



# Filosofia ja systeemiajattelu

## Luento 5: Rakkaudellisesti

Filosofi Esa Saarinen  
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Aalto-yliopisto, Aalto-sali

21.2.2018

Enrico con spirito  
alleg.

Aug. 20. (M. ... ) dedicated to Busch

# Vaihtoehtokustannus

The image shows a handwritten musical score on aged paper. The score is written in dark ink and consists of several staves. The top left corner has the instruction "Enrico con spirito alleg." and the date "Aug. 20." followed by a dedication "dedicated to Busch". The central part of the page is dominated by the large, bold, red text "Vaihtoehtokustannus". The musical notation includes various notes, rests, and dynamic markings such as "pp" (pianissimo) and "f" (forte). There are also some handwritten annotations and corrections throughout the score.

A musical score for piano, consisting of two staves: a treble staff (top) and a bass staff (bottom). The treble staff begins with a treble clef and contains four measures of music. The first measure has two chords: a triad of G4, B4, and D5, and a dyad of G4 and B4. The second measure has two chords: a dyad of G4 and B4, and a dyad of B4 and D5. The third measure has two chords: a dyad of G4 and B4, and a dyad of B4 and D5. The fourth measure has two chords: a triad of G4, B4, and D5, and a dyad of G4 and B4. The bass staff begins with a bass clef and contains four measures of music. The first measure has a single note G2. The second measure has a single note G2. The third measure has a single note G2. The fourth measure has a single note G2. A large brace under the bass staff spans all four measures, indicating a sustained bass line.

# Urkupiste

Handwritten musical score for "Urkupiste". The score is written on multiple staves, including a grand staff at the bottom. The title "Urkupiste" is written in large red letters in the center. The manuscript includes various musical notations such as notes, rests, and dynamic markings like "pp" (pianissimo) and "f" (forte). At the top left, there is a note: "Enrico con spirito". At the top right, it says "dedicated to Busch". The score is surrounded by other handwritten notes and markings, including "No. 20" and "4".

# 10 Questions

Pop icon, singer and now philanthropist Lady Gaga on her mom, kindness and going to Harvard

**You just launched the Born This Way Foundation. Is it aimed at preventing bullying?**  
This is not an antibullying foundation. This is a youth empowerment foundation. This is about combating nastiness and cruelty. This is about inspiring bravery in young people and their parents and culture worldwide to work toward a kinder and more accepting society.

**Isn't inspiring kindness the same thing as combatting bullying?**  
We do not make a distinction between the bully and the victim. Each person is an equally important and valuable member of society. What the foundation is about is a transformative change that is going to take a long time to affect the overall culture. Bullies were born this way too.

**You have enormous cultural capital. Why use it on this issue?**  
Many people think that because I was bullied in school, that was the impetus behind wanting to deal with this issue. But actually, once I put the *Born This Way* album out, I noticed a tremendous desire among fans to become braver and more active members of society.

**How would you, an 11-year-old girl live out your idea?**  
She could go up to one person in class who maybe is not one

of the cool kids and say, "I really like your T-shirt." That would be her one great loving and accepting deed for the day.

**The song "Born This Way" has some religious overtones. Does this foundation come from a set of beliefs?**  
No. Some of the religious implications are meant to be a set of double entendre and irony.

**You said in 2008 that you write about what you know: "sex, pornography, art, fame, obsession, drugs and alcohol." How do you balance that with how you're talking to teens today?**  
When did I say that?

**In 2008.**  
That's a long time ago. Different albums. My work as an artist is completely separate from my work as a philanthropist.

**One of the hallmarks of everything you've done is your nerve. Is this courage born of feeling rarely accepted or is it born of saying, "I know what it's like to not feel accepted, and I can deal with it?"**  
In fact, my courage and my bravery at a young age was the thing I was bullied for, a kind of "Who do you think you are?" This is not coming from a place of "I'm a popular kid. Let's all be brave." If anything, there's a sort of stigma around



doing a good deed that is so cool. I'm doing everything that I can, working with experts, really studying the statistics to figure out a way we can make it cool or normal to be kind and loving.

