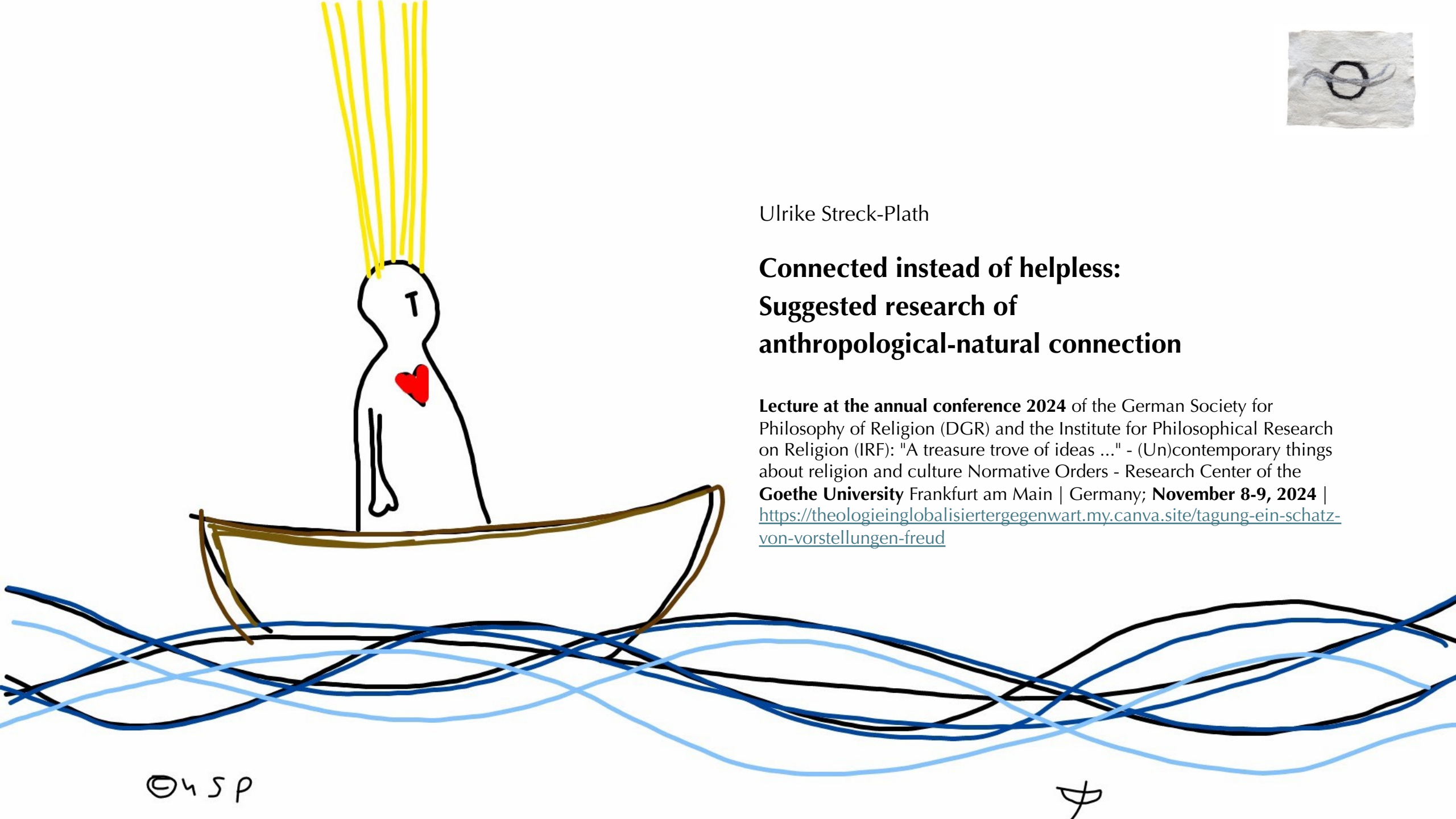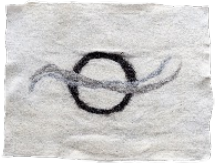Ulrike Streck-Plath

Connected instead of helpless:
Suggested research of
anthropological-natural connection

Lecture at the annual conference 2024 of the German Society for
Philosophy of Religion (DGR) and the Institute for Philosophical Research
on Religion (IRF): "A treasure trove of ideas ..." - (Un)contemporary things
about religion and culture Normative Orders - Research Center of the
Goethe University Frankfurt am Main | Germany; **November 8-9, 2024** |
https://theologieinglobalisiertergegenwart.my.canva.site/tagung-ein-schatz-
von-vorstellungen-freud

Abstract

• Sigmund Freud: People believe because, like a child, they hope for comfort and help from a father in heaven. Status quo: social certainties and tried-and-tested maxims for action are being called into question, while at the same time antisemitism is emerging, which presents itself as morally justifiable

• A possible connection answers Freud's question as to how the "intensity and permanence of the Jew-hatred of the peoples" (vol. XVI, 196) came about: the Jewish people are (unconsciously) envied their chosenness, their eternal security with an unconditionally loving creator.

• Technical achievements: helped to ease the "hardships of life" for people. The humanities developed much more slowly and can offer little or no existential, personal and cultural-social guidance in a world riddled with polycrises.

• Researching the constitution of religion: Natural science and spiritual science together, with analytical psychology as the connecting third pillar of science. For the proof of the anthropological-natural security of all creatures in or with an unconditionally loving creative entity.

Ulrike Streck-Plath
Communication designer, since 1997 freelancer for text/concept, artist, musician/composer, author and since 2017 mentor for Creative Spiritual Care. Married to a Protestant theologian, five children. 2022 Start of a **cooperation with** the Professorship for Spiritual Care and Psychosomatic Health (Klinikum rechts der Isar of the TU Munich), **Prof. Dr. Eckhard Frick.**

1. **Freud's concept of human needs**

2. **Human achievements**

3. **Observations from art**

4. **Longing, envy, antisemitism**

5. **Shelteredness as a basic structure**

What if what you long for is already here?

WAS, WENN DAS, WAS DU ERSEHNST, SCHON DA IST?

1 Freud's concept of human needs

Sigmund Freud spoke of children's needs and parental care that are important for a child's development. From the unconscious, which plays a central role in human behavior due to repressed thoughts, wishes and memories - also in order to deal with stress and dealing with fears. According to Freud, people therefore strive to psychologically and physically for security.

