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1. We changed the narrative in science switching the enemy away from human beings to the system of violence.
2. We focus on reducing trauma, sexual violence being the priority N1.
3. The military never can provide security because it is trained to cause trauma.

Arguments:

1. In science we changed the narrative about humans being enemies. We did so with a substitution of the classical enemy concept declaring that no human being is an enemy to another human being on earth.

The enemy to all of human kind instead is the abstract system of violence. The system of violence is a complex system that operates within nature and human kind in bodies, in epigenetics (16 generation inheritance) and mainly in culture and it's representation. It's a bad habit for a good reason. Violence is an outmoded and outlived tool to reduce complexity when complexity crosses the sustainability threshold.

Violence is an illness that we meet with a treatment and cure in a direct (i.e. medical hormonal and behavioral) in a structural and cultural mode (Galtung).

Violence is derived from trauma and within trauma hunger and sexual violence are the most common and dangerous types of violence comparable to torture and concentration camp incarceration. Sexual violence is by far the worse type of violence in all of the system of violence.

Violence inhibits via hormonal shock the functions of empathy allocated to several genes in the prefrontal cortex. The chemical reaction is a methylation. This methylation is reversible by increasing the bodies production of oxytocin. Oxytocin production is i.e. enhanced when sitting next to a breastfeeding mother and also in yoga or working with earth (planting potatoes).

In Spanish prisons we worked with psychiatrists hugging for longer than 40 seconds inmates four times a day. In Indian prisons they do it with [yoga.Female](#) cultures like the Minoan on Crete reigned bearbreasted. Oxytocin flows naturally from female breast if uncovered. Etc.

The inhibition of empathy Alters the production of rational choice in the prefrontal cortex, reducing the types of solutions to conflicts, restricting alternatives to fear and anger. It simplifies the structure of relationships for the sake of inhumane simplicity, because this favours groups under stress. With my metaphor of the mammoth the first case of violence in humankind is explained in a purely hypothetical way as an example of stress causing the violence:

https://www.academia.edu/29012449/The_Mammoth_Peace_Studies_Sketch_for_a_stage_for_students_age_8_to_20_and_beyond_Exercise_to_train_German_police_forces_in_the_understanding_of_the_functions_of_social_stratification_through_epigenetics_by_Andreu_Ginestet

We do not need to create artificially stress as if we were cavemen living in a cave, for God's sake!

2. We care for epigenetics and we disrupt trauma chains embedded in transgeneracional epigenetics. We do so i.e. enhancing oxytocin production in every body affected by trauma. The target set for humanity is to reverse the pareto relation of trauma versus empathy towards empathy.

Reducing trauma is a chapter that is best discussed with experts like prof. Moshe Szyf (McGill Montreal), Rachel Jehuda in New York, Gary Slutkin in Chicago, etc. and all social workers, medical doctors and therapists in our vicinity.

Social scientists and artists must be added. Combined they are the main source of creativity. I will not explore further this chapter here. But we must treat individual and collective trauma and establish social resilience this way.

We regard any trauma inflicting attitude as a crime against humanity.

Nature provides with enough trauma in natural phenomena like earthquake, etc. We do not need human cowardice and irresponsible attitudes on top.

3. I am not repeating myself. To foster security through weaponed means is a nonsense and paradox serving inhumane anachronistic and outdated systems of most cynical dominance and exploitation. This is completely stupid in the face of the challenges of nature. All of military spending must be diverted towards direct, structural and cultural fight against the system of violence. Either the military is completely converted for the task or it is abolished as it was. 1948 in Costa Rica.