**Maintaining the Lady Gaga persona must take a lot of your energy. How do you find the bandwidth to take on yet another big thing?**  
My mother. My mom and I are very close. One of the things I hope to impress upon everyone is that all it takes is just one person to believe in you.

**You're partnering with, among others, Harvard University on this. In an alternate Lady Gaga universe, would you have liked to have gone to Harvard?**  
I don't know. I am going to Harvard today, so that'll do.

**If you think people should be themselves, why do you have the elaborate costumes that seem so much like a disguise?**  
Well, this is myself. I know who would I maintain it every day? It may be perceived that my creativity is something I have to work on, when that's probably the most natural part of me. I think we should try not to be cynical about the individual quality of others. Perhaps instead of a disguise, people should see it as an expression.

—LADY GAGA  
PHOTOGRAPH BY [unreadable]

“I’m doing everything that I can, working with experts, really studying the statistics to figure out a way we can make it cool or normal to be kind and loving.”

Lady Gaga Time-magazine, 11.3.2012



# Rakkaudellisuus ja reflektio kuuluvat yhteen

- 1) Oikea sävy, supported by "high-quality introspective state" (Immordino-Yang)
- 2) Toiset ja kokonaisuuden huomioiva kokonaisuuden näkökulma

# Uskollisuus

Handwritten musical score for the piece "Uskollisuus". The score is written on multiple staves, including a vocal line at the top and piano accompaniment below. The title "Uskollisuus" is prominently displayed in the center in a red serif font. The manuscript includes various musical notations such as notes, rests, and dynamic markings. At the top left, there is a tempo instruction: "Ensiöso con spirito". At the top right, it says "dedicated to Busch". The bottom of the page shows a continuation of the piano accompaniment with dynamic markings like "pp" and "f".

# Rouva Askola

Handwritten musical score for "Rouva Askola". The score is written on multiple staves. At the top left, there is a note: "Ensemble con spirito". At the top right, it says "dedicated to Busch". The score includes various musical notations such as notes, rests, and dynamic markings like "pp" (pianissimo) and "f" (forte). The title "Rouva Askola" is prominently displayed in the center in a red serif font.



Finale con spirito  
Aug 20 (M. ... ) dedicated to Bush

# Heideggerin pointti kielestä, ajattelusta, runoudesta, olemisesta

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”Ajattelumme on varmaankin vanhastaan tottunut kiinnittämään olioiden olemuksen *liian niukasti*.”

Martin Heidegger, ”Rakentaa asua ajatella”, Esitelmää ja kirjoituksia osa II

Enunciado com espirito  
alleg

Aug 20 (M. ... ) dedicated to Ruth

# Jeesuksen leipä

A handwritten musical score for the hymn 'Jeesuksen leipä'. The score is written on multiple staves. At the top left, there is a tempo marking 'Enunciado com espirito alleg'. At the top right, it says 'Aug 20 (M. ... ) dedicated to Ruth'. The title 'Jeesuksen leipä' is written in large red letters in the center. The score includes various musical notations such as notes, rests, and dynamic markings like 'pp' and 'f'. There are also some handwritten annotations and corrections throughout the piece.





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4



Unilateral AU14  
with eye roll,  
associated with  
Contempt



AUs 4+10,  
associated with  
Disgust and  
Contempt



AU 2 ("the horns"),  
associated with  
Domineering

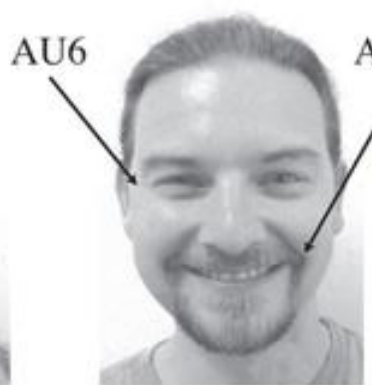


AU 2 ("the horns")  
with head forward,  
associated with  
Domineering

20



Slight AUs 6+12,  
associated with  
Neutral, Interest,  
Affection, and  
Validation.



