

The background of the slide is a photograph of three people in a meeting, overlaid with a semi-transparent yellow filter. A man in a suit and glasses is seated on the left, looking at a tablet. A man in a light-colored shirt stands behind him, leaning over. A woman with long hair is seated on the right, holding the tablet. The bottom of the slide is a solid dark blue triangle.

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HUMAN KIND - A HOPEFUL HISTORY

The news tends to generalise people into groups like politicians, elites, racists and refugees. Worse, the news zooms in on the bad apples.

The same is true of social media. What starts as a couple of bullies spewing hate speech at a distance gets pushed by algorithms to the top of our Facebook and Twitter feeds. It's by tapping into our negativity bias that these digital platforms make their money, turning higher profits they behave. Because bad behaviour grabs our attention, it's what generates the most clicks, and where we click the advertising dollars follow." This has turned social media into systems that amplify our worst qualities.

Neurologists point out that our appetite for news and push notifications manifests all the symptoms of addiction, and Silicon Valley figured this out long ago. Managers at companies like Facebook and Google strictly limit the time their children spend on the internet and 'social' media. Even as education gurus sing the praises of iPads in schools and digital skills, the tech elites, like drug lords, shield their own kids from their toxic enterprise.

My rule of thumb? I have several: steer clear of television news and push notifications and instead read a more nuanced Sunday paper and in-depth feature writing, whether online

off. Disengage from your screen and meet real people in the flesh. Think as carefully about what information you feed your mind as you do about the food you feed your body.



WHY GOOD PEOPLE TURN BAD



This brings us back to the fundamental question: why do people do evil things? How come Homo puppy that friendly biped, is the only species that's built jails and gas chambers?

We learned that humans may be tempted by evil when it masquerades as good. But this finding immediately raises another question: why has evil grown skilled at fooling so us over the course of history? How did it manage to get us to the point that we would declare war on one another?

I keep thinking of an observation made by Brian Hare, our puppy expert from Chapter 3, who said: 'The mechanism that makes us the kindest species also makes us the crudest species on the planet.'

For most of human history, as we've seen, this statement didn't apply. We haven't always been so cruel. For tens of thousands of years, we roamed the world as nomads and kept well clear of conflicts. We didn't wage war and we didn't build concentration camps.

But what if Hare is on to something? What if his observation does apply to the last 5 per cent of human history, from the time we began living in permanent settlements? It can be no accident that the first archaeological evidence for war suddenly appears approximately ten thousand years ago,

coinciding with the development of private property and farming. Could it be that at this juncture we chose a way of life for which our bodies and minds were not equipped?

Evolutionary psychologists refer to this as a mismatch meaning a lack of physical or mental preparation for modern times. The most familiar illustration is obesity: whereas hunter gatherers we were still slim and fit, these days people worldwide are overweight than go hungry. We regularly feast and fats and salts, taking in far more calories more than our bodies need.

So why do we keep right on eating? Simple: our DNA thinks still running around in the jungle. In prehistory it made stuff" yourself anytime you stumbled on a heavily we're good sense laden fruit tree. That didn't happen very often, so building layer of body fat was basically a self-preservation strategy. But now, in a world awash with cheap, fast food, piling on extra fat is more like self-sabotage.

Is this how we should also be thinking about the darkest chapters of human history? Might they, too, be the result of a dramatic mismatch? And could that explain how modern-day Homo puppy came to be capable of the most heinous cruelty?

In that case, there would have to be some aspect of our nature that misfires when confronted with life in the modern, 'civilised' world - some inclination that didn't bother us for millennia and then suddenly revealed its drawbacks.

Something, but what?

In the next three chapters, this is my quest. I'll introduce you American who was determined to understand why to a young the Germans fought so tirelessly right up to the very end of the Second World War. We'll dive into psychological research on the cynicism that comes with power. And then we'll take on the ultimate question: what kind of society can you get when people acknowledge the mismatch and choose to adopt a new, realistic view of humanity?



THINK AND GROW RICH



It is a known fact that the emotion of LOVE is closely akin to the state of mind known as FAITH, and this for the reason that Love comes very near to translating one's thought impulses into their spiritual equivalent. During his work of research, the author discovered, from the analysis of the lifework and achievements of hundreds of men of outstanding accomplishment, that there was the influence of a woman's love back of nearly EVERY ONE OF THEM. The emotion of love, in the human heart and brain, creates a favourable field of magnetic attraction, which causes an influx of the higher and finer vibrations which are afloat in the ether.

If you wish evidence of the power of FAITH, study the achievements of men and women who have employed it. At the head of the list comes the Nazarene. Christianity is the greatest single force which influences the minds of men. The basis of Christianity is FAITH, no matter how many people may have perverted, or misinterpreted the meaning of this great force, and no matter how many dogmas and creeds have been created in its name, which do not reflect its tenets.