Freud saw religion as an answer to children's longings for this security or for comfort and help from a father in heaven.

But where is the knowledge of what security, protection and care actually located? After all, you can only strive for or long for something if you have an idea of it - or a "treasure trove of ideas ... born of the need to make human helplessness bearable" (Freud). However, Freud's thinking was more structural and functional. Terms such as security, connectedness or relatedness can't be found in his work.
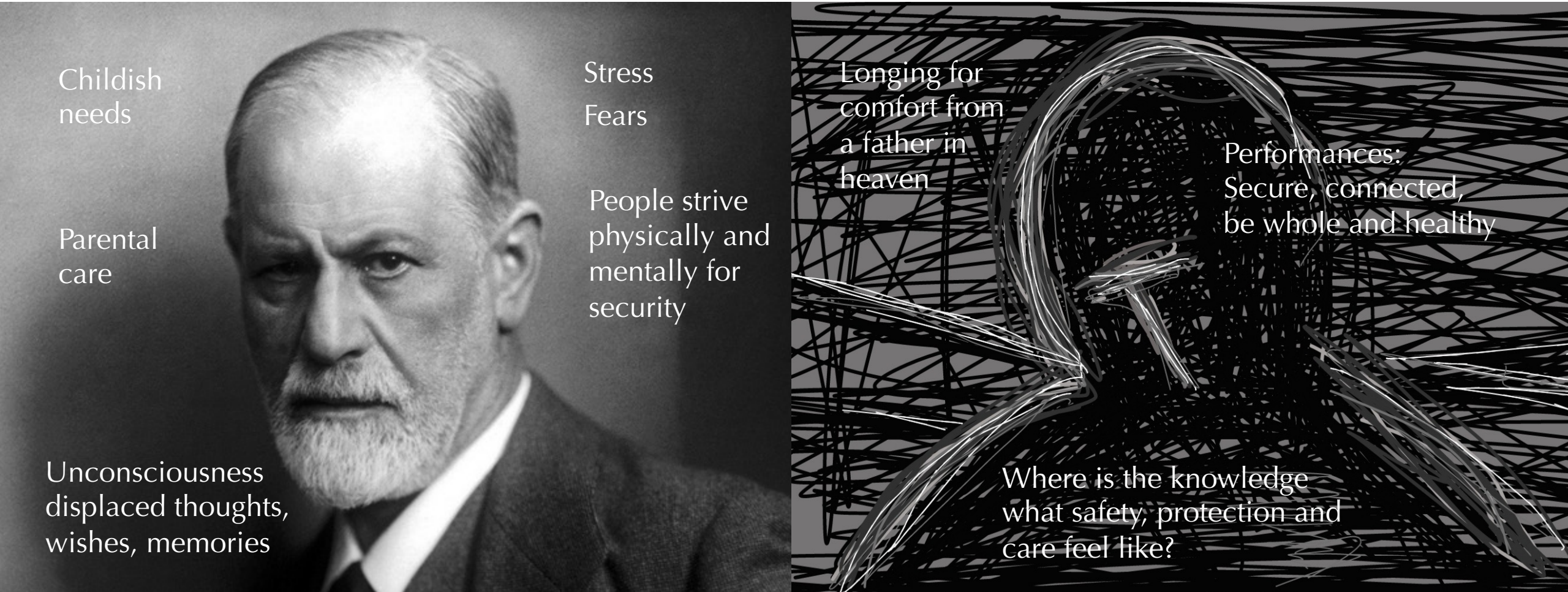
Childish needs

Stress

Fears

People strive physically and mentally for security

Parental care

Unconsciousness displaced thoughts, wishes, memories

Longing for comfort from a father in heaven

Performances: Secure, connected, be whole and healthy

Where is the knowledge what safety, protection and care feel like?

1. Human achievements: humanities

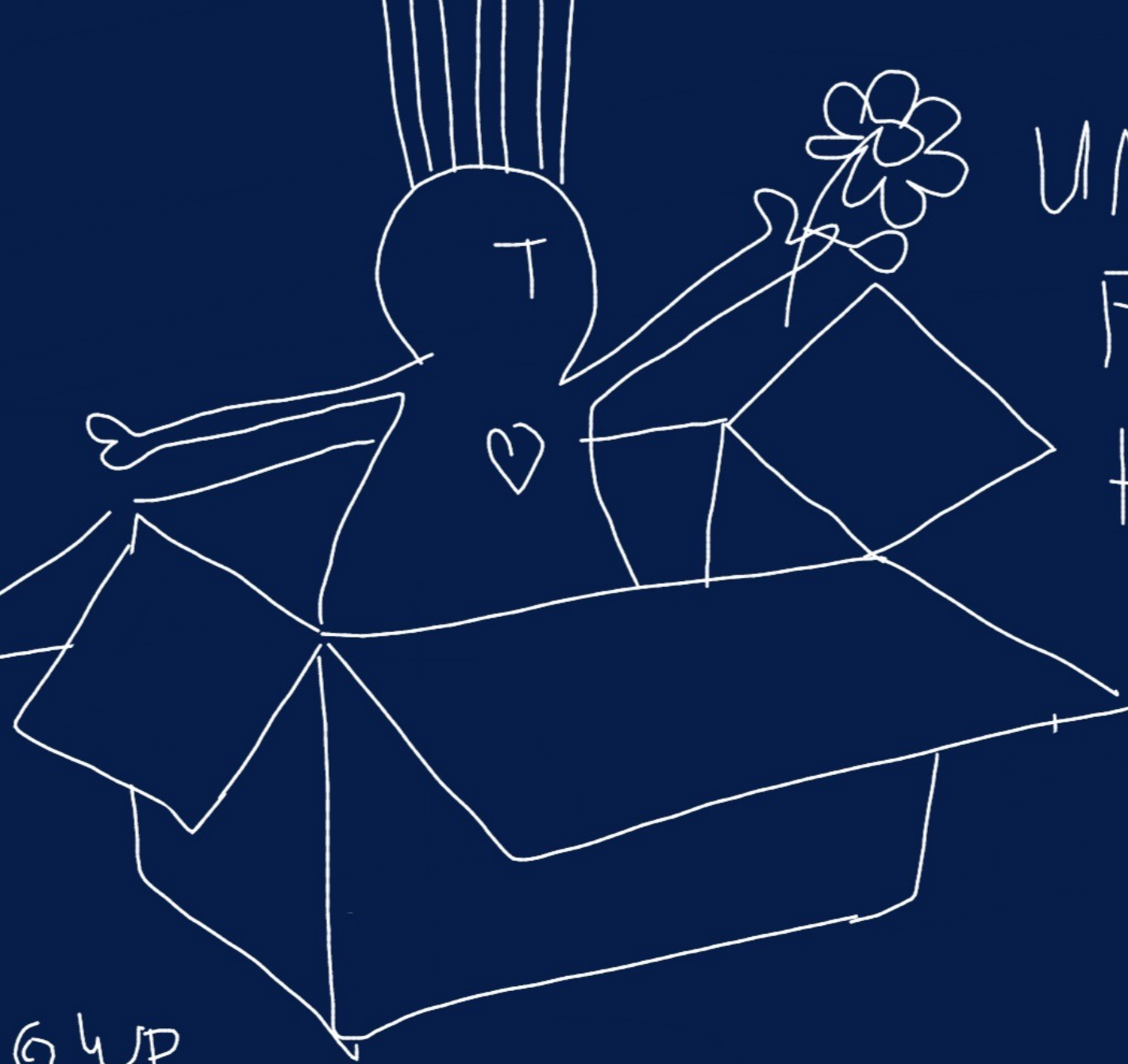**What has happened** in the humanities since Freud?