AUs 6+12,  
associated with  
Interest,  
Affection,  
Validation, Humor  
and Enthusiasm



AUs 1+15,  
associated with  
Sadness



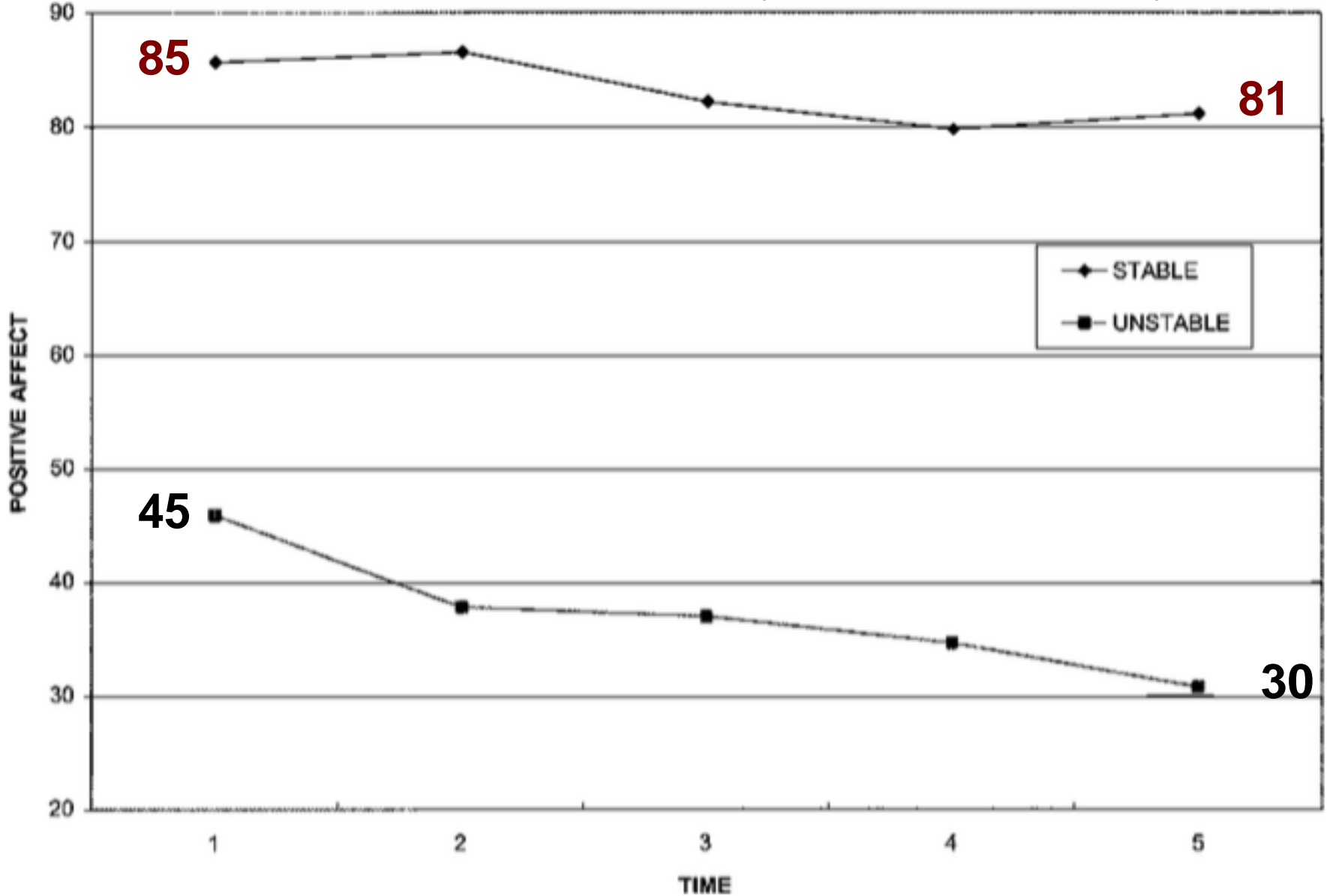
AUs 1+6+15,  
associated with  
Sadness

Predicting Divorce among Newlyweds from the First Three Minutes of a  
 Marital Conflict Discussion Carrère & Gottman 1999  
 Specific Affect Coding System (SPAFF)

