

Healthy psyche - healthy economy

A healthy economy provides the means to satisfy healthy human needs:

- Fresh air to breathe
- Fresh water
- Natural food
- Beautiful apartments and houses being the center of one's life and living together
- Comfortable clothing
- Time and space for the loving development of mother-father-child relationships
- Educational opportunities that promote the joy of learning, creativity and subjectivity
- Cooperative manufacturing facilities engaged in meaningful work
- Ecofriendly ways of transportation and travel
- Health facilities that support peoples' self-healing abilities

In a healthy economy, cooperation is the fundamental attitude. This is where the healthy capacities of the human psyche can unfold.

In the present world economy, destructive forces are predominant:

- Needs are transformed into goods that can be bought and sold
- Exploitation of people as "workforce"
- Competition: Either you or I make the deal!
- Creation of debt traps by the compound interest principle
- Focusing of companies on profit maximization
- Enabling super wealth of individuals and of corporations and cartels
- Achieving profits from wars and destructive actions

This leads to

- Polluted air
- Hunger and starvation
- Poisoned water
- Unhealthy food
- Clothing with toxic ingredients
- Psychological damage and trauma in the parent-child relationship from the very beginning
- Schools, that make children and adolescents ill and that inform students onesidedly
- a traffic system that destroys nature
- stressful and traumatizing manufacturing facilities, where the majority of the work done is pointless
- a health care system that systematically causes illness
- a widening gap between rich and poor

This traumatizing economy promotes the blind acting out of trauma survival strategies of us humans and causes inevitably our self-destruction.

Internet link: https://www.youtube.com/watch?v=4V_OaJ4ynJU

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