

LOOSE WORDS

by Ricardo Costa <http://ricardocosta.net>

This is the third article in a set of notes that I archived nearly a year ago, in a brief moment agitated by ideas resulting from a working life. They are the consequence of concerns in different areas, where they come to live and mature. Only now they manifest. The notes are entitled Loose Words.

Article 1 : **HAVING TO CREATE** December 7, 2019

Portuguese version <http://rcfilms.dotster.com/TER-DE-CRIAR.pdf>

Article 2 : **HAVING TO SEE** October 20, 2019

Portuguese version http://rcfilms.dotster.com/TER_DE_VER.pdf

HAVING TO BE

article 3 from Loose Words - December 07, 2019

Having to be, intent or way of being in life, is the dictate that compels us to make or create. Being and existing are one and the same. Being is a body, what one is or the state in which one feels : being alive, embodied in someone, in space and time, wherever, today and in the world in which one lives together with all living beings (on Earth, our homeland, our *Terre-Patrie*), now or in future, here or on any other planet.

Having to be is the expression of a compulsive purpose that impels us to live. And so it is from the moment our life came into being driven by the purpose of overcoming, evolving, in open competition with all other living beings, sometimes in harmony and sometimes in disharmony, often in fatal confrontations with less evolved beings, which sometimes overcome us with their legitimate intentions.



Inherited from a simple molecule created at sea, capable of responding to the environment in which it lived, a

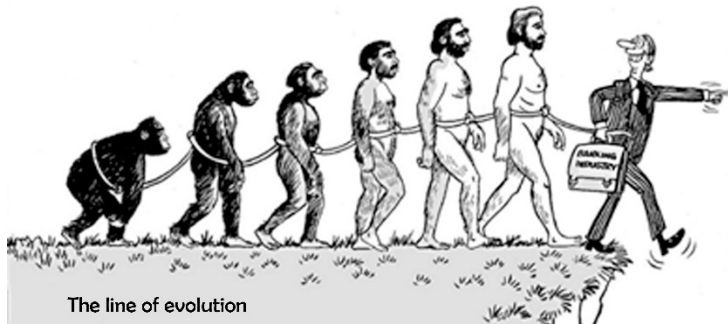
vital drive gave soul to the body of a primordial worm provided with an nerve cord and a rudimentary brain bulb that allowed it to see, make decisions, swim, dig a shelter and hide in it, to feed itself by hunting down unwary beings, other hunters that scoured the seabed for nutrients. This

occurred at least 540 million years ago. That is why it was given the name "chordate" (O1). From it descend all the vertebrates, which had the gift of inventing a spine,



not only giving solidity to the body, but also protecting the spinal cord, which contains all the motor neurons of the body and moves all its muscles (O2). This wise cordate would not just stay here. It left its legacy to cephalopods as well (O3), the marine mollusks to which octopuses, squids, nautilus and cuttlefish belong. Its body, like that of man, has bilateral symmetry (O4).

Unlike vertebrates, cephalopods preferred to take advantage of the lack of bones, which makes them quite flexible. Like the primordial worm, they can travel slowly whenever that suits them or escape by jet propulsion from a high-speed predator. They may shrink or stretch through obstacles on a certain course or take refuge in a rock crevice or narrow hole. Octopuses are masters of tricks like these. They are extremely versatile in the art of concealment, changing color and blending in the surface where they move.



A voyage to the bottom of the sea (04 A) can give us insight into how far tricks like these have been used ever since, how routine has diversified all of them, how they have become over the millennia, how far the earliest creatures have learned to use them to circumvent the most evolved. They use in some way the lazy reason to stay as they always have been and will be, successfully. Faced with unpredictable changes in context, with inevitable changes in the environment, however, the poor creatures were forced to see what they would have to do, resorting to the postulates of expedient reason (05). They contradict and devour each other without understanding why, knowing only that it will have to be. This is how it is and will be with man, the most advanced worm in the line of evolution, using much more complex but no less primitive means.

