



Serge Prengel: Relational Implicit in the Human Ecosystem



Serge Prengel is a somatic psychotherapist trained in focusing, core energetics, and somatic experiencing. He has explored how mindfulness, evolutionary psychology, and neuroscience converge into an embodied philosophy of what it's like to be human. Discover how humans have evolved to connect and what makes us able to function together from infants to larger society.

**TOP EMBODIMENT TIP:** Take a pause, use that pause to have the curiosity to be in connection with your body at this moment in the way that feels right, and to allow yourself to be surprised.

Human Connection: **Humans are designed for nurturing interactions with one another**

- We evolved to have an enormous amount of our brain and nervous system resources allocated to interact with other human beings. The human condition includes the ability to build trust and be connected.

Relational Implicit: **We have implicit prejudices, but they can be paused**

- Evolution has given us the ability to quickly make assumptions and judgments, which is helpful for survival.
- However, pausing our judgment in many situations of our current life and society serves us better.

Ecosystem: **We tend to have anthropomorphic views of the ecosystem**

- We tend to think about ecosystems as something that is outside, as opposed to us (like the earth).
- The more we are disconnected from our environment, the more we require a crisis to see how we are related to it.

Social Myth: **The story of what makes human beings function together**

- For humans to have the level of society that we have, we have to believe in unreality, to believe in the imaginary as if it was real and more important than ordinary reality. This is the glue that holds us together. However, it also makes it possible to abuse the ability to manipulate people. Trust creates connection, but can also be used for control.

Implicit Relational Knowing: **How relationships are understood in humans**

- There are important differences in semantic and procedural knowledge.
- Humans can have a strong understanding and very strong responsiveness that may come without the ability to have or describe the concept of what they know. This also develops on the level of vast social connections.

Resources

- ❖ **Website:** [www.Relationalimplicit.com](http://www.Relationalimplicit.com), [www.ActivePause.com](http://www.ActivePause.com)
- ❖ **Social:** [@activepause](https://www.facebook.com/activepausepage/), <https://www.facebook.com/activepausepage/>
- ❖ **References:** Yuval Harari, Ed Tronick, Boston Process of Change Group, Dan Siegel, Stephen Porges



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

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