

$$E = mc^2$$

a metaphorical journey through the evolution of physics
to deepen the relationship of care

abstract

When I started to write this paper, I thought about a short article, few thousands words. Since then, it progressed, becoming longer and enlarging its boundaries. Many times I told myself it was over. New ideas and suggestions came through almost every couple of days, arising from my work and my personal life. For these reasons, I consider this as a working paper, open to further developments, under additional resources and feedback.

Some might find the following words not too much realistic. On my behalf, I am not 100% sure they can not be considered real. They are not even just a joke. They might sound a bit eclectic in some degrees. It is what it is intended to be to contribute to the debate on how relative are the efforts that each person meets when working in any given profession of care, in what-so-ever field, from supporting people with disabilities and individuals in need, to victims of abuses, from people living in severe conditions of social deprivation, experiencing poverty and homelessness, to refugees and minorities ...

It is all about how relative we are, and what reflections might help when focusing on the individuals we address our care-work. It is all about the relative structure of things. It is all about the essentiality of people.

Since I started doing my work, and although my clinical and lacanian horizon, I have always been attracted to be contaminated by whatsoever came into my way. At the same time, I developed a sharing attitude. For these reasons, this text represents a taste of contaminated, unorthodox and eclectic share around the care-work praxis which I have experienced during my activities.

My aim is to dedicate attention and give dignity to awareness and self-knowledge; the challenge is to focus on what is going on within the relation of care, exploring what ranks, desires, emotions, prejudices, obsession for control and illusion of secureness can do. It is about how the context can influence, and how care-workers are conscious of being part of the context itself.

In this paper, different care-work approaches and praxis are related with various parts of the history of physics. My intent is to propose a journey to self-questioning what is behind the structure, to explore connections and the interdependence at every level of the general organisation of the system of care. The challenge is to contribute to the debate offering reasonable marks of what is the evidence in care-work. I do work as care-worker since mid nineties; since ever I have been averse from that implicit request from various institutions to always prove what was evident in my daily work. I think it is time to set reverse this position. Maybe are institutions that should prove their statements when they differ from reality. Relating various care-work approaches to different physical principles is my contribution to make it as clear as a day. For this challenge, I called physics to help me through. The reason is simple: I like metaphors.

Physics involves the study of nature in its multiple aspects, and so forth the effort to define and explain the whole phenomenons which take places under a rational point of view. It is familiar to all those care-workers who set their approaches on the multiple aspects of an individual, of social circumstances, and so forth on the challenge to define and explain the ensemble of occurring phenomenons.

The journey has various steps and chapters, starting from our ancestors, who knew the circularity of the events, the consideration of the occurring significations, how strongly ends are linked to beginnings. The principle of inertia introduces the cause-effect ratio by affirming the permanence into one state until a force pushes in new directions, opening suggestive reflections on the concept of chronicity.

The paper will visit Newton and his assertions on body, movement, given mass, occurring forces; the property of reciprocity, as one of the relational basis in the care-work; the formula of the interrelation between the positions of two observers, and the observed object introduces the concept of different ranks within the relation of care, focusing the illusion of neutrality.

The title quotes a physical formula known by most: $E = mc^2$. The mass-energy concept enlightens the co-responsibility of all relational parts, the person own structure and the net result of the challenge in

changing a situation of need. The “relatively special” approach suggests that the context and the person are closely related, with a reciprocal, exponential and mutual influence.

In my work, I always remind how categories are relative, and individuals are essential. Sometimes, for “normal” people is hard to understand what a different complementary state is like. Heisenberg underlined this within the principle of uncertainty, which shows what Cristina Fallaràs meant when she wrote that «...if you have never had the electricity or the water cut off, or both, then your idea of poverty is without substance...».

This paper is a journey addressed to say something about this gap.

To explore and connect fields which are usually conceived and perceived as distant, recalling what Aristotle, Spinoza, Heisenberg, Newton, our ancestors, Plato, master Oogway, Einstein, every “clients/users/patients”, Jedi knights and most children know: each individual is special, everything is relative.

I have the luck of working since the 90s with individuals and groups that always remind me the importance of curiosity, mind-fulness, creativity, transference and counter-transference, desires, humility, awareness of own ranks, differences between reality and real, dignity, honesty, prejudices, emotions and all other relevant factors which define the richness of human beings, independently from its conditions.

Out of the metaphor, there are knowledge which awaits to be re-discovered: since the time of our ancestors, there was a logical inner space for concepts such as the reciprocal connections between the essential quality of life, the individual structure, the context and the physical place the individual lives in. Each singular way of handling the grammar of desire.

In 1919, Sir Eddington led expeditions aiming to observe solar eclipses and thereby test an experimental prediction of Einstein's theory of general relativity. When a journalist asked Einstein what he would do if Eddington's observations failed to match his theory, Einstein replied: "Then I would feel sorry for the good Lord. The theory is correct."

Turin (IT), 2014

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