The creation of Earth is reported in founding myths. These myths follow, step by step, the drift of man since he left the dark cosmos where he was born. All of them have similitudes, more or less striking. All originated at a time when man ancestors would emerge out of an empty cosmos, a long time before Greeks and Christians adopted such believe as a creation of an Almighty God.

This God is a late version of Amma, also known as Amen (06), the supreme god of the Dogon people and, similarly, of other peoples of West Africa and North Africa. Male and female, he is a so distant god that no one sees but that everyone listens to. He is the creator of the Word, of the fruitful Word. He is represented in the rituals of creation by a mask known as Kanaga, which also symbolizes the winged water insect that descended from the sky bringing with it the vegetables, animals and ancestors of Man (07). Crucial figure of the Dogon Pantheon, the first man is the white fox. He rebels against Amman and deceives him into becoming lord of the Earth. That's why he is punished, exiled and eternally persecuted by divine agents. Tricked by them



to fall into mistake, alone and sad, he puzzles his footprints and so manages to escape. His hatred for the almighty God makes him a master of cheating. The myth of the fox is universal. It is celebrated and ritualized in Mali, in Portugal, in England, in North America, in Japan (08). One may see his footprints everywhere.

Nowadays, more than ever, at the beginning of this new century, is the planet Earth endangered. More and more its resources are running out. Increasingly signs of life extinction are becoming evident. Increasingly, there is an urgent need to find short-term solutions to prevent disaster from happening. The greed of some, the richest, is pointed as the main cause of such danger. Risk awareness is more and more widespread, but responses are incipient. The power to decide on the future of the Earth lies in the hands of dements who manipulate the belief of peoples of all nations. That's sure these guys are figures right under the eye of most men, but nothing prevents them from continuing to plot as they intend. The first reactions are outlined. No one is surprised that most of these reactions are heard through the voice of gurus, mentors of civilizations less dependent on the capitalist system that Europe invented. One of the voices is that of J. Krishnamurti (09), another is the Dalai Lama's (10).



Born in India in the last year of the nineteenth century, Krishnamurti has been educated by Annie Besant, a British socialist, philanthropist, women's rights activist, theosophist, becoming her adopted son (11). She proclaimed that Krishnamurti was a messiah and an incarnation of Buddha. And so he became a son of the new empire, condition he soon rejected declaring that he was not bound by any nationality, caste, religion, or philosophy. He was a citizen of the world, busying himself throughout his life, traveling everywhere, making his word heard among large and small groups of listeners, simple individuals. His home was in a small California town, Ojai, near the sea.

He said the Earth was slowly being destroyed. He wondered about pressing reasons. Why can't man live in peace with his fellow men? Why are there different nations, which, on balance, boils down to glorifying tribalism? Why are religions like Christianity, Hinduism, and Buddhism at war with each other? At war are nations, groups, ideologies, Russian and American and some more. Why? Probably because the human being needs to dwell on nationalistic assumptions to feel safe, rejecting intruders. Why, if humanity is made of millennial migrations? Why, if the old nations need new blood to rejuvenate? Why the hypocrisy of some of them in wishing to desire peace when they quietly sell weapons of mass destruction? He strives to find answers to such aberrations. Perhaps this is because we are afraid to see ourselves such as we are. That's why we create resistance, feelings of guilt and everything. That is why we dare not claim full

freedom, not to do as we please, but simply to get rid of the choice. In facing diverse choices, complications of all kinds arise. It has been driven into this by a long period of evolution. In the cells which compose them resides memory. There such things will be, even though we are able to get rid of them. This means that in order to end wars we will have to get rid of our own antagonisms, our own conflicts, our miseries, our suffering. Krishnamurti assures us that there are remedies for this. For example, we just have to assume that we are a simple human being, something far more important than being Jewish, Catholic, French, Russian, white or black.

