because of their salary or because they had nothing better to do.

A soldier, sailor or pilot is trained and as a result of that training, a behavioral change originates; Only in this case the change is to kill his fellow men and when he does it instead of feeling remorse, he must feel satisfaction of triumph. THAT IS A MENTAL DISEASE INDUCED; However, "they have so much FAITH in God" that they thank him because the missile hit the target.

Today (2020 A.D.) hundreds of billions of dollars are spent on armament with thousands of technicians and scientists, but nothing in fighting famine or in positive formative education, because even this is seen as economic loot.

ACTIONS AND RESEARCH WITH VERY LITTLE OR NO SENSE IN SOME CASES; IN OTHERS, THE SENSE IS MERELY ECONOMIC

Oxford scientists analyze the most likely global threats and catastrophes.

Each year Oxford University analyzes what are most worrisome threats. Among short-term risks, pandemics, whether natural or caused by some genetic mischief, we are not well prepared for a pandemic. Another risk would be that of a nuclear war. We have not yet overcome that threat.

In long term and natural way, "inevitable" climate change, impact of an asteroid or eruption of supervolcanoes, in future, a progressive advance of artificial intelligence that ends up turning against us. Total dependence on technology and machines could give us some fright in future, perhaps not so far away.

Comments on the internet about oxford scientific article:

Carlitos 17 hours ago

"They have said absolutely nothing that we no longer know. But political will try to at least mitigate these possibilities is the great absence".

Cath 8 hours ago

"In a nuclear war there are no winners, but it is necessary for humanity to learn to live in peace, for some time, BECAUSE THE NEW GENERATIONS DO NOT BELIEVE IN ANYTHING, because they do not know what happened in previous wars.

I hope to be wrong"

Benita 2 hours ago

We should seriously worry about our youth and even children with less age (10 to 12 years), who are already starting to have some of these addictions. It worries me and I wonder, what are we doing as a society, as parents? Youth of today will be the great sick of tomorrow not too far away. [Javier Peláez May 05, 2016]

[/http://media.zenfs.com/en/homerun/feed_manager_auto_publish_]

SOME RESEARCHERS OF LEICESTER UNIVERSITY, HAVE SAID

"Evidence that Earth has entered a new geological era due to impact of human activity is already "overwhelming", according to a new study by an international team of scientists led by University of Leicester (England)."

"Entry into this new geological era, baptized Anthropocene, could have occurred in the middle of last century and was marked by massive consumption of materials such as aluminum, concrete, plastics and consequences of nuclear tests throughout planet, according to research published in journal Science". [Washington, ene 8 (EFE)]

REMARKS:

Anthropocene, this phenomenon began in 1500 AD when European countries, by interest, stabilized politically and went out to invade the rest of the world, through crime and looting of their high-value goods, preying on flora and fauna, and contaminating flora, fauna and with new diseases.

Industrial revolution was the transition to new manufacturing processes from 1760 to 1840. Moving from production methods by hand through machines.

It erupted in 1950 with development of transistor and explosion around 1979 with development of microprocessor.

Earth does not care about anthropocene, it will take between 100 to 200 years to recover, others say it will be between 500 or 1000 years.

Throughout history, we see that greed only allows us to see forward, without seeing the trail of destruction we leave behind.

MENTAL ILLNESS AND POLLUTION

Human being wants to emulate gods when he has not yet wanted to understand himself. As long as mental illnesses are not eradicated, we can never say that we are human beings and much less civilized. We are all responsible for what happens; However, it is leaders who have prerogative of behavior and it seems that this behavior, in one way or another, is mentally ill.

Gossip and intrigue are very effective ways to divide wills, predispose each other; leaving the way clear for all kinds of manipulation. Once feeling and emotion are pierced, human being is totally vulnerable to manipulation. This phenomenon occurs on a personal level, in a group, community, town, country or country associations.

OMISSION, nowadays applies to own and strangers, does not want commitment to anything or anyone.

A lot of people dream of having a servant not to do heavy lifting, but that servant is also a human being; perhaps, with the same wrong dreams; today, (2020 AD) mainly children and young people.

Dishonest may lie to any other individual, but never to final result.

Science and technology, although they have an intrinsic harmfulness; as such, are not dangerous if they are managed sustainably.

