

THE LIVING BETWEEN DESTINY AND FREEDOM

On evolution, consciousness,
power, and the reality of being.

An investigation into the architecture
of our possibilities.



The Illusion of Unconditional Choice

Being able to decide does not yet mean being free, as long as the conditions of the decision largely lie in other hands.

A person experiences their decision in the moment of choice as entirely genuine. Yet the selection itself—which jobs exist, what an apartment costs, which language they speak—was already there before they began to choose.

The Conscious Decision
(The experienced moment)

The Conditions of the Choice
(Pre-designed by biology,
society, and biography)

The Four Origins of Our Conditions

We are bounded by structures that preceded our choices.

Innate

Mortality,
metabolism, physical
vulnerability.

Social

Property rights,
political institutions,
professional hierarchies.

Biological

Basic needs, stress
responses, capacity
for attachment.

Individual

Learned habits,
inner convictions,
biographical experiences.

What arose naturally must not be unchangeable (e.g., medical limits), and what humans have created is therefore not arbitrarily changeable (e.g., economic systems).

Biological Leeway as Inheritance

We are not born as a blank slate. Humans bring an evolutionary endowment that forms the foundation of all their possibilities.

No Rigid Commands:

Genes are building instructions, not finished destinies.

Dynamic Implementation:

How strongly genetic segments are expressed depends on cellular programs and the environment.

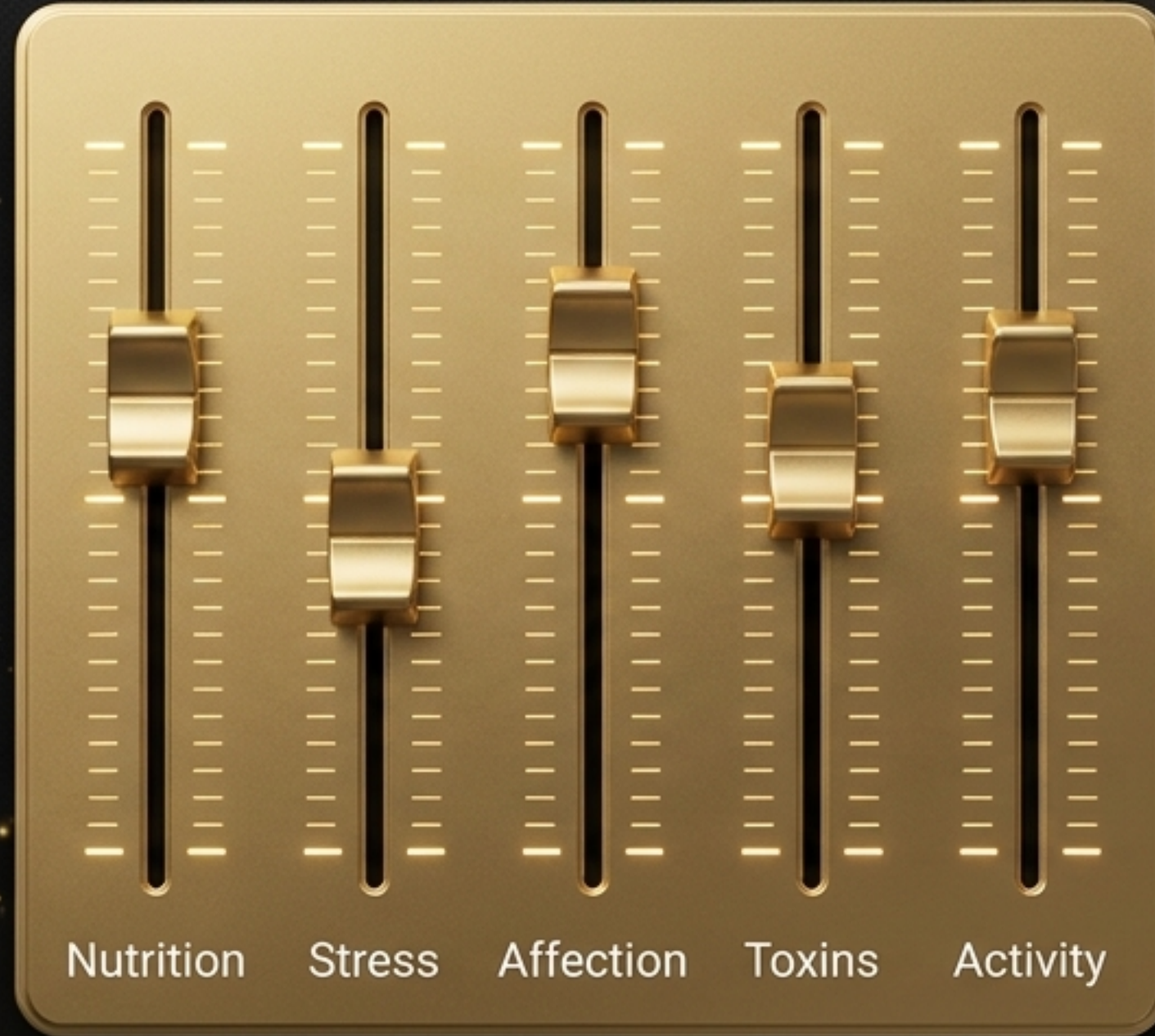
Freedom Through Nature:

