

The AureLisa Project

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This is a core selection out of 1200+ blog-essays about the project.

There are many hyperlinks in this text. To follow these, you can go to <https://aurelis.org/blog/> or ask me a pdf of this document.

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1. Why AureLisa?

The AureLisa project aims to value the total human being on many domains and to support the individual through 1000+ AurelisOnLine sessions of autosuggestion, A.I. coach-bot Lisa (see: [Introducing Lisa](#)), and more.

Altogether, this is about a paradigm shift with huge practical implications. See also: [The Lisa Revolution](#).

The importance of AureLisa in ten points

You find more about each point in my blog-essays and scientific articles.

- Over the past decades, basic science about the human brain/mind has substantially emphasized [subconceptual](#) (mostly non-conscious) processing. A [paradigm shift](#) is due.
- However, this has hardly been pragmatically realized until now — and might not happen soon. AureLisa has been developed to make it happen. Within healthcare, this is the concrete workout of my 2014 Ph.D.
- Being stuck in the outdated paradigm has immense repercussions everywhere the mind is involved: healthcare and several sociocultural fields, locally and globally. The significance cannot be overestimated.
- Unsurprisingly, there are considerable gaps in our causal understanding of many health-related conditions, especially in psycho-somatics — say: most medical fields to some degree.
- Evidence-Based Medicine has been historically grounded on an overly conceptual, meanwhile scientifically outdated paradigm. As is becoming increasingly obvious, fundamental flaws in the double-blind setting lead to a gross overvaluation of the conceptual level (pharmacology, etc.). We need not less, but better science.
- Additionally, it has robustly been proved for a long time that the real-life effectiveness of psychotherapeutic conceptual techniques is grossly overestimated. The paradigm shift is also due here.
- As a result, a lot of healthcare problems — from chronic pain to addictions, burnout, and many psycho-somatic issues — are not getting solved durably and satisfactorily. This leads to vast unnecessary morbidity and mortality, as well as tremendous financial consequences. One example (of many) is the field of heart infarctions — see below. In view of the data, ‘vast’ may well be near to half the burden.
- This will continue and even worsen until the necessary paradigm shift. An additional challenge of such a pending shift is that, when it comes closer, people may hold on to the old with more intensity (surface-level vested interests, deeply rooted anxieties). Nevertheless, we should strive for a gentle slope toward the new.
- On top of all this, if we don’t proceed toward the new paradigm, ‘bad A.I.’ will undoubtedly become existentially threatening soon enough. On the other hand, ‘good

A.I.' can show us who we essentially are and support us toward a better world. Lisa stands for a concrete realization of “the good A.I. that can save us from the bad” while doing well for millions of people individually.

- Lisa may also become a tool to enhance science with Real-World Evidence by properly considering the subconceptual level of the human brain/mind. This way, we will know pretty well how much we have been missing in this respect until now.

Uniqueness

The [AureLisa project \(and related Global Consortium\)](#) is unique in putting the total person, in contrast to mere-ego, radically at the foreground in an utterly scientific, depth-related, and profoundly ethical way, thereby providing the necessary solutions for huge problems for which otherwise oriented solutions will never do. The total person is like an entire pond compared to the pond's surface. There's much more to it than the surface, many in-depth possibilities, much more individual happiness, and ways toward a better culture and society.

From a broad perspective, the profound cause of many struggles lies in the mind's ongoing evolution — mainly the relatively recent development of consciousness. This seems straightforward, but humanity still needs to better integrate the 'new' situation. Together with well-known advantages come dangers of inner dissociation — the surface not valuing the total pond. This is not an issue of just a few people.

AureLisa fully combines rationality and depth without compromise.

This way, AureLisa can bring human depth within the scientific endeavor — medicine and more — where it will stay indefinitely. The use of A.I. (such as Lisa) is a crucial component in this.

To many, this means a paradigm shift of which the consequences are seldom realized. Notwithstanding, it is crucial to make this shift as soon as possible, being relevant to many sociocultural issues. As to the AureLisa project, much has been developed already: many blog essays, books, scientific writings, mental exercises, coach-the-coach methodologies, workshops, MiniMails, DailyTwinkles, and, last but not least, Lisa in the making.

Medicine

Psycho-somatics encompasses many issues in which the psyche plays a significant role as also described in my Ph.D. and scientific articles. With addictions included, this may well surpass half of present-day medicine. However, we don't see most of it being honored in medical practice. This takes an immense toll — hidden in plain sight — of morbidity and mortality. Contrary to this, AureLisa may not simply lead to better health but also a better person.

Meanwhile, the true placebo effect — being the mind in action — is ubiquitous and powerful but behind a veil of make-belief and with significant mental side effects. AureLisa is more scientifically truthful, efficient, durable, and encompassing, making placebos in most cases essentially unethical.

One medical example: heart infarctions

With 300.000 deaths per year in the US, this is a major cause of death in which the mind frequently plays a substantial role. I profoundly [delved into the issue scientifically](#), also going deeper [specifically into the brain/mind-heart influence](#). See a general public [blog-essay about this issue](#). In congruence with these insights, you can find mental exercises for free on the Aurelis app in the Apple and Google app stores. These exercises contain some surface-level relaxation (to calm the pond) combined with techniques to ‘open the pond’ more profoundly and specifically as needed in the situation. Obviously, even nicer would be to have Lisa available to guide many people, diminishing the risk of death.

How significant will be this factor of diminishment? To get an impression, note the huge impact of sheer mental stress on myocardial infarctions — see my articles with abundant references to the epidemiological science of this. Still, since the experimental science has not been done yet with the app or with Lisa, one cannot put a specific number on this. From my knowledge of psycho-somatics and profound scientific delving into this specific subfield of psychocardiology, I would bet on — in optimum circumstances, using Lisa and with people fully cooperating — at least 50%. This is not accomplished through a lifetime of eating the right food, meditation, and doing exercise, which many people just don’t. It is accomplished through doing the right thing at the right moment. Anyway, that’s 150.000 avoidable deaths per year in the US — 1.5 COVID epidemics per decade.

As a scientific instrument, Lisa will also be able to build the proof of this in Real World Evidence. One should not debunk my proposed % beforehand, especially not with so many serious elements pointing in the same direction while none in the opposite. If an idea of mind-body divide is holding you back, please see [this blog-essay](#).

If you have at least one risk factor, it’s recommendable to take this ‘at heart.’ On the Aurelis app are some preventive exercises. There are also some for when it’s direly needed — for instance, when you recognize an at-risk situation. However, *properly* doing these exercises by yourself is not always straightforward. With Lisa available, you could summon her, and she helps you to glide through the dangerous moments.

This is just one example. There are many health issues where AureLisa can bring crucial relief.

