

## “Illumination(s)” on the essential importance of the gender issue for democracies

[8 pages of text: first a summary in 6 points, then a (prolonged) thesis paper from 2023]

1. Everyone feels that social recognition of their own sexual orientation is extremely central to their sense of human dignity. This is why **the gender issue is relevant 365 days a year as a clear and always visible anti-fascist bulwark of democracy!** - Also to be kept in mind: Our sexual balance is closely linked every day to our energies for physical work and creative thinking..! Therefore, in our lifetimes, it must be our task to culturally anchor all the emancipations we have already achieved in a more stable way than before and to supplement them with a new kind of (women-friendly!) male emancipation. - Only a readiness to constructively process and respond to criticism on the part of suitable people from both main sexes is required to begin training us towards peaceful progress!..
2. Due to the complete **shorelessness of the liberal thinking** approach and the similarly “shoreless” developments in the gender area to date, we need a structure in democracies a) that is easy to understand and kept in as simple words as possible for the entire population; and b) which is capable of reorganizing and stabilizing human cohesion in 21st century democracies. - Every child recognizes that a material construction can stand stably on three legs and that any construction on only two legs threatens to topple over immediately. This analogy suggests itself to me with regard to sexual binarity, as far as the poor service it’s able to do for the stability of modern democracies is concerned. - So the binary gender logic, which primarily serves to maintain (inherited\*) patriarchal structures (\*now “planet-toxic“, but with generational hope for new mindsets..!), should be replaced by a **“trinary logic”**, i.e. the introduction of a so-called “3rd gender”, an ancient term in Asia, still used today. - “Gender gaga” accusations would be rendered obsolete by this simplification of ‘LGBTQIA+’.
3. **Androgyny** (which has developed historically as a greater variety of body types and, above all, facial shapes) distinguishes us from the animal world and is therefore one of the core characteristics of humanity as a separate species. - This finally deserves lasting appreciation!
4. We humans should have long been aware of **intelligence** as a more important reproductive factor than the increasingly “exclusive” reproduction with only the most physically robust, which is evidently practiced today by more or less “clueless” women with a false Darwinian basic understanding. - According to my own observations, where nature has invested more in intelligence, physical robustness is not always, but often less pronounced. In this context it is important to note that slight genetic deviations in humans - even in the direction of fragility! - are in principal not to be seen and interpreted as “imperfections” or “flaws” of nature, but are instead 100% equally valuable for our constant readiness to adapt as a species in accordance with changing food supplies and the (combined) development of other environmental factors.
5. A **“right of the strongest”** should not continue to be transferred from the animal world to the human world as an allegedly “unalterable law of nature”. In view of a recognizable higher striving for knowledge not only in humans but already in animals, one can come to the idea that the reproductive prerogative of the strongest animals was a kind of emergency solution of nature, when in biological prehistoric times of our planet no animal race had yet developed an elaborate language. In comparison we humans meanwhile have worldwide opportunities to get to know each other, choose partners according to hobbies, etc. pp. ... - In the cultural recourse that continues to this day a) to “an automatic natural prerogative” of the stronger and b) to the old binary logic of gender coercion, I therefore see an obstruction of the higher potentials of human-specific diversity of appearance for the peaceful further development of our own species.
6. **Binary gender logic** has in fact already been used in the Nazi era to oppress the whole people (cf. Wilhelm Reich's analysis “Mass Psychology of Fascism” from 1933, with new edition 2020). In my opinion, a civil society body (in connection with the Ethics Council) should therefore be called for, which advocates gender peace regulations outside of politics, supported by the most reconciliation-oriented people who

can be found by public application. - Please also consider that from this starting point, **a modern approach to world peace** could in fact be newly developed (“co-created“) ...!!