These have broadened their perspectives. New theoretical currents questioned rigid structures of meaning. It was shown, for example, that culture and identity are not fixed, but are dynamically shaped by social and cultural power relations. Interdisciplinary cooperation enabled research into mental processes and their biological foundations.

The humanities also intertwined with other fields in order to better understand social challenges and technological developments. The humanities' understanding of the human being has expanded:

The focus of the study is to move away from a purely conflict- and pathology-centered approach and to consider social and cultural influences on human development potential - and, above all, on the ability to leverage this potential.

Philosophy Self, identity, consciousness. **History** Social and everyday history. **Linguistics and literary studies** Narrative and discursive structures and their influence on identity and culture. Psychoanalysis and deconstruction have revolutionized text interpretation. **Art and musicology** Analysis of symbolic and unconscious elements in art and music. **Religious studies and theology** Ideas are reflected psychologically and culturally. **Cultural studies** Intersection of psychoanalytical, linguistic and social perspectives. **Ethnology / social anthropology** Unconscious cultural patterns and symbolism. **Archaeology** Examining artifacts from a psychological and symbolic point of view. **Sociology** Analysis of social norms, roles, identities. **Extension of psychoanalysis and post-Freudian developments** Object Relations Theory and Attachment Theory. **Self-psychology** Heinz Kohut and others: Empathy and the importance of stable attachment figures. **Cultural psychoanalysis** Erich Fromm and Jacques Lacan. **Hermeneutics and phenomenology** Dilthey, Gadamer's fusion of horizons, Ricoeur. **Phenomenology** Husserl, Heidegger: how people experience existence and experience. **Structuralism and post-structuralism** Lévi-Strauss and Barthes: culture as a system of signs and symbols. Myths, rituals, cultural codes. Foucault, Derrida, Kristeva: Questioning structures. Fluid meaning and identity. The influence of power structures on knowledge, identity and social life. **Social science approaches to culture and identity** Critical theory: Frankfurt School, Horkheimer, Adorno, Marcuse: critical analysis of society, ideology, culture. **Communication and media studies** Effect of media and symbols on the unconscious and collective identity. **Law/philosophy:** collective moral concepts and norms. **Educational science / pedagogy:** Understanding individual and collective unconscious imprints in development and socialization. **Humanities as a possibility for social transformation.** Postcolonial studies. Gender and queer theory. **Cognitive turn and neuroscience**: Interdisciplinary studies: how human thought is structured and how mental processes such as perception, memory and language are anchored in the brain. **Interdisciplinarity and new fields** Environmental humanities, digital humanities, migration research. Increasingly linked to social and natural sciences. **Positive psychology** Seligman and Csíkszentmihályi: focus on human well-being. **Humanistic psychology.** Dialogue started …

UNVERHOFFT POTENZIAL HABEN.

Unexpected potential.

1. Human achievements: natural sciences

Since Freud's time, the natural sciences have made considerable progress. They have revolutionized our understanding of the world, of life and of our own minds. Here is a brief overview.

In summary, these developments have fundamentally shifted the boundaries of knowledge.

This poses completely new challenges in terms of ethics, life and human behavior. In addition

Physics for example **Quantum mechanics:** Planck, Heisenberg, Schrödinger: completely new understanding of the subatomic world **Theory of relativity**: Einstein's general theory of relativity. Progress in cosmology. Picture of the universe and the space-time structure was revolutionized. **Particle physics**: quarks, leptons and other elementary particles. Standard model of particle physics. **Chemistry** including **molecular and quantum chemistry**: new insights into the structure and dynamics of molecules. **Biochemistry and genetic engineering**: discovery of the DNA structure (Watson and Crick) **Human Genome Project**: decoding the chemistry of life **Molecular biology and genetics**: decoding the genetic code, genetic engineering and CRISPR gene technologies: targeted modification of genetic material. **Neuroscience**: Function of the brain, neuronal circuits, neuroplasticity. **Evolutionary biology**: synthesis of genetics and evolutionary theory. **Astronomy and astrophysics.** Big Bang theory: the expanding universe. **Exoplanet research** Planets outside our solar system: possibility of extraterrestrial life raised. **Black holes and dark matter**: experiments and observations. **Earth sciences,** for example **plate tectonics**: better understanding of earthquakes and volcanism. **Climate research:** climate change and the human impact on the climate, **ecosystem research and biodiversity**: interactions between organisms and their environmental conditions. **Sustainability and resource conservation: preserving** the (environment) for future generations. **Materials science** including **nanotechnology**: design and manipulation of matter for medicine, electronics and other fields. **Superconductivity and new materials.** In addition, **computer science** with **artificial intelligence and machine learning**: building machines that solve problems independently. **Big data and bioinformatics**: to analyze genetic information and complex biological networks. **Chaos and complexity theory**: more understanding of dynamic and non-linear systems. **Stochastics and probability theory**: for natural and social sciences. **Medical imaging and personalized medicine**: MRI and CT have revolutionized diagnostics. Genomics enables personalized therapies. **Digitalization.** Renewable energies. **Military.** Plus:

Physics for example **Quantum mechanics:** Planck, Heisenberg, Schrödinger: completely new understanding of the subatomic world **Theory of relativity**: Einstein's general theory of relativity. Progress in cosmology. Picture of the universe and the space-time structure was revolutionized. **Particle physics**: quarks, leptons and other elementary particles. Standard model of particle physics. **Chemistry** including **molecular and quantum chemistry**: new insights into the structure and dynamics of molecules. **Biochemistry and genetic engineering**: discovery of the DNA structure (Watson and Crick) **Human Genome Project**: decoding the chemistry of life **Molecular biology and genetics**: decoding the genetic code, genetic engineering and CRISPR gene technologies: targeted modification of genetic material. **Neuroscience**: Function of the brain, neuronal circuits, neuroplasticity. **Evolutionary biology**: synthesis of genetics and evolutionary theory. **Astronomy and astrophysics.** Big Bang theory: the expanding universe. **Exoplanet research** Planets outside our solar system: possibility of extraterrestrial life raised. **Black holes and dark matter**: experiments and ol

tectonics: better understanding of earthquakes and volcanism. **Climate research:** climate (

ecosystem research and biodiversity**: interactions between organisms and their environm

conservation: preserving** the (environment) for future generations. **Materials science** incluc

of matter for medicine, electronics and other fields. **Superconductivity and new materials**

intelligence and machine learning**: building machines that solve problems independer

genetic information and complex biological networks. **Chaos and complexity theory**: m

systems. **Stochastics and probability theory**: for natural and social sciences. **Medical ima

have revolutionized diagnostics. Genomics enables personalized therapies. **Digitalization.**

Technical achievements have also fundamentally changed people's everyday lives in recent decades.

They offer comfort, efficiency, help in existence that was hardly imaginable (sic!) in Freud's time. Right up to the use of AI in therapy and care.
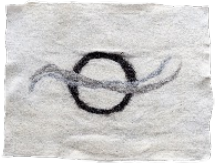
With an upwardly open innovation scale.

So that people amaze each other again and again with what is technically feasible

Household and kitchen technology has simplified all housework: **washing machines, dryers, dishwashers, vacuum cleaners, modern ovens, microwaves, fully automatic machines and blenders** make cooking, washing, cleaning and general care easier, even in institutions. **Refrigerators and freezers** have revolutionized shopping and storage. This has freed up time for other activities. **Central heating and air conditioning:** people can live comfortably regardless of outside temperatures. **Communication and entertainment** have opened up access to entertainment and information for everyone: **Television, internet, cell phones, smartphones** connect people anytime, anywhere. **Means of transportation:** Automotive technology, public transport and air travel make it possible to cover longer distances more quickly. **Digital devices** have revolutionized work and leisure: **Computers, tablets, smartphones, online banking, shopping and digital scheduling** save a lot of time. Modern bathroom technology, electric toothbrushes, razors and care products make personal hygiene more convenient and comprehensive. **People have more help than ever before in their history.** A level of convenience that is actually unimaginable and enormous efficiency make life easier.

DAS BISSCHEN HAUSHALT MACHT SICH GUT ZU ZWEIT.

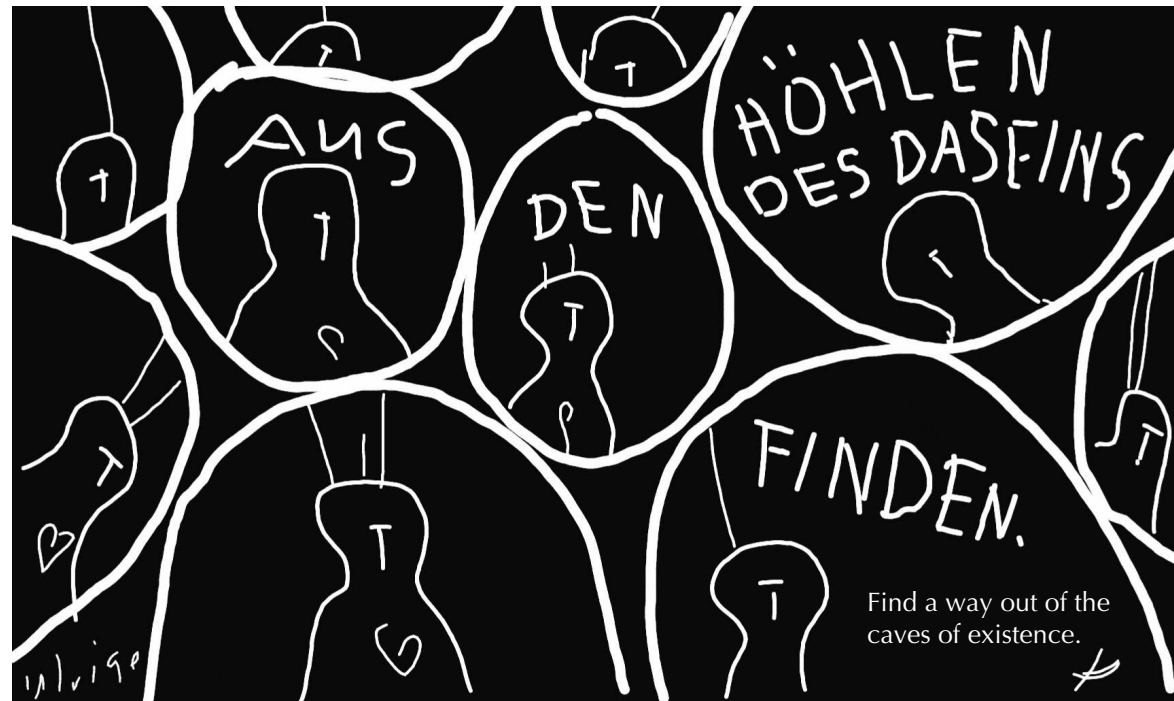A little housework is more fun with someone else.