Human being is able to create a God and believe in Him, but resists accepting that his own and earthly actions directed consciously and perversely for his benefit, either individually or collectively; among many others, such as: mass media that with their programs and commercials exalt vanity and flatter human being in order to keep business profitable; production and distribution of alcoholic beverages and drugs, whether natural or industrialized; exploitation of worker in an open or veiled way. These types of actions are the ones that truly cause problems to humanity and yet there have been and there are individuals who thank God for goods received. In other cases, charitable works are done either to create a positive image or to wash consciences.

Competition. It can be considered as an environment created by human being. It is perhaps the most inhuman that goes unnoticed as an environment; but rather, being competitive is mistakenly considered a virtue.

Today, competing is only to win and win, due to economic value that has been involved in competitions.

Athlete's behavior has changed from being admired and recognized for his physical qualities, discipline and effort. to believe in this world the only star worthy to be admired,

Mass media and commercialization have made athlete believe that his contribution for society is the best that can exist. This seems true, for the money involved in it.

All or at least most of those involved in this field want to be stars, creating images that people admire or idolize. But for a "star" to emerge, it requires hundreds or thousands that stayed on the road. Some who failed keep day dreaming for life, wanting their children to be what they were not.

Currently (2020 AD) fanaticism of followers has exceeded limits of admiration and respect, becoming aggression towards fans of opposing team; leading them to build altars and ask God for their team to win competition or perform fetish ceremonies to support their team and harm the other. The biggest contributors in promoting these exacerbated behaviors are mass media;

Reaching extremes such as suicide because his team lost a match or attack and, in some cases, kill fans of opposing team. Including players of the same team they claim to admire, for a mistake made during the game.

Reaching these limits can be considered mental illness.

Another field of fierce competition and vanity is acting in film and television industry. All or at least most of those involved in this field want to be stars and reach divas. Creating images that people admire and idolize.

EVERYDAY HUMAN MACROACTIONS THAT COULD BE CONSIDERED MENTAL ILLNESS

To mention just a few of hundreds:

1. "Rise up, O Lord, and vindicate your cause. For the Spaniards, this was a **holy war** that they were destined to win, even though the English had faster ships, better weapons and more experience at sea. A high Duke officer was asked the reason for his confidence in the victory. "It's very simple," he replied, "**we fight the cause of God.**" [https://historiaybiografias.com/armada_invencible/]

2. DIVINE COMEDY of Dante Alighieri, says: "slaughter and great torture that stained Arbia (river) red motivate such prayers in our temple". Editor's observations: magistrates of Florence (Italy) met in churches to discuss public business. During political struggles between Guelphs and Ghibellines, enmity reached such a degree that each party prayed on altars asking for destruction of the other party. [3ª. reimpresión abril 1992 de editores unidos mexicanos pág. 57] 3. Cathedral of York city in England there is a plaque commemorating 13 officers and 360 soldiers who were killed in one of the riots in India. And Hindus killed what? Hindus were at home not in England. To briefly enumerate these cases of mass murders by imperialists about subjugated peoples, it might be necessary to develop an encyclopedia.

4. Today as in the past, no attention has been paid to mental health. e.g. Looking at constructions of ancient civilizations, it is seen that they were building for eternity; but they forgot their mental health to achieve perpetuity. No doubt today we are in a similar or worse situation (2020 AD).

5. Empires do not invade --- they only arrive in holy peace, goodwill, concord, new ideas, knowledge and culture to "savages", "Indians" and "ignorant" of "new" lands.

6. Wars and attacks today (2020 AD) that can be seen on the news minute by minute.

7. Those who describe themselves as leaders of a free world ask for the head of their enemies.

8. Reading events through centuries and those of 16th century A.D. European governments, especially Spain and England. They only occupied themselves with conquering more territories and their corresponding wars. Today, same phenomenon follows with other authors.

9. Production and marketing of weapons.

10. Drug trafficking from growers to consumers.

11. Consumption of intoxicating beverages and cigar, consumed in large production volume. Accompanied by intensive propaganda.

12. Astrologers, who knowing of great emotional and spiritual emptiness of people; they exploit that field with exorbitant economic gains.