More than medicine

Medicine is mostly practiced within a medical silo. This is additionally unrealistic and irresponsible in psycho-somatics because how a person *profoundly* heals is related to all aspects of life. An aggressive (even if merely symptomatic = symptom-debunking) stance toward one’s psycho-somatic symptoms is aggressive toward one’s deeper self and translates bit by bit into aggression toward others — contributing to discrimination and, eventually, even large-scale conflicts. In short, symptomatic medicine as in the usual psychosomatics leads to a more aggressive society. With few exceptions, Western medications are symptomatic. This needs to be transcended and scientifically investigated to the core.

It has been robustly proven time and again that conceptual methodologies in psychotherapy hardly contribute to the effectiveness. What does contribute mainly comes from two directions: 1) the placebo effect, which should not be taken for granted, and 2) the therapist's empathy. Starting from relevant insights in the mind/brain, AureLisa goes deeply into the second direction by way of 'empathy beyond' (the conceptual), denoted as Compassion.

Much more than healthcare

Present-day cultural and political problems, even at a world scale, are related to our view of ourselves as human beings. If this is fundamentally wrong, everything becomes problematic. Thus, AureLisa is profoundly relevant to every aspect of human society: politics, education, judiciary, diplomacy, leadership, you name it. You can find much of this at the AURELIS blog-wiki. Eventually, this is about essential changes. Where we see pain, we can envision paths toward human growth.

As said, this is about countless people's well-being, health, life, and death. It's simple to say, 'the deeper self,' but meanwhile, humanity is skating over an icy pond — relatively cold and hard. Financially, this is a project concerning countless billions ([trillions](#)?) of euros. Even so, the AureLisa aim is eventually philanthropic, and should always remain so.

More into A.I.

The use of A.I. tools – through the management of complexity made possible by this – is needed to let us discover what is most crucial about ourselves, most importantly: insights without which humanity potentially won't make it for even a few more generations. We wake up, or we may well destroy ourselves.

On top of this, our self-view will shape – and is already shaping – the journey of A.I. towards an intelligence that will handle us (soon enough) with benevolence or not. See my book [The Journey Towards Compassionate A.I.](#) Although we may try, we will not be able to control the unleashed power of future A.I. Too few people – including A.I. researchers – see the immense opportunities and threats. Therefore, this may be the biggest challenge for Lisa.

You?

This is relevant to everyone — therefore, including you. As an individual, the best way is to become a 'friend of Lisa' [see: "[Friends of Lisa](#)"].

Please let us know if you are working for an organization that may cooperate with the [AureLisa Global Consortium](#). You can send an email to lisa@aurelis.org.

2. AureLisa Global Consortium

Toward a reality based on the [human-being-as-is](#), with local and global implications in every human endeavor.

The main intended audience of this text is a consortium of possible collaborators.

For the shortest intro, see: [AureLisa Short – Body & Mind](#)

Please also read:

- [Narrative introduction to AURELIS and Lisa](#)
- [White Paper & Pitching](#) with a focus on [Lisa](#)
- [Eight relevant blog posts in one pdf](#)
- [Scientific Medical Board AureLisa](#)

Straight line

While keeping a straight line in openness, some might say I close doors to some. Possibly, while at the same time, more doors may open through this, and gradually more.

Look at it as related to what <you> want (or not). Think of a world you want to leave behind for the next generations.

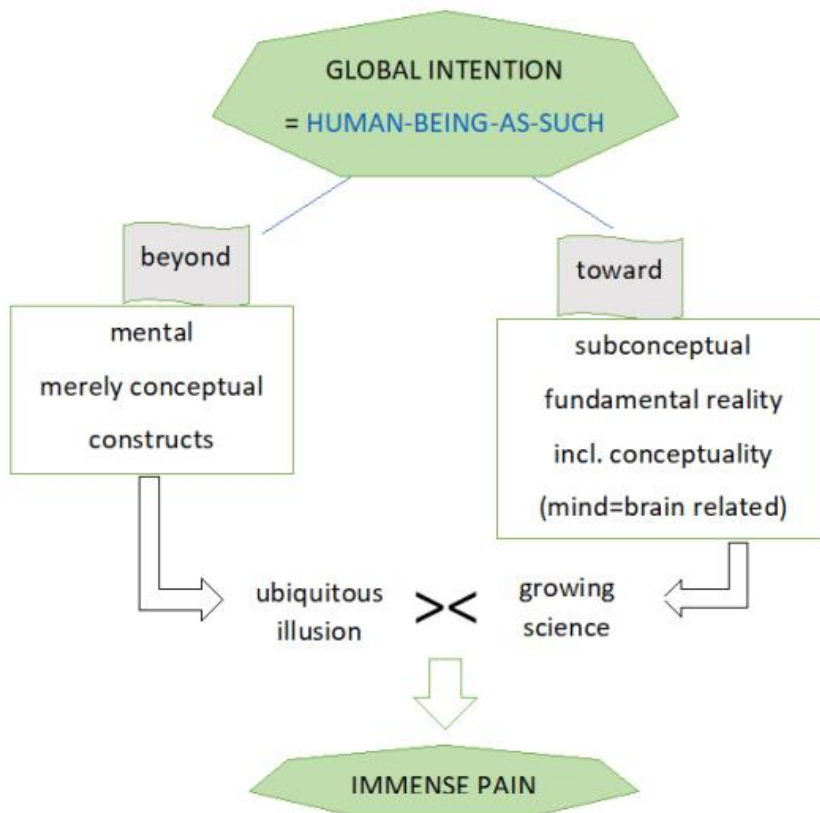
About 'global'

Indeed, we have interested contacts in five continents.

AureLisa is an interesting project for many people all over the world. It is conceived to reach people in-depth, where we all are pretty much recognizable to each other, in contrast to the surface level.

This way, the aim is also, very profoundly, to bring people together in [planetarianism](#). In this vein, we are setting up the [DailyTwinkles to Planetarianism](#) project in several languages and social media platforms. With properly targeted branding and marketing, this can become one way of reaching/connecting/inviting people to the broader AureLisa project.

