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The Editor

Dear Editor:

Enclosed is a provisional draft of what I believe to be a new theory of human interaction. Even though it is a first draft I feel compelled to send it to you.

I believe this theory to be as robust as the theory of gravity, evolution or relativity. Please read the enclosed document and once you have fully accepted the contents please publish this draft in your publication giving it as much space as you can. You owe it to all the people who read your publication.

I sincerely believe any human being can benefit from this discovery just as I personally benefited when I stumbled across it.

All my life I have wanted to understand the world and the people who live in it. I thank God that I have been given the insight to understand what I always desired to know.

Sincerely,

Hugh McGovern.

Theory of Emotional Harmony

by

Hugh McGovern

Introduction The General Theory of Emotional Harmony Modern Psychology Reinterpreted

Modern psychology is attributable to the genius and creativity of primarily one man - Sigmund Freud. To him we owe our current understanding of the dream state, of the nature of repressed memory, of psychoanalysis itself.

However psychology has not lived up to its promise. It has not helped people to reach selfawareness. It has shown them the way to a passable truce with themselves but only a passable truce not a victory or resolution of inner conflict. Freud resisted one terrible conclusion from his research - terrible in his own mind. That conclusion was that the cause of the entire trauma that he listened to as a psychologist had a clearly definable root namely the sexual abuse of his patients when they were children.

This was a grotesque and impossible conclusion for Freud because he himself was a sexual victim. He rejected it out of hand without any consideration. He did this because there was a terrible memory in his sub-conscious. So terrible that despite all his self-questioning and insight he never confronted this memory. So Freud was right about many things but he was also wrong.

Freud's fundamental thesis - that sex is the basic motivation of human relations is flawed. It is flawed because it is only part of the basic motivation. It is a male projection, one that most men have readily accepted throughout history. So much so that they have persuaded most women that this is true.

Verbally the best way to express human motivation is to say that we as a species are motivated by love. Love cannot be encapsulated in words. It is an emotion or a force. It is better to say that love exists. It is a reality. We can deny its existence to ourselves but we inflict emotional abuse on ourselves when we deny this reality.

We are loving creatures. We crave the love of others. We seek it in whatever way we know how and we mourn its failure or passing. We are so uncomfortable with this emotion that we rarely if ever speak of it in a way that is meaningful. When we do we garble and distort the true significance of love. Its continual failure distorts our personalities and makes us sad when we are honest enough to admit it.

This however is something of a paradox. When two people are in love then their sexual interaction can be classified as love. Since so few couples actually enjoy a loving relationship it makes more sense for these couples to rationalize each other's behavior as sexually motivated and to abuse each other sexually and emotionally. Since no human being will admit to being unloving the emotional abuse they inflict on their partner they regard as a manifestation of love. This is a distortion of the reality of love.

Women will typically deny men sexually because they know that this will undermine them. Men in turn deny women friendship as a demonstration of their disapproval. The spiral of abuse, manipulation and counter manipulation begins and the ultimate dividend is complete emotional defensiveness on sides, ultimate rejection and failure of the relationship and worse yet a distortion of love.

General Emotional Harmony Theory and Practice

Emotional harmony is the desired and achievable state of every man and woman. It can best be defined as a feeling or aura of serenity and peace with life. In this state the individual becomes clearly aware of his or her emotional needs. In an emotionally harmonious state the conscious and subconscious memories of the individual are united and simultaneously liberated in a synergy of self-awareness. Emotionally harmonious people are effective and clearly identifiable. They are unreactive personalities. More disharmonious people flock to them for the stability and serenity that they lack.

Emotional needs are the defining identity of the individual. In an emotionally disharmonious state the emotional needs of the individual are distorted. Once harmony is reached the individual can act to address emotional need.

General Theory of Human Relatedness

Human Relationships Defined

Human relationships are dynamic equilibriums. They flow. An individual in a disharmonious state regards human relatedness as a static model. This is a distortion of the reality of human relatedness. Human interaction is based on love. Denial of love results in trauma. Any relationship can easily degenerate into disharmony for two disharmonious people. Only in harmony do we understand ourselves sufficiently to relate fully to others.