When, during a lecture, someone asked him "If you are living in peace and the tyrant attacks you, do you not defend yourself?" Answer : "What do I do if a tyrant or a thief attacks me? Good question! If I live in peace for a day or two? Or if I live in peace all my life? If I live in peace for many years, I'll do the right thing! ... Right? ... ". He gives us other certainties. We should question kindly, ask ourselves questions. It is certain that this will result in clarity. There will be clarity when understanding what is eternal. Being in communion with ourselves means total silence, and so we allow the mind to commune with itself about everything. He also tells us that it is good to feel the sea in its vitality and energy, to see the beauty of a wave breaking on the cliffs. If there is no communication between the wonders of the sea and ourselves, what communication can we have with others? If we do not perceive the sea, the magic of the waters, the waves that come and go, the tide that ebbs and flows, how can we feel and understand human relations?

In the Mongol language, Dalai means ocean, something big, and Lama (*bla-ma*) master or guru. The figure of the Dalai Lama is, since the 17th century, the unifying symbol of Tibet, the highest region on the planet (5,000 meters of altitude). Erected in this place, Mount Everest is the highest point on Earth (about 8,900 meters). Tibetan Buddhism uses meditation practices in complex rituals. During these rituals one proceeds to the reading of liturgical texts known as *Saddhanas*, the meaning of which comes from Sanskrit, the ancestral language of Nepal and India.



The root of this designation is *sahd*, meaning "to achieve the goal", "to become real", a "way of accomplishing" using musical instruments. This tradition is reflected both in the arts, in paintings and sculptures, as well as in monastic practices, stimulating the relations between initiates and lamas, between students and teachers.

The 20th century Dalai Lama, who stood out in the mid-1930s, is a Buddhist monk and spiritual leader. In 1989 he was awarded the Nobel Peace Prize for his pacifist campaign against Chinese domination in Tibet. He argues that love, compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility and harmony bring happiness to mankind. He firmly believes that religion cannot exist without these qualities. He believes such qualities are indispensable to everyone, religious or not.

Hence the universal importance of this practice. This is the reason why he says that perhaps we can dispense with religious practices, "but what we cannot dispense with are these basic spiritual qualities" centered on concern for the welfare of the other. "We can reject everything else, religion, ideology and all knowledge gained, but we cannot escape the need for love and compassion".



Dalai Lama

One day, in 1954, the Dalai Lama decided to go to Beijing and have a talk with Mao Zedong, president of the Government of the People's Republic of China, with a view to reaching peaceful agreements and solutions for the liberation of Tibet. He then revealed that this conversation had been a frustrating experience. In April 2019, the 83-year-old Dalai Lama had to be admitted to a New Delhi hospital because of a lung infection. Once recovered, he returned to Dharamsalei, in northern India, where he lives, and continues to spread his most serious beliefs. "Cultivating positive mental states such as generosity and compassion will be decisive in ensuring mental health and happiness". " Judging the others is a little matter. Human beings are so contradictory that it is impossible to meet all their demands and satisfy them. Keep in mind simply to be authentic and true". "Make the rest of your life as meaningful as possible. This is all about acting with others in mind. That way you will find peace and happiness for yourself". "If you want to transform the world, first try to promote your self-improvement and make innovations within yourself". (12)

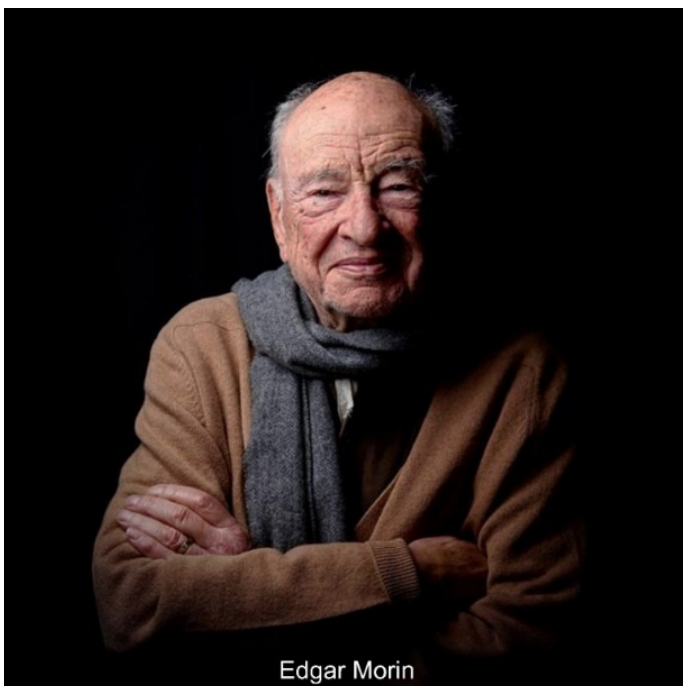
Therefore, as we enter the 2020s of a new century, we will have to be lucid, cautious and demanding. Earth and Man are at serious risk. In the early years of the 21st century frightening distortions have arisen in the command of peoples and nations. Our future is uncertain, it is covered with gray mists. In times of global economy, the danger is becoming more and more evident day after day. Private companies now growing in the gloom will devour us with their carnivorous flowers. Consumerism is greater than actual consumption needs, while the Third World sinks deeper and deeper into precariousness. Having to be lucid means the desire not to be mistaken in choosing, not to be indifferent, not to be overly optimistic or pessimistic, knowing in advance that efficient and simple solutions we ignore can be applied to solve vital problems by those who know more than us. Nowadays there are people who have already done so, and that's a good sign. One of the world's largest habitats, covering an area of 1,430 km²,