Ilo	+4	Halveksunta	-4
Huumori	+4	Inho	-3
Kiintymys	+4	Defensiivisyys	-2
Vahvistaminen (validation)	+4	Riitaisuus (belligerence)	-2
Kiinnostus	+2	Kivikasvoisuus	-2
Neutraali	+0.1	Dominointi	-1
		Suuttumus (anger)	-1
		Mariseminen (whining)	-1
		Surullisuus (sadness)	-1
		Kireys/pelko (tension/fear)	0

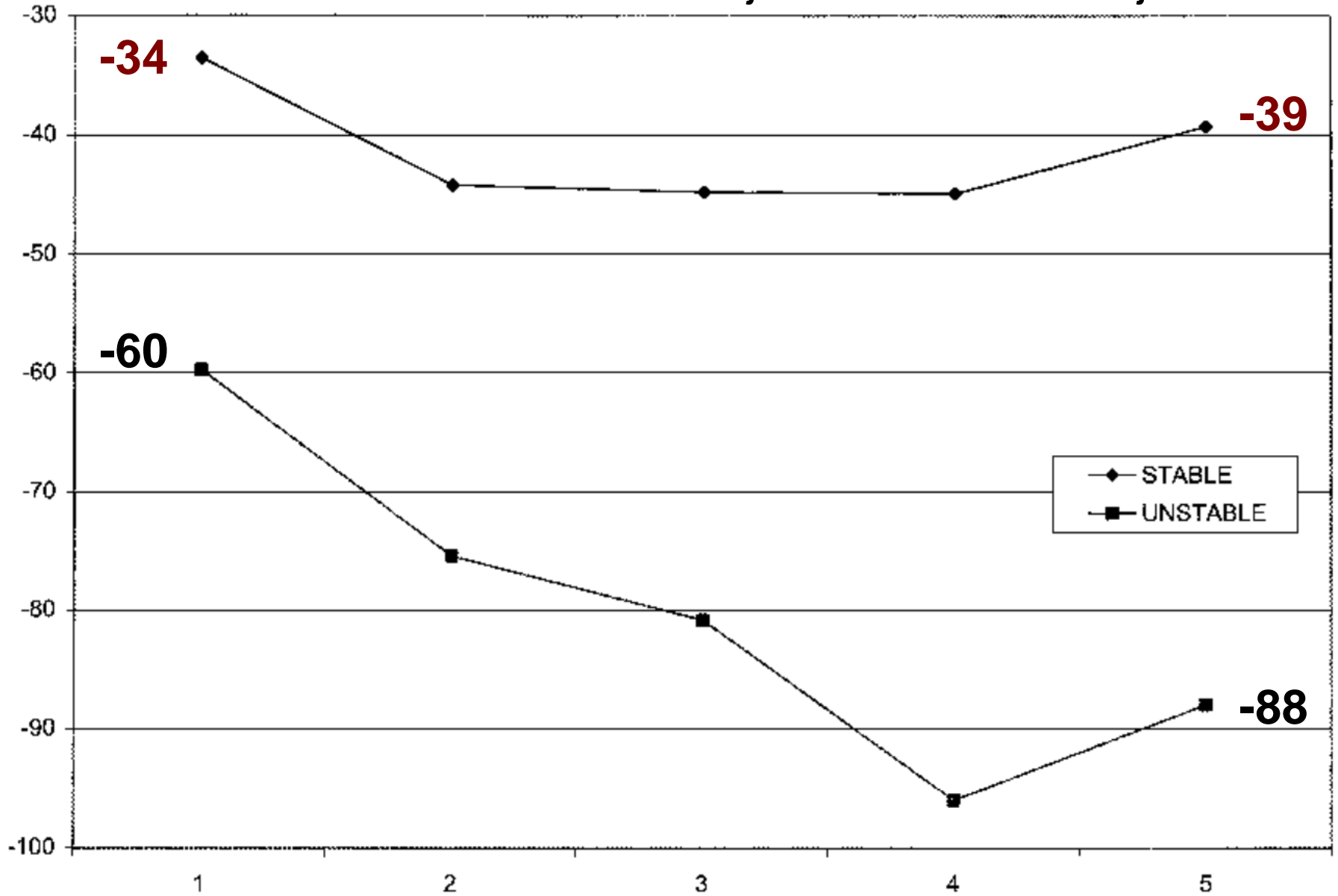