1. Human achievements: discrepancies and their consequences

Technical progress without an ethical anchor

Helplessness in the face of individual and collective crises

Omission, psychic Needs take into account

Reinforced separation of man and nature

Growing anti-Semitism, which also presents itself as morally justifiable

Possibilities of social media unleash the abysses of the individual and collective unconscious

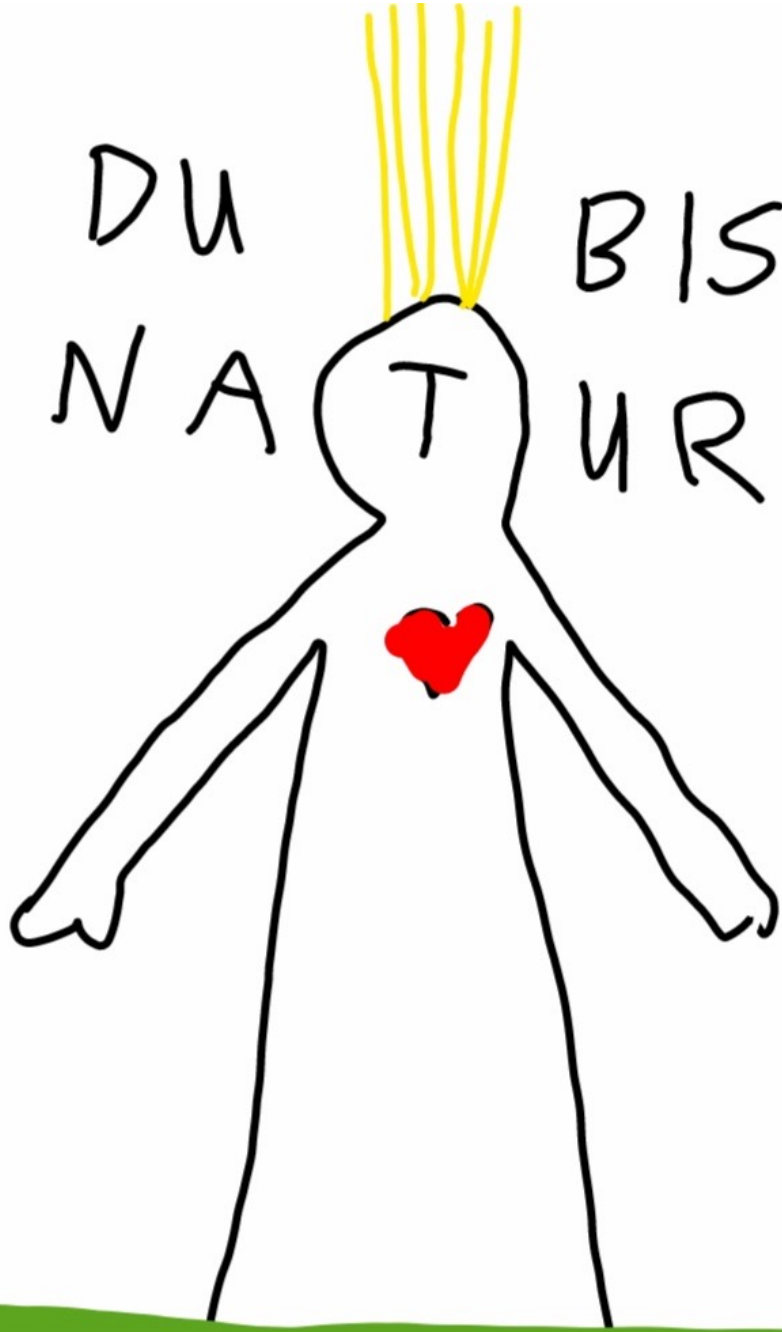The search for security and meaning remains a basic human need

Fragmentation of knowledge, lack of interdisciplinarity or syntheses

AUS DEN HÖHLEN DES DASEINS FINDEN.

Find a way out of the caves of existence.

Here once again in longer textform:

> Technological progress creates **new framework conditions faster than the humanities** are able to find an ethical framework for them.

> The **humanities are lagging behind**, especially when it comes to **existential questions**, collective crises and interpersonal conflicts.

> Despite all the technology, **no consideration** was given **to psychological needs**. Instead, people are expected to develop **more and more new "future skills**".

> Humans can control their environment almost completely using technology. But this has distanced them far from natural rhythms and the environment.

> The **humanities and natural sciences** still tend to work very **separately**, resulting in gaps in knowledge. Syntheses are lacking.

> Traditional lifestyles and belief systems are **strongly questioned**. Concepts of identity and meaning that would incorporate scientific findings are lacking.

> People are increasingly affected by environmental problems, **social isolation and political tensions**. This raises fears. Digitalization and the possibilities of social media are unleashing the individual and collective unconscious.

> In this scenario, **antisemitism**, which also presents itself as **morally justifiable,** becomes stronger.

> Despite technological aids, **helplessness remains** because the need for existential connection, security and meaning cannot be satisfied by technology.
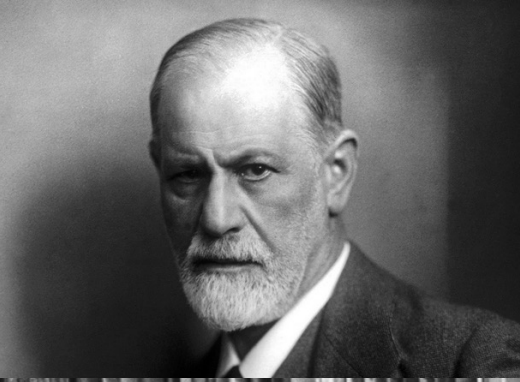
DU BIST NATUR

You are nature.

3. Observations from art

Freud spoke of man's longing for security as a projection of a "father-god".

C.G. Jung recognized that the human unconscious has deeper layers, shaped by universal archetypal images and symbols that fundamentally influence the individual psyche and culture in the form of the collective unconscious.

Hannah Arendt's central insight was that freedom of thought and action and the responsibility of the individual are fundamental to political life and the possibility of creating a just and humane society through collective action and communication.
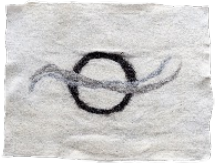
Arno Gruen analyzed how people are alienated by denying their own empathy and adapting to authoritarian structures, which leads to the emergence of violence, self-hatred and social oppression.