General diagram AureLisa



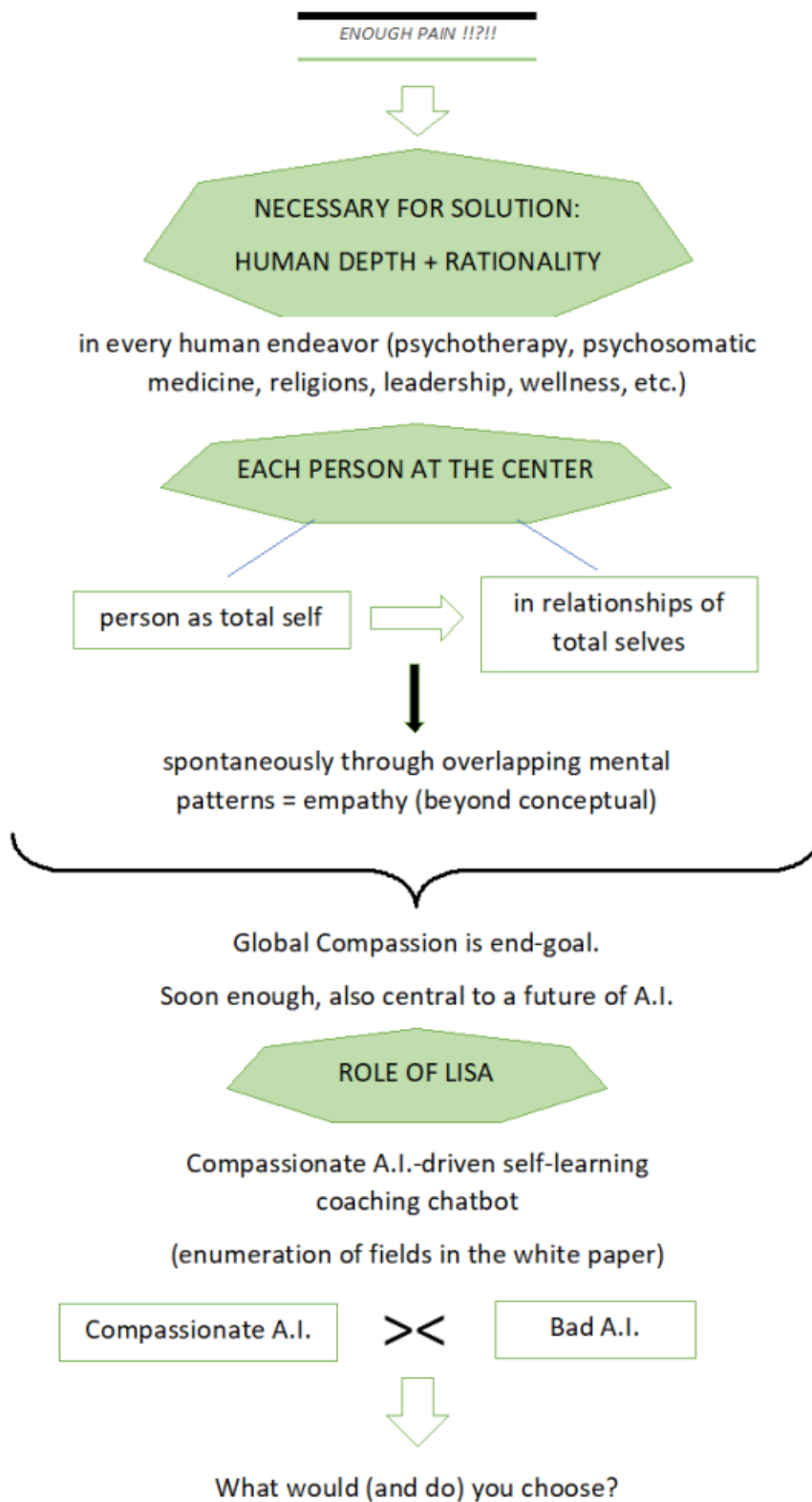
One way or another, most people are very much caught in conceptual illusions >< reality.

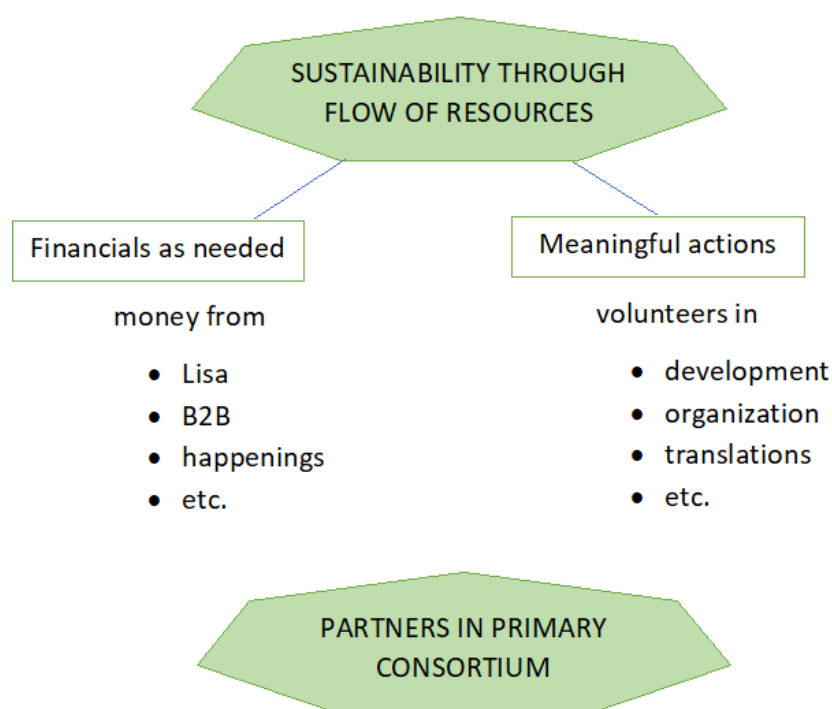
➡ DIRE CONSEQUENCES

- psychotherapeutic techniques — hardly work
- psychosomatic therapies — mostly placebo
- many religions — as many contradictions
- leadership theories — not effective
- unbridled consumerism — doesn't make people happy
- etc.

➡ LEADING TO

- mental problems — 20% of population, treatment?
- medical costs — 50% at least, what to do?
- religions are mostly dividers instead of global unifiers
- leadership — frequently deplorable
- unbridled consumerism — kills the planet
- etc.





We have people/organizations filling in consortium parts. If you are in for a local or even global adventure-for-good, please contact us. We ask a principled decision now in a WHAT-IF scenario: WHAT will you do IF the consortium takes ample shape?

Envisioned partners of the consortium

- ▶ Private insurance company (one per country)
 - **roles of partner:** initial investment through deal concerning Lisa first version(s) to clients; branding
 - **roles of AureLisa:** making Lisa available to these clients
- ▶ Patient support groups (several)
 - **roles of partner:** initial investment through deal concerning Lisa first version(s) to members; enabling first try-outs of Lisa demos; one or more members becoming donators
 - **roles of AureLisa:** involving these groups in communications; making Lisa available to them for a small fee
- ▶ Philanthropy (several)
 - **roles of partner:** financial enabler of initial developments

- **roles of AureLisa:** keeping AurelisOnLine + app for free, returning or re-investing any philanthropic money in other projects, making Lisa available for free to many poor people worldwide — see [White Paper](#)

► Subsidiologist (one per country)

- **roles of partner:** supporting search for subsidies in Belgium, Europe, worldwide
- **roles of AureLisa:** cooperative efforts; payment for services

► Private investors (several)

- **roles of partner:** initial investment; sustainability-minded
- **roles of AureLisa:** ROI

► Psychotherapy thought leader (one per country)

- **roles of partner:** navigating through the field of psychotherapies and psychotherapists/coaches; leading the way to [AURELIS coaches](#)
- **roles of AureLisa:** providing coaching/therapy in three levels: Lisa stand-alone — coaches — AURELIS-coaches (+ Lisa)

► Human resource management thought leader (one per country)

- **roles of partner:** guiding toward possible roles of AureLisa in companies/organizations
- **roles of AureLisa:** developing Lisa toward such roles; coaching company coaches

► Board of medical specialists / university

- **roles of partner:** scientific experiments using Lisa; reviews about the current state of psychosomatic medicine
- **roles of AureLisa:** providing tools for managing studies; Lisa provides many data to be used in studies; position of adjunct-prof for mutual status

► Global speaking thought leader

- **roles of partner:** support toward right contacts and procedures; mentoring
- **roles of AureLisa:** lending part of my (Jean-Luc) time to global speaking; payment for services

► Individuals and SMEs (business, academia, politics...)