located south of the border between Costa Rica and Nicaragua, between the Pacific Ocean and the Tilaran Range, has been successfully restored. Daniel Hunt Janzen (13), evolutionary biologist and ecologist at the University of Pennsylvania (14) is the author of this miracle.



Rincón de la Vieja Volcano, in the National Park of the same name in Costa Rica

New disciplines such as green economics are now used to solve problems that affect the environment. One of its founders is Crawford Stanley Holling, a Canadian ecologist, professor at the University of Florida (15). The "father of modern ecology" is George Evelyn Hutchinson, a professor at Yale University. He has worked for more than sixty years in the fields of limnology, system ecology, radiation ecology, entomology, genetics, biogeochemistry, mathematical theory of population growth, art history, philosophy, religion and anthropology (16). We feel comforted by the convictions of James Ephraim Lovelock (17) as well, who tries to convince us, with the 'Gaia hypothesis', that the biosphere is a self-regulating entity capable of keeping our planet healthy by controlling the interconnections of chemicals and other substances, mitigating the effects of global warming. Famous University of Manchester student, old independent scientist, Lovelock is an English citizen of Dorset. Assuming that what he says is admissible, it will be senseful stating that this result is of little benefit face to the acceleration of destructive processes. That's what is suggested by Pamela Anne Matson, director of the School of Earth Sciences at the University of California. She is a pioneer in the field of environmental sciences, honored with a genius grant (award from the MacArthur Foundation, which supports non-profit institutions around the world). The first Pamela's work was a study of the atmosphere and deforestation of the Amazon at the service of NASA Ames, California Research Center, which led us to know that 'the forest takes decades or centuries to recover' (18). To save the Earth we also need having in account the intrusions of demented, capricious, perverse or self-interested powerful governors, impeaching them. We need as well having in account that just a poor fool can easily cause a catastrophe, hurting Man or Nature.



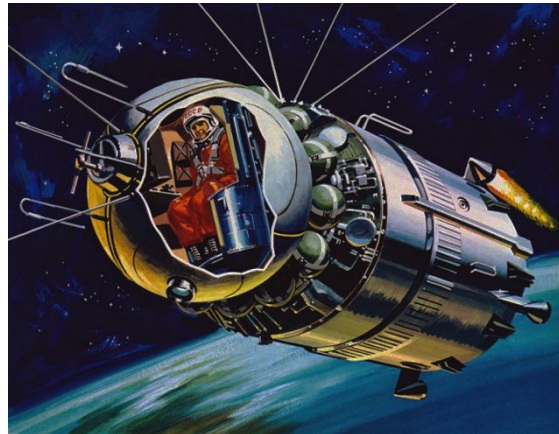
Edgar Morin

Aware of all these problems, Edgar Morin (19) hauls them to exhaustion in his book *Terre-Patrie* (20). To study the problems of the contemporary world, among other disciplines of knowledge, he mixes biology and physics. He understands that the Subject is fundamental in the construction of the present and that there will be politics

