

Dear Colleagues,

The image of the Coming 2020 Year is illustrated herein by a picture painted by our BHF (Brain-and-Heart Friend) Todor Krastev, Professor of Architecture.

We, hereby, express our 2020 wishes for health, well-being, reciprocal love-and-respect, generosity, truthfulness, benevolence, heuristic creativity, humility-and-dignity, cooperation-and-independence, BHF-ship, love-of-knowledge (Bulgarian - *luboznanie*, Greek – *epistemo-philia*, Swedish – *kunskapskärlek*, Serbian – *radoznalost*; joy-of-knowledge).....

And empathy, herein illustrated with Zen haiku as well as Figure 1.

The wild geese fly over the lake.

Lake, of course, reflect them.

Geese do not pray, „reflect us.”

Lake does not say, „Thank you reflect on me.”

Whoever wants to be happy, he has to have wonderful friends.



Aristotle, „Nicomachean Ethics”

In human-to-human interactions, we argue strongly for the creation of connections between the virtues of intellect (brain, mind) and those of feeling (heart, soul), designating such links brain-and-heart friend/ship (BHF) (1). Thus, BHF-ship and, more importantly, BHF in-action (BHFA), might be considered *The Fifth Element*, the quintessence (Latin *quinta* - five, and *essentia* - the true nature of being), which was named *ether* by Aristotle in his book *On Generation and Corruption*. The dynamic and plasticity of *The Elements* have been expressed in the following aphorism: „Nothing new comes or can come into being. The only change that can occur is a change in the juxtaposition of element with element.”



Figure 1. Emblem of reciprocal empathy – a photograph taken around the lake Vaya of the native city of Burgas (<https://www.vesti.bg/galerii/foto/edna-sutrin-navaia-burgaskoto-ezero-2307/26420307>).

If society is made up of self-centered “elements”, what can support them to be together? The genius F.M. Dostoevsky replied to this question too: *People unite by the right of open dishonesty*. Yet, imagine we are developing Human Philome (Friendome) Project.

“In Western medicine, we are very good at treating the disease, less good at treating the patient, and not very good at treating the person” (2). At clinical level, mind-heart-body disconnections are known as “broken heart syndrome” (also takotsubo cardiomyopathy, stress cardiomyopathy) (see 2).

Hence, an anthropocentric thinking-and-action may keep us away from diseases triggered by broken brain-heart-body connection.

Hopefully, the seeds of brain-and-heart which have been planting can flourish indeed.

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Editor-in-Chief

1. Chaldakov GN. *Homo Janus. Psychology and Psychopathology (not only) of Bulgarians*. Publissays and science-in-fiction. Third revised and enlarged edition. Morski svyat, Varna, Bulgaria, 2018, pp 168-169.
2. Levine GN. The mind-heart-body connection. *Circulation*. 2019;140:1363–1365. DOI: 10.1161/CIRCULATIONAHA.119.041914