



The many common names for the generic Ex-/Up-oriented 'Advancement' vertical axis

The generic oriented axis has ancient roots. This simplistic geometry operates in fields of practice and abstract frameworks alike, as well as daily life, and is a widely accepted cultural bias (Gould 1995, Tversky 2009), that has its origin in the *survival* drive. Its universality is challenged in this work, putting its usefulness into the context of its domain of validity, and a broader domain, equally valuable. It has a variety of formulations such as '*higher*' or more simply 'up', or 'out' or 'forward' (found in common gestures and words). This vertical axis is a generic, culturally pervasive element in organised societies and manifests as a ubiquitous and persistent Human Pressure to give in to an extremely wide diversity of collective tendencies toward rise, increase, expand, spread, advance to high/highest, etc.

From this one-way orientation are derived abstractions, mind faculties toward higher orders of logic, organisation or mathematical dimensions, and correlate technical concepts of development or evolution, advancement or complexification, all of which justify the 'necessity' of practical Human Pressure and the induced needs for material and mental progress, practices of initiating or inducing, physiological conditioning to activate growth or healing, re-activating body sub-systems, and the habit of culturally inducing intrinsically self-centred **behaviours of survival** (at the expense of other behaviours of living), and the wind up which lead to spiralling out of hand, 'spinning out of control'. The current slogan of 'Keep up or be left behind' reformulates popular excluding prejudices: get stronger, bigger, better, more..., follow or 'fall below'. The vertical axis has been given many other names relative to countless perspectives and different historical frameworks, attributed to various human activities, located in various spaces.

Many names

Primary concepts (found in etymology): swell, rise, raise, start, go, initiate, induce, move

Daily life concepts: the way Up, speed up, power up, accelerate, boost, activate, vibrant

In philosophies: extension, localisation, attributions, philosophies of human advancement as being opposed to philosophy of nature (2 philosophies of 'life'; two definitions of 'life')

In theories:

Expansion related to systematic exploitation □ exclusion & extinction, building sprawl

Growth multiply, drive, generate, and de-generate

Improvement survival, adaptation, augmentation therapies for female or low intelligence

Progress, advancement, development, evolution, complexification, complexity,

In the body: subcultures reduce the topologic axis vertical to the *physical-material* geometric line-axis of the body's shape & the external/sensory. This reduction has major consequences in the long-term effects of theory-governed sensory-motor and psycho-behavioural treatment of children with behavioural problems or

For the mind: Other subcultures reduce the axis to mind-body, and promote activation of will, self, or emotions [think of ' $e=mc^2$ ' energising and 'quantum' personal development]. This has deleterious consequences for people with subclinical syndromes that arise from the already activated *energetic* 'rise' of drive or 'nerves' (associated to the spine in yoga). 1



There are many other specific names for this generalised but biased (oriented one-way) conception of human activity (or 'life').

The Animated Geometry models 2-way

If modelled with topology, the Vertical axis is a 2-way or *double direction* of *topologic* deployments both oriented to *near-at-past limits*. In humans this relates to deploying survival mechanisms for a purpose or goal in an urgent situation, and also un-deploying them for a just as necessary Rest-Recovery.

The conventionalised notion of one-way 'direction' ignores the second direction; together they correspond to an 'orienting', an activation and a de-activation. But his orienting *can stop*, stop orienting to limits and stay away from limits.

Consequences

Despite constructive or productive formations created by knowledge fragmentation and limited observations, the more humans 'advance' in any field or endeavour, the more they

(1) create and re-create counter-productive effects (in health for example), and (2) *at the same time impair* the behaviours *that could help un-deploy* globally. The *short-sighted & long-sighted*, anthropomorphic & individually self-centered, material & physical biases, and separative survival behaviours have a hidden counterpart. The primary role of these other behaviours is to let go of the chronic-acute override of brain central control over physiological mechanisms that damage the integrity and viability, and also erode the survival and healing capacities, overall worsening rather than improving daily life and the planetary situation. We steer *away* from ease, not towards it, despite all the means invented to try for 'the easy life'. So the improvement of the understanding [Spinoza 1677] of the Vertical Axis, and finding the common ground hiding behind the unnecessary opposition of the two philosophies of 'life' (Advancement & Return to Nature), is crucial at both local and global levels. A cultural recognition of the non-survival/healing behaviours is needed. These non-compensatory fluid responses to small changes are just as necessary as adaptive, advance & reverse capacities to *maintain biological life*.

Fieldwork findings

Behaviours and options that help 'un-wind' deployment altogether (different from wind-up/wind-down) are spontaneous (un-triggered) and undo both directions of the 2-way Vertical Axis. They support non-fragmenting processes (including social and less-diminished ageing), and 'care' behaviours (to body and everything around) that are sensitive to actual requirements – *actions* to provide care, not ungrounded emotional 'caring', or just leading its delivery through others, talking or educating about it, *without actually doing anything*. These options show how to care for long-term viability, in one's house, car or town, for others, on the planet, for its biodiverse wildlife, human diversity, starting with the human body, its labour capacity and its health, rather than driving it like a repairable machine... to its grave). The *Foraging Station Experiment* explores these basic options in practice.