

Self-preservation is embodied in our brain's circuitry: we seek food when hungry, warmth when cold, and sex when lusty. In the evolution of the mammalian brain, circuitry for regulating one's own survival and well-being was modified. For sociality, the important result was that the ambit of me extends to include others—meand-mine. Offspring, mates, and kin came to be embraced in the sphere of me-ness; we nurture them, fight off threats to them, keep them warm and safe.