The ability to pause and weigh options did not arise against nature, but through it.

Even leeway is an inheritance.

Epigenetics: Traces Not Written in the Genes

Chemical markers act like “bookmarks” on our genetic material. They react to nutrition, stress, and affection—and can partially be altered again.



The Dutch Hunger Winter 1944/45

Six decades later, people exposed to prenatal famine showed a measurably different methylation pattern on a growth-related gene compared to their unaffected siblings.

*An epigenetic trace is a probability, not a destiny.
The body doesn't forget, but it keeps learning.*

The Evolution of Connectedness

The image of the pure 'struggle for existence' overlooks half of natural history. The living resembles a woven fabric, in which every thread maintains itself in relation to the others.



Mitochondria: Once independent life forms, now inseparable power plants of our cells.



Microbiome: A community of microorganisms on skin and in the gut (equal in number to human cells), essential for defense and digestion.



Humans: Children requiring long-term care force a protective alliance. Language and shared knowledge are skills of togetherness.

The Anatomy of Hierarchy

Evolutionary prerequisites for dominance do not mean concrete systems of rule are unchangeable.



Note: In hunter/gatherer societies, the group often policed those who wanted to rule (reverse dominance hierarchy).



Who Orders the Possibilities (Choice Architecture)

Power rarely commands. Mostly, it operates more **quietly**: it determines which possibilities even come **into view** and what is considered “normal”.

