

13. $E = m c^2$

Inclusion and exclusion, normality and disability, just as mass and energy, they have their own specificities which makes them analogue but different at the same time.

Like in every dualism, they are related for difference with their own contrary. It's their needs to make sense and significations, each under its own specific context, which are themselves partner but different. What one desires is the desire of the other. Twice as hard.

They represent the equivalence between two economical systems, each referring its way on behalf of own needs.

In his 1905 essay, Einstein³⁶ focused on what happens when two observers are moving one towards the other. It is the world famous theory of special relativity. Eleven years later³⁷, Einstein considered the fundamental importance of the effect of their interrelation with the theory of general relativity. It is quite similar to what psychoanalysis calls transference³⁸.

Einstein drew a theory which is complex while its formula is easy and yet wide-significant. Einstein's formula is quite known: $E = m c^2$

In the formula, E is the energy, m is the mass, and c is the speed of light. It is dimensionally consistent and does not depend on any

³⁶ Ref.: Einstein, *On the electrodynamics of moving bodies*, 1905

³⁷ Ref.: Einstein, *Cosmological considerations in the general theory of relativity*, 1917

³⁸ Because of the unconscious mechanism of transference, Lacan introduced the concept where “what a person desires is the desire of the other”, meaning simultaneously the desire of the other, toward the other, the desire to be longed for, and among all, the desire for what the other is desiring. ref.: Lacan, *The seminar. Book VIII, the transference* 1960-61, *Book XXIII, the symptom* 1975-76

specific system of measurement.

The equation $E = mc^2$ indicates that energy always manifests a relativistic mass in whatever form the energy takes.

In physics, the formula is known as the concept of mass/energy where:

- the mass of a body is a property³⁹ of all energy
- energy is a property of all mass
- the two properties are connected by a constant

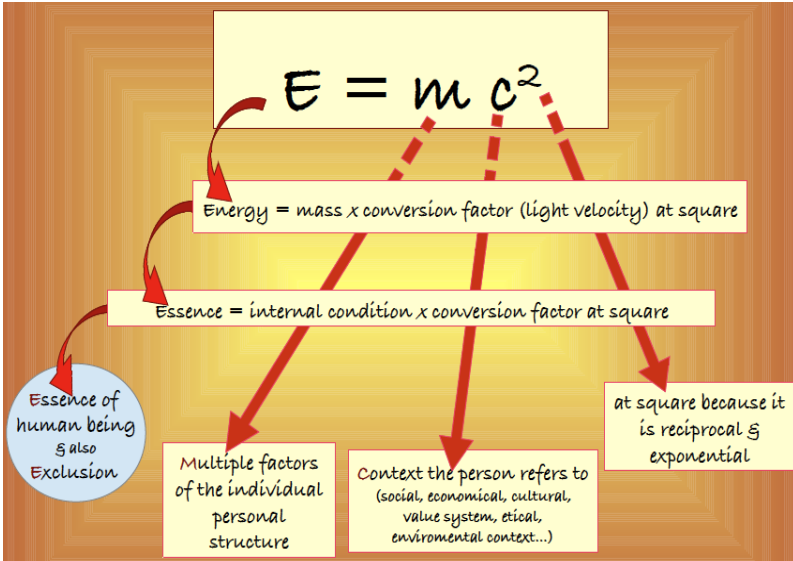
Relatively speaking, as this formula applies to the universe, it might as well be applied to care work.

Half relatively speaking and adopting metaphorically the Socratic method, it can be assumed that:

- the total energy E of a body is equal to the product of its mass m and a suitable conversion factor⁴⁰;
- as energy is an expression of our inner world (everyone who experienced bioenergetic and homeopathy, sufis and mystics from various religions, Zen monks, Jedi knights call it the force), then we can assume energy as internal; it represents our essence in correlation with our mass (the way we are, the parts that complete ourselves) and the conversion factor which assures the contact with reality;
- the essential energy E represents the essence of a person, and it is equal to the internal structural conditions (the mass) and a suitable external conversion factor, which is the constant in the environment, also known as the context;