13. Production and promotion of magical amulets for good luck and prevent all kinds of spells.

14. Politician is not dishonest --- he only serves people and opportunities come alone; He doesn't lie, he only says the right words not to hurt susceptibilities, he doesn't have double moral, he only takes care of confidential information.

15. Production of magic formulas to lose weight, to increase sexual potency, and to cure all kinds of evils. Of course, true herbal and homeopathic medicine is excluded.

16. Industry and commerce in their promotional systems are aimed to seduce human being by praising vanity through exalting beauty, encouraging laziness with use of disposable items in homes, restaurants and maintaining a constant deception of "offers". Commercial advertisements lie about benefits of products, lie in prices, and lie in "offers."

17. Songs that extol the self, individualism, power, material wealth, machismo, songs of debauchery and emboldening of women, attitudes that everyone can do whatever they want.

18. Some programs and films of television, cinema and videogames where they show prostitution, abuse, death and destruction of one another; When performed and displayed by adults, they carry hidden message to child or infant that this is valid and correct. One phrase says: "**Child does not listen to you, observes you**". In counterpart with news where they say not to show disturbing scenes; being this a double moral.

19. *Religions to win parishioners press in manner allowed by historical moment. e.g. Muslim religion pressured conquered territories, unconverted paid higher taxes than those converted to Islam. Inquisition of Catholic religion with its atrocities. [Enciclopedia Hispánica, libro 8 página 256]*

20. Politicians lie in their speech, it is demagogic, they lie in progress and results of projects carried out, in use of economic and social programs achieved, they lie in electoral results and in order to gain adherents.

21. INSTRUCTIVE EDUCATIONAL sector lies in the level of qualification granted to students, on those who do not deserve approval, student lies in accepting a degree that does not deserve. Both lie to society that graduates of educational institutions are competent.

22. How is that of protected witnesses, who are given a new identity? If from the beginning that new identity is false. Protected witness is generated by blackmail. Those who do it, do a double moral "justice".

23. "PANAMA PAPERS": immoral. **Until they see me everything is allowed**; if it is not explicitly forbidden, "it is allowed" This implies that we have to make laws to guarantee the slightest activity, losing all common sense. If it is immoral, it is mental illness. [panamapapers.sueddeutsche.de/.../56febff0a1bb8d3c3495adf4/]

24. Export food to poor countries, which is no longer allowed to be sold in the original country.

25. ETC. ETC.

EVERYDAY HUMAN MICROACTIONS THAT COULD BE CONSIDERED AS MENTAL ILLNESS To mention just a few of maybe thousands:

