The Path to Happiness

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Content

PROLOGUE

We all need water, and this makes water valuable. We all need food, and this makes food valuable. Value results from the balance between needs and availability. When water is abundant, its value is low, on the contrary when water is scarce, such as in a desert, the value can be immense.

Needs force us to act we need to find food, we need to find water, we need to find and maintain a shelter. If needs did not exist, we could stay still, and not be compelled to act.

When needs are partially met suffering alerts us, in the forms of hunger, thirst, depression and anguish.

The path to happiness is challenging since some of the most fundamental needs are invisible and we are not aware of them.

When invisible needs are satisfied, we experience happiness and love.

NEEDS

Entropy disperses energy and to counter its destructive effects living systems need to acquire food. To do so life relies on some sort of anti-entropic force. Erwin Schrödinger in his book *What is life*[1] suggested that life feeds on negative entropy, Albert Szent-Györgyi[2] that *"the properties of living systems are opposed to the law of*

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[1] Erwin Schrödinger (1887-1961) was an Austrian physicist who won the Nobel Prize. He developed the fundamental wave equation of quantum mechanics. The book *What is Life?* is available at www.amazon.com/dp/1107604664/

[2] Albert Szent-Györgyi (1893-1986) was a Hungarian physiologist who won the Nobel Prize in Physiology or Medicine in 1937. He discovered vitamin C and the citric acid cycle. I suggest his book *The Crazy Ape*: www.amazon.com/dp/B00NOC5KR4/

entropy" and Teilhard de Chardin[3] "*an anti-entropic law, a law of complexification.*"

In 1941 the mathematician Luigi Fantappiè[4] realized that entropy

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[3] Teilhard de Chardin (1881-1955) was an evolutionary paleontologist and a Jesuit. I recommend his book *The Phenomenon of Man* www.amazon.com/dp/B018RBZMHE

[4] Luigi Fantappiè (1901-1956) was considered one of the foremost mathematicians of the last century. He graduated at the age of 21 from the most exclusive Italian university, "La Normale Di Pisa," with a dissertation on pure mathematics and became a full professor at the age of 27. During the university years he was roommate with Enrico Fermi. He worked with Heisenberg, exchanged correspondence with Feynman, and in April 1950 he was invited by Oppenheimer to become a member of the exclusive Institute for Advanced Study in Princeton and work with Einstein. In 1941, while working on the d'Alembert operator, which combines special relativity and quantum mechanics, he realized that the forward-in-time solution (i.e., delayed waves) describes energy and matter that diverge and tend towards homogeneous and random distributions. For example, when heat radiates from a heater, it tends to spread out homogeneously in the environment; this is the law of entropy, which is also known as heat death. The forward-in-time solution is governed by the law of entropy, whereas the backward-in-time solution (i.e., advanced waves) is governed by a symmetric law that he named syntropy (combining the Greek words syn = converging and tropos = tendency). The forward-in-time solution describes energy that diverges from a

governs the forward-in-time solutions of the fundamental equations, whereas the backward-in-time solutions are governed by a complementary law with properties of energy concentration, increase in differentiation and complexity. He named this law *syntropy*, by combining the Greek words *syn*, which means converging, and *tropos*, which means tendency, and suggested that it is the

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cause, and requires that causes be in the past; the backward-in-time solution describes energy that converges towards future causes (i.e., attractors). The mathematical properties of the law of syntropy are energy concentration, an increase in differentiation and complexity, a reduction of entropy, the formation of structures, and an increase in order. These are also the main properties that biologists observe in life, and which cannot be explained in the classical (time forward) way. This realization led Fantappiè to write a booklet titled *The Unitary Theory of the Physical and Biological World*, first published in 1942, where he suggests that we live in a supercausal universe, governed by causality and retrocausality, and that life is caused by the future. More information and links to books can be found at www.sintropia.it

fundamental and invisible force that supports life.

- The invisible need for meaning

Entropy is diverging and has inflated the physical universe towards infinite. When we compare ourselves to the physical world, we realize that we are small, nil, zero. This generates the identity conflict between "*being and not being*":

$$\frac{I}{Universe} = 0$$

When I compare myself to the universe, I realize to be equal to zero

This conflict is felt as being useless, meaningless, and depressed, and it is

the origin of the need for meaning.

Usually, people respond to this need by manipulating the identity conflict equation.

One way is to increase the numerator by inflating our Ego:

$$\frac{I+judgment+wealth+popularity+power\ldots}{Universe} = 0$$

But whatever we add at the numerator, when compared to the infinity of the universe, results to be equal to zero. Inflating our Ego produces a momentary relief but does not solve the need for meaning.