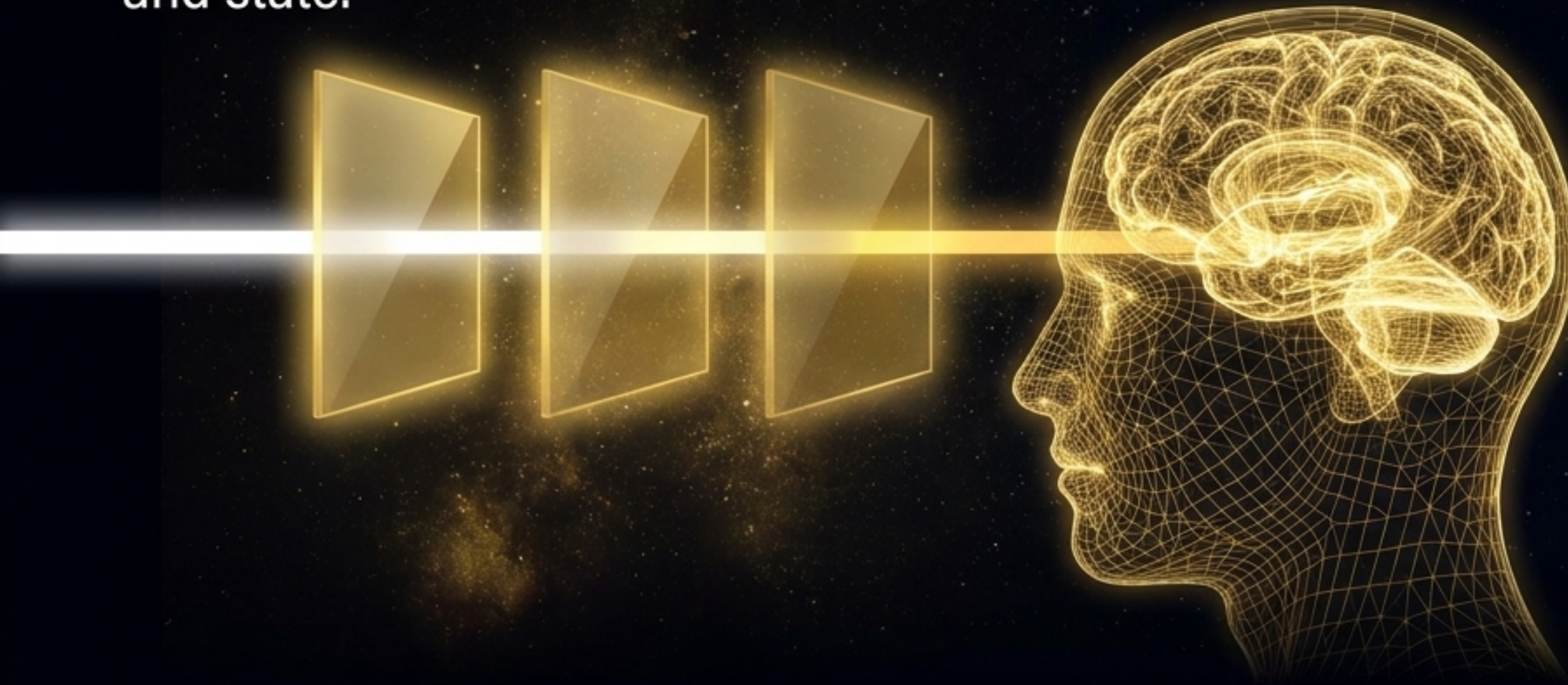
The Organ Donation Default

In countries where everyone is considered a donor until they object, the donation rate is massively higher than under explicit consent requirements. No one is forced, everyone is formally free—but the default setting guides the majority's decision.

**Whoever controls the material prerequisites
or the default settings has already
co-voted before the election.**

Perception as a Filter

The brain is not a window that lets the world in unchanged. It is a prediction organ that compares stimuli with memory and state.



The Imprinting

- Physical states (hunger, fatigue, pain) color the judgment of situations.
- Lack of light, noise, or confinement alter patience and mood.
- The mother tongue provides prefabricated concepts that order thinking.

*From repeatedly experienced limitation often comes an inner conviction.
From a social dependency becomes a personal habit.*

The Space Between Stimulus and Response

Consciousness is not a magic switch, but the capacity to weigh options, to inhibit an impulse, and to redirect it.



This ability is not a fixed possession. Someone living in constant distress does not simply have “less willpower”; they have biologically measurable less leeway.

Two Languages for Connectedness

That the living is connected cannot be said in a single language.
Both are true, but they must not be confused.

The Language of Natural Science

- **Focus:** Verifiable facts, measurable interactions.
- **Examples:** Nutrient cycles in ecosystems, messenger substances between cells.
- **Limit:** Says what can be observed, not what a life means.

The Language of Interpretation (Philosophy/Spirituality)

- **Focus:** Inner experience, resonance, meaning-making.
- **Examples:** The non-self (Anātman), Stoicism, the perception of deepest unity.
- **Limit:** A spiritual experience does not replace scientific proof. Analogy is not evidence.

Dependence: The Foundation of Freedom

Vulnerability is not the opposite of freedom. Humans enter the world unfinished and remain reliant on others throughout their lives (in illness, distress, old age).



The Attachment Paradox

Children who experience secure attachment explore their surroundings more courageously. They can distance themselves from the familiar because they know they are allowed to return.

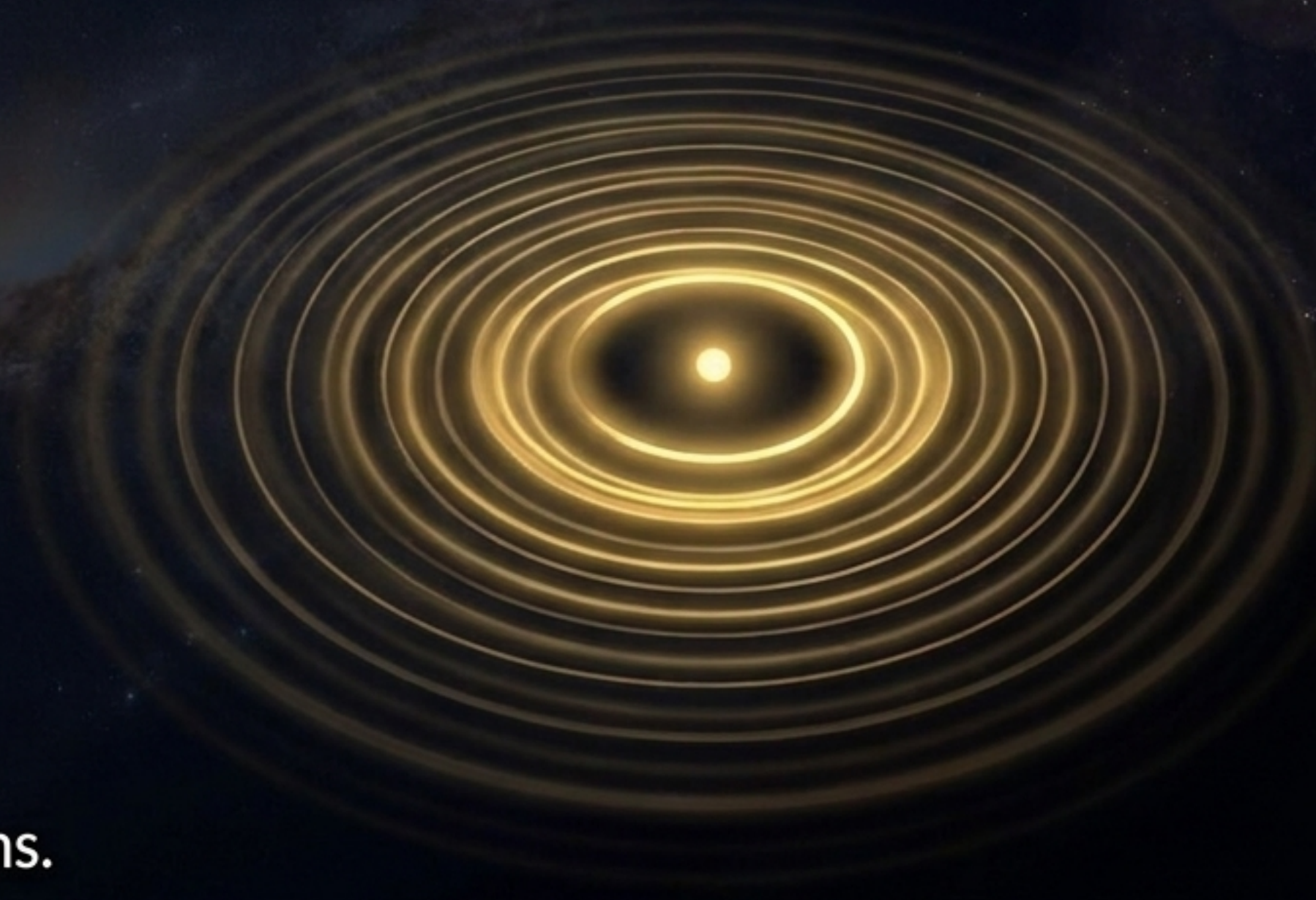
*Independence often arises not despite attachment, but through it.
Whoever was once held, can later walk alone.*

Responsibility Without Absolute Control

Responsibility does not require complete control. It means the readiness to answer, not the ability to determine everything.

The Expansion of Responsibility

- The more influence and knowledge someone has, the greater their responsibility.
- The power to command others (resources, rules) also originates from underlying conditions.
- The societal treatment of natural life foundations (climate, biodiversity) dictates the freedom-conditions of future generations.



The Five Shapes of Freedom

1. Formal Freedom

What is legally and institutionally permitted.

2. Material Freedom

The resources necessary to actually realize possibilities.