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Thesis Paper (2023)

**More GENDER PEACE as a way to preserve DEMOCRACY – via a new inclusive approach and concept for social cohesion in the democratic societies of the 21st Century!**

A| FOREWORD

a1 - This text deliberately and purposefully aims to break through the now often lamented “silence of men” in recent decades and would like to make a start for the beginning of new, democracy-energizing and socially peaceful gender dialogues for the 21st century (...and beyond if possible). As it is to be read as an answer to questions posed primarily by women, the text invites women in particular to reflect on their own and to engage in new “two-eyed” discussions. It must therefore be emphasized in advance that the thoughts in this text must not be used for one-sided accusations against women: (self-)criticism from the men's side remains just as important (e.g. femicides, MeToo and cf. thesis e1). **Only a holistic view on society can teach us to find synergetic solutions together!**

a2 - As an avowed feminist with an unusual biographical point of view consciously for over 40 years, I am primarily concerned with a better general understanding between men and women in the future, which not only helps to improve the social climate of the last 30+ years, but also creates the conditions for us to preserve our democracy for the already born and the unborn future generations!

B| Introduction: MEN'S EMANCIPATION TODAY

b1 - After 50 years of focusing on women's emancipation, good feminists who look further ahead want to hear from men how they experience and assess the current state of gender relations. Initial statements: Not only women have suffered and continue to suffer under patriarchy. There was and still is (sometimes considerable) “structural violence” in the form of discrimination against men due to old patriarchal thought patterns in society, which finally deserves more attention! For reasons of fundamental fairness, the behavior of women who consciously or unconsciously participate in patriarchal forms of male discrimination must not be ignored, but these aspects must also be openly addressed.

b2 - From the inside view of a now 65-year-old academic who, due to his ADD and the “everyone against everyone” climate of the 1990s, had to work predominantly in the low-wage sector, and who was himself discriminated against at various times in his life as a rather fragile hetero male, I was able to identify **four aspects that allow a certain fanning out of those types of men who are in my view still (latently) affected by discrimination** despite all the progress made today:

C| INCLUSION

c1 - We can all learn from how well people with health restrictions cope mentally and physically with their everyday lives! This applies both to the sometimes astonishing compensation of lost or missing abilities through other skills and to getting by with fewer opportunities for experiences while maintaining a mental balance and even life satisfaction. (“Less is more” as a future-motto to help save our biosphere..)

c2 - If even the severely disabled are already being included today in thought and through practical measures as a given part of every society at all times, this gives rise to the hope by logical inference that people with less severe restrictions on their ability to work and perform will one day soon also be officially “included”, regardless of their (partial) disabilities being visible or not.(!) - It would be important to strive for this in general so that respect for human dignity finally becomes a tangible reality for everyone!

D| MINORITY PROTECTION also FOR the SMALLER AND the more FRAGILE MEN\* !

(\* Men in particular, but women are included if they are similarly discriminated against...)

d1 - In terms of cultural history, it would be interesting to know whether smaller and slimmer men (as the main victims) have not been exposed to public ridicule at all times. I tend to assume that this is the case. However, I was surprised by film footage from the beginning of the last century in which small and slender men seemed to be fully respected in everyday life. But that may also have had something to do with the precarious food situation for everyone at the time. ...

d2 - Slight genetic deviations in humans - also in the direction of fragility! - are not “imperfections“ or “flaws“ of nature, but equally valuable for our permanent adaptability as a species!

d3 - Especially in highly complex societies like ours, the most diverse types of people are needed for the most diverse tasks.

d4 - The special (it is possible to say “typical”) performance capabilities of people with frailer physiques cannot be adopted one-to-one by more robust types of people. - There are (in the true sense of the word) “essential” differences in the perception of the world, in the natural self-expression, the interests and the problem solving approaches of fragile people that I find are all valuable in some way and therefore all worth exploring! ..

d5 - Any discrimination against any group in a society impairs the development of the performance potential of the people concerned, sometimes considerably, and thus harms the functioning, vitality and cultural and material “output” of the larger communities (economies) of which they are a part.

d6 - Conclusion: Let us advocate more respect and appreciation explicitly for fragile people, among whom there are many people of above-average intelligence! - Likewise it would be nice if one day it were just as common on the street to see not only tall and robust men holding smaller, more fragile women, but also the exact opposite, namely taller, more robust women holding smaller, more fragile men! (Since for women too, body length growth is increasing towards biologically precarious extremes, there can be no healthier way to achieve a balance, my partly “autistic” brain tells me. ...)