I have dealt with the four - and others - a lot since my youth. What's more, since my earliest childhood - I couldn't read yet - I've studied the Holocaust and the reasons for anti-Semitism a lot. But after careful consideration, I decided to study communication design.

And after a very personal experience, I started making art in 2007. From wool, which I felt, from wood, sometimes steel and nettle yarn. And these show, among other things, events from the Holocaust.

The theme is suffering vs. security in the history of mankind and this has been the central text since 2009:

*„**When man was expulsed from paradise**, mankind lost its sense of being sheltered and safe. And mankind has been trying to find that sentiment again. That is so wearisome and difficult that nobody will allow anybody else to enjoy anything they don't have themselves. They'll take the little they have away from them by war, violence, and technocracy. To maintain the misery they believe to be normal. The mighty take it from the meek and the strong take it from the weak, and have been telling them for millenniums that it is in their own best interest. They do this because they don't know any different. And so man lives in that state of mind, yet is seeking fervently for something he intuits in himself and what he believes to be essential: a sense of being sheltered. Archaic. Warm, tender. Fragile, shattered. Gained, lost. That's what I show in my objects and pictures."*

Consciously connected - with what?

A Protestant theologian told me that the T - the stylized eyes and nose of the figures - reminded him of the Taw, the last letter of the Hebrew alphabet. This means man, life and the cross.
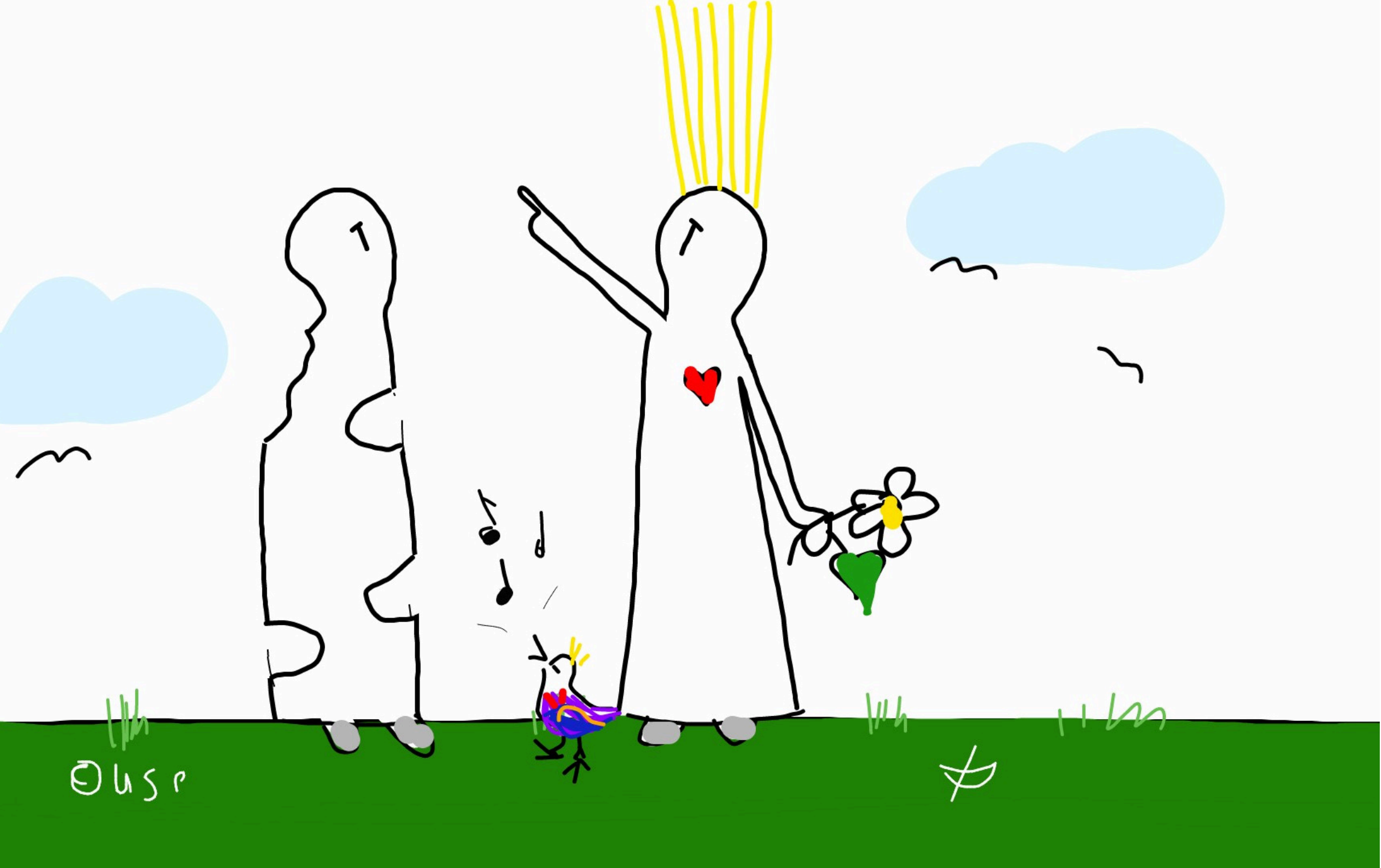
Psychologists explained to me that the lack of a mouth makes the emotional state of the figures unclear. In the archaic faces - actually in the taw - the viewers are therefore simultaneously reflected with their whole and their destroyed selves. The willingness to come to terms with what they feel leads to the sometimes violent reactions. Seeing a face like this just once sets something in motion in people and that is a good thing.
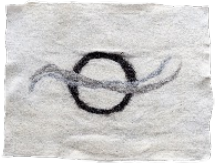
If people can mirror their whole selves and feel this - where is the knowledge of how this should feel located - and how does a person know that this is the case? Because people are always both: knowing and feeling.

The second enlightenment actually involves bringing the two together - again.

Only this time not diffuse and helpless like before the Enlightenment. Or rational and helpless like after the Enlightenment.

But consciously connected - only with what?

Ouse

3. Longing, envy, antisemitism: causes

*Freud's question in 1939: How did the "intensity and permanence of the
peoples' hatred of the Jews" (vol. XVI, 196) come about?*

- Deep within themselves, people possess a tangible knowledge of how
  security, protection and care. This is their drive and the cause of every addiction
  for whatever.

