



Fig. 1 - Frey Paulino Castro, O.B. A roman young Benedetto da Norcia, courteous, intelligent and erudite, having a very simple life on a rock cave as a penitent, try to teach more than all usual instructions to the shepherds. This cave becomes as an open class for permanent education

Jorge P. Machado, Ph.D.  
Applied Physiology Lab  
Biomedical Science Institute Abel Salazar  
Porto (P)

## FUNDAMENTS FOR AN ADEQUATE ETHIC AND RESPONSIBILITY

The Porto University is honoured for the invitation to participate in the meeting held in Modena. We wish great success to this kind of events and movements for an adequate sanity and responsibility in science. It is our hope that this may contribute for novel approaches to such a complex problem, which is transversal to our countries and to the world (in general) for years and decades to come. I hope that our intentions for solving conflicts of interest may become and convert, one day, on simple and practical operations in different areas with subsequent and positive changes on the human mentality and behaviour. According Prof. Hartmut Frank, possibly a "Council of the Generations" should be attempted and composed mainly by advanced professors and specialists on different faculties and universities, which would be the more appropriate group to launch this kind of initiatives.

In fact, it is urgent to find agile pathways and mechanisms to avoid the pressing cultural, social, ethical and spiritual collapses on our actual society. This reminds me of the complex period that followed the Roman Empire decline in IV-V centuries. Then, all forms of destruction relative to the current cultural and social systems were imposed by barbaric, drastic and frequent invasions on the entire Europe, by different ethnic people from several regions. Curiously, just when many human structures and organizations, relevant monuments and manuscripts of an emergent Christian Culture were completely destroyed and lost, a strong and influent personality in Italy appeared as an *European Protector*. This person then belongs to a rich and well known family, called *Benedetto da Norcia*, founded the first Benedictine Monasteries in

Subiaco and after in Monte Cassino (Fig. 1). From there, they quickly spread this particular and simple monastic life and culture around Europe. Effectively, these monastic systems had a primordial role on Europe, congregating and organizing many and many populations around its structures and offering protection, knowledge, health care and spirituality. So, its contagious personality based on its dynamic and operational influence, intellectual, social and spiritual characteristics, deep and positively changed the face of Europe. This was reflected throughout the centuries, based on its singular and emblematic sentence "Ora et Labora" and supported by an exemplar, simple and generous life. Curiously much later, other totally different personality, Albert Einstein stated other complementary sentence, quoting: *Science without Religion is lame, Religion without Science is blind*. For Einstein, the



Fig. 2 - The Inexplicable Energy. Try and penetrate with our limited means the secrets of nature and you will find that, behind all the discernible concatenations, here remains something subtle, intangible and inexplicable. Veneration for this force beyond anything that we can comprehend is my religion (Albert Einstein). From [www.picturesindia.com/science/](http://www.picturesindia.com/science/)

beauty and mystery of nature and the universe is glamorous and transcendent and offer a great energy and equilibrium for a correct orientation on human development (Fig. 2).

Contrarily, the actual and recent events, with fast, overwhelming scientific and technological increments under a materialistic atmosphere seems to overpass our observation, adaptation, inner feelings and survival capacity originating an uncontrolled process with subsequent and gradual damage on nature and human conditions.

Sometimes, we feel that many and great advances on the technology and scientific processes are developed and applied without any wise reflections and reasons, and thus seems to transport us deeply to a big hole and disastrous conditions. The intellectual greed and unstructured fantasy is a major factor of many human conflicts with strong reflexes on nature. According to the painter *Francisco de Goya*: “*fantasy, abandoned by reason, produces impossible monsters; united with it, she is the mother of the arts and the origin of marvels*”.

This reminds me again of another historical moment in the beginning of humanity, the symbolic dialog on the Eden Garden, between God and man, just after the universe creation, as reported in chapter I of the *Genesis - Bible*. This dialog reflects the first drastic moment in the life of men who by unreasonable decisions originated a “monster”.