E| GENDER JUSTICE also for ANDROGYNOUS HETERO-MEN !

e1 – **One of my central observations is that there has been a considerable ROLLBACK FOR MEN in the past decades of neoliberalism and turbo-capitalism beginning in the 1980s:** In my own experience, androgynous hetero men had a particularly difficult time asserting themselves in the past few decades because, as physically weaker people, they have been feeling exposed to social Darwinist discrimination per se and only the (old) “macho” and (new) “strongman cult” have been celebrated. - This period stands in stark contrast to the tolerance and openness of the 1960s and 1970s in particular. It would be essential for society to return to the good aspects of the collective spirit of that time so that we can find our way back to more serenity/relaxation, creativity and, above all, more sensitivity. - Please note: men and women would b o t h benefit from this development!

e2 - Androgynous heterosexual women still have far fewer problems finding a partner than androgynous heterosexual men. - In my opinion, this modern imbalance must be overcome!

e3 - With a roughly simplified division of the population into larger/robust and smaller/fragile men and women, I understand my approach so to speak as **“inserting the missing fourth leg of the table” in the gender emancipation context** for a real equality of all essential parts of the population, which in my opinion will only then be realized. - This statement need not set alarm bells ringing for anyone, because it focuses on the aspect of human dignity (whose observance I know from my own clear memories of '70s-tolerance would have positive effects on people of my kind!), and does not seek to exclude any young man with a more fragile physique from climbing the social ladder himself.

e4 - The gender world can best be simplified and made more easily understandable to the entire population in terms of its essence by speaking of an “androgynous mix of people” – this being more suitable for everyday use than constantly speaking (often enough only about one) of meanwhile over 60 defined subgroups, which has recently led to understandable counter-reactions such as “gender gaga”. **The concept of a “3rd gender”**, which has been common in Asia for thousands of years and already has adherents in Europe, is similarly summarizing. - I would also like to point out that, for me, women make up around 50% of this group of people, which may be an aspect that many readers have not been considering (.as of yet... ;-)) ! - All this being said I would like to emphasize that **the known m/f-polarity** with all the old and good, well-tried orienting values in the education of children **should** in my view **definitely („of course“) be preserved** (except for all aspects of oppression self-evidently) !...

e5 - To conclude this section, a (subjectively felt) “Tagore-like” thought: **all social groups that have already been emancipated today should learn to integrate “a democratic and social obligation to reconnect” in their consciousness and to enter into communication with each other** in order to discuss new problems that have arisen through the emancipation of individual sections of the population and then to seek joint solutions for the future together.

## F| INTROVERTS, (semi-)AUTISTS and HIGHLY GIFTED PEOPLE

f1 - The importance of introverts for modern societies has so far remained largely underexplored. However, see the book title “Still” by Susan Cain, 2012, about the potential of introverts!

f2 - We should be aware that extraverts and introverts have been dependent on each other in everyday life since the days of the first larger human settlements. - Hence the demand: no more discrimination against (shy) introverts, who are constantly doing valuable work in the background!

f3 - (Autistic) highly gifted people are able to mentally grasp today's complexities more fully than average gifted people and are therefore great potential problem solvers.

f4 - The following question is therefore a particularly **important** one **for our common future**: **How do we deal today with highly intelligent, highly sensitive, (semi-)autistic introverts, boys and girls, men and women, who are often also particularly physically fragile and on whom our future will depend to a greater extent than ever before?** - This is **a completely new question for society**, one **that must be addressed in democracies in a cross-party and inclusive manner**, because after all, **we are talking about a minority with particularly high performance potential!** ...

f5 - Due to **bullying of nerds and physically weaker classmates in schools** (and then often far into adult life...) every year valuable percentages of our domestic “brain capital” (= our main “resource”) still do not come to their initial unfolding and/or to their further (full) development !!

f6 - That's why one of my most urgent appeals is: more money and commitment against bullying of weaker people and thus not least of male and female (prospective) “nerds” in schools !!! (This also entails more direct education on the subject, including on our country-wide private TV-channels! ...)