1. Lethal attacks, in schools and in public places by children, youth and adults.

2. Disrespect in waiting lines, parking car in double row.
3. Give greater importance to frivolities of fashion and beauty than to basic and transcendental aspects for physical and mental well-being of human being.
4. Keep alive utopias of: motivate so that everyone has material wealth.
5. At a moment we say, what can I do? At that time, we are already mentally contaminated, at least with indifference, indolence or omission.
6. Society attacks itself: voracious merchant who delivers less due product, 900 ml liters. and Kgs. of 900 gr.
7. Merchants who cheat their suppliers with false sales invoices to obtain discounts or promotions.
8. Millionaires have enough money to spend, but it seems that it is never enough to satisfy their voracity. To great investors that voracity leads them to put a branch and another and another and buy this business and another and another; Regardless, how many small family businesses go bankrupt.
9. When there is a conflict between two people, groups or countries, in many cases it is not that they are wanting different things, they are really wanting the same, but for themselves, without sharing it.
10. Today (2020 AD) We lie too easily; it seems that it is already a conditioned reflex or a very well-developed skill. Where and when was that skill learned?
11. Some very religious people, despise spouse, neighbor, employee, generate gossip and intrigue; but they commune every Sunday or go to their temple to praise their God.
12. Ambitious does not take advantage of weak --- he only does good business.
13. Cheater does not cheat --- only makes good agreements.
14. Bribery is not a bribe --- it's a fee for a service or practical arrangement.
15. Blackmail is not blackmail --- it's just a way to ask for a favor.
16. Extortion is not extortion --- it's only a way to survive.
17. Our unconsciousness is such that we would like to: cheat, but not be cheated.
18. Not paying our debts but nobody owes us.
19. Get ahead in the ranks but nobody gets in front of us.
20. Criticize interchangeably but nobody criticizes us.
21. It doesn't matter how we do our job but nobody does us a bad job.
22. Teachers discipline our children, but when they do, we are offended claiming and insulting the teacher in the least cases.
23. Workers do not rob us, but steal them by paying them badly, insulting them and even falsifying their signatures in some sporadic payments.
24. Employer pays well, but do a bad job and even steal and if he requires, sue him.
25. Let no one demand us, but demand.
26. Nobody hinders us, but it doesn't matter if we get in the way.
27. Intolerant towards what we receive; indifferent and indolent towards what we should do.
28. Many people confuse the term, "live in contact with nature." They think it is going on a picnic every weekend, eating and drinking liquor. And leave garbage to nature. 29. Some actors or actresses; because they are going to live with tribes far from "civilization" they think that they are contributing to civilize them, when in reality they are taking temptations with risk of losing their ancestral values; those that have been reason for their existence according to the environment in which they live. As a sure result of this, these actors or actresses appear as redeemers of the world or at least of these tribes.
30. Paradigms of behavior towards nature are very different among children of the city and the countryside.
31. Exaggerated work schedules without overtime pay.
32. Shoplifters.
33. Relative, cheater the one who keeps asking for "little favors."
34. Plunder has increased greatly, there are chronic and occasional plunderer that is increasing
35. Not respecting speed limits, Driving without a license and / or drunk.
36. Sell expired and stabbed food with a two-by-one label.
37. If a citizen files the complaint, corrupt merchant corrupts official and with a bribe everything is fixed. This is why distrust to rulers.
38. Opening window of vehicle and throw all kinds of garbage anywhere.
39. The one who asks for trust or borrowed with previous intentions of not paying.
40. Make profit distribution ballots, falsify signatures of employees and not give them the money (Mexico).
41. Do not deliver checks from federal government (Mexico) and change them.
42. Sale government jobs and in some cases in private initiative too.
43. Phantom workers in government and private initiative "aviators".
44. Having a double position in government jobs.
45. Lifetime union leaders in a system that is said to be democratic.
46. Bribe fixes any lack of documents or signatures in apocryphal documents.

47. Telephone extortions.
48. Extortions and bribes by police and government agencies. And the fee that the police must give to the boss, daily. Not just in poor countries.
49. At what time did money become a life goal?
50. At what time did we fall as victims of technological advancement?
51. On a personal level; What percentage of time do you think positively and what percentage do you think negatively? And how do you justify your negative thoughts, to avoid your reality?
52. What percentage of time do you speak sincerely and what percentage is made to manipulate the situation in your favor?
53. Self-theft commerce by owner and in inventories he charges missing items to employees.
54. Ask for credit with preconceived idea of not paying.
55. What percentage of time do religions speak of word of God and what percentage speak of real problems and positive attitudes that there is every day?
56. Adult people with many financial resources who inherit in life and die in nursing home.
57. Murder a relative, brother husband or any other to keep inheritance.
58. Take ownership of land of relatives or non-relatives when it is known that there are no documents that guarantee rightful owner or heir.
59. Collect insurance from relatives when beneficiaries did not know to which they are entitled or did not have capacity to make the claim.
60. Spread excrement in public toilets, dirtying everything.
61. Women who call married women by phone or other means to destabilize their marriage.
62. Do "charity" work during the day and "steal" at night; and in public give thanks to God for goods received.
63. A sick society abuses false calls to emergency services; as they are, red cross firefighters and police stations.
64. Some unionized people believe that term "union gains earned" is synonymous with laziness or doing inefficient work.
65. Put stones on beans, an example copied by some. [*Película 1959, "El hambre nuestra de cada día" Pedro Armendariz*].
66. Vote for a candidate for being very handsome or very pretty or for having been popular as an athlete or actor.
67. *Sometimes I prefer to talk to workers and bricklayers than to those stupid people who call themselves cult* [Frida Kahlo]
68. ETC. ETC.

RANGE OF BEHAVIORS OF HUMAN BEING

Constitutive complexity of human being allows extreme behaviors; not so animals, which have a defined habitat.