wherever there is a dream of social change. We find, he says, that science can also produce ignorance, particularly when knowledge closes in specialization. He says the industry, which makes useful objects, also produces serious threats, such as pollution. He alerts us above all to the belief in a bright future, a belief that is unsustainable since no one knows for sure what will happen tomorrow. There is no way we can make reliable predictions. These remarks are included in an introduction by Juremir Machado da Silva to the Portuguese translation of the original *Terre-Patrie*. In an interview to the French newspaper *L'Humanité* on October 13, 2015 Morin tells us even more : «We have to change our minds! This means : «We must introduce disorder into the functioning of the universe, and that is indispensable for the evolution of the world. Order and disorder are inseparable in any complex relationship.

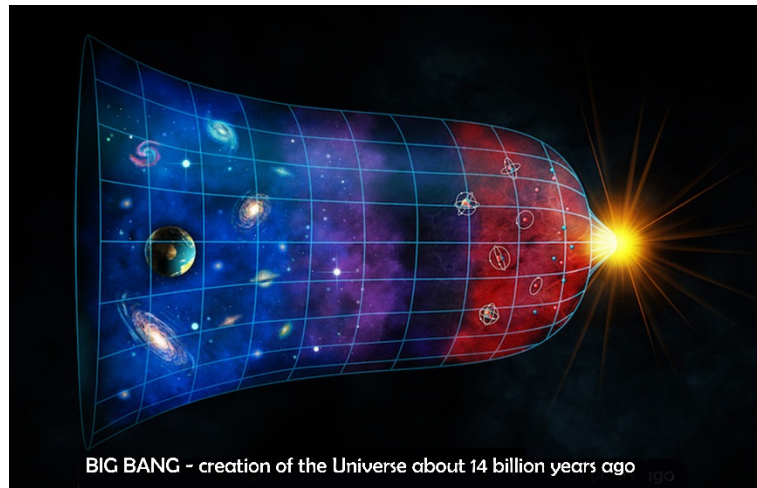
From a different point of view, Morin confirms the postulates of Krishnamurti and of the Dalai Lama. From page to page, he shows us what has happened along centuries of history. Cities, capitalism, the nation-state, then industry and technology, gain a strength that no civilization had ever known before. Particularly from the 18th century onwards, a formidable economic, maritime and military power emerges in England and spans the globe. Little by little, the economy goes everywhere. Between 1863 and 1873, the multinational trade, whose capital is London, becomes a unified system after the adoption of the gold standard for the currencies of the major European states. The globalization of the market is made up of competition and conflict. And then Europe, dominant in the world, falls into the abyss. Its fall opens a new phase of the planetary age. Many spirits, disoriented by the escalation of dangers, unable to believe in a powerless democracy, oscillate between fascism and Stalinism, not knowing which of them is the lesser evil. In 1947 the Cold War arises. Over the years, immense China, Vietnam, and Cuba escape the western orbit and join the "socialist camp." Ideas that seemed right about the Universe, the Earth, the nature of life and the very nature of Man are subverted in the years 1950-1970.

Sputnik, the first artificial satellite on Earth, was launched in 1957 and in 1969 cosmonaut Yuri Gagarin would be the first man to travel in outer space on a circumferential flight. In the second half of the twentieth century, this expanding and dispersing cosmos would reveal something unknown to science : the cataclysm that gave rise to the universe.



In 1965 Penzias and Wilson capture an isotropic irradiation from far horizons, a "cosmological background noise" that can only be explained as the fossil residue of a primordial outbreak. We learned that in a millionth of a second photons, quarks, electrons and neutrinos were created. We learned that all our particles were formed about 14 billion years ago, that carbon atoms were a sun before ours, that our molecules were born on Earth, which may have come here with meteorites falling. We know without wanting to know that we are actually children of this cosmos, that it includes our birth, our becoming and our death. However, this truth was not ignored. The power of human imagination has long inscribed it in Myth through the Word of the Creator (see pages 2 and 3).