G| A PLEADING for a WOMEN-FRIENDLY EMANCIPATION of MEN (in these difficult times...)

g1 - Due to the complete lack of boundaries in liberal thinking, it is necessary for all groups that have meanwhile reached societal respect to agree on how they can work together in the future for the cohesion of society, when it is clear that with the loss of democracy all their hard-won emancipations would soon be lost! (This reiterates and shows the high and acute relevance of thesis e5 above! ...)

g2 - The core reason for writing this thesis paper was the question: What mindset changes do we need to move us beyond and away from the (in my personal experience horribly) unhealthy and ultimately self-destructive social climate of the 1990s/2000s? - The core of my answer is the appeal to all peace- and dialogue-oriented feminists, masculists and the whole LGBTQIA+-community: Let's finally bury the “hatchet” of the last decades between the sexes together! → NOW is the best time for this! - It is about ensuring that we never again lose the great progress in human tolerance in democracies since the 1960s, and the (wealth of) new insights and general consciousness that this tolerance has made possible - besides bettering the lives of millions of people who were discriminated against before! ...

g3 - From the 1970s onwards at the latest, men who looked further ahead approached women to support them in their emancipation. - A reverse step by women towards men would now be good!

g4 - I once read that women shouldn't limit their dating focus too much to alpha men, because they usually only pre-program their own dissatisfaction with life. I like to take this up and ask: If men can freely love women of any type, why don't women also take the right and freedom to more diversity when choosing a partner? - In my opinion, the sexual intercourse that usually accompanies this should never be viewed “primarily” through the lens of a daily “winner/loser” sports competition (a new phenomenon of our time that has never existed in the entire history of [hu]mankind...!), because after all, for most people, everyday sex is justifiably still much more about things like physical relaxation, emotional security and often even deeper inner healing.

g5 - In democracies, social development can only take place on the basis of rational knowledge. I would therefore also find it appropriate for the gender debate if we all became more aware of the fact that all positive characteristics (“qualities”) that people can have can be found in absolutely all body type categories, i.e. regardless of whether they are fat, thin, tall or short - and equally across all social classes!

To summarize, the following insights and recommendations seem particularly relevant in my view:

g6 - “It takes every kind of people - to make the world go round !” (Robert Palmer) – My demand: More respect for the above-average difficult life paths of the groups of people described above, and now for the first time also for androgynous straight men! - (Signals in the direction of more empathy for the fates of men in the east of the republic since the fall of the Berlin Wall, which were rather aggravated by the gender climate at that time, could in my opinion - if used correctly - also serve to successfully woo away right-wing voters! ...)

g7 - We should make better use of the part of our evolution that we can control through collective cognitive processes! The motto for the future that I recommend is: **intelligence must be valued more highly than physical strength in reproduction**, especially in a country like ours that is particularly dependent on it (due to a lack of other raw materials)! - The cultural history of the Jewish people shows that such a thing is fundamentally possible: According to a DLF radio feature, the Jews have “managed” for over

2000 years to actually place the collective reproductive focus on intelligence, while the Greeks and Romans (and subsequently the whole of Europe) have apparently valued the beauty factor higher than the intelligence factor when choosing a partner for just as long(!..) - Then it really need no longer surprise anyone today if the proportion of Jewish Nobel Prize winners is particularly high and remains high in the future. - Note: If women should now feel disad-vantaged by “aha: such a” male emancipation - see STEM subjects discussion... - this could be counteracted by targeted courses in creative thinking for women only, without [louder] male voices interfering. - But as today boys’ school performances are declining, it’s time to offer courses for them also! ...

g8 - A new perspective to be created for the **mediating role (suitability) recognition of people in the “androgynous zone”**, who are to make a name for themselves in future as social “bridge builders”, could be - if this is presented appropriately in the media - the “highlight” for the transition to a new phase of gender-peaceful democratic coexistence!