  > Longing

- People strive for everything that provides this security, this protection, this care,
  ultimately: this security is only halfway possible and take it away from others if they
  think they own it.

  > Envy

- In the eyes of others, Judaism possesses an identity-forming power due to its chosenness.
  identity-creating power, a sense of meaningfulness and special purpose,
  that satisfies the longing for belonging, recognition and affirmation.

  > Antisemitism

3. Longing, envy, antisemitism: possible solutions

A rabbi says to God: "Help, my son has become a Christian, what should I do?"
God replies: "Don't worry about it, my son has also become a Christian."
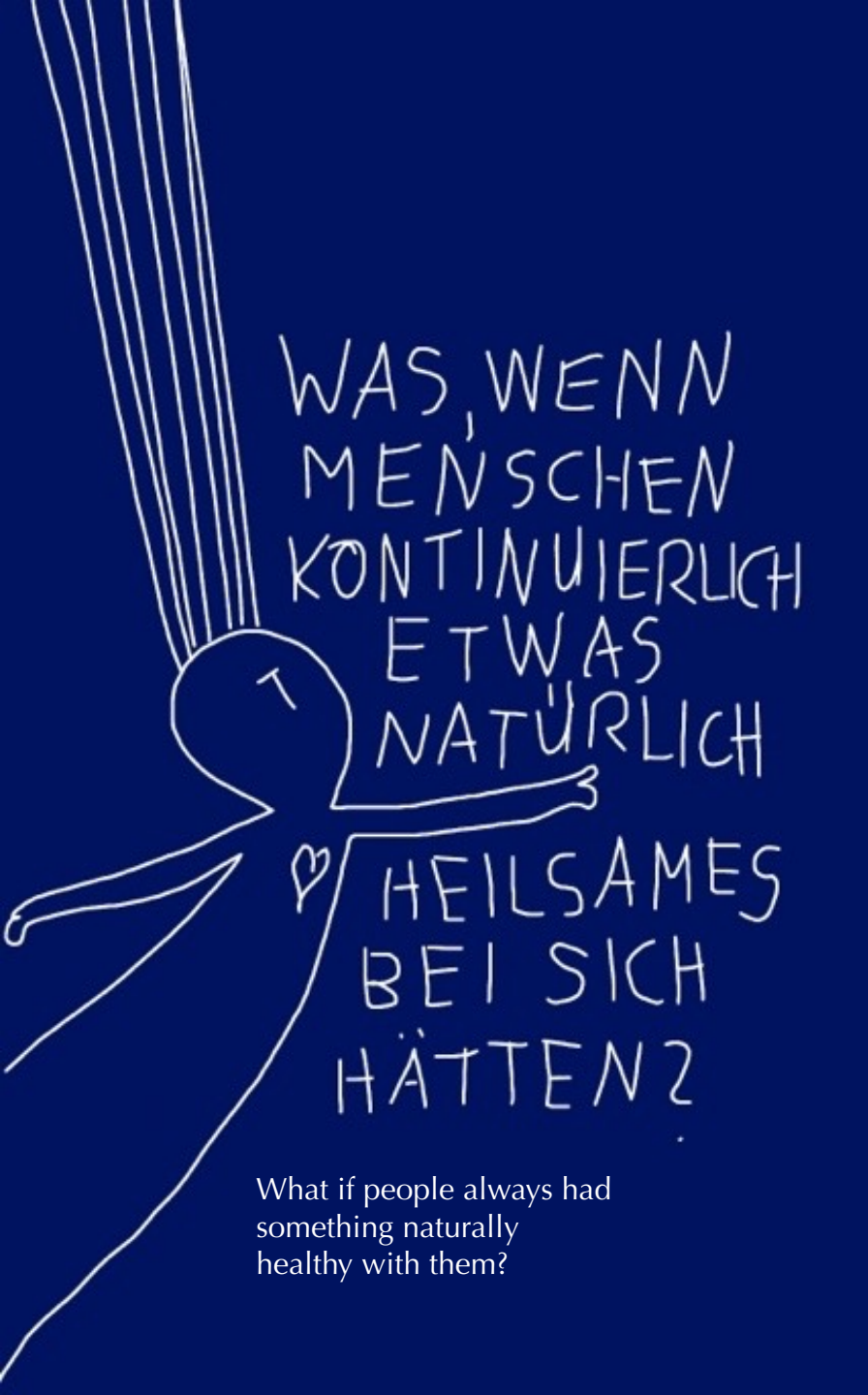*Rabbi: "And what have you done?" God: "I have written a new testament."*

- "As long as you understand Jewish jokes, you're anti-Semitic." Statement by the speaker at the beginning of November 2019 at an event organized by the Society for Christian-Jewish Cooperation in Hanau.

  > Develop awareness

- Jewish spirituality: God as the source of life is revealed through people's moral actions, to improve the world more and more.

  > Recognize similarities

- Judaism is a world religion. But not in the sense of conversion. Rather, Jews should serve the world as an example of the good. But who likes to constantly have such an example before their eyes? By projecting the bad in oneself onto the bearers of good, one frees oneself from the obligation to emulate it and transfers one's own guilt onto the innocent.

  > Say goodbye to life in projection

DAS LEBEN IN DER PROJEKTION VERABSCHIEDEN.

Farewell to a life in the projection

... because all creatures are naturally, theologically and elementary physically justifiable connected to the source of life.

WAS, WENN MENSCHEN KONTINUIERLICH ETWAS NATÜRLICH HEILSAMES BEI SICH HÄTTEN?

What if people always had something naturally healthy with them?

3. Shelteredness as a basic structure: scientifically connectable aspect of spirituality

Experience from art and practice show:

- Spirituality is part of the basic structure of all living things, has a decisive influence on health.

- Every creature has a natural, theologically and theological and elementary-physical connection with the source of this basic structure.

- The essence of the source is creative power, unconditional love and language (image and word).

- People can make beneficial use of this essence – through communication.

- The positive effects are manifold.

3. Shelteredness as a basic structure: exploring together

All creatures possess the connection with an unconditionally loving creative entity that Judaism has envied until now and can freely use its healing essence for more safety, protection, care, world improvement, security, etc.

- People's yearning search for something that makes them „whole", can be capitalized on - as long as it is and remains untraceable (Albert, 1992).

