

12. nothing is absolute, but uncertain.

*Instant au l'ombre envahit la lumière ou le contraire
... tout est si incertain ...*

In 1905 Einstein redefined the concept of contemporaneity of events on the base of what is really measurable. Nothing is absolute anymore, it came the time for relativity and for the principle of the constant of the conversion factor, the speed of light.

What it is interesting for us in the theory of general relativity is that once a rule is given, it has to be valid no matter what system one lives in. The data, once fixed in matrix, admits certain rules which denote the non-switchability of their product.

Once a person is in need (no matter if it is because of disability, normality, inclusion, exclusion, economy or austerity), and his/her data are given in the biographical profile, without amendments in the environment he/she lives in, the final situation will have the same net result as those admitted by the given rules. Or it will depend directly from the capacities of the person-in-need.

This concept is fundamental, yet quite misconceived and denied, as it implies the care-worker uselessness.

If uselessness is an attribute of the inner world more than of other contexts, then it evokes two positions: uselessness as the essential position and state of almost mystical beauty from where one can try to see and say something on the essence of the world.

Otherwise, uselessness is associated to a depressive mood, fed by impossible-to-succeed efforts, which increases frustration and which tends to end in some degree of the burn-out syndrome.

If the admitted rules are the ones of efficiency and economy which are the original environment where the scrap have been produced, there

are no real chance to see an actual change in the person, as all the efforts would tend to stabilise an economical hierarchy.

To foster the change for the person-in-need, the environment should be granted and all the necessary supports should be available before any sort of care-giving path and process is even intended. The more appropriate and precise the environment, the less constriction for the person to evolve. And vice versa. This is not a statement, nor an opinion, but a basic physical principle.

Otherwise, it would sound quite abutting to the Heisenberg principle of uncertainty³².

In quantum mechanics, the uncertainty principle is any of a variety of mathematical inequalities asserting a fundamental limit to the precision with which certain pair of complementary variables (such as position and momentum) can be known simultaneously: the more precisely the position is determined, the less precisely the momentum, and vice versa.

The principle of uncertainty might explain why for “normal” people is hard to understand what a different complementary state is like.

The more precisely the position of a person is determined into normality (or inclusion), the less precisely the same person can perceive what disability means. Or where exclusion started from, what it means, where it leads to.

Exactly 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...»³³.

The impossibility to assign any initial condition even in the most simple physical system lead in the beginning of the XX century to the idea of the impossibility to discern any future step and status of a complex system.

It is more familiar to many if we say out of the metaphor that we

³² The principle of uncertainty was originally given by Werner Heisenberg in 1927.

³³ Ref.: Cristina Fallaràs, *I'm the evictee telling you how it is*, 2013

know how it is uncertain and somehow impossible to predetermine a future status of the complexity brought in by the person-in-need we work with.

Knowing that any small change at one place can result in large differences to a later state make the whole care-work challenging. A “butterflying” emotional challenge.

In chaos theory, the “butterfly effect³⁴” indicates the sensitive dependence on initial conditions in which a small change at one place in a deterministic non-linear system can produce large differences in a later state. Lorenz entered a shortcut on a number in the sequence to rerun weather prediction, and obtained a completely different weather scenario. The popular version became that a minor change can cause a large change in outcome: when a butterfly flaps its wings, on the opposite side of the world a tornado hits the road.

The application of the butterfly effect calls any care-worker to a deep-inner work to cope with the acceptance of being trivial and subsidiary, and of facing a general environment based of given impossibility.

This questions the care-worker own significations of power dynamics; it recalls the concept of power itself, with its translation into daily praxis.

This questions how the care-worker is confident and competent on his/her own competence.

Care-work is a serious profession, in which it is possible to learn how to cope with the awareness of being useless.

The concept of uselessness evokes the question of self-awareness on own limits. It questions how the limits of the participants originate dynamics that limit the relation of care. Of the degree on which a care-worker is confident and competent on his/her own competence.

My friend Loopik³⁵ introduced me to a new signification of the term

³⁴ E. Lorenz, *Deterministic non-periodic flow*, 1963

³⁵ Rokus Loopik is a passionate social psychiatric nurse, who has done outreach for homeless individuals with complex needs in Amsterdam for over twenty years.

“hopelessness”: it opens up new horizons if it means “unaware of opportunities”, instead of with no more hope.

Similarly, “uselessness” becomes “unaware of possibilities and/or functionalities”, signing a state of meditative transcendence correlated to the degree of awareness of the infinite possibilities of the inner world.

Rokus organizes the “Learning Experience” around the world as a strong and powerful recovery tool, for peers, professionals and policy makers. More info are available on his website: www.rokusloopik.com