



The twin model: Human behaviour in a new perspective

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Abstract

Starting from results in quantum mechanics, it is possible to combine fundamental physical knowledge with psychological, physical and social features of human beings. The main problem of quantum mechanics was the incompatibility with the deterministic view of scientists. The idea was that in principle each and every aspect of life could be brought under control if you spend enough effort. This notion came off from the huge success of the laws of Newton in the upcoming mechanical world and the idea that human beings were largely comparable with machines. Scientists thought that indeterminism, and so uncertainty in all its facets, had to be conquered. However, it is possible to tackle uncertainty from a mathematical perspective as an independent principle. A complementary language is derived, representing a dualistic way of considering the universe; when applied to physics it is called 'twin physics'. It turns out that each phenomenon, from sub-atomic to astronomic, combines determinate and indeterminate aspects such that they occur joined in nature and one of them dominates the observation. The surprisingly wide applicability of twin physics, which started by considering complementarity in everyday life, is an invitation to consider human health analogously. Two basic types of behaviour are presented, based upon the difference between 'certain' (determinate) and 'uncertain' (indeterminate) aspects of life. These indications need more diverse explications when used for human health; for instance it may be expressed as the difference between activities requiring concentrated or expanded attention, respectively. This will be explained in a series of examples. Each living creature alternates between these two basic patterns of behaviour at each physical level. To stay healthy, this is also necessary at each psychological and mental level. A series of examples shows what may happen if a deviation of this principle occurs and how this could be restored.

Biography

Anna Backerra graduated in theoretical physics at the Eindhoven University of Technology in Netherlands and worked for three years at Philips Research Laboratories. She continued independently, making a search for complementary physics. Because at that time the general notion of complementarity was under-developed and not suitable to catch in mathematical terms, she interviewed people to get an impression about complementarity in everyday life. She continued to develop complementary thinking by studying composition at the conservatory in Enschede (The Netherlands) and in Saint Petersburg (Russia). After that she constructed a complementary mathematical language and applied this on physics, obtaining twin physics. The surprisingly diverse results are published in 9 papers in physical journals and a book. The results in the region of psychology are published in a book "*Twin Physics: Human Behaviour in a New Perspective*" (only in Dutch language; in translation process).



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