- I. The one who conquers, murders and shears assets of his victims until the one who spends his life helping the next without expecting anything in return or healing without charging a penny.
- II. The one who is dishonest thief and cheat until the one who does not steal a pin despite his hunger.
- III. Those who lie are intriguing, take advantage of everything until those who speak the truth and are cataloged as liars, and his community believes more to true liar.
- IV. When a show person is an idol and gives a positive message, to gain popularity, people get excited and applaud, but message does not transcend. Because emotion is in the idol.

Negative events that are used as examples in this writing for their everyday life seem irrelevant and it is precisely their everyday life that makes them relevant since they happen a large number of times day by day and at all "social" levels. Making chronic negativity in humans, illing us mentally.

We have become so mentally ill (2020 AD) That, from most sophisticated business center to most geographically remote corner, at neighbors, family level; we find envy, cheat, insidious, laziness, attacks, robberies, plunder, lack of cooperation, distrust, to such an extent that coexistence is uncomfortable.

"For evil to triumph, it is only necessary that the good do nothing." [Edmund Burke] "The most heinous thing about bad people is the silence of good people." [Mahatma Gandhi]

Respectfully, these assertions are not completely fair; since evil is caused by mentally ill and when the good one do something peacefully, they become killed

(Gandhi knew it very well) and when it reaches the extreme, revolutions or wars begin.

For evil not to triumph, it is necessary to heal mentally.

LIST OF MICROACTIONS THAT MAY BE CONSIDER MENTAL ILLNESS.

Abuser	Deny	Intolerance	Revenge
Aggressive	Destroy	Intrigue	Ridiculize

Agiotism	Discriminate	Invade	Sabotage
Alcoholism	Dishonest	Irrational	Scam
Anger	Dishonesty	Jealous	Score
Armamentism	Disobeying	Joking	Self-
Arrogant	Double Moral	Kick	commiserationSelfishness
Attack	Drug addiction	Kill	Show off
Avarice	Enslave/Exploit	Laziness	Splurge
Barbarism	Envy	Lock / Isolate	Spoil
Barefacedness	Falsify	Lust	Spy
Bilious	feign	Lying	Steal
Blackmail	Foolishness	Mafia	Stubbornness
Blame it	fraud	Manipulate	Stupidity
Breach	Gluttony	Mutilate	Superstition
Bribe	Gossip	Narcissism	Suppress
Cheat	Harass	Nosy	Swindle
Controller	Hit	Offend	Tamper
Corrupt	Hoarding	Omission	Threaten
Cover up	Humiliate	Peculated	Trauma
Criticize	Idleness	Pinch/Scratch	Trickster
Cruelty	Immoral	Pinchpenny	Useless
Cynicism	Impostor	Pollute	Vanity
Damage	Indifference	Prepotency	Violate
Debauchery	Indolence	Prostitute	Violent
Defraud	Inflexible	Push / Pull	Vituperation
Degenerate	Intimidate/Bulling	Rascal	Voracity

There are no diabolical minds in the world, but if some are mentally ill, will intend to conquer the world; they may succeed, but they are forgetting that when they do, conquered will therefore be their slaves. Will slaves (who already exist, for low wages) will have possibility to buy products they will produce?

Due to their economic greed and absolute power, mentally ill are destroying global habitat and in the end we will all pay the price.

Ancient Greeks and Romans, by power, self-erected as gods. Today (2020 AD) by science and technology, we want to emulate gods; through cloning, artificial insemination, child sex, DNA manipulation etc.

Greed does not allow reasoning; the greedy, excludes himself from that phenomenon, turning him into a mentally ill person. Greed causes a conflict of interest between human beings, and may cause wars in some cases. Greed only allows individual to see their own interest and not needs of others. It is not exclusive to those who have accumulated wealth.

The greedy always goes one step ahead of person of good will.

Some believe that crimes are due to lack of surveillance, incompetent and corrupt police, poor enforcement of justice and lack of imprisonment of criminals. ANTHROPOECOLOGICAL opinion is that there is a great social decomposition, common sense has been lost in the world, we must heal mentally.