Sexual and Emotional Victims

The majority of the population never reaches a state of emotional harmony. Emotionally disharmonious people can be usefully divided into sexual and emotional victims. It is difficult to define a sexual victim without reference to an emotional victim. Conversely it is difficult to define an emotional victim without reference to a sexual victim.

1) Sexual Victims

Sexual victims are men or women who were the victims of sexual abuse as children. Contrary to current belief sexual abuse is widespread in society.

Sexual victims are rarely aware that they were the victims of sexual abuse. The trauma of the abuse is repressed deep into the sub-conscious memory of the victim. However the repression of this trauma distorts the personality of the victim. The symptoms of this repression are obvious to the perceptive observer.

Sexual victims are infantile emotionally. They suffer from memory loss. They act in illogical and irrational ways. They make promises they have no intention of fulfilling. They are extremely manipulative of the people around them. They are entirely blameless in their own minds and can never be held responsible for anything. They are quick to accuse and reject people who challenge them. They are reluctant to compromise or negotiate. They perceive reality in a distorted way and are extremely paranoid.

They sincerely believe they are smarter than everyone around them. They believe they have been given a privileged insight on reality that the rest of humanity does not possess. When two

sexual victims come into contact they repel like poles of a magnet. Sparks and accusations fly. They hate the manifestation of themselves in others and will readily judge another sexual victim as evil and manipulative. Because they are invariably extremely persuasive and clever they convince other people close to them of the validity of their judgments. They put together disparate facts and fashion or mold a convincing argument.

Some General Comments on Sexual Victims

1) The illusory strength of a sexual victim

Sexual victims perceive themselves in a disharmonious world to be stronger than everyone around them. They are often times more worldly wise then the people they surround themselves with.

Their trauma though incorrectly remembered has made them emotionally closed to the people around them. Inside they are coming apart at the seams. They have stopped blaming other people for their problems and have concentrated their antipathy on themselves. They have reached a passable truce with inner conflict. But only a truce. The war continues unabated in their sub-conscious. They oscillate between idealization and rejection. They basically dislike themselves intensely.

2) The crying weakness of a sexual victim

The weakness of a sexual victim is his or her assumption that there is nothing left to learn. They have been through everything and nothing else can go wrong. They do not entertain the notion that they are at fault. By so doing they inure themselves from the possibility of learning. They avoid challenge and confrontation because it threatens to awaken the terrible memory they would rather forget. They run from situations that might lead to an awakening of repressed memory.

Sexual Victims further delineated

1) Sexual victims who do not reoffend

Sexual victims who do not reoffend are abused by a loved and cherished adult typically a parent. The abuse is accepted by the victim as a manifestation of love and does not push the individual over the brink into chaos and disharmony. Depending on the gender of victimizer, the victim will idealize the attributes of that gender. A sexually abused man of this type will idealize relationships with other men. Sexually abused women will idealize relationships with women. This idealization makes them unfit for a relationship with someone of the opposite sex. That notwithstanding they will still pursue such relationships. They cannot offer their partner what he or she needs and invariably make their partner unhappy by demanding too much of them.

Sooner or later their partner will reject them or lapse into apathy or dislike. In a family context this will occur when the kids grow up and move away. Even then the sexual victim will not willingly relinquish control of that person and will not shy from manipulation to keep the emotional victim in the relationship.

A sexual victim will trap, if he or she can, an emotional victim in a relationship permanently. In the end the emotional victim will opt out physically by contracting a life threatening illness. Rather than admit that the emotional victim is to blame for an impossible relationship the emotional victim

will become a martyr to their distorted concept of love. Once an emotional victim is away from the sexual victim they rapidly recover. As soon as they return to the destructive relationship they quickly degenerate physically again unless in their absence they have developed the strength to challenge their manipulative partner. They can develop this strength by becoming aware of how they were manipulated.

The sexual victim suffers too in the same relationship. He or she will invariably end up living a sad and lonely life from which friendship and love are absent. They drive away the people who care about them. Worse than that, they can never fully be honest with anyone. This lifelong dishonesty leaves them emotionally cold to the rest of humanity. They are unaware and unmoved by the suffering of others. This of itself is a worse ostracism then the one they sub-conscious fear.

Sexual victims yearn for the harmony of nature to overcome the disharmony within and will ultimately retreat into nature for solace. Their trauma is ultimately degenerative.

