



## Dear Colleagues,

Let us giving a chance to reciprocal love-and-respect, generosity, truthfulness, benevolence, heuristic creativity, humility-and-dignity, cooperation-and-independence, brain-and-heart friend/ship (BHF), love-of-knowledge (Bulgarian - *luboznanie*, Greek – *epistemophilia*, Swedish – *kunskapskärlek*, Serbian – *radoznanost*; 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.“*



**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>).

*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 BHF-ship (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.“

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*.

“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”. At clinical level, mind-heart-body disconnections are known as “broken heart syndrome” (also takotsubo cardiomyopathy, stress cardiomyopathy) (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.

*George N. Chaldakov, 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