3. Relational Freedom

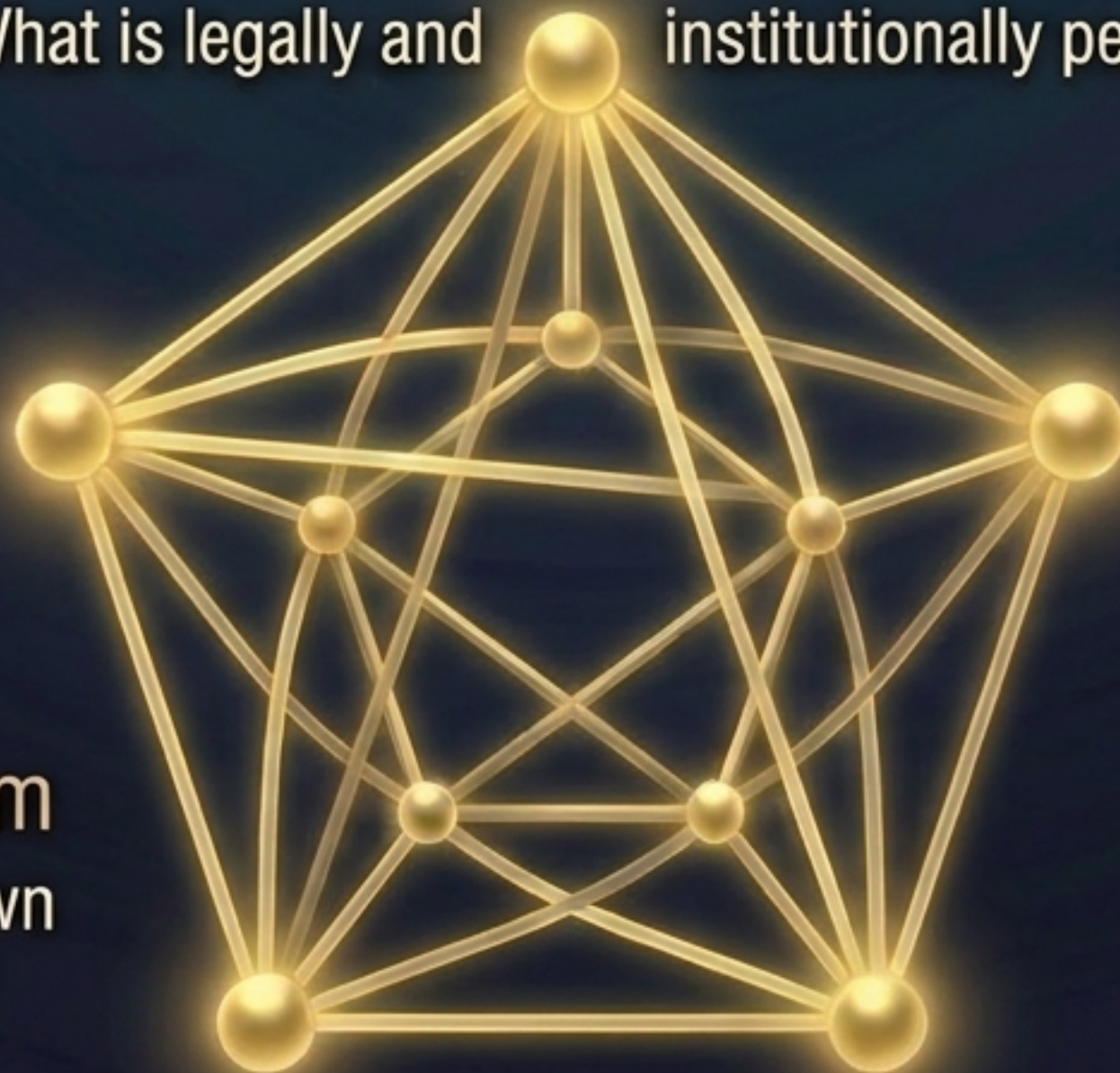
Arises within social relationships (recognition and support instead of control).

5. Existential Freedom

The inner stance a person takes toward unchangeable limits and conditions.