2) Sexual victims who reoffend

Sexual victims who reoffend were extremely physically and sexually abused as children. Their abuse was so severe that it turned them into completely unscrupulous men and women. They rebuses without question or hesitation. They live their lives without any realization of why. They destroy any positivity around them and run from the people who might actually help them to be happy. They live in a paranoid and deluded world where everyone is out to get them. They invariably end up committing suicide since the pain of their trauma becomes too much. Before they do this they inflict as much pain and suffering as they possibly can on the people around them.

Guilt is the most destructive emotion they know. They see the pain they cause but are powerless not to inflict it. They are extremely unhappy and can never reach harmony. In a leadership position they only ever bring chaos and destruction to the people who follow them. Hitler, Stalin and Saddam Hussein are some examples from recent history.

They are completely aggressive and physically violent when challenged by the opposite sex. They are intimidated by a more assertive member of their own gender. When they encounter a more aggressive or commanding person of their own gender they instantly subjugate themselves to that person's demands. They are emotional infants and are extremely dangerous.

2) Emotional Victims

Emotional victims are men and women who form relationships with sexual victims. They feel the necessity to help their partner or spouse. They rarely truly challenge their spouse or partner because they accord them the same understanding by which they live their own lives. As such their sexually victimized partner can never learn about themselves or reach any personal awareness. Emotional victims because of their relationship with sexual victims become completely confused about the nature of love and their own definition of love. It is the consequence and dividend of interaction with a sexual victim.

Human Relationships Reinterpreted

1) Attraction between sexual and emotional victims - the majority of relationships

Sexual and emotional victims are invariably attracted to each other. Each feels the necessity to help the other. They each style themselves as the savior of their partner. It is a mutual delusion or masquerade that neither will ever own up too. They reserve complete honesty for their own gender. Consequently a sexually victimized male will honestly explain his infidelities or insensitivities only to a trusted male. An emotionally victimized woman will explain her manipulations only to another trusted female. They are never honest with each other. It is a mutual delusion of epidemic proportions.

2) Attraction between sexual victims

Attraction between sexual victims is usually very passionate but it is also fundamentally unstable. Both parties are the victim of sexual abuse. Both fluctuate wildly and painfully from rejection to idealization of their partner. Neither will ever compromise nor dialogue. Both parties resort to extreme manipulation to control their partner. Each party is aware of the manipulations of the other. Sooner or later love degenerates into mutual hatred and dissolution of the relationship.

3) Attraction between emotional victims

Attraction between emotional victims is the best basis for a successful and healthy relationship between disharmonious people. Both parties after an initial period of fluctuation establish mutually acceptable parameters by which the relationship can be conducted. Both parties are aware of and respect these boundaries. These couples rarely fight. They enjoy tolerable relations with each other for the duration of the relationship. They look around them at other couples and count themselves lucky.

Helping Victims Reach Harmony

How to understand love - How to stop being a victim - Approaching Harmony

We are all victims until we reach self-awareness. We approach emotional harmony when we begin to realize our own victimization. This is a very painful realization. Whether the realization comes early or late in life it is an emotional upheaval of huge proportions.

1) Helping a Sexual Victim reach harmony

Disclosure is the cure for any sexual delusion. Sexual victims dread disclosure. The logic of the victim is that no one could respect or like them if they knew the truth of their trauma. Once however a sexual victim realizes that their trauma is not unique or will not lead to rejection by the people they love they begin to accept on a conscious level what happened to them. They quickly reinterpret their life experience based on this realization.

If a sexual victim can feel comfortable that they will not be rejected then they will happily accept the conscious memory of their trauma. The greatest human fear is ostracism.

Severely sexually abused victims are actually very close to harmony. There is however one room or chamber in their sub-conscious mind which has been closed off to the critical analysis of their conscious mind. This area however contains the bogies and demons of their repressed and hated memory.

An extreme sexual victim has lived with one monumental disharmony the trauma of a very repressed and painful memory. Because extreme sexual victims were at one time in their lives much more unstable they have generally been the recipients of much counseling and psychoanalysis. This counseling has been the strength and weakness of the sexual victim.

2) Helping an emotional victim approach harmony

For an emotional victim approaching harmony, they become aware that the world has been pulling out of them since they were born. At this point an emotional victim will become extremely angry realizing that everyone they ever met took from them emotionally. They will challenge all the emotional dependents that rely on them. They will temporarily become resentful. But ultimately will accept their responsibility to their loved ones.