A new Earth is then revealed. One glimpses the first manifestations of what life will be like. Life born on Earth is in solidarity with it. Life is in solidarity with life. All animal life depends on bacteria, plants, other animals. The discovery of ecological solidarity is a great and recent discovery. No living being, nor man, can dispense with the biosphere.



Man is a survivor. He is a survivor because he has superiorly developed a large number of potentialities of the living organization. Such a discovery is quite recent. The end of the fifth century of the planetary age brings out hitherto unknown realities of our destiny. Only now do we know that we are lost in the cosmos, that life is in solidarity with the solar system, that Earth and Man are the fruit of a unique adventure made of surprises, of amazing leaps. Only now do we understand how much human consciousness is lonely, how far it is of the earthly destiny community. Only now do we realize that Man is a cosmos of dreams, designs, aspirations and desires. Now, more than

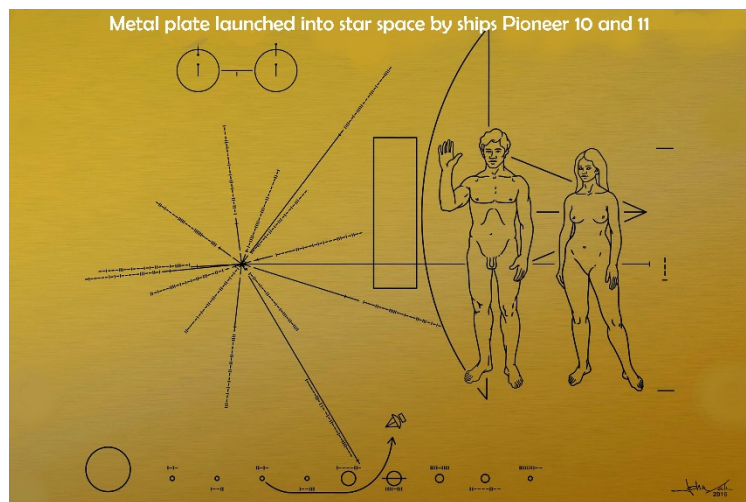


ever before, we feel the effects of radical antagonisms. We are struck by the antagonism modernity / tradition, which degenerates in the version democracy / totalitarianism, an antagonism that weakens at present but which gives way to another, virulent, between democracy and dictatorship. All are fed by the West / East antagonism and the North / South antagonism. There economic relationship is influenced by the economic and strategic interest of the great antagonistic powers. We

end up feeling scalded and so we go for a swim at the weekend or, lazily, comfort ourselves with the mildness of the opposite sex or, in the opposite case, of the same sex.

The mutilated thinking that is meant to be competent and the blind intelligence that is meant to be rational still reign. Thought reform is a key anthropological and historical problem. This improvement entails a mental revolution, even more considerable than the Copernican revolution. Never and at no time in the history of mankind have the responsibilities of thought been so pressing. The rub of tragedy is also in thought. If there were space navigators, their route would pass far from the small peripheral sun that holds in its orbit, the tiny planet Earth. Like Robinson Crusoe (21), a castaway lost on a deserted island, we started sending signals to the stars, so far in vain. And maybe forever. There is no doubt : we are lost in space.

It is in the itinerancy that the lived is inscribed (22). Itinerancy involves the reinvention of authentic moments, poetic encounters, the ecstasies of life, and also the relative devaluation of the ideas of purpose and solution, since any answer implies a new question. Can't the enormous amount of petrified love in religions and abstractions be defrosted, no longer for the



immortal, but for the mortal? The appeal of brotherhood is not unique to one race, one class, one elite, one nation. It comes from those who, wherever they are, hear it within themselves. It is for each and every one of us. Everywhere, in every class, in every nation, there are beings of "good will" who carry this message. Perhaps more numerous are the restless, the curious, the open, the tender, the mestizo, the bastard, and others in between. We now need to learn to be, to live, to share, to communicate and to commune in a new way as beings of a certain planet. We need EMERGENCY. **Not only will we have to be part of a culture, but most of all, we will have to be Earth people.**

NOTES

- 01** Haikouichthys <https://pt.wikipedia.org/wiki/Haikouichthys>
 Chordate <https://en.wikipedia.org/wiki/Chordate> / (PT) Filo chordata https://edisciplinas.usp.br/pluginfile.php/3500796/mod_resource/content/1/Os%20Cordados_Materia%20Extra.pdf
 Sea annelid fossils <http://rffilms.dotster.com/ABALO-SEA-ANNELID-FOSSILS.pdf> / Comedy in evolution <http://rffilms.dotster.com/LANCELET.pdf>
- 02** Vertebrate <https://en.wikipedia.org/wiki/Vertebrate> / The first vertebrates <https://en.wikipedia.org/wiki/Conodont>
 New fossil find pinpoints the origin of jaws in vertebrates
<http://www.cam.ac.uk/research/news/new-fossil-find-pinpoints-the-origin-of-jaws-in-vertebrates>
- 03** Cephalopod <https://en.wikipedia.org/wiki/Cephalopod>
- 04** Symmetry in biology https://en.wikipedia.org/wiki/Symmetry_in_biology
- 04A** Journey to the bottom of the sea (video) <https://vimeo.com/54105345>
- 05** Epistemologies of the South and the future
http://www.boaventuradesousasantos.pt/media/Epistemologies%20of%20the%20south%20and%20the%20future_PoscolonialItalia_2016.pdf
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- 06 The Dogon Pantheon** http://www.mythicjourneys.org/bigmyth/fullversion/password011/myths/english/eng_dogon_pantheon.htm
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Behind the mask of a West African tradition (video) <https://www.youtube.com/watch?v=DaQuGEndA8k>
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Africa has been failed by westernisation. It must cast off its subservience
<https://www.theguardian.com/commentisfree/2017/nov/12/africa-failed-by-westernisation-must-cast-off-its-subservience>

07 Hominidae <https://en.wikipedia.org/wiki/Hominidae>

08 Kitsune <https://en.wikipedia.org/wiki/Kitsune>

09 Jiddu Krishnamurti https://pt.wikipedia.org/wiki/Jiddu_Krishnamurti

10 Dalai Lama https://en.wikipedia.org/wiki/Dalai_Lama / **Interview with the Dalai Lama (BBC News)** <https://www.youtube.com/watch?v=aXSlpy7Ku9c>
Friendly Feudalism : The Tibet Myth <http://www.swans.com/library/art9/mparen01.html>

11 Annie Wood Besant https://pt.wikipedia.org/wiki/Annie_Wood_Besant

12 Universal Ethics (lecture by Dalai Lama in video) <https://www.dalailama.com/videos/universal-ethics-1>

13 Evolutionary ecology https://en.wikipedia.org/wiki/Evolutionary_ecology

14 Daniel Hunt Janzen https://en.wikipedia.org/wiki/Daniel_H._Janzen

15 Stanley Holling https://en.wikipedia.org/wiki/C._S._Holling

16 George Evelyn Hutchinson https://pt.wikipedia.org/wiki/George_Evelyn_Hutchinson

17 James Lovelock https://en.wikipedia.org/wiki/James_Lovelock

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21 Robin Crusoe https://en.wikipedia.org/wiki/Robinson_Crusoe

22 Pioneer plaque https://en.wikipedia.org/wiki/Pioneer_plaque

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- 03 – Greek mythology and human origins <https://www.ancient-origins.net/human-origins-folklore/greek-mythology-and-human-origins-0064>
The Creation https://www.greekmythology.com/Myths/The_Myths/The_Creation/the_creation.html (see note O6, page 10)
The World Egg https://en.wikipedia.org/wiki/World_egg
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- 14 – Excerpts from Edgar Morin's Seven Complex Lessons http://www.tonykashani.com/?page_id=30
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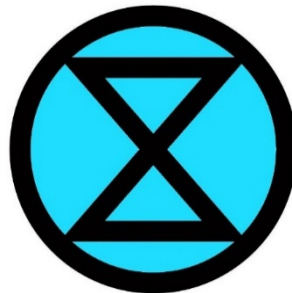
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Palestra na Fundação Calouste Gulbenkian

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