When something happens that affects us, we blame "others"; but, at our convenience we refuse to see in two directions the problem. E.g. "terrorist" acts in Europe. Undoubtedly, Europeans have been "forgotten" that until today (2020 AD) Have been conquering the rest of the world for 500 years, first it was with brute force, killing and stealing and nowadays it is through industry and commerce; Therefore, as long as we do not heal mentally, we will not be able to see both directions and respond to that attitude. Problem is there and evidence is such that it cannot be denied, but it is easier to blame "other", it is an everyday attitude of powerful to the weak.

This comment is not to justify excesses of those currently identified as "terrorists" but rather to ask countries that "conquered" (invaded) other countries to justify why they went to murder and loot. Terrorism is cusp of weak's reactions to strong, at lower levels it is called sabotage.

"Hello, I steal information from government and make it known to public and now I am a criminal!" [Julian Assange]
"Hi, I steal information from civilians and give it to government and I am man of the year!" [Mark Zuckemberg] "In a world full of hypocrites, sincere are the bad ones, weird that's not it!" [Winkal]

Greed, desire for excessive power and negativism are symptoms of mental illness such as physical weakness to physiological disease.

Mass media pretending to make an analogy of life, transmit phrases that make valid any action of human being regardless of consequences: **"in life you have to do anything to survive, no matter if it is good or bad"**

In some Amazon tribes: *"Individualism is considered a form of dementia, like being possessed by a demon"* [La ciudad de las bestias, Isabel Allende, ARETÉ 2002]

Habitants of advanced countries intend to show that they are interested in taking care of children of poor countries, who previously conquered and predated, these actions are presented as altruistic to wash consciences and in a spectacular way. When at home, drug addiction, violent media programs, debauchery, prostitution are detracting their own children.

A very common expression is: do not allow! in bullying and intimidation at school, some parents say: "I prefer that my child be the bully and not victim" The one who attacks, why does it?

Is it perhaps that father mentally ill son?

If attacked strikes back; Then it is called conflict.

Therefore, solution is to MENTALLY HEAL THE AGGRESSOR.

This phenomenon occurs from individual level, groups, international groups, organizations, international organizations, countries or groups of countries.

IT WILL BE HEALTHY TO DETERMINE WHICH PARADIGMS AND MENTAL FIXATIONS CORRESPOND TO A HEALTHY MIND AND WHICH TO A SICK MIND.

1. Mental fixations of children of Israel and Palestine, among many others.
2. Fixations from poor to rich, in this case attitude of majority that is or says to be rich greatly inhibits a communication of cordiality and trust.
3. Fixation from rich to poor, thinks that they are poor for fools and give up.
4. Fixations from greedy, make money and it is all, "business is business".
5. Fixations from thief, generates an induced conditioned reflex; and worst, teaches his children to steal.
6. Mental fixation from immigrants to a country with more resources, they believe that they will live with luxuries and biggest mistake is that they do not adapt to new lifestyle or return to their original life, living in limbo with a subculture without identity and perennially rejecting new culture and nobody care about it.
7. Some mental fixations are by propaganda in the media, others for educational system and other cultural.
8. Fixations from rich so that their children are ambitious enough (greedy) to remain rich.
9. Fixation, because they are rich, they are intelligent, some fulfill their religion, and are socially cults.

What is the routine? An activity or a mental attitude? Every form of work is a routine, life itself is a routine as an activity; However, when it becomes a mental attitude, then, there is already a contamination or mental illness.

CONFUCIUS, around year (500 BC) said:

- A SUPERIOR MAN THINKS ABOUT WHAT IS RIGHT.
- A LIMITED MAN THINKS THAT IT IS PROFITABLE.
- A HIGHER MAN DEMANDS A LOT OF HIMSELF.
- A LIMITED MAN DEMANDS A LOT OF OTHERS.
- A SUPERIOR MAN ACCEPTS HIS DESTINY WITH CALM.

- A LIMITED MAN IS FULL OF COMPLAINTS.

RESPECTFULLY; the following are added:

- A superior human being brings solutions.
- A limited human being criticizes proposed solutions.

According to thoughts of CONFUCIUS, it is evident which human beings are mentally healthy and which are mentally ill.