# HUSBAND POSITIVITY

15 minuutin konfliktikeskustelu jaettuna 5 x 3 min jaksoon



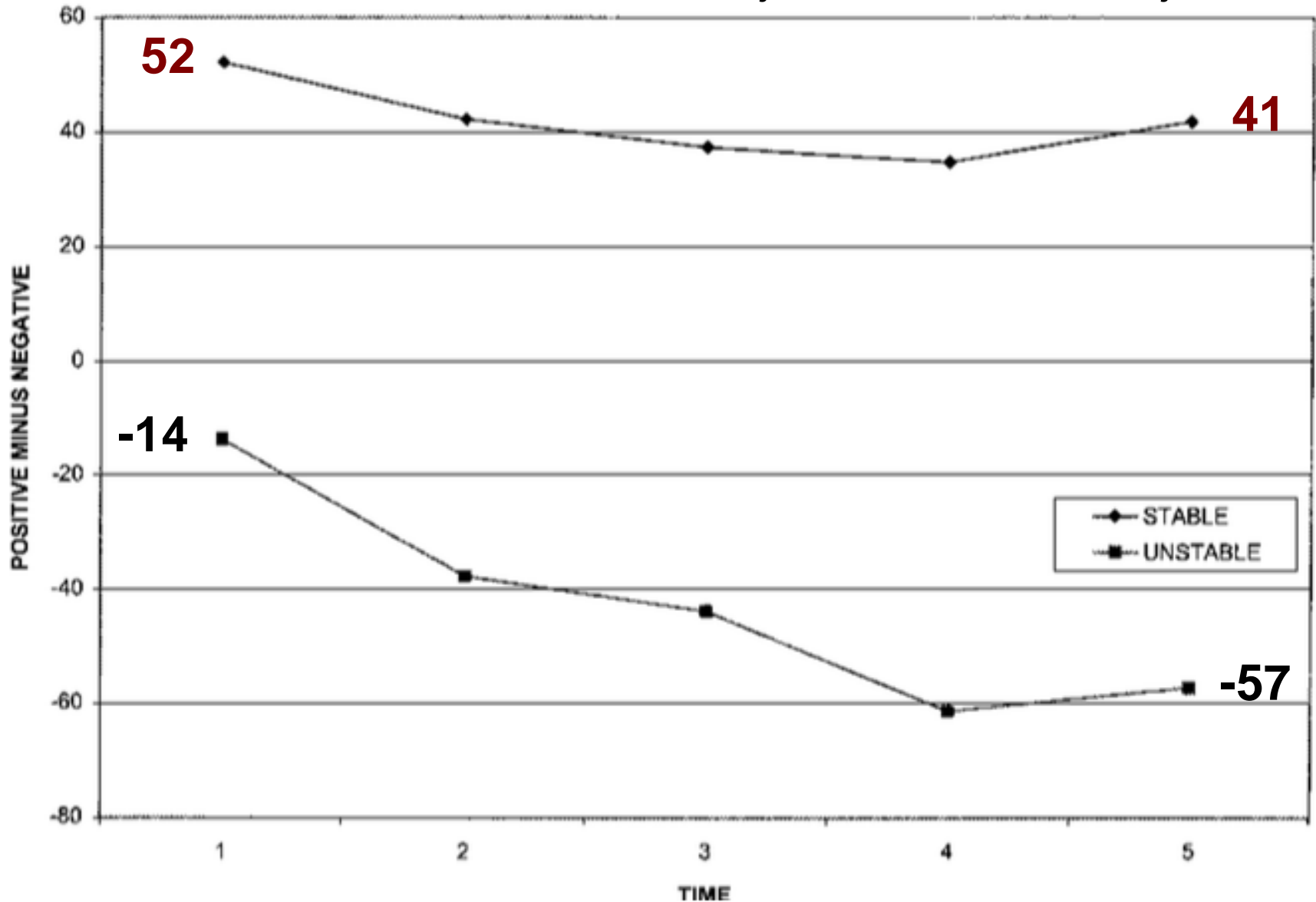
# HUSBAND NEGATIVITY

## 15 minuutin konfliktikeskustelu jaettuna 5 x 3 min jaksoon



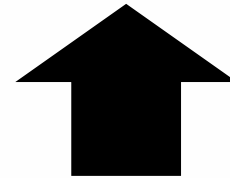
### HUSBAND TOTAL SCORES

15 minuutin konfliktikeskustelu jaettuna 5 x 3 min jaksoon





"GOOD JOB."