- Spirituality as the basic structure of all living things, including the use of the source essence could have been known long ago if this did not jeopardize the maintenance of existing (power) systems.

- Research into this essence and its usability is still lacking, because there is no money to be made from something that is available free of charge.

- In order to explore this constitution of religion in the light of current social constellations, the natural the natural sciences and humanities are joining forces.

- With analytical psychology in the middle, because it has the necessary breadth.
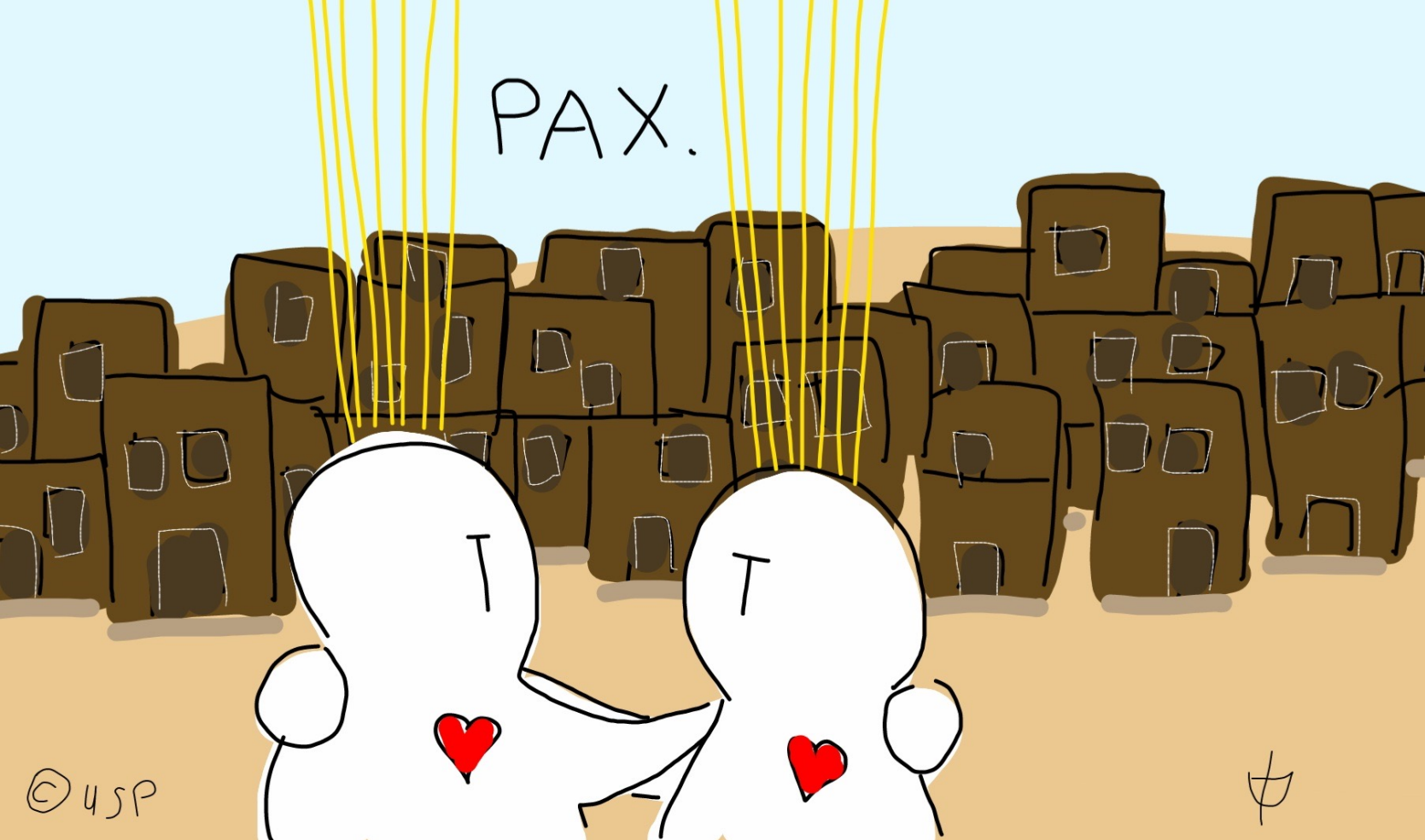
BEWUSST
SEIN

Being aware.

Understanding religion in the literal sense:
Being connected to this instance,
in life as well as afterwards.

©USP

This knowledge - brought into the world and actually made available to everyone by Judaism - would end or at least reduce human helplessness and thus also antisemitism.
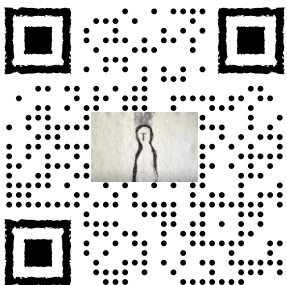
Because of a loving existence that is easy to realize, because no one would be envious of a feeling of security anymore.

An integrative, interreligious ethic becomes possible, which naturally combines the desire for security and meaning with the technological, social and spiritual dimensions of being human.

Also for the achievement of the 17 goals of the United Nations.

DISKURS
WAGEN.

Thank you very much.

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Further reading

Becoming whole, with ease. Creative Spiritual
Care, the art of living for everyone: **intrasonance.com**

MUTASPIR-Handreichung (2023). Herausgeber: Hochschule für
Philosophie München und Professur für Spiritual Care und
psychosomatische Gesundheit (Klinikum rechts der Isar der
TU München), Redaktion: Prof. Dr. Eckhard Frick,
Prof. Elisabeth Linseisen, Ulrike Streck-Plath. **mutaspir.net**

By Ulrike Streck-Plath:
• Selbst zurückholen. Das Geburtsrecht ausüben, heil und ganz zu sein oder:
  Sprich nur ein Wort. Spiritual Care (2023); 12(3): 267-270.

• Die Kinder des Lichts
• Apocaluther Reformation 2.1 – Auf in den Frieden
• TABOE – To All Babies On Earth
  Alle: Strube-Verlag München.

• Von wegen Depression, Sucht & Co. (2022).
• Das Licht füttern (2022).
• Vergiss Narziss (2023).
• Träume ziehen Blüten gleich (2023).
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• Weil du da bist. Creative Spiritual Care im Strafvollzug (2024).
• Intrasonante Exerzitien (2024).
  Alle: USPs Seelenfutter.

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