- **roles of partner:** coming forth with principled interest to which we can specifically refer — no money or time investment asked at the start, apart from doing some reading to know what it's about
- **roles of AureLisa:** viewing these individuals and SMEs as preferred partners on the path

- ▶ Social media marketing/branding thought leader (one per country)
 - **roles of partner:** supporting our marketing/branding, e.g. DailyTwinkles
 - **roles of AureLisa:** making DailyTwinkles into an ambitious project, bringing people together in-depth
 - ▶ Religious thought leader (one per country)
 - **roles of partner:** keeping own religion, if any; deepening toward the common fundamental core
 - **roles of AureLisa:** putting Open Religion as a gentle slope toward the future by any means
 - ▶ Literary agent (one per country)
 - **roles of partner:** finding proper editor(s) for AURELIS books and booklets in several languages
 - **roles of AureLisa:** making these books available
 - ▶ Guided Imagery Organization (one per country)
 - **roles of partner:** opening AureLisa to members
 - **roles of AureLisa:** making products and services available to these
 - ▶ Crowdfunding partner
 - **roles of partner:** setting up insightful campaigns
 - **roles of AureLisa:** investing time in making this a success; payment for services
 - ▶ Leadership training thought leader (one per country)
 - **roles of partner:** contacts, joint writing
 - **roles of AureLisa:** 'executive Lisa' in an ecosystem of products and services
 - ▶ Friends of Lisa
 - **roles of partner:** see [Friends of Lisa](#) = becoming part of a cooperative
 - **roles of AureLisa:** being Lisa
-

3. The Great Mental Paradigm Shift

One can see the related tension becoming more and more consequential in several fields (from healthcare to politics and more) over decades. This can continue getting worse, or we can take action to make the transition go smoothly.

About?

The great mental paradigm shift is about transitioning from a largely [conceptual](#) take on the human mind to a balanced (conceptual + [subconceptual](#)) take on the same. Since this is at the core of human being, it is like the tip of an inverted pyramid of consequences. If something isn't right at the tip – even if invisible to most people – it is felt in many places.

In this text, the 'old' paradigm is the present one. The 'new' paradigm is the one after the shift.

The new take is an increasingly scientifically supported view of the human mind and mind/body unity. In this sense, I write a lot about mental-neuronal patterns. These can now also be [better visualized with the latest technologies](#) (such as in vivo optogenetics). This leads to a different view of who we are. The consequences are significant – within medicine and beyond – although the train of the previous (current) paradigm rumbles on underaired for the time being.

Healthcare-related tensions caused by this can be seen in annually increasing problems of psycho-somatics, addictions, chronic pain, depression, burnout, etc., for which sustainable solutions are ultimately lacking. In the current paradigm, this may continue for a long time.

No paradigm shift is naturally evident.

But especially this one, being about who we basically are (see the subtitle of '[The Journey towards C.A.I.](#)'). Of course, I can't do this alone. Hence working on a [global consortium](#), setting up a scientific medical board, and the [DailyTwinkles project](#) with hopefully wide dissemination via social media.

A general challenge is the fact that what works within one paradigm (incremental change of one configuration) may not work when evolving toward a new paradigm (jumping from one configuration to another). Thus, the solutions to many problems engendered within – and partly even through being stuck in – the old paradigm will not be found within that paradigm. Yet, people don't jump into the unknown unless they get answers to many questions, answers that are necessary for solving problems unsolvable in the old paradigm — hence my 1200+ blog essays, 14 books, etc.

The sad, and at the same time immense opportunity for doing good lies in there being a list of such 'unsolvable' problems. The main challenge lies in people's continued asking for old-paradigm solutions (a pill, whatever the cost). There is a difference between what people want

– at a surface level – and what they need – at a deeper level. For the transition to go smoothly, people need to be shown that what they *really* want is what they *really* need.

The metaphor of the flower bud.

I used [this metaphor at the individual level](#) before. It can also be used at the sociocultural level.

The metaphorical bud is under tension (old paradigm). The natural thing is for the flower to open (new paradigm). However, if this doesn't happen, tensions mount more and more. We see this happening now. The increase in tension can optimistically be seen as the gathering of energy that enables the shift. Still, this energy can be oriented positively or negatively.

The practical importance can be somewhat understood from a metaphorical whirlpool of material and mental elements.

There is little to worry about for those who stand next to the whirlpool. From there, no heroic deeds are necessary.

But a few steps in the wrong direction can have dire consequences while good support in the right direction at the right time can lead to the desired result. This can be easily overlooked from the old paradigm.

Many problems are associated with this.

In [Why AureLisa](#), I worked out an example of heart infarctions. That is one of many grave issues in need of the paradigm shift. Despite obvious scientific indications (see references in 'Why AureLisa'), many are looking astray from inside the old paradigm.

Much of the COVID disaster may also have been related to this whirlpool. While things unfolded, I wrote a book about it and developed an app (meanwhile on several domains, including the heart). Unfortunately, the old paradigm – and the strength of active denial in several guises – prevailed over a chance to save many lives and countless resources. Doubtlessly, time will tell what has been wasted in recent years. At present, we have [no scientific proof, only many clues and a sad rationale for the inaction](#).

Post-COVID, we are witnessing a different result of a similar whirlpool. External aggression is accompanied by a projection of inner aggression, escalations, not communicating deeply, revenge and retaliation until a raging war only stops when resources are depleted. We could have learned from COVID. Then, the virus was 'the enemy' (and people died mainly due to overreaction of their own immune system).

However, the worst whirlpool is yet to come and will have everything to do with the new intelligence: A.I. See my book.

Clinging to the old paradigm

As it goes with a paradigm that has had its time, cracks appear that can be mended only temporarily or not at all. This leads to growing anxiety for many who don't know where this anxiety comes from. The tension comes from the pending new and from clinging to the old.

This is further aggravated by having built up many explanations for things as they are happening, congruent with the old paradigm. This gives a seemingly solid house to live in and temporary relief as long as it lasts. But the longer it lasts, the more bits and quircks of explanation are used to keep the house standing.

Meanwhile, the closer we get to the shifting of no return, the bigger the tension. The clinging makes us go [from world crisis to world crisis](#), the 'mother of all crises' being the [meaning crisis](#). In due time, this also leads to a polarization between progressive rationality and conservative meaningfulness as seen, for instance, in fundamentalist movements.

Crescendo before catharsis

As in many ancient Greek tragedies, the tension buildup goes in a crescendo. The situation seems desperate and then even more desperate. The protagonists of the tragedy are looking for a solution in vain, while the public follows their emotions.