Another way is to reduce the denominator:

$$\frac{I \; x \; \cancel{Community}}{\cancel{Community}} = I$$

When our universe is limited to a special group and we totally feel part of this group, the conflict between being and not being vanishes. This strategy has dangerous drawbacks. Nazi Germany provided an example. People believed to be part of something special and they felt the need of being totally accepted by this system. Anything outside was banned as evil. To be in, people obeyed to any request.

Another way is to cancel the outside world:

$$\frac{I \times \not{I}}{\not{I}} = I$$

The self is split between inward and outward world causing schizophrenia, psychosis, and narcissism disorders.

People suffering from schizophrenia recognize the hallucination of other schizophrenics, but not their own hallucinations. The same happens with those who have restricted the universe to a special group, they deny that they are part of a sect, but they constantly see other people's sects.

When inflating our Ego, struggling for popularity, power, and wealth, we see it in others but not in ourselves. We are blind to our own strategies, nevertheless we desperately defend them. This mechanism triggers conflicts among individuals and groups.

The solution to the identity conflict is named the *Theorem of Love*:

$$\frac{I \times \cancel{Universe}}{\cancel{Universe}} = I$$

When I am united to the Universe, and I compare myself to the universe
I am always equal to myself

The *Theorem of Love* implies that:

– only when our inner world

(syntropy) unites with the outer world (entropy) we overcome the identity conflict.

- love provides this unity (I x Universe).
- love allows to shift from duality (I = 0) to non-duality (I = I).

The theorem of love is the key to the path to happiness.

- The need for love

The autonomic nervous system sustains the vital functions of the body, such as the regulation of the heart and of the visceral functions.

Experiments on retrocausality[5] show

[5] The energy-mass relation $E = mc^2$ was discovered in 1890 by Oliver Heaviside1 who published it in his Electromagnetic Theory vol. 3, in 1900 by Henri Poincaré and in 1903 by Olinto De Pretto who published it in the scientific journal "*Atte*" and registered it at the "*Regio Istituto di Scienze*". In deriving this equation, Einstein's predecessors made assumptions that led to problems when dealing with different frames of reference, since the quantity of motion was not present in the equation. Einstein succeeded where others had failed by deriving the formula in a way that was consistent in all frames of reference. He did so in 1905 with his equation for Special Relativity, which adds momentum to the $E = mc^2$ equation: $E^2 = m^2c^4 + p^2c^2$ (where E is energy, m is mass, p momentum and c the constant of the speed of light). This equation is known as energy/momentum/mass. However, since it is quadratic, it has two solutions for energy: one positive and one negative. The positive or forward-in-time solution describes energy that diverges from a cause, for example light diverging from a light bulb or heat spreading out from a heater. But in the negative solution, the energy diverges backward-in-time from a future cause; imagine beginning with diffuse light energy that concentrates into a light bulb. This, quite understandably, was considered an unacceptable solution since it implies retrocausality, which means that an effect occurs before its cause. Einstein solved this problem by assuming that the momentum is always equal to zero; he could do this because the speed of physical bodies is extremely small when compared to the speed of light. And so, in this way, Einstein's complex energy/momentum/mass equation simplified into the now famous $E=mc^2$ equation, which always has positive solution. But in 1924 Wolfgang Pauli discovered that electrons have a spin which nears the speed of light. Soon after the Swedish physicists Oskar Klein and the German physicist Walter Gordon formulated

that the autonomic nervous system reacts in advance to events. This suggests that syntropy nourishes the autonomic nervous system and, since syntropy concentrates energy, it is felt as warmth and wellbeing. On the contrary when the acquisition of syntropy is low void coupled with pain and suffering is felt.

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the Klein-Gordon equation, to describe quantum particles in the framework of Einstein's special relativity. This equation uses the full energy/momentum/mass equation of special relativity and yields two solutions: a forward-in-time wave solution (delayed waves) and a backward-in-time wave solution (advanced waves). The backward-in-time solution was considered unacceptable, and it was rejected. Werner Heisenberg wrote to Wolfgang Pauli: "*I regard the backward-in-time solution ... as learned trash which no one can take seriously*" and in 1926 Erwin Schrödinger removed Einstein's equation from the Klein-Gordon equation and suggested that time be treated in essentially the classical way, as only flowing forward. Whereas the Klein-Gordon equation could explain the dual nature of matter (particle/wave), because of the dual causality (forward and backward-in-time causality), Schrödinger's equation was not able to explain the wave/particle nature of matter. More information and links to books can be found at www.sintropia.it

Life needs to acquire syntropy and this is felt as a need for cohesion and love.

THE INVISIBLE REALITY

We continuously experience forces and entities that we cannot observe directly but which exist objectively, independently of any human perception.

One such force is gravity.

Suppose we hold a small object like a pencil between our thumb and forefinger and then release it. We observe that it falls to the floor, and we say that the force of gravity causