

12/18/2006

## **PSYCHOLOGY OF THE SOUL. Chapter 9.7**

*In human terms, the most important thing in life is learning, but to learn, we need pleasure, master knowledge out of books, and pleasure. If there is no pleasure, we do not learn; if there is no reward, memory is not fixed and we don't learn.*

What is melanin? It is a biological super computer that is under our skin. That biological computer is able to change light into electricity and to generate an electric current throughout a quantum of light or photon. That biological super computer is distributed in the more critical parts of the central nervous system because it is there where we handle pleasure and pain; it is where we handle all the reward's circuits.

Dopamine does three things:

It covers the whole brain through a circuit that goes from the brainstem to the frontal lobes traveling all the brain, the medial brain with the medial forebrain bundle. Why is this circuit important? Because it is the pleasure circuit. In human terms, the most important thing in life is learning, but to learn, we need pleasure, master knowledge out of books, and pleasure. If there is no pleasure, we do not learn; if there is no reward, memory is not fixed and we don't learn. The condition to learn is pleasure; the condition to a therapeutic relation is also pleasure. If a relation pleases us, satisfies us and we feel loved and appreciated, we come back and do the therapy.

Let's see a paradox: if something is pleasant, although it hurts, we repeat it. Pain produces pleasure; it is one of the pleasure producing agents. That explains

masochism. If going to the therapist gives us pleasure, although what he proposes may hurts us, we will come back. Thus, we see that there are things that hurt, but they give more pleasure than pain. Even though a treatment hurts me, but it gives me a higher pleasure, I will come back. Perhaps the psychologist makes us cry, but, after that crying, you are so relieved that you will come back. There is always a balance between pleasure and pain, and there is where we are moving because a big part of our behavior is assigned by a need of a reward. There is no human behavior without reward. Every human behavior implies a reward at some level.

Then, we look for a reward; we are not masochist –or maybe a little bit-; it is more pleasant for us because we find ourselves. It is not about what they say to us, but because in what they say to us, we get in resonance with someone inside us who already knows it and needs to reveal it. It means that we have thought about it; perhaps we have not integrated it, but we do have thought about it. Then, we reveal it, affirm it and make it part of our life. Therefore, we need a lot of pleasure in the evolution of consciousness. Obviously, we realize that many of our difficulties are found in pleasure and in our approximation to it.

**PREVIOUS**

**NEXT**

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