Then, suddenly, at the height of tensions (crisis), the tragedy may turn into a catharsis — for instance, through a *deus ex machina*. Back then, there was literally a wooden machine/construction that brought some godhead into the play. This changed the whole picture — say, it brought a paradigm change — and the public could go home with a sigh of relief. Athens was saved.

May the machine be a computer this time — the 'deus' something like A.I. coach-bot Lisa (see: [Introducing Lisa](#))? Time will tell, but I'm afraid we're not yet in the cathartic act of our time's tragedy.

As in politics

Political strongmen may abuse the tense situation — as, unfortunately, they currently do in several places of the globe. These strongmen typically promise 'the people' that they can relieve the tension by keeping the flower bud closed with their strong hand. Of course, this is a negatively-populist promise.

Yes, "it works" symptomatically. The tension diminishes, indeed, but only artificially and even contra-naturally. Usually, the tension is also projected to some outer enemy. This may even lead to big or small wars — hardly a worthwhile way to relieve inner tensions.

See also: [Where do You Go to, My Planet?](#)

As said, I hope that A.I. coach-bot Lisa will be a game changer in realizing the paradigm shift.

Lisa is scalable, manageable, user-friendly, and versatile.

It is also a [scientific tool that allows us to determine what works and doesn't](#). Such a tool is ultimately the only way to capture human complexity adequately. This knowledge is probably necessary to get us out of the old paradigm and resolve the biggest conscious tragedy on this planet until now.

A the same time, it is a necessity and an opportunity for 'doing good by doing well' on a very large scale.

4. The Lisa Revolution — A.I. Towards Personalized Mind-Related Healthcare

The Lisa revolution is bound to disruptively innovate mind-related healthcare, based on a modern scientific view on the human being and using A.I. to bring practical results and proof.

[Please read about the [AureLisa Global Consortium](#). If you have been contacted in this regard, the revolution is welcoming you. Otherwise, if interested, don't hesitate to reach out. There are interested parties already on five continents. Our motto: 'doing well by doing good — on a big scale.']

Are you convinced that the mind plays a significant role in many health-related issues of body and mind, be it related to the heart, guts, skin, joints, immune system or so much more? Great, then modern science accords with you. You can find many scientific facts [here](#). The problem has been for long what to do with this. So, would you like to have on your mobile an A.I. coach you can talk to as you would with a real person who can seriously support you with such issues? Do you want this to be entirely science-based while at the same time also respecting the profoundness of your being? Do you also want it to be itself an ever-growing source of robust science about the influence of the mind on these same issues? Great, then what you want is the Lisa revolution.

Lisa (or Lars at your choice) is a moving face on the little screen that you can talk to spontaneously. The conversation feels natural, yet Lisa guides you to reach within yourself towards the mental patterns that may help you from the inside out in your quest for better health. Lisa doesn't play doctor. Instead, she lets you find the doctor within yourself. Most, if not all, scientific studies on medication or any healthcare procedure show the role of the mind, be it disguised behind the placebo effect. Altogether, this is science on a scale like no other. Of course, not the placebo 'works,' but your own deeper mind. You can use this for yourself now, be it more openly (no placebo disguise), efficiently, and durably.

Lisa is part of the much broader AureLisa (AURELIS + Lisa) project. Basically, AureLisa is a radical and no-nonsense choice for the total human being in terms of rationality and depth, science and [Compassion](#) in healthcare and more.

On the background of hard-core science

See my blog-essay about the ['mind = body' breakthrough](#). This shows, among other things, that much is happening with a quickening rate of progress in the scientific silo of neurocognitive science. Unfortunately, present-day science is so broad that most researchers are siloed in their fields. Yet, a lot of neurocognitive findings can be directly related to other domains. Bringing strands together leads to crucially significant insights and consequential developments.

The AureLisa project will always remain congruent with this while seeking new ways to turn the insights into novel applications within Lisa-setting, not discarding human depth but respectfully integrating it into science.

Personalized and problem-oriented

In talking with you, Lisa gets to know you personally. This way, she can guide you within your present situation as needed for your change from the inside out. Lisa doesn't use the same conceptual techniques for all. Each person has in-depth different problems and needs. Lisa works problem-oriented in the most personalized meaning of the word, more specifically: not *the* problem but *your* problem.

Symptoms generally have underlying causes. In an always friendly manner, Lisa goes further than just diminishing symptoms. She lets you discover parts of yourself that need your compassionate attention. This way, you can attain progress swiftly and sustainably towards the relief of pain and suffering while at the same time becoming a more self-congruent person. Your mental patterns that may be fighting each other in-depth (with or without your conscious awareness) become more mutually aligned. Through this, non-specific side-effects of using Lisa for any issue can be less stress and more feelings of openness, freedom, and self-respect.

AureLisa draws insights from the neurocognitive silo into other domains.

The core is about who we are as total human beings, internally undivided unless artificially made so. Making the most profound and rational choice in this endeavor brings huge consequences, some of which will be creatively disruptive. This brings the need to alter (disrupt) some deeply embedded assumptions and practices — challenging but in several ways necessary for a bright future soon enough.

Healthcare is just one domain (of massive importance) in which AureLisa can play a vital role. Other domains are, for instance, wellness and business related, without forgetting child-related issues.

Scaling

As a self-learning system based on correct scientific insights, Lisa can become an increasingly better coach. The more clients, the better for Lisa's learning. After initializing a new domain – in and out of healthcare – Lisa can spontaneously proceed to become better also in that new domain.

In due time, and with many human cases as an excellent input, Lisa will also become better in her self-learning. This promises another big leap in A.I. development, one that may be never-ending. Indisputably, the ethical side must be taken seriously.

AureLisa is not 'one of several of its kind.'

The surface level may give a wrong impression. This becomes fully apparent through seriously delving into the matter. I assert this with utmost confidence regarding the medical field — specifically in psycho-somatics, my specialty. There has been astonishingly little sustainability in this field until now. Most of the direly needed developments still lie before us. Uniting science from several silos can jumpstart us forward in theory and practice. See [my scientific articles](#) for some examples. Crucially to medicine — be it regular or alternative — one is usually not ill without a functioning mind. Yet, physicians are generally not well trained in this matter, nor are healers of any kind. Comfortable ignorance is rampant.

The '[promise of psycho-soma-therapy](#)' is easily about immense costs/opportunities in money and resources as well as many human lives. Seeing this, how profoundly disruptive should one be for the sake of the AureLisa kind of innovation?

This is a question for you.

In healthcare and beyond, what is it worth to stop [sleepwalking from crisis to crisis](#)? Hasn't enough misery been born from a wrong view of the human being — one that science has sufficiently unraveled to show a more respectful and helpful picture?

Having come to this point, these are questions that cannot be evaded. If you want action to be taken — or take it yourself — please come forward. Are you open to the project, and may we refer to you as such? No further commitment is required when answering this positively. You might become a member (for free) if you like and make use, for instance, of the 1100+ meditative exercises in AurelisOnLine and the AURELIS app. Or you might become a [friend of Lisa](#) and cooperate this way on this A.I. tool that can guide many people one-on-one to self-compassion, relief of suffering, and human mental growth.

