

FOREWORD

to the third edition

Dear reader,

Let me start my foreword with a tale. Have you ever heard the tale of the “hundredth monkey effect”? You haven’t? Then I will tell it to you.

Once upon a time, somewhere over the rainbow, or rather somewhere on this side of the Pacific Ocean, somewhere in the Japanese Sea there was an island where a population of monkeys were trying to keep body and soul together when benevolent scientists started observing them. In order to win the monkeys over, the scientists gave them sweet potatoes to eat. The monkeys however, did not really like the food scattered around in the sand of the beach because the sand stuck to the potatoes and was cracking under their teeth. One of the young monkeys, though, realised that if she washed the food she could get rid of the sand and enjoy the treat undisturbed. As time passed, more and more monkeys learnt this masterstroke. The interesting thing was that, after a certain time, even monkeys living in the neighbouring islands had mastered the trick.

From the events above, many people have drawn the conclusion that there might be a certain “morphogenetic field” that is capable of forward-

ing information between living creatures even without physical contact, especially if more than a certain critical number of individuals, i.e. the critical mass, already have that particular bit of information. Using the analogy of today's computerised world, it is something like when we upload some information from our computer to the cloud. Anybody can download that information if they look for it in the right place but if a sufficient number of people have already uploaded the same information, finding it and downloading it becomes increasingly easier. Something that seems to support this theory is the fact that it has been observed several times throughout human history that in many cases scientists discover things around the same time even though they have never heard of each other or about each other's field of research.

Whether the tale above is simply a fairy tale or it has some truth in it, I do not know, but something happened now in 2015, two weeks before my 60th birthday, that made me think. I started reading the book *Descartes's error* by Antonio R. Damasio, published in 1994, and when I got as far as the chapter *Somatic marker hypothesis*, I suddenly started wincing. "Oh my God! I discovered the same thing in 2007!" How is it possible that I, a nobody from Hungary with only a degree in electromechanical engineering in my pocket, discovered the same thing in my spare time in the evenings or in the mornings before going to work – even if only 13 years later – as the well-known professor with decades of clinical and scientific experience in his well-equipped institutions and laboratories supported by dozens of full-time assistants? This is peculiar to say the least. Okay, you may say "Every dog has his day". Fair enough: I just stumbled upon it. But how do you explain the fact that I gave the same name to the phenomena as Prof Damasio? He used the term 'somatic marker' whereas I used 'marker feelings'. What is the probability of this happening just by chance? Well certainly not too big. Naturally, the two books started from totally different bases, discussed totally different problems and gave totally different explanations to certain phenomena.

These facts alone, however, would not have given sufficient stimulus to rewrite my book and publish a new edition of it. The reason I had to rework my book is partly because, although Prof Damasio and I were writing about the same phenomenon, we were writing about two different sides of the same thing. And the two sides cannot exist without one

another as each sheds light only on one side of the problem. The two halves together give us the full picture. They can only describe the entire phenomenon together and this is the only way to understand the full picture. Another natural reason is that in the past eight years the picture I drew has developed in detail and clarity. And the third, and probably the most important, thing is that – as it is shown in the subtitle of my book – I would like to call the attention of the world to the immediate necessity of creating a new branch of science. This new branch should fill in the gap somewhere between the fields of neurology and psychology. The new branch is the science of feelings which we may call sensology. This science will not deal with the neurobiological details of the generation of feelings. Just as chemistry does not deal with the generation of individual elements, leaving it for physics, and concentrates on the combinations that can be created from the elements found in the periodic table, similarly, sensology will have to concentrate on the various combinations and interplays of the feelings found in us.

What can the new science give to humankind? Much more than you would think at first sight. The fact that it can give an explanation for phenomena neither neurobiology nor psychology could explain before is obvious. However, it is much more important that the entire way of thinking of humankind will be transformed with the development and spread of sensology. New perspectives will open up and a much more refined, transparent and, most of all, peaceful world will come into being. You can read more on this in my book *Words* (© 2015 Győző Margóczy, Budapest, ISBN 978 963 12 1585 4).

I originally meant my book *Feelings* to be a popular science book and I wrote it in the appropriate style and language which some of you, who are accustomed to the scientific style, may find irritating but I can assure you that my style does not alter the factual content of my book in any way.

INTRODUCTION

Dearest reader,

When a child is born, she definitely does not know much about the world. She will put together her view of the world from bits and pieces and she will try to form all those bits and pieces into a uniform image. She has to do this because she has to adapt to the world and how could she adapt to it if she did not know what to adapt to?

It is a jigsaw puzzle, you know, the picture toy that you can buy in the toy shop around the corner. The maker of the toy took a nice colourful image and cut it into small pieces and jumbled them. Life is a jigsaw puzzle where our own life is at stake. Some of the pieces we find and put together during our life but others are given to us already put together in bigger chunks by our parents and teachers. Those of you who have played with a jigsaw puzzle will know that you always select the bits that match the ones you have already put together. If a new bit does not fit the existing image, you simply put it aside and disregard or even discard it. We tend to adhere stubbornly to the fragments we have already put together regardless of whether it is in line with reality or not. The bigger the fragment we have to give up, the more it hurts. That is why billions of people never give up their own images.

I have put together an image myself. It may not be perfect and it might not answer each and every question of life but I hope it may give others help in creating their own images.

I am not asking you, my dear reader, to demolish the image you have put together so far. All I would like to ask is that you have a look at my picture and do not throw it away immediately just because you have found a bit that does not fit your picture. Do not put my book down! Read it through, please, and examine the entire picture thoroughly. I am convinced that the visitor who only checks the first picture of an exhibition, the one that is closest to the entrance, makes a mistake. If you look at the entire exhibition and still go back to the first picture, you can do it in good faith because now you know that this is the best and the most beautiful picture. And if you like another picture more, you will also be satisfied because you have found something better and more beautiful. I believe that one develops by understanding different views of the world.

When astronauts take pictures of the Earth from outer space, they take pictures in different frequency ranges of light. Each frequency range will reveal different details for the researchers. They put different filters in front of the lens. When making my picture, I also used a special type of filter: human feelings. It is human feelings whose thorough analysis can yield a new and unusual picture of us, humans. I am asking my reader not to read this book as a dry, scientific work. Try to feel the feelings and phenomena I describe for yourself instead. Apart from the things to understand, this book also offers things to feel and you can get the fullest picture through understanding and feeling the book. If you do not do it like that, you will do exactly what the musicologist in the story did who read each and every study and analysis about a given piece of music, only he never listened to the piece itself. This is how he lost the point. This book was written to help people and if it can help only one of them, it was already worth writing it.

The Author