4. Psychological Freedom

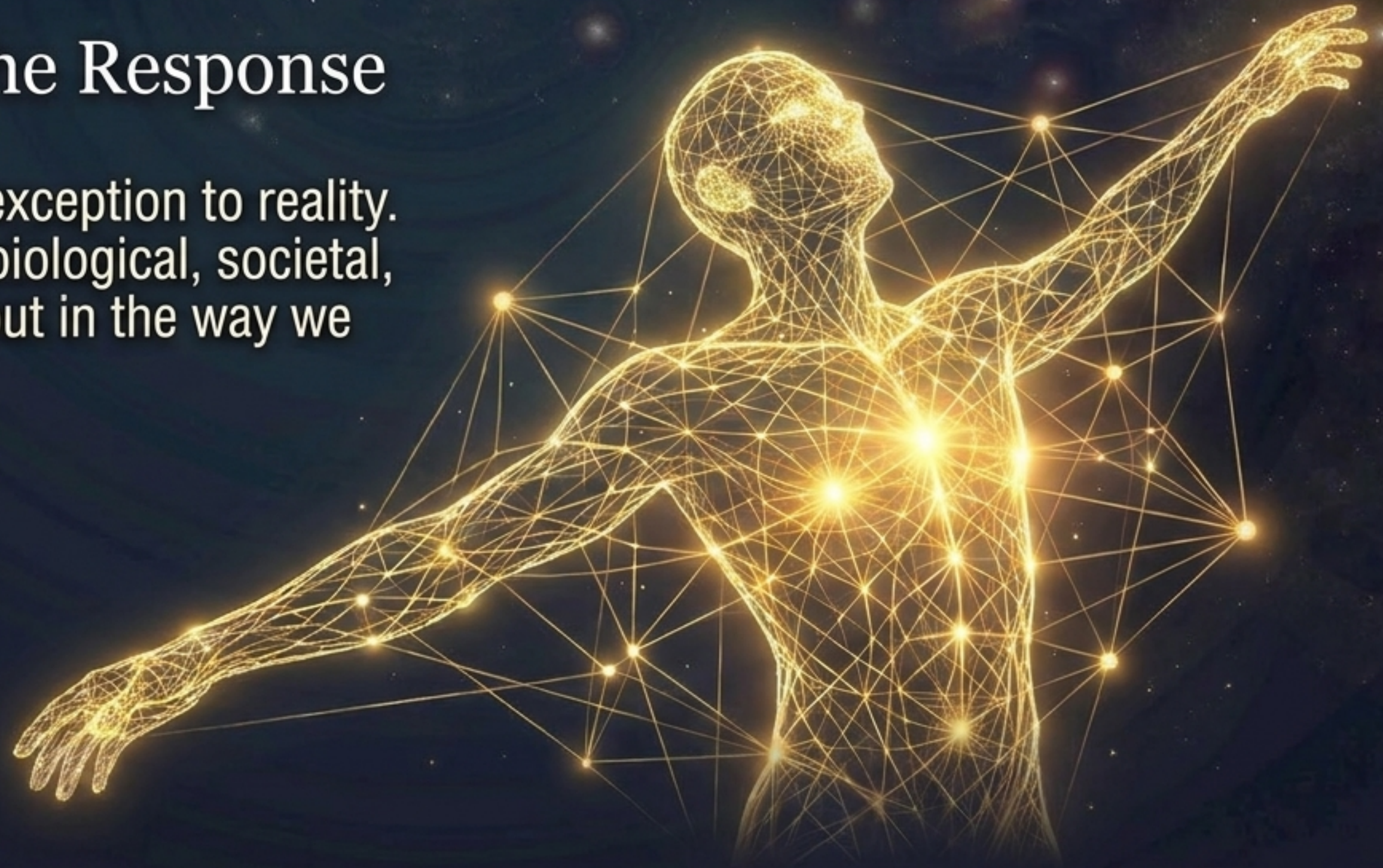
The ability to examine one's own fears, desires, and habits, and not blindly submit to them.



A person can be formally free (e.g., allowed to resign), but materially and relationally completely bound.

The Freedom of the Response

Human freedom is not an exception to reality. It does not lie beyond our biological, societal, and historical conditions, but in the way we move within them.



Freedom reveals itself where a person recognizes the conditions of their will and can relate to them. Perhaps freedom is the way in which the conditioned responds.