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Freedom?

- to be able to let go
- living without stress

“**Freedom**, generally, is having the ability to act or change without constraint. Something is "free" if it can change easily and is not constrained in its present state. In **philosophy** and **religion**, it is associated with having **free will** and being without undue or unjust constraints, or **enslavement**, and is an idea closely tied with the concept of **liberty**.” - Wikipedia

“Real freedom is over since we stopped being hunter-gatherers: how can we move back to that point? Are we not too far beyond? Concept: living only with what’s necessary: downsize

Artificial Intelligence? Might that be the future? How can it be achieved? Machine takes over, result: we have more time to do what we want, more freedom? Do we not repeat the mantra of the industrial revolution => Machine power instead of manpower? Robots etc... Same thing, different

What do we actually need to be free? ?

What do we NOT need to be free?

- Woke, ‘doorgeslagen’ political correctness?
- social media: they determine too much how we communicate.. Social media trigger the worst in people. (Tegelijk verrijkend en verarmend). SM can be toxic, can not or hardly be used as tools to cross cultural boundaries.

Freedom: way to be in balance: being in balance can be compared with the outcome of philosophy...

Everything is evolving and changing very fast. Probably people do not have enough time to adapt to the sequence of all those new realities. People are losing touch. Losing touch: consequence is less understanding, less tolerance.

Very important: the expectations about what we have to be and how we have to act are very high lately. On the other hand, we are not well prepared to live up to these standards. How can people who are not properly educated know the difference between blacklivesmatter and alllivesmatter? Vb: hoe kan je het verschil kennen

tussen blacklivesmatter and alllivesmatter... When you don't understand maths, how can you ever appreciate it? If you don't understand, you probably will hate it.

Real freedom is only possible when we respect each others choises, opinions, identities. We used to have more respect for the individual, without considering his or her opinion. Nowadays we tend to not only have an opinion but we also have the idea that we need to ventilate it. (*Cfr supra: social media*)

Scientific answers lead to more questions and uncertainties, Same goes for internet: it brings a new kind of freedom, but also more challenges. So science can bring answers, AND new problems.

### Empathy and consequences

All actions have consequences, small or big. Imagine everything being connected by strings, loosening your own string might pull another one tighter.

By nature, all species are "selfish", and they have the drive and urge to survive, spread genes and dominate.

Are humans destroying themselves? If so, not directly? Our actions come back to bite us in the ass.

### The safety cage

There is a safety cage we live in to protect us from the hostilities and risks of this world. But is it really freedom when that cage prevents us from truly living without risk? And on the other hand, to throw oneself completely into a world without assessing any risk would put us in danger and lead to the permanent cessation of all our freedoms. The solution is therefore to find a balance between staying in and getting out of this safety box. Balance is individual design. It is up to each individual to find that balance and no one else should theoretically impose it on you.

Freedom appears when you enjoy what you already have.

There are different perspectives of freedom, it is not a general state of mind: "moments of freedom"

Freedom or desire?

Freedom is a choice? When other people see u as free, then you are free.

### The law and our rights

Freedom is guaranteed and protected by the law and our rights. But we do not all have the same rights. We notice this for example with illegal refugees living in Belgium. They don't have the same freedom that we have. For example, they cannot work, nor vote. Therefore, this would mean that we cannot all enjoy the same freedom. For each individual, there are therefore conditions influencing the degree

of freedom. Freedom is very subjective, both in our individual conception and in the law. Thus, we deduce that freedom is above all a privilege.

“Capitalism and liberalism made the idea of freedom”: before the enlightenment, people had different visions of freedom, that were dictated by institutions like the church. Unlimited thinking about freedom started at that point and has been hijacked by capitalism, that turned it into a product. The problem is that we believe that we’re dealing with real freedom. Freedom has become utopia, an unreachable ...

I also think that our western society thinks about freedom as Hannah Arendt is talking about ideology. for her it is the *ideo-logie*; the logic of the idea. It is a inherent totalitair idea so we see everything through those glasses, we see it als the idea is telling us.

Talking about freedom is reduced to talking about what everyone wants for himself or herself. It seems to be a very egocentric concept. We should consider freedom as a concept for society, not only for the individual. We need to think about freedom on more levels: individual, local, sublocal, global, environment, ... The perception of freedom is different from culture to culture, as well as the viewpoint from which people consider it. In the western world, we are looking at it from our own individual point of view, in Asia, people tend to look at freedom more from a collective point of view.

