Biocomputers and the Personal Operating System

For thousands of years and with varying degrees of success, leaders, teachers and parents have tried to convey the inherent goodness of virtues and values to their pupils, followers and children. These elders didn't lack passion, stamina, patience or intelligence, but what they lacked was an easy-to-understand model they could use to explain why a virtuous behavior was more than something that was simply 'nice to have'. The challenge, or so it seems to us, has always been to successfully explain why these values are things that pupils, followers and children must have. To address this difficult question in a classroom setting, we suggest that students imagine that their brains are like bio-computers. Since our brains are ours, we called our brains our personal bio-computers.

We collect data, process information, analyze situations, make decisions, solve problems, get things done through other people, and we motivate, think, talk, move, act and behave. We also use our brains to decide the content of what we say, and to consider the consequences of our actions and other people's reaction to our behaviors. It is an enormously complicated operation and system of communications and processes. In operating our personal bio-computer, then, it's helpful to imagine that we also use an operating system. We've called this our personal operating system (POS).

Through this combination of 'bio-hardware', 'bio-firmware', and 'bio-software', we manage and carry out mental, physical and biological activity. With this set of programs, we manifest our values, character, personality, attitudes, behaviors, likes, dislikes, fears and insecurities. Our POS controls our drives and passions. In short, our POS is us. Our POS is such an integrated part of our being, that most people aren't aware what it is, that it's a part of who we are, what we do with it, and what it does. Importantly, until the personal computer came along, it was difficult for most people to talk about and understand the concept of an operating system.

In another relevant aspect of the analogy, our bio-computers are also connected to the external world by a kind of wireless system. Each of us receives signals and information via our senses, where we see, read, hear, feel, taste and smell things that are beyond the territory of who we are. In turn, we communicate, transmit, and broadcast signals, feelings, and messages through these same five senses. Every time we see or hear information through various media — be it television, the newspaper, books, radio, or when we come into contact with another person or group — our bio-computer kicks in to upload and/or download information.

Our bio-computer reacts to the information, mediating our positive, neutral or negative thoughts and feelings. Our POS is us, and it includes our personas, integrity, values, personality, attitudes behaviors, likes and dislikes. Our POS is also how other people perceive and judge us as people who are good to be close to, or as people to shy away from. Like all operating systems, our POS includes a set of desirable attributes, which we call virtues. These virtues allow one's POS to smoothly operate in its environment, where one's POS operates in at least two different environments: by ourselves and with the people we interact with.

This whole set of environments, if we extend the analogy further, could be thought of as our local area network. When we come into contact with others, our POS gets connected and we influence each other's POS. These networks are everywhere, and they exist whenever there are others nearby. This connection also exists when information is disseminated through newspaper, memos, television or other media. We believe that a virtuous POS in a network of others makes the system run smoothly. As a result, peace, calm, joy, happiness, and positive energy gets circulated throughout the network. When the POS from another person does not connect smoothly — because it contains repellant characteristics (the viruses) — this is expressed through anxiety, anguish, distraction, and can drain everyone's energy.