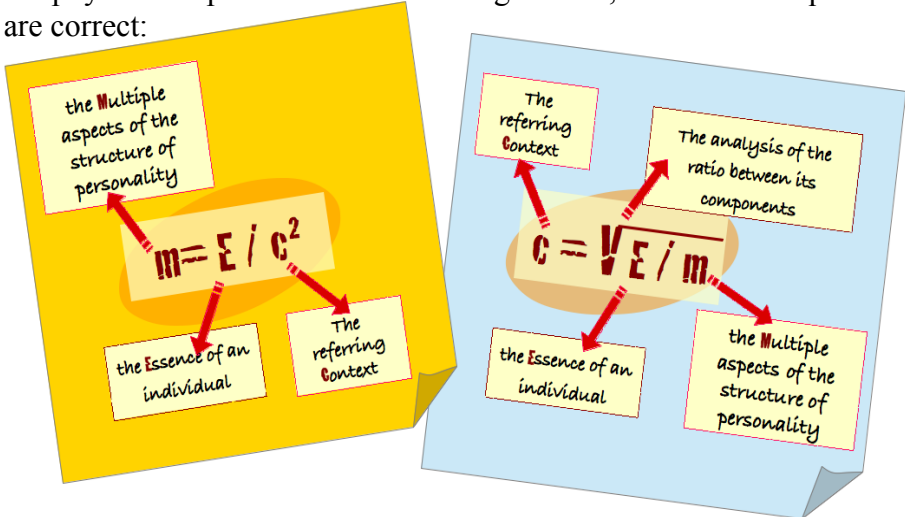
³⁹ A physical property is any measurable property whose value describes the state of a given system, while the changes can be used to describe the transformations or the evolution between its momentary states. They can be intensive (depending on size), extensive (for its additive manner) or neither, isotropic (not depending on direction of observation) or anisotropic (otherwise), and observables. Many physical properties are termed as supervenient, meaning it is actual but secondary to some underlying reality (adapted from Wikipedia)

⁴⁰ Ref. Wikipedia: a conversion factor *changes* something to a different version or form.



- the total internal energy \mathcal{E} of a person is equal to the product of multiple aspects of the personality structure \rightsquigarrow and it is suitable to the context he/she lives in a reciprocal conversion. The essence of all conditions defines the properties of a person, as they are supervenient, meaning they are actual but secondary to the underlying structure.

As physics adopts the mathematical grammar, the reverse equations are correct:



The reverse equations of the formula suggest that the multiple aspects which define the structure of one's personality within their various combinations are equal to the the ratio between the essence of a person and the context to which the person relates to. On parallel, the context itself is equal, in the perspective the people perceives it, to the analysis of the ratio between the components of the individuals divided by the multiple aspects which structures their personalities.

The condition of exclusion, just as the one of inclusion, is equal to the multiple aspects of one person and it is suitable to the context he/she lives in.

the condition of disability, just as the one of normal ability, is equal to the multiple aspects of one person, suitable to the referring context.

The context we assume as the conversion factor is at square, because of the reciprocal and exponential relationship between the competence on own competence, the context and the person: a factor being something that brings results or a cause, while conversion being an action of changing the "version" of a given situation.

After assuming essence and exclusion under such lens, it is time to signify inclusion.

When assuming that the essence of an individual is the results of his/her own structure and the context at square, if we really want to offer the chance for a change in the way a person lives, the basic level to keep in mind is the one of the context, independently to what the original conditions are.

It means creating the best contextual conditions and opportunities for the person to be in the condition to do something.

Meanwhile, considering that we are part of the context. To foster a change in the context by being a part, one should start considering the inner world. The inner world calls in for the structure. The structure is there to shape the context. A perfect circle. Our ancestor knew how it works.

Then the person-in-need will be in the best position to play his/her

competence to work on own competence itself. The road for an inner change is then available, ready to meet and struggle with a serious care-work support to investigate, define and shape its new dimensions. Differently said, a real offer of care is nothing about us.

It means being confident and competent on one's competence, leaving all power trips outside. Keine Macht für Niemand. Which, of course, it implies that the care-worker presence will not necessarily change people by itself.