My main assumption here is that all people in whose lives the issue of androgyny plays a certain role have or can develop more empathy for the feelings of the opposite sex than men and women with a clearly one-sided gender orientation. - The most important reason for my recommendation of the designation of an “androgynous zone” as a “third gender” helpful for social cohesion is that, despite the varied history of the use of the term androgyny, no other natural phenomenon will be more permanently accessible to even the most uneducated people in all cultures of the world than the phenomenon of androgynous physical characteristics that recurs in every generation, especially [but not only] in the gender appearance of faces. - One must know that outwardly completely invisible, purely socialization-related forms of androgyny also exist. As far as these manifestations are concerned, even the most uneducated are likely to know from their own experience [or from their environment] those phenomena in family developments that can lead to an increased inner role identification with parents - or other personal role models - who do not [fully] correspond to the expected habitual behavior of the human-biological sex. - It should be noted in this topic that women must also suffer from a disregard and non-appreciation[!] of androgyny as an actually very interesting natural phenomenon as long as we remain attached to old binary thinking. And lastly, may it be known that androgynous people [latently] always or in many cases have a special attraction for each other.

g9 - General demand: **a creative spirit revival by the older generations** who still have vivid memories of the 60s and 70s! And as one of the most essential components of this time, **a revival of the concept of love instead of 'pressure to perform' during sex!** - Concrete demand: new editions of Erich Fromm's “The Art of Loving”, which has apparently not been on sale for some time!

g10 - In my perception, women today have more open (because they are now recognized) ways to develop freely in any direction, even in male professions. Conversely, it is still felt that 100% of all straight men are expected to play a protective role for their partners and “female” professions such as parenting are still “traditionally” avoided by them. => **Let's broaden our understanding of male behaviour spectrums and of how men are allowed to develop and appear in this world**, just like we have done it for women, because this is clearly necessary (..and all the more possible) today! ...

g11 - The pre-historical and pre-scientific, superficially binary view of human sexuality, which still causes millions of human development and life impairments worldwide, should be regarded as culturally completely inadequate from today's perspective and highly self-damaging from an economic point of view, and everybody should know this. - Backward-looking neo-right-wing parties evidently also want to return to the compulsory regulation of a single, socially acceptable form of civil partnership. Therefore, as an urgent reading recommendation: **Wilhelm Reich's** analysis of precisely that fascist method of gender politics for the purpose of oppressing the whole people, which was originally published in **1933** under the title “**Mass Psychology of Fascism**”. Since 2020 this text is finally available again as a new edition (in German at least: therefore please demand translations, if these aren't available yet in your country! ...)

g12 - The horror of 1933-45 teaches us (German Constitution- al Law, Art. 3): In democracies, **never again oppressive gender politics from above!** => **Gender peace regulations in the hands of civil society!**

## H| OUTLOOK

h1 - Those **women** who have now reached **positions of power** have a special responsibility today, where the defense of democracy is at stake: There is now a unique opportunity, which may not otherwise recur for a long time, for them to be at the forefront of “taking” the historical credit for saving the values of the EU, the West and democracy worldwide, or to be partly responsible for a relapse into archaic barbarism, in which women are once again subjected to the old oppression.

h2 – Therefore my most anxious “big” (overriding) question is: **what other accents can women set and claim for themselves in politics that differ from previous male styles?** My greatest and fondest social hope is that in the long term this will go in the direction of Bertha von Suttner, Joan Baez, Yoko Ono, Gretchen Dutschke and other similarly intelligent women and not in the direction of Margaret Thatcher, who for me in her form of ruthlessness was above all a cold and heartless copy of bad male leadership styles! Instead I very much yearn for more political heart energy input from women like that of “our” forever beloved ‘QE2’ and also e.g. Jacinda Ardern’s type of radiance...!\*

(\*..And please don’t tell me “every leader’s got tough decisions to make”! Of course they do, but I believe for women in power it’s always a big “plus” if they also represent [“occupy”] the always appreciated and always open space for kind-heartedness and leniency in their handling of affairs, which can do wonders for the inner cohesion and the “productive well-being” of a country! Beyond this, **I feel that women could and should be the greatest advocates a) for world peace and b) for the conservation of our biosphere, via their [in my (hope-)view from now on “mandatorily” to be] proclaimed connection to “Mother Gaia”**. - In these areas I see women’s greatest potentials to gain worldwide recognition as a female political force via typically **female attributes** that can one day level up to the dimension of respect men have been getting in politics through typically **male attributes**. - **Men and women each represent one half of the properties of the human potential !!..)**