In fact, men exchanged the beauty of their “*modus vivendi*” and their happiness dreams, then enjoyed in Eden Garden, in favour of an attractive, misleading and greedy apple tree which offered fantastic, precious and surprising capacities. This special fruit conferred an enormous potential for knowledge and rational behaviour about self-existence transforming him on a perfect controller of the Universe. Then, men didn't correctly evaluate the relevant reasons on the universal balance between *Happiness* and *Power*. This symbolism is still present on the humanity great decisions which may difficult the conquest of pacific solutions for the wished *Happiness*. Moreover, it seems that men force and destroy everyone and everything around him. There are two strong and influent factors, the *intellectual vanity*, and the *egoistic behaviour* that totally blind and separate us from the good reasons to live. According to the Latin root, the word *Intellectus* is composed by “*intus legere*”, which means “inside reading”. Actually, large number of researchers and operators looks mainly to read outside of his pure human nature, transforming the science more on competitive *technical manipulations* than on brilliant *artistic feelings*. In large sense the science is loosing its “*Soul*”. So, the critic and confuse period that the man and nature intimately suffer, require urgent transformation on its own intellectual structure and on environmental objectives, respectively. Several oriental and occidental artistes, philosophers, researchers and spiritual masters indicated, across the centuries, some common and similar pathways to follow in order to obtain a *Happy Mind and Life*. In my opinion, to support the *Cultural, Social and Economical* systems under a correct, sustainable and safe process it is necessary to interconnect with healthy *Ethical* and *Intellectual* methods which in turn need to be well supported by a superior and operational *Spiritual* structure (Fig. 3). Of course, to change human behaviour requires clear objectives, safe programmes

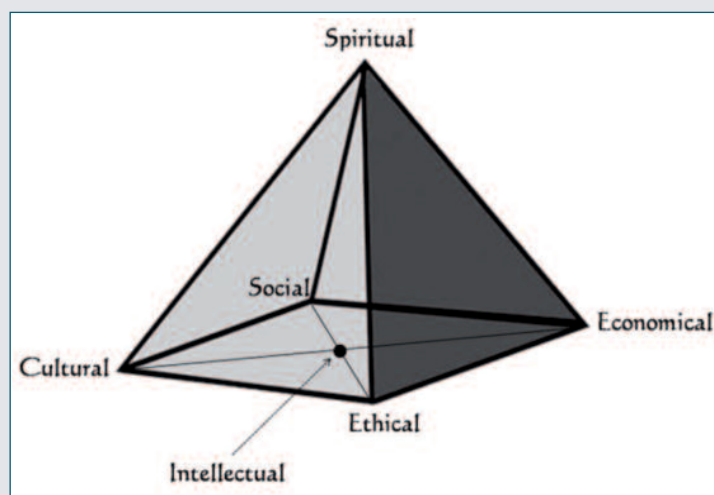


Fig. 3 - Happiness Pyramid. Beyond the routine of needs fulfillment, it needs to envision moments of extraordinary experience, known as Peak experiences (Pyramid Peak), which are profound moments of love, understanding, happiness, or rapture, during which a person feels more whole, alive, self-sufficient and yet a part of the world, more aware of truth, justice, harmony, goodness, and so on. Self-actualizing people have many such peak experiences (Abraham Maslow)

and enough time, associated to a certain dose of intellectual gymnastic. The large young audience, the quality of communications and human atmosphere during this event in Modena make me believe that it is now created an excellent opportunity to reevaluate futures programmes and new courses for preparing the next young generations on the *Responsibility* and on the *Ethical* concepts. Although, even the quick success is adequately obtained from the later secondary students; the great and effective investment should be applied to the primary generation phase, since the teaching process becomes more natural, absorbent and efficient. On the other hand, it is possible from this primary generation to compensate and correct their own juvenile personality, being more frequently invaded by intense and complex social and familiar difficulties on large senses. In my opinion, the governments should really invest and focus from the primary generation with an education programme of *Excellence*. It should be supported by restrict selection of experts, professors and pedagogues around the psycho, cultural and social knowledge as well as with correct ethical and humanistic experience.

As conclusion, in this context, we are at an opportune and correct time to promote academic analyses and discussions around ethical and natural aspects related with the human intervention on himself and on our planet. From our part, the Porto University with origins dating back to the eighteenth century and currently the largest education and research institution in Portugal, is very interested on this collaboration and activities. Surely, we would like to contribute with a similar symposium next year in Porto as an opening event for the promotion of cultural, educational and humanistic programs in our university.

Finally, I would like to renew my acknowledgement and congratulations to the organization committee for this interesting event in Modena which I hope sincerely to develop with success and as a stimulus for a close future.