The Emotional Consequences of Approaching Harmony

3) The temporary negative consequences of self-realization

The nearly harmonious victim, sexual or emotional, fluctuates wildly emotionally. They personify in rapid succession their most deep-seated traumas. This is nothing to be alarmed about. It is a short-lived phemeneon.

The specters of their deep-seated traumas enter their conscious mind in rapid succession. This is a very traumatic experience. Look for the support of close relatives or friends or anyone. Any human will assist another in distress. They will offer the stability and direction needed to clearly understand these psychic phenomena.

Once an individual begins to confront their most deep-seated repressed traumas they are on the road to emotional harmony. One of the most terrifying specters we all possess at the core of our inherited memories is the spectra of sexual disharmony.

These specters are the psychic manifestations of the violation of the cardinal law against incest. Anytime a victim gets close to this memory extreme emotional upset occurs. We have learned consciously to avoid this area. They normally present themselves in the form of distorted human forms, male or female. These specters are the most terrible memories in our sub-conscious. They are however just memories they have no basis in objective reality. They are harmless psychic projections.

The nearly harmonious person fluctuates wildly emotionally. They personify their emotional traumas in rapid succession. They are elated and depressed by turns. They are wildly angry and hugely depressed. This emotional instability is short-lived. Once overcome the individual becomes emotionally centered on himself or herself. The individual ceases to be a reactive personality. Harmony has been reached.

The initial consequences of harmony

Self-idealization and Messianic Delusions

The newly harmonious person is drunk on their newly discovered self-awareness. They feel omnipotent and invincible. They have successfully conquered all their personal traumas and are liberated from negative memory. In this new state of being the individual idealizes himself or herself. They are the fulfillment of personal prophecy. They are a prophet. They desire to go forth and save the world from itself. They want to help everyone. They are drunk on the power of love. They judge everyone around them who is less harmonious then themselves. They correctly discern the weakness and flaws in the personalities they are surrounded by. They correctly identify weakness in their world and act to correct imbalances. They fancy themselves as the savior of the world. They have liberated their innate desire to help other men and women in distress.

1) Self-idealization

A harmonious person has a non-reactive personality. They do not take offense. They do not judge other people negatively. They extend tolerance and understanding in all directions. They are freed from the constraints by which disharmonious personalities live their lives.

Self-idealization is just that - self-idealization. The world is unaware of the glorious self-realization that the harmonious individual now enjoys. Disharmonious people judge a newly harmonious person to be mad or at the very least emotionally unstable. However the emotional instability is short-lived. The individual quickly becomes aware of their own self idealization and rejects it as a projection and an implausible conclusion.

2) Listening to Inner Voices

The Inner Child of Self-Definition

The newly harmonious person has liberated their entrapped childhood personality. They become clearly aware of their own emotional needs and now able to live their lives in a fulfilling manner. They clearly understand their behavior for the first time ever. They correctly regard life as a celebration and act to live their lives accordingly.

3) Stability of Personality Regained

Living a Life of Harmony

Within the space of days or weeks the newly harmonious person centers emotionally on himself or herself. They realize what they need to be happy and lose their driving inclination to help the world. They refocus on their emotional needs and become content. The quest for personal truth is at an end. They resume their place in society but in a way that satisifies emotional need. They are a living embodiment of the power of love. They become a leader amongst their family and friends. They have fulfilled their promise. They can truly live life as a celebration.

The Social Implications

Illness Reinterpreted

The psychosomatic component of illness

Freud in his researches into the human psyche uncovered many instances of psychosomatic illnesses. These are illnesses that appear to have no apparent explanation in rational medical inquiry despite having been subjected to the rigors of such inquiry for several generations.

There is a genetic component to illness as any rational person willingly accepts. But there is no clear understanding of why the genes of certain individuals mutate uncontrollably and inexplicably.

Conceivably these unexplained mutations are the consequence of periods of extreme personal disharmony in the patient's life brought on by repressed and misunderstood trauma. Chance events such as a sudden and traumatic bereavement can trigger the traumatic memory. It floats to the surface of the victim's conscious mind only to be rigorously suppressed. However the ability of the victim to control the traumatic memory diminishes as they grow older. Eventually if the trauma is unaddressed the victim will lapse into illness, insanity or suicide to escape the trauma of disclosure.

