

Content

Preface	9
1 The human being as a wholeness	11
The wholeness of the body is like an orchestra	11
Complexity reduction	13
2 Pilot and Autopilot according to NetzwerkMensch	17
2.1 Pilot and Autopilot	17
Simple organization and regulation of complex living beings	20
The autopilot of motor activity, thoughts and feelings	21
Fast Autopilot thinking and rational Pilot thinking .	24
Reflexes, automatisms and habits	28
The speed of coordination in our body	30
Hunting cheetah	30
Information processing of living systems	33
Data processing and software in living beings?	35
The radio communication in the body	35
The function of Autopilot: from learning to programs	37
The Polyvagal Vegetative Nervous System of the	
Autopilot	43
The autonomic nervous system (ANS)	45
The Polyvagal Theory of the Three Circuits	
of the Vegetative Nervous System	47
Manipulation by marketing, media and politics . . .	53
Changes of Autopilot programs, strengthening of	
the "social nervous system"	53
Individual freedom or the Autopilot goes shopping?	57
Science a social process: Scientific evidence according to L. Fleck	61
Border of consciousness: Pilot and Autopilot	69

2.2	Being conscious – Consciousness	72
	Perception of reality	72
	From the perception of reality to consciousness	78
	The science of consciousness?	82
	Consciousness in Natural Science – Evolutionary Cybernetics and Integrative Medicine	87
	The Philosophy of Consciousness - Linear and Circular Causality	90
	From perception to ideas to action	95
2.3	Data processing and synthetic biology	101
	The behavioral technology	102
	Dataism and Everyday Life	103
	Home and Holism	111
3	Living naturally	113
3.1	Holistic Consciousness	113
	The Duty of Being with nature	117
	The crisis of health systems in an industrialized society	119
	Confidence in our body – our self-assurance	123
	Summary	127
3.2	The Concept of BodyInformatics in (the) Netzwerk-Mensch	128
	COMPLEMENTARITY IN SCIENCE	129
	"Simply complex" in everyday life – An aid to a better description of nature.	133
	The complementary approach in everyday life	135
	The reprogramming of the autopilot	136
	Complementary approach to diabetes mellitus	137
	Expanding scientific foundations: integrative physiology	138
3.3	"Fast and slow thinking" in the polyvagale autonomic nervous system	141
	A compassionate natural consciousness for a peaceful human future	143
	With the awareness of the bio-logical system	143
	Sick society – sick people	145
	Behavioral change for a humane future	147

Addendum	153
The Polyvagal Theory	153
List of References	160
List of Figures	161