CONCLUSIONS

1. **If Europeans and North Americans would live from their own work and resources, they would not have the standard of living they have held for centuries; But ordinary citizens do not know it.**

2. Today (2020 A.D.), very few people would be willing to make an extra effort to change mental fixations provided by technology facilitators.

3. Some movies and cartoons are not only fanciful; they are totally unreal and impossible. How far do they affect child's formation? Also, sedentary lifestyle caused by technological facilitators, may inhibit normal growth of children.

4. Video games of exacerbated violence that undoubtedly affect positive formation of child. In some cases, it teaches extreme violence.

5. **Violence is final product of all factors that sick human being and is cusp of mental illness. We are not violent by nature.**

6. Greed and corruption concentrate resources in few hands and inhibit sustainable creativity, creating a "creativity" aimed to maintaining supremacy.

7. **In front of corruption and greed, any political system is irrelevant.**

8. If corruption occurs at low levels of government, police, customs etc. Without a doubt, it is born in high-level officials.

9. This expression is common: "I am worried about world", but in acting it is frivolous, being double moral and hypocrite, very worn-out in the media.

10. It has been shown that in order for an empire to be rich, it must seize goods from another territory or country and same happens on an individual level.

11. **Vanity and fashion, are factors of waste and squandering, in dressing we change just for change.**

12. Private property was established through arbitrary seizure of land, sometimes immense, by those in power and give it legality with a role "authorized by authority."

13. Technology is not bad, bad thing is in the way we use it, it has been devastating and we continue to produce elements of self-destruction. causing addiction in its use, either to escape from reality or to become famous in social networks, e.g. "influencers" are exhibited as people with an ideal life, this being false in most cases, deceiving and causing false illusions in their followers, this is a superfluous activity.

14. For military actions it is fully prepared and reaction is immediate, but not for humanitarian actions. Our mental health parameters are wrong.

15. As long as greed prevails, poor (invaded) countries will remain poor, causing migration to rich countries that provoke it.

16. If we talk about politics and religion, there will never be agreement, because everyone has their "truth" and both can be wrong; however, if we talk about nature, there is only one truth, problem will be whether we want to understand or not, an aspect that nature does not care about.

17. Pollution is evident, so existential niche of human being is highly compromised.

18. Who suffers from mental fixations of greed only sees one direction and if result is "positive", he continues in that same direction, mentally ill.

19. REUSE vs. RECYCLING: labor and resources that would be used (currently recycling is a big lie) for collection, transfer and handling for recycling plastic containers, perhaps could be greater than that used for transfer and handling of reuse containers (glass bottles or other material). Reuse is paid by the company, recycling is paid by society, at much higher costs. What is more natural, not pollute and safer?

20. Employer is leaving responsibility of "recycling" to common citizen, while his company originates it and at same time also gives him great profits. Some businessmen boast of their great vision for doing business, but they do not have vision that pollution is for everyone, poor and rich and if their vision is applied to bunkers to survive catastrophe, they will only have a longer agony.

21. Perverse premise: a corrupt and greedy imperialist government is that an educated people is dangerous to government. e.g. slaves in USA, natives in Mexico even with Catholic Church, natives of South Africa besides from discriminated by law, all were not permitted to learn to read.

22. Perverse expression in (a lot of countries), "as a good politician" is to define a liar, corrupt and greed politician and not to define a correct and honorable politician, reality has been distorted.

23. Brain patients with mental dysfunction have erratic behavior, because their control organ does not function properly; however, brain of mentally ill works correctly, but their thoughts and attitude are aimed at obtaining benefit for themselves, regardless of harm to others.

24. Avoiding responsibility, blaming a subordinate, is very common in business and politics.

25. A program to educate new parents as a couple and how to educate their children with a healthy mind is essential. Since ancient times, anyone who has tried to do something positive for the group to which he belongs; In many cases they have been blocked by their own people. e.g. CONFUCIO, JESÚS, GAHANDI, MOTHER TERESA DE CALCUTA, among others.

26. A popular saying says: "*Rich father, knight son, beggar grandson*". Lately, two generations have driven technological advance, next two reinforced it. What will happen to next generations?

27. Any country or group of countries that manages to heal mentally will be those that subsist under any circumstance, achieving a balance in every way, including military defense system. Unfortunately, necessary.

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