Many so-called diseases could be described as the physical manifestations of emotional despair. Cancer, Alzheimer's, classical insanity are conceivably the physical dividend of such unresolved trauma.

History Reinterpreted

History is a Sexual Delusion.

The history of mankind and womankind is the sad story of sexually victimized men and women struggling for dominance. Driven by extreme delusions brought about by their own personal sexual victimization these men and women, (predominantly men) have sought to inflict their sexual trauma on as many people as possible. They sought personal validation for their own driving sense of inadequacy. Sadly they never found this validation. It was a quest for personal knowledge only.

According to the theory of emotional harmony there is nothing admirable or impressive about human history. In fact until harmony is embraced it cannot even be fully understood by the individual. Our history is very sad and in an emotionally harmonious state we as a species would rather forget.

Conceivably our ability to evolve as a species, as Darwin correctly theorized, was the result of a fundamental and deep-seated taboo against incest. The cardinal sin of our species was and is the violation of the incest taboo.

Since the world has been primarily a patriarchal world since the beginning of recorded history men have invariably and successfully projected their sexual frustrations onto womanhood. Much of Christian myth is the sexual delusion of sexually victimized men. Christians speak of the "king of kings", not the "queen of queens". In a matriarchy it would doubtless have been the "queen of queens". All religions are sexual projections. They maintain their popularity because social disharmony prevents most people from ever being happy in a temporal way.

The necessity for religion is due to the failure of the individual, the family and society to offer harmony. We are a species in need of myths just to have the reassurance to keep on trudging through life.

When harmony is embraced by the individual a rich reward is reaped. Contentment with life and the individuals place in the world are foremost in his or her mind. The individual becomes aware of his or her emotional needs but not in the distorted way he or she was aware of them prior to reaching harmony. The sense of urgency with life, which most disharmonious people live with indefinitely, is gone. There is no hurry. Life becomes a celebration of emotional fulfillment. The glory of God is truly a man or woman fully alive.

When this state of harmony is embraced by the majority of people it will transform global society beyond recognition. The necessity for war, violence, hatred, animosity all the sad manifestations of our sexual frustrations will be eliminated. We can relax for the first time in human history and truly enjoy life in a consistent and daily fashion. We can achieve what our ancestors could only fantasize about. They always believed it could be better. We were constantly questing for the truth about ourselves.

Christians remember the story of Adam and Eve. Eve, or womanhood, is held responsible for Adam's ejection from the Garden of Eden. The correct interpretation of the myth of Genesis is the attainment of social utopia. Thomas Moore's Utopia was one social fantasy written by a harmonious person. The American dream is another myth of social utopia. The California Dream was a more recent extension of the American Dream. The exhortation to go West was one that generations of Europeans embraced ecstatically to escape a continent riven by social disharmony.

Chaos, disharmony and disorder as we understand them in our own subconscious are the call of the jungle where sexual disharmony is the norm. These specters normally present themselves to our sub-conscious as human figures distorted and deformed. A human form with an animal's head. They are figments of our sub-conscious memory, of our animalistic past. They have no basis in reality unless we allow them. The image once correctly understood is harmless.

The World As We Know It Reinterpreted

Living in a Rationally Deluded World

The Pros and Cons of the Method of Rational Inquiry and Empirical Reasoning

Reason has been the crowning achievement of Western philosophic and scientific thought. The empirical method of inquiry has produced stunning technological and social advancements. We are all aware of how this philosophy has enhanced the human species immeasurably.

Even though the quality of life of most Westerners has never been better there are still deepseated disharmonies at the core of Western society. This disharmony manifests itself in many ways.

Reason despite its many social benefits does not address the emotional needs of men and women. Reason is a tool, but only a tool. It has never led us to social harmony and never will. We must reinterpret reason in a way that is most beneficial.

When a rational individual reaches emotional harmony reason and the rational method of inquiry can be used in conjunction with emotional intuition to provide stunning new insights on the nature of life and reality.