Freedom can lead to more interesting idea’s, but opposite, lack of freedom might be a trigger to creativity

Is freedom really reachable when you search for it ?

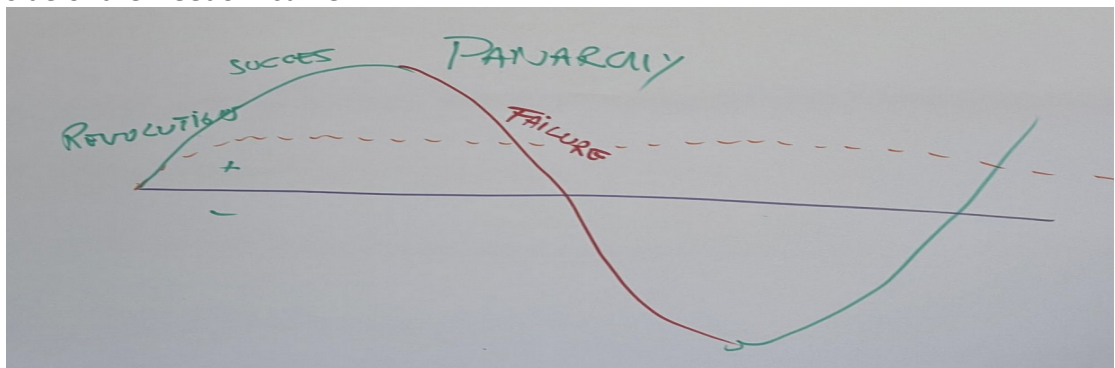
Do you really need a particular thing to feel free ? Like money, love, or power ? After you get what you wanted, you will probably look for something else to make you even more free, so you can feel free again, thus, you aren’t free anymore.

In my opinion, feeling free is more of a state of mind, if you can enjoy every day without waiting for something to set you free, then you are really free. It doesn’t mean that you don’t have to have a goal, it means that you have to enjoy the road that leads to it. In this way, freedom can be related to happiness.

### **Future and freedom**

1. Freedom is an individual concept, it is different for everyone. However, we need a universal definition in order for the law to protect us when freedom is violated.
2. Law sometimes restricts current freedom in order to achieve a bigger picture.
3. Power and politics are related to the lack of freedom in terms of free moving across the globe. Even though globalization is becoming a trend, visas and documents are difficult to obtain. Governments and states fight for power and sovereignty of their country. International conventions are not reinforced, even when reinforced, are often biased.

4. Children are the hope of the future of freedom. When we are young, we are innocent because our curiosity and creativity has not been suppressed. Therefore, the education system is important to foster children's individuality and diversity. It is also important to teach them open mindedness and respect for difference. (Ex : alternative school, Montessori school etc)
5. "Nature" (a contradictory word because it creates a gap and distinction from society). We have taken away resources from the environment for too long, should we leave nature as is to recover or should we try to reconstruct nature into the state it was before? We do experiments on animals for human use/benefits such as vaccines and cosmetic products. Should human sacrifice our benefits to protect the freedom of animals?
6. Absolute or total freedom does not exist. Freedom is relative. We need to try to increase this freedom instead of trying to reach absolute freedom. To do so, we should respect and accept differences.
7. Social media takes our freedom away sometimes. We scroll on instagram because of marketing strategies. We feel pressurized to reply to messages from our friends immediately.
8. Conception Freedom is changing over the years. We should have the ambition to install a level of freedom as high as possible, within the limits of what society and nature can support. When there is a lack of freedom, people try to obtain more, when freedom is almost unlimited, governments or other institutions (also religions), try to downgrade the freedom level. Can we break the Panarchy -cycle on the level of freedom and stay on the positive side of the freedom curve -----.



9. As for the future of international law to guarantee freedom for all, it is likely to disappear. Political conflict is an impediment to our freedoms. There are conventions guaranteeing these freedoms, but not all countries sign them and the signatories do not always respect them. There is no binding effect on those who do not respect them. Thus, we abandon the idea that international law could be an important key to securing our freedoms in the future.
10. Art:
  - is it about communication? If art is only communication, almost everything can be art. It has to be more than purely communication. What if art is not seen by anyone, is it still art? => yes: so there has to be more than just communication...
  - is art a tunnel vision of reality? An escape route?

- Art is related to the feeling of existing. It is a way to prove or mark our existence.
- Freedom of expressing ourselves through art
- there is no limit in art: you can do whatever you want... What about art that involves animals (blenders with goldfish... installation by Marco Evaristti) Art can be a provocation, can push boundaries, inspiration

## 11. Science

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