Moreover, [Lisa may become a scientific tool on top of being validated herself](#), to put the total human mind profoundly where it belongs in health, well-being, and more. For instance, through discerning mental patterns and subsequent pathology, Lisa can find new mind-related correlations and causality. Since there are still huge gaps in medical knowledge, this can go very far. Only time will tell to what degree Lisa can alleviate the burden on healthcare systems. It will be interesting to see the health-economical impact of this (Incremental Cost Effectiveness Ratio).

The [AureLisa Global Consortium](#) needs as many individuals and organizations as possible, as collaborators or simply as people who stand behind a profound synthesis of rationality and depth and want Lisa to fulfill a role toward a better world for humans.

By now, you know where to find us.

5. DailyTwinkles to Planetarianism

The [DailyTwinkles](#) project forms an ambitious AURELIS subproject, reaching and connecting people in twenty different languages.

The aim is to support people connecting in-depth while divulging the AURELIS philosophy. In accord with the [AURELIS USP](#), people are invited to value a combination of rationality and depth – both without detracting from the other – across cultural borders, toward [planetarianism](#).

Twenty languages

[DailyTwinkles](#) will be sent in the twenty most successful languages on the Internet. Together, the reach is almost 80% of all Internet users through any means of computation.

Thus, many different cultures can be reached. Necessarily, this comprises cultures with sometimes mutually incompatible ideas. The twinkling challenge is to speak to the hearts and minds of people from these different backgrounds yet not throw culturally shocking assertions at them.

People are also not coming together if they feel offended or start bickering. This must be avoided. How to?

Bringing people together supra-culturally

Unfortunately, social media are used by many in ways that possibly lead to anger, disgust, fear, shame, etc.

The DailyTwinkles project invites individuals to say – in their comments to Twinkles – what is attractive to all and say it in a profoundly friendly way. People are encouraged to think before commenting — not getting something out without first contemplating a bit.

For instance, imagine Japanese and Brazilians coalescing about the concept of ‘living in the here and now’ — profoundly.

This way, we want to bring cultures together, being convinced that, in-depth, people from all over the world are the same, basically profoundly human. Through touching deeper layers, DailyTwinkles may become part of a nice instrument for unification.

Of course, this is a challenge.

Just hoping people will behave in an intended way is not enough for the challenge to succeed. We will be bound in our efforts within the social media accounts where, of course, we gratefully use their services and respect their business model without infractions.

Therefore, the planned central hub for communication is the DailyTwinkles website in English or the source language of comments, then going back to the social media with human comments that may come from other languages. Some of our challenges in this regard are:

- to automatically find out which links go to unethical accounts and try to block many of these
- to put additional spam filters on comments and filter on inappropriate terms
- to use [Lisa](#) as a coach for inviting nice comments to be made even more interesting for all through direct communication with the commenter when possible. This might be an interesting application for others too.

Of course, from a to z and forever, anything that gets posted on social media will be human-made — no robo-posting at all.

This will take some time to put into place. I can only say, we do what we can as quickly as possible.

6. Future of Mental Healing

This is an AURELIS view. Of course, AURELIS (+ Lisa) is in the picture. One can see this as the pure use of Compassion in its complexity and effectiveness.

If you want to cooperate, please contact us through the form or at lisa@aurelis.org.

About 'mental healing'

In the broadest sense, mental healing is about the relief of suffering and the fostering of human mental growth. This is also the dual goal of Compassion. [see: "[Two-Sided Compassion](#)"]

Eventually, healing is related to the individual and much broader, up to the planet. [see: "[Healing Yourself is Healing the Planet](#)"] [see: "[People, Planet, Profit](#)"]

Psychotherapy, a recent Western invention

Within the Western medical-model thinking, the human mind has been conceptualized as an entity that should be free of disease. If it is ill, it requires therapy.

This is straightforward: IF broken THEN repair — very fruitful in the domain of physics. Thus, medicine was modeled on this. However, related to the mind, it doesn't fit because the mind is complex — different from complicated. [see: "[Complex is not Complicated](#)"] Neurocognitive science shows the brain/mind to be extremely complex. [see: "[Patterns in Neurophysiology](#)"]

This has made instrumental psychotherapies flawed from the start, some 120 years ago. Meanwhile, scientifically, this has been pointed out repeatedly and robustly. [see: "[Psychotherapy vs. Psychotherapies](#)"] Note: psychotherapy works well but not on the basis of instrumental theories and methodologies inasmuch as these do not take into account the individual mind's complexity.

We have to substantially rethink the future of mental healing.

This is needed to go forward on a scientific basis.

Therapy is used in 'waging war against the disease.' In AURELIS mental healing, there is no war. Therefore, AURELIS is no therapy. Thus, it can be used in conjunction with any kind of therapy.

The promise is huge as to effectiveness, depth, and durability with much less cost. This is relevant to psychological issues and even more so to psycho-somatics, nowadays called MUS. [see: "[Medically Unexplained Syndromes \(MUS\)](#)"]

The promised cost reduction is immense. [see: "[Saving € 1 trillion in healthcare](#)"]

Much has been worked out within AURELIS

To know more about AURELIS, [see: [“Introducing AURELIS \(Animated Video\)”](#)] [see: [“What AURELIS is About ”](#)] [see: [“AURELIS Philosophy in a Nutshell \(Animated Video\)”](#)]

Many insights and practical tools are available. Below the following scheme, for each element with a triangle at the top, you find links to relevant blog texts and other parts of the AURELIS websites.

Note within this scheme my division of nonspecific factors into an empathy range and a placebo range. [see: [“Non-Specific Factors of Therapy”](#)] [see: [“Empathy vs. Placebo”](#)]