The sum and substance of the teachings and the achievements of Christ, which may have been interpreted as "miracles," were nothing more nor less than FAITH. If there are any such phenomena as "miracles" they are produced only through the state of mind

known as FAITH! Some teachers of religion, and many who call themselves Christians, neither understand nor practice FAITH. Let us consider the power of FAITH, as it is now being demonstrated, by a man who is well known to all of civilization, Mahatma Gandhi, of India. In this man the world has one of the most astounding examples known to civilization, of the possibilities of FAITH. Gandhi wields more potential power than any man living at this time, and this, despite the fact that he has none of the orthodox tools of power, such as money, battle ships, soldiers, and materials of warfare. Gandhi has no money, he has no home, and he does not own a suit of clothes, but HE DOES HAVE POWER. How does he come by that power?

HE CREATED IT OUT OF HIS UNDERSTANDING OF THE PRINCIPLE OF FAITH, AND THROUGH HIS ABILITY TO TRANSPLANT THAT FAITH INTO THE MINDS OF TWO HUNDRED MILLION PEOPLE.

Gandhi has accomplished, through the influence of FAITH that which the strongest military power on earth could not, and never will accomplish through soldiers and military equipment. He has accomplished the astounding feat of INFLUENCING two hundred million minds to COALESCE AND MOVE IN UNISON, AS A SINGLE MIND.

What other force on earth, except FAITH could do as much? There will come a day when employees as well as employers will discover the possibilities of FAITH. That day is dawning. The whole world has had ample opportunity, during the recent business depression, to witness what the LACK OF FAITH will do to business.

Surely, civilization has produced a sufficient number of intelligent human beings to make use of this great lesson which the depression has taught the world. During this depression, the world had evidence in abundance that widespread FEAR will paralyze the wheels of industry and business. Out of this experience will arise leaders in business and industry who will profit by the example which Gandhi has set for the world, and they will apply to business the same tactics which he has used in building the greatest following known in the history of the world? These leaders will come from the rank and file of the unknown men, who now labour in the steel plants, the coal mines, the auto mobile factories, and in the small towns and cities of America.

Business is due for a reform, make no mistake about this! The methods of the past, based upon economic combinations of FORCE and FEAR, will be supplanted by the better

principles of FAITH and cooperation. Men who labour will receive more than daily wages; they will receive dividends from the business, the same as those who supply the capital for business; but, first they must GIVE MORE TO THEIR EMPLOYERS, and stop this bickering and bargaining by force, at the expense of the public. They must earn the right to dividends!



INTUITION- TRUST YOUR GUT



How good are you at acknowledging your intuition? Do you pay attention to it, or carry on regardless, ignoring your nagging suspicions? Do you believe in the value of 'gut feeling'? People are often sceptical when I first introduce the importance of intuition in a business context because it seems 'illogical', but it is key to everything from good decision making to improved self-awareness. Here we will be discussing both the importance of honing your intuition to improve your life, as well as how healthy gut flora contributes to positive thinking.

The Gut-Brain Connection

Earlier this year, I had lunch with a former client. I hadn't seen him for years, and in the interim I had met my new husband and got married. 'What happened to you?' he asked. 'You've got your sparkle back!' When I asked what he meant he said that he had sensed I wasn't in a great place when we had been working together, about six years earlier. 'It was like you were at 60 per cent, but now you're at full power.'

At the time, we had never discussed my personal life, so this feeling was purely a hunch. I told him his intuition was right - things had been tough for me in my personal life when we had been working together. Although I didn't think anything in my outward appearance signalled this, my energy clearly did.

We have these 'gut feelings' about one another all the time. Our intuition helps us 'sense' the truth of things, tuning into energy that our conscious thoughts may not be aware of. Recently, it has become trendy to talk about the gut as a 'second brain', but I think this is misleading and unhelpful. The gut isn't a second brain; it houses the enteric nervous system which is one of the main divisions of the body's autonomic nervous system, and it works unconsciously (in much the same way you breathe and your heart beats without any intervention from your conscious brain).

The gut is a discrete, but connected, system that links back to the brain in a number of ways, including our inner voice about our closest relationships.

The new science of trusting your gut. The connection between the gut and the brain - the subject of scientific study from the mid-nineteenth century - has caused considerable debate. Neurobiological research has revealed a complex communication system between the sheaths of the millions of neurons embedded in the gut walls and the limbic brain that is integral to our decision-making.' Scans show these pathways clearly. As we know, the limbic brain is responsible for the experience and expression of emotion. It is where our habits and behavioural patterns are stored; so, the gut-brain system helps govern not only the

healthy functioning of our digestive system but also complex brain functions including motivation and access to our deeper wisdom.

Alongside this emotional link is the physical health of the gut. Self-care factors - from diet and supplementation to stress management - that all impact on the well-being of our digestive system, have an impact on our intuition. For instance. There is evidence that something as simple as taking a good quality probiotic for one month to rebalance gut flora reduces negative thinking. In a study in the Netherlands, probiotic supplementation was found to reduce 'cognitive reactivity' to low mood. I take probiotics whenever I travel as the gut microbiome is affected by jet lag too. It is an easy thing to incorporate, and knowing that it also has this general benefit on abundant thinking is an added bonus.