Nationalism Reinterpreted

Nationalism, to quote Einstein, is the measles of mankind. Nationalism is a sexual delusion. Nationhood is shot through with deluded notions of paternity. Social unity cannot be achieved while nationhood is extant. We must put our mutual distrust and paranoia behind us and extend the hand of friendship to men and women of all nations. When we do this we render the philosophy of nationhood obsolete.

Militarism Reinterpreted

Militarism is a male sexual delusion. All military weapons are phalluses however technologically sophisticated they may be. Swords, guns, missiles they are projections of our sexual delusions and paranoia. The greatest war mongers in history were all sexual victims. From Alexander the Great to Saddam Hussein sexual victims have heaped misery on the human race in the name of their own sexual trauma.

In a harmonious world paranoia is absent. When trust replaces paranoia the need for huge military complexes is rendered obsolete. The military complexes of the world would be better redirected in a non-destructive way. In a harmonious world nonviolent objectives would be the norm.

The military expertise of the world could be redirected to where it is needed. There are many pressing needs in the world. The resources exist to solve them once we put our sexually deluded past behind us. Redirecting the Military Might of the World

The Way Forward is to Leave the Past Behind

The most pressing human needs are obvious to any harmonious person.

Steps

1) Bringing the 3rd World and 2nd World into the 20th century

The Third World has been consistently and relentlessly exploited by the more developed and technologically advanced nations of the world. The Second World since its rejection of Communism has been teetering on the brink of social collapse. Both areas of the planet need the help of the First World to reach social harmony. It is the duty and the obligation of the wealthier nations of the world to assist the poorer ones in addressing their basic human needs for shelter, food, clothing and education.

2) Creating an Ecologically Harmonious World

In nature an ecological balance has existed since life first evolved on the planet. Since the beginning of recorded history we have been despoilers of the environment. Since the Industrial Revolution this environmental degradation has accelerated exponentially. We live in a polluted and diseased world where all natural ecologies are on the verge of collapse due to human interference. It is our duty and responsibility to work to undo the damage we have inflicted on the planet. More than our duty and responsibility it is a driving social necessity to ensure our own survival as a species. We need to redefine sexually deluded philosophies such as consumerism and market economics in a more globally harmonious way.

3) Establishing a new frontier for our Ambitious Men and Women

The only frontier left for the human species when the rational world collapses is beyond the confines of this planet. That can only be space exploration and colonization. It is an elemental law of the universe that all matter must expand outwards or risk implosion. Just as all the galaxies are moving away from each other so must the human species expand or risk collapse. That is the true nature of chaos, disharmony or evil - a regression backwards or a de-evolution into our primal past.

Space exploration is a harmonious goal for men and women. The Solar System is to the best of our knowledge, uninhabited. This could be posited as a global objective and ambition. A global space bureaucracy could be established to which NASA will be affiliated but not control. All nations could contribute according to their national wealth and expertise. All national space programs could be affiliated to this organization. A bureaucracy to train astronauts and to educate young men and women to be astronauts could be set up. Realistic short term objectives, completely within our grasp technologically, could include lunar colonization and habitation, colonization and terraforming of Mars. Permanent human presence in space could become a harmonious reality.

4) Uniting the Human Family Under One Government

To achieve social unity we need to establish a planetary bureaucracy or government with real power. It should be a radical new organization that all the nations of the world play a part in defining and promoting. It doesn't matter initially if many nations opt out because they will inevitably join. Only because they need to. Not because they want to. This bureaucracy should have many facets.

One of the most vital is a global economic council to manage and direct the world economy with the power to set a global interest rate, begin promoting a global currency, against which all nations can align their currencies. The dividend of global government and global economic management is social harmony on a global level.

5) A Global Police Force to Smooth the Transition

Affiliated to the global bureaucracy should be a global police force made up of personnel drawn from the armies of all the nations of the world. All nations of the world should redirect their military establishments towards this body. Its responsibilities should be temporary only. In a harmonious world there is no necessity to police each other. In a transitional phase however a global police force would be necessary.

6) Suggestions for the Location and Standard of the New Government

The location of this bureaucracy is of significance inasmuch as it must appear to be free from national bias. That may entail not housing it in the US but some other non-emotive location. The body should have a flag or a standard. The United Nations standard still refers to nationhood. Nationhood is the way backwards into chaos. It might be better to choose the color blue. Since we live on a blue planet, when viewed from space.

THE END