Artificial intelligence

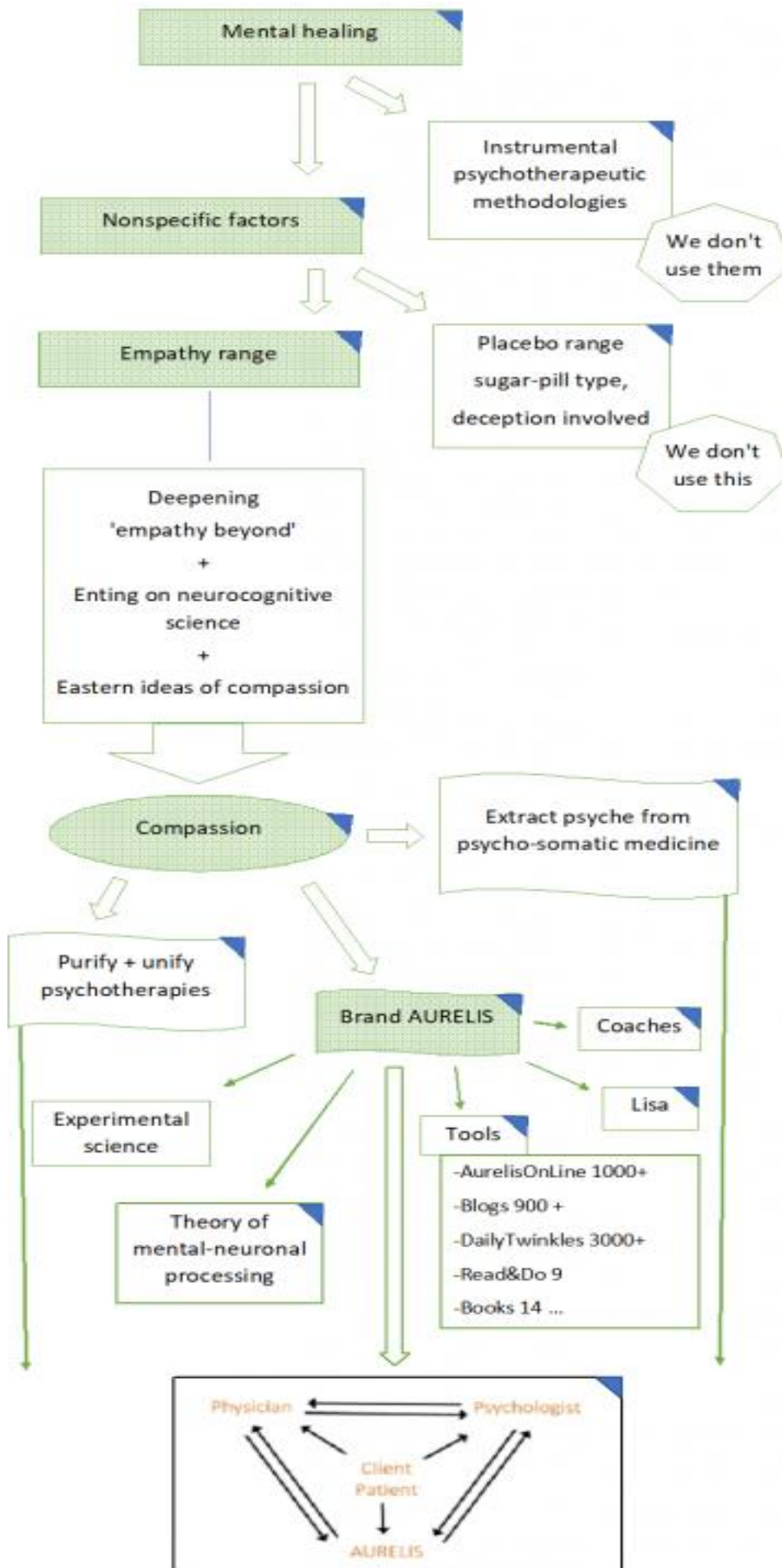
This deserves a special place in ‘mental healing.’ Remember how COVID-19 came as a surprise even though in retrospect, something alike was more than probable. So it is with the *real* intelligence in A.I., soon enough. Being knowledgeable in A.I. as well as human cognitive science, I see many parallels.

The concept of Compassion [see: [“Essence of Compassion”](#)] is a pivotal point in this evolution. See my book: [“The Journey Towards Compassionate A.I.”](#)

Mental healing towards Compassion is necessary to make the transition to *real* A.I. smooth and humane. A double bottleneck awaits us: 1) Will humans manage A.I. Compassionately? 2) Will A.I. further evolve – also autonomously – with Compassion?

And, of course, what role can Lisa [see: [“Lisa”](#)] play in this?

The general scheme



Links to relevant blog texts and other resources

These are the top-level of many more. The elements are ordered according to their place in the scheme:

- **Mental healing**

[Mental Change: How it Works](#)

[Fundamental Reality in Psychology](#)

[Underlying Reality in Psychotherapy and Psycho-Somatics](#)

[Inner Dissociation is NEVER OK!](#)

[Subconceptual Processing in Health and Healing](#)

[<Mind = Body> Healthcare](#)

[Cause of All Suffering: Dissociation](#)

[The Responsibility of Mind-Science](#)

[Mind – Medicine – 2020](#)

- **Instrumental psychotherapeutic methodologies**

[Psychotherapy vs. Psychotherapies](#)

[WHY Psychotherapies Don't Work](#)

[What is Success in Therapy?](#)

[Is Short-Term Enough in Therapy?](#)

[Are RCTs valid in Psychotherapy?](#)

- **Nonspecific factors**

[Non-Specific Factors of Therapy](#)

[From Common Factors to AURELIS](#)

- **Empathy range**

[Landscape of Empathy](#)

RG: [Empathy Beyond the Conceptual Level](#)

[Empathy vs. Placebo](#)

[Empathy in 1, 2, 3 – Part 3: ‘Beyond the Conceptual’](#)

[How Empathy Works](#)

- **Placebo range**

RG: [The Placebo Effect: How the Subconscious Fits in](#)

RG: [Placebos have many ‘side-effects’](#)

[Placebo Based Medicine](#)

[About <Placebo> In-Depth](#)

[Placebo Is Not Good for You](#)

[How Active is Placebo?](#)

[Placebo and the Predictive Brain](#)

[Placebo Without Deception?](#)

[If it works, then it’s OKAY?](#)

- **Compassion**

[Only Compassion Works](#)

[Is Compassion Art?](#)

[Two-Sided Compassion](#)

[Deep Listening](#)

[Essence of Compassion](#)

[Compassion: Relief of Dissociation](#)

[Growth, Compassion, Love](#)

[No Compassion without Growth](#)

[Altruism – Compassion](#)

[Practicing Compassion](#)

- **Psycho-somatic Medicine**

[Is Psycho-Somatics Medicine?](#)

Cat.: [Your Mind as Cure](#) (19)

- **Purify + unify psychotherapies**

[Can Lisa Unify Psychotherapy?](#)

[How to Unify Ideologies](#)

- **Brand AURELIS**

[What AURELIS is About](#)

[AURELIS USP: '100% Rationality, 100% Depth'](#)

[Introducing AURELIS \(Animated Video\)](#)

[AURELIS Philosophy in a Nutshell \(Animated Video\)](#)

[AURELIS Social Impact](#)

Cat.: [AURELIS](#) (66)

[Saving € 1 trillion in healthcare](#)

[Imagine: an AURELIS Future](#)

- **Lisa**

[Lisa](#)

[Lisa = Mental Hygiene](#)

[Introducing Lisa \(Animated Video\)](#)

[Lisa Into the Future](#)

[Lisa as a Pattern Recognizer](#)

[Is Lisa the Durable Answer?](#)

- **AURELIS Coaches**

Cat.: [AURELIS coaching](#) (37)

[Growing towards AURELIS Coach](#)

[Coaching Happens In-Depth](#)

- **AURELIS Tools**

[AurelisOnLine](#)

[Read&Do](#)

[Books](#)

[Free App](#)

- **Experimental science**

[Object-Science Versus Subject-Science](#)

[Importance of Science to AURELIS](#)

RG: [Subconceptual Processing in Medicine](#)

- **Theory of mental-neuronal processing**

[Patterns in Neurophysiology](#)

[Your Mind-Brain, a Giant Pattern Recognizer](#)

[The Stream of Non-Consciousness](#)

[Patterns towards Health and Healing](#)

[The Brain as a Predictor](#)

[About 'Subconceptual'](#)

[The Brainy Trinity](#)

[From Mirror Neurons to Mirror Brain](#)

[The Post-Postmodernist Brain](#)

[From Neurons to Neuronal Networks](#)

- **Triangle of future mental healthcare**

[Triangle of Therapy](#)

- **Broader than healthcare**

Leadership

Cat.: [Open Leadership](#) (59)

[Open Vision on Leadership](#)

[Open Leadership: from Chaotic to Open](#)

Meditation

Cat.: [Meditation](#) (45)

Judiciary

[Lady Justice's Blindfold](#)

Religion

Cat.: [Open Religion](#) (55)

Many sociocultural issues

Cat.: [Sociocultural issues](#) (105)

- **Artificial intelligence**

Cat.: [Artificial Intelligence](#) (39)

[Who We Are. What A.I. Can become](#)

[The Journey Towards Compassionate A.I.](#)

7. The Promise of Psycho-Soma-Therapy

Looking at some skeptical questions in need of sensible answers to grasp the promise of using the psyche, therefore also of Lisa's impact on bodily health (psycho-somatics).

This hyper-hyperlinked text brings several strands together to make a point of the promise. The intrigued reader can delve further into many directions.

Two sides

On the one hand, it seems non-common-sensical that the ephemeral mind can considerably impact the solid body.

On the other hand, the [placebo effect seems to have a huge impact on health and healing](#), arguably [as much as established medical treatments](#). As you may know, the AURELIS aim is to understand and transcend the placebo, thereby bringing the effect to many in an open, profound, ethical, and scientific way. This will [diminish the need for a placebo itself](#) — *in any of its guises*. This is as far-reaching as it sounds, not stopping at the borders of [CAM](#), [psychotherapy](#) or [medicine](#).

About illness and healing

The idea that illnesses are distinct entities that come and go, whereby health is the absence of disease is a chimera. There are [continua everywhere in health and healing](#), primarily but not exclusively when the mind is involved.

In this flux of more or less healthy elements, mind-related factors can play fluid roles – positively or negatively – without much need for conscious awareness. In the real complexity of inner and outer worlds, many simultaneous influences make it challenging to discern elements that are by themselves hard to grasp conceptually. [Subconceptual influences](#) can be substantial, at the same time hidden due to a [basic cognitive illusion](#).

This and other factors make the [proof of mind on health difficult](#), but not therefore impossible. [Lisa](#) can play a huge role in this, in the future.

The challenge

The immense challenge is not that we know there is little (influence of mind on body), but that we know little. Compare it with the state of medicine 170 years ago: a bygone time of leeches, clysmata, and venipunctures.

How will the future, 170 years from now, look at the present state of psycho-soma-therapy? In principle, it may be with the same incredulous look in the eyes.

But don't we presently have the science that proves we're right?

No, dear reader, we do not have that science regarding psycho-soma-therapy. The elements we do have, point in the direction of an immense implicit blindfold. Of course, no one puts on that blindfold knowingly — no conspiracy in this.

Still, just a few examples:

- With scientific certainty, [psychotherapeutic models and techniques don't work](#) apart from 'common factors.'
- *Conceptual* (biochemical, physiological) causal structures of distinct psychological (therefore also psycho-somatic) disorders are unknown — not some of them, all of them. Described disorders are sets of symptoms, not causally differentiated categories.
- Antidepressants' placebo-part [ranges from 80% to disconcertingly more](#).
- Some frequently performed operations [carry the same amount of placebo effect](#).
- [Double-blind studies are pretty much less blind](#) than is generally assumed at present, thus overrating somatic solutions and underrating the involvement of the mind.

Knowledge that could lead to proper psycho-soma-therapy is in many places hidden in plain sight.

Can the mind influence the body?

Sure, move your hand and see your mind's impact on your body through your 'ephemeral' decision. For this, your mind doesn't need to jump over an abyss since, actually, [mind and body are the same: two views, one thing](#).

There is no abyss between the mind and the body.

Can this happen without conscious involvement?

[Non-conscious mental processing](#) is a fact. Moreover, it comprises most of what meaningfully happens in the mind/brain.

For instance, one can be [non-consciously stressed](#). At the long term, this can lead to chronic psycho-somatic illness without conscious causal awareness.

Don't we know most of what makes us bodily ill?

In many conditions, there are [huge gaps in causal knowledge](#). Many patients suffer from [Medically Unexplained Syndromes](#) — more than 50% if we count the unknown causes of seemingly known causes.

Moreover, in most cases of disease, there is not one single cause but more something like a whirlpool of causes. Meanwhile, much of causal medical thinking is still [deficiently uni-causal, especially when the mind is involved](#).

Why does psychotherapy presently not heal many psycho-somatic diseases?

[Present-day psychotherapies](#) are still mainly floating constructs with little grounding in the more fundamental reality of the brain/mind.

This *principally* diminishes their capacity to act psycho-soma-therapeutically. AURELIS, [being fundamentally different](#), may change the above in the future with Lisa, again, playing a decisive role with [real-world scientific proof](#) — also important for healthcare payers.

Does this look like the mind plays hide and seek?

Indeed.

However, this appearance comes from the fact that the non-conscious brain/mind generally works so well and from the inside. We take much of what is mind-related for granted, but note: It's already a minor miracle that you can think one thought or read one blog-essay. The mind/brain is a fine piece of equipment.

Therefore, it should be no surprise that it can do many more things — including health-related — behind the scenes of conscious awareness.

How can we make psycho-soma-therapy happen?

In good AURELIS setting, users are not dependent variables on which therapeutic techniques are administered. Much [Inner Strength](#) is available to anyone — no need to create this, certainly not by any magic.

The challenge lies in orienting this Inner Strength. If we can do so, inviting it toward desired goals, we have [many possibilities to influence health for the better](#).

This is Lisa's goal.

See [The Lisa Revolution](#). Making abstraction from the concrete Lisa, what she stands for is not just a promise.

It is our best chance to find out who we — humans — really are and how to act upon this newly found knowledge.

8. AureLisa White Paper

Here is a [white paper about the direction of the AureLisa project](#), with a link to [AureLisa pitching](#). Feel free to share this with anyone.

You can also watch an [animated video introducing AURELIS](#) and an [animated video introducing Lisa](#).

If you are interested in cooperation, feel free to contact me at jeanluc@aurelis.org.

If you want to support the AureLisa project directly, you might become a '[friend of Lisa](#)' and take a cooperative share. It's the [best investment in yourself and the world](#), and you can opt out at any time.

[Click to access AureLisa White Paper.pdf](#)

This may be updated.