h3 - I maintain that if **democracy** is to continue to be **a bulwark against tyranny** (for which it was mainly invented by wise Greeks two and a half thousand years ago..), then for me this also **includes women becoming so well aware of their community of interests with the approx. 95% of so-called “beta” men who are not in leadership positions that they overcome any “systemically traditional” internal discrimination against the sections of the male population discussed here.**

h4 - It should be noted that not all “beta” men are completely without **alpha potential**, just as many women have not yet or only partially exploited their alpha potential (see again Susan Cain's essay “Still”, 2012, on the potentials of introverts). Such women could also make a better contribution to saving democracy if they received increased support from empathic men who understand women and it is societally more accepted that they have empathic husbands, who may have some sort of „fragile“ traits or even physically visible disabilities! [What?? Are you sure, man? - YES, I’m sure! ...]

h5 - To summarize, this appeal: **Let us together remain stable on the path of the UN equality goals of 'Inclusion' and 'Gender Mainstreaming' by continuing to promote and implement corresponding awareness to the best of our ability - no matter what lies ahead!** For only through humility before all life (in the biosphere) that forms our hearts can humanity secure its future and realize its full potential for the benefit of all by ensuring social cohesion and peace and friendship among nations. - **The gender issue can and should** - as it is central to the way of life in democracies - **be used** in this context **to revitalize general interest in democracy (especially among men!.. ...)** as evidence of ongoing, further progress towards more “inclusive respect” for the inherent human dignity of all people!

h6 - At the same time, we should make ourselves aware and from now on constantly keep in mind that every societal step we will take in the coming decades towards peace-oriented societies (with all our new technical capabilities today...) can only serve to finally lift us up to that level of “civilization” which has always been standard in the entire animal world, namely that all animals have an activated real instinct and thus a very good self-understanding that they never deliberately kill conspecifics. - May this aspect be useful to all peace activists as a new goal definition and additional argumentation aid (!) ...and as an admittedly particularly idealistic last impulse also make it clearer how much easier all the other demands in this thesis paper would be or are to implement today ..!

As 'epilogue' a short embedding in what are for me the most relevant dimensions of our context today:

→ **1. One of my initial impulses** – as I have alluded to in the foreword - **was and is to revitalize the current discourse on possible ways to preserve our democracy.** Since democracies will have to evolve in the 21st century anyway (and even reinvent themselves in some respects under new conditions), **I see my text as a contribution in this direction. But equally holistic approaches and ideas for other future-relevant issues are definitely also needed. Therefore I explicitly want to encourage and even urge people to develop these by what I'm putting out !** → **2.** My personal hope for the text I am presenting here is that the findings I have compiled will be critically examined by people who are interested in gender themes especially those with professional expertise in the subject matter, then discussed sufficiently in public and after that no longer be ignored, but included in future solutions.

**BY SPREADING IT, PLEASE HELP ENSURE THAT THIS THESIS PAPER WON'T GET LOST !!**  
(Make copies and/or send this text to people you know and discuss my theses and demands with them!...)

→ **3. FOR THE RETURN TO A MORE 'CO-CREATIVE'  
POLITICAL BASIS and SOCIAL CLIMATE !!**

(..like we were used to esp. in the 1960s-80s: Ask us older generations for more [direct and personal] knowledge-transfer and support in this regard! - And I [or we, the elders] promise to actively keep coming more towards you younger people also!... :-))

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[prolonged version '24-12. Translated mainly with the help of deepl.com - thanks for their service!]

For feedback (comments, questions, suggestions..) concerning this text please use the following address:  
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Keywords for a better allocation to several relevant research areas and some more personal reference points:  
#democratic\_cohesion, #developing\_democracies, #democracy\_21st\_century, #democracy\_future, #3D\_spiritualization, #New\_Earth, #vision\_for\_world\_peace, #idealism, #humanism, #Hermann\_Hesse, #Ronald\_D.\_Laing, #ADD\_in\_adulthood, #neurodivergence, #INFJ, #minority\_protection, #future\_evolution\_of\_humanity, #societal\_progress, #sociology, #sociology\_1990s, #Marcus\_Aurelius, #Christian\_thinking.