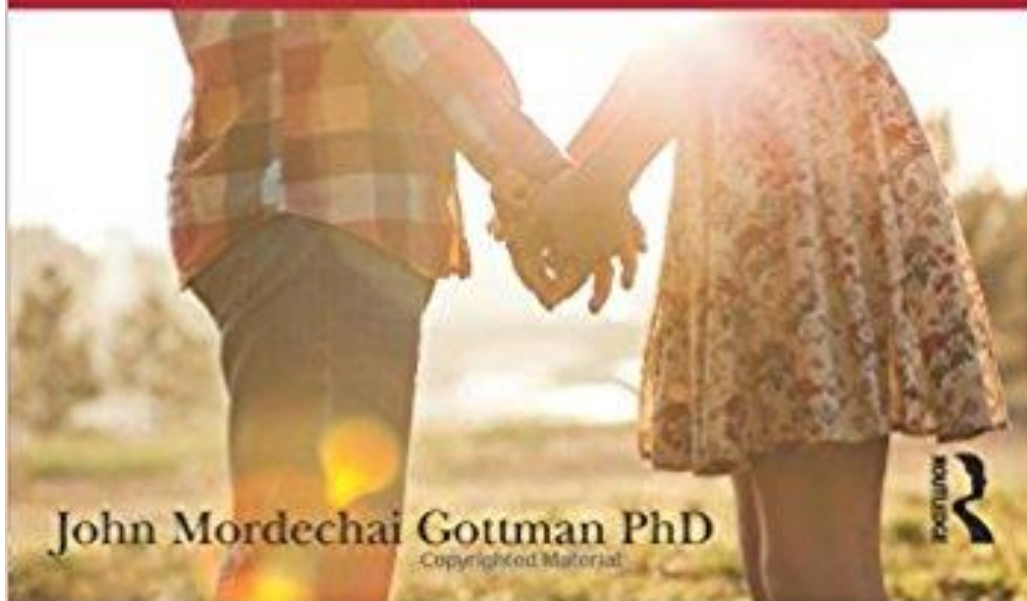


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# *Principia Amoris*

THE NEW SCIENCE OF LOVE



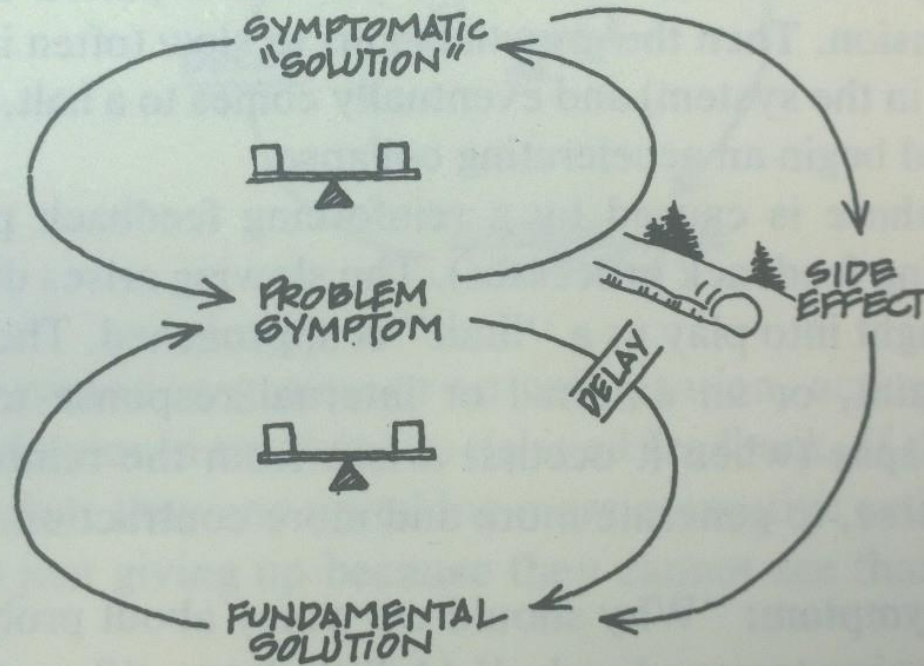
John Mordechai Gottman PhD

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# SHIFTING THE BURDEN

Structure:

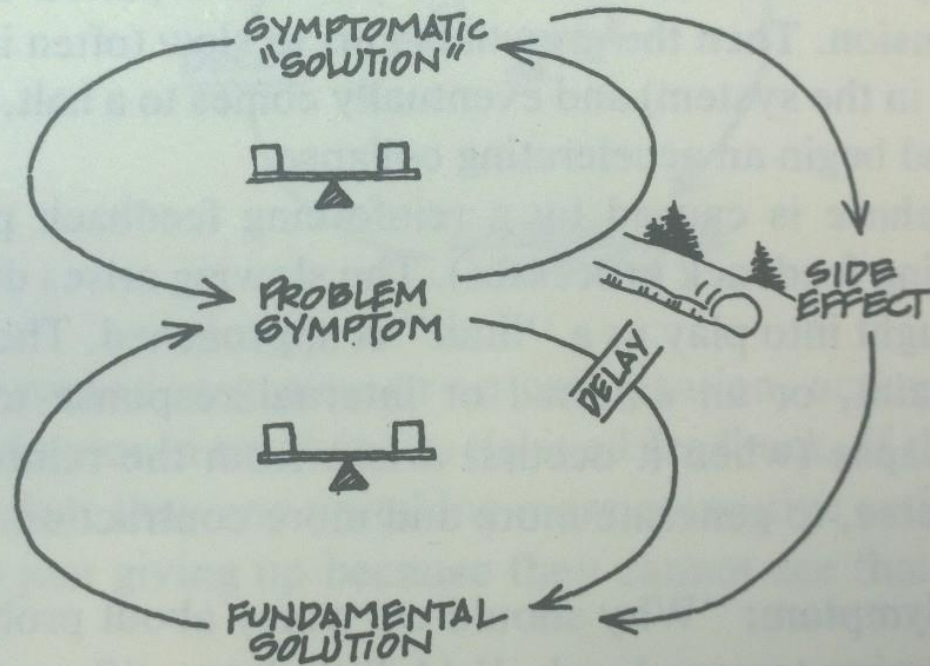


Peter Senge: The Fifth Discipline. The Art and Practice of the Learning Organization, 1990, uusia painoksia



## SHIFTING THE BURDEN

Structure:



Millä tavoin itse astut kuvaan syvemmän alaongelman ja alaratkaisun osatekijänä?

# Matti Alahuhta johtajuusprinsiippi: Määrätietoisuus ja huolehtivuus, nämä kaksi samanaikaisesti





Finis con spirito  
alleg.

Aug. 20. (M. J. ... ) dedicated to Ruth

# Rakkaus tapahtuu ajassa

A handwritten musical score on aged paper. The title 'Rakkaus tapahtuu ajassa' is written in large, dark red letters in the center. The score consists of several staves of music, including a vocal line at the top right and piano accompaniment at the bottom. The notation includes notes, rests, and dynamic markings such as 'pp' (pianissimo) and 'f' (forte). The paper shows signs of age, with some staining and faint pencil markings.