Just as our thinking is slower and harder when we have a cold or are in pain, so a depleted, inflamed or struggling gut will cloud intuition. Is this something you have thought about and made a connection with for yourself? And do you care for your gut health in a proactive way? If not, there are potential quick wins for you here. Gutting down on red meat, processed and high-sugar foods will help to reduce inflammation in the gut. Finding out if you are intolerant to gluten or lactose, eating probiotic foods, like kefir, sauerkraut or kimchi, and taking probiotic supplements will also help.

Take a high-quality probiotic every day for the month to come. Quality brands should contain over 50 million strains of good bacteria. (The water-based ones or capsules are far better than the yoghurt drinks as they get to the small intestine and are not broken down by stomach acid.) Take note of any effects taking probiotics has on the quality of your thinking.

One thing is now a scientific certainty: the gut-brain link is far from a mystical 'sixth sense' and I share the research just mentioned with my sceptical clients when they are tempted to dismiss intuition. Once they hear about the science, they understand that it's certainly worth doing what they can to improve their gut-brain connection and learn how to better listen to their inner voice. Often these people have digestive problems as a result of excessive travel, poor diet, lack of exercise and dehydration. They have poor self-care and still expect themselves to function, both mentally and physically, like a well-oiled machine. One of my first challenges when I start working with them is to persuade them they are short-changing themselves, and that this physical neglect has profound neurobiological consequences.

There is also a growing body of research that links the gut microbiome to our immune system, as the quality of immune cells that are produced in the bone marrow

are related to the quality and variety of bacteria in the gut.

We don't know enough about this yet but it is an exciting area of research that points to being pivotal in terms of understanding the inter connectedness of our immunity, resilience and optimal brain performance.

Gut and mood

There are other important gut-brain facts to take note of: your gut produces neurotransmitters - a staggering 90 per cent of the serotonin that works primarily in your brain is produced in the gut.

Serotonin acts in a variety of ways: in the brain as a 'happy' hormone that helps regulate mood, and in the gut as a paracrine signalling molecule, which means it induces change in close-by cells in the body. This action has been shown to impact on weight gain by helping to regulate insulin production. Self-care factors, from taking adequate exercise to eating a balanced diet, associated with the healthy production of serotonin in the gut (and the knock-on benefits of this on mood).

Self-care is also key to keeping our stress symptoms under control, and research

shows that stress levels are constantly being communicated by the brain to the gut. The brain lets the gut know via sympathetic nerve fibres when it is stressed. The gut responds to this by using less energy for digestion, decreasing the blood supply. When stress is constant, it puts a negative drain on the gut's resources and results in a range of symptoms, from change in appetite to bloating and diarrhoea or constipation, or worse. Over time, the gut walls can weaken and the cells secrete large amounts of signal substances that are immune lower the stress threshold in our body and brain. Chronic negative emotions are perpetuated in this way, and an unwell gut may mean we feel the effects of stress long after the cause of that stress has disappeared.

Being in tune with this and recognising the symptoms can help us to monitor our stress levels, keep our immunity optimal and hone our intuition. This could mean anything from knowing that you need to rest and recuperate after a busy project at work or a lot of socialising, all the way up to something as serious as a brain injury that could all too easily be explained away as psychological disorder if you didn't know better.



JACQUELINE; A LESSON I'LL NEVER FORGET



The danger of interpreting symptoms that appear to be psychological without taking the physical body into account is something I've had to be mindful of as a doctor. When I was a psychiatrist in Bermuda, I had a new patient appointment with a young lady called Jacqueline, who came along with her friend who was a trainee psychologist. She had experienced a severe personality change over the previous few weeks with extremes of emotion and uncharacteristic behaviour, being tearful and demanding when she had always been a timid introvert. What was striking was how adamant her friend was that she must get admitted to the psychiatric hospital that day. They had tried before and been sent away and enough was enough - her friends and family could cope with her no more. But something did not fit and I explained that I was unable to admit her to a psychiatric ward and they should return to the emergency department. They left very disgruntled.

Unusually I got a phone call a couple of hours later from the emergency department - these are busy people who do not normally have time for routine follow-up chats. I assumed they must be trying to persuade me to admit Jacqueline back to my hospital. But that wasn't the case. It turned out that she had suffered a small head injury three weeks prior and a pool of blood had accumulated inside her skull and started to press on her brain (a subdural haematoma) causing the personality change.

The emergency doctor told me that if I had admitted her to a psychiatric ward and the hospital had not had the opportunity to scan her brain, Jacqueline would have died on my watch. I will never, ever forget that phone call.

Looking back, can you think of an example where your intuition was warning you of something but you ignored it? When was the last time you had a really good hunch and went with it? On balance, how often do you trust your judgement versus asking for advice from others or feeling very confused and conflicted?

You can listen to your body and trust your gut even when it doesn't concern your own health. Both Jacqueline's friend and I had an instinct that something was very wrong. If you have a child, this will resonate with you. If you don't, then you may have felt it for yourself. If not, just know that you have this power within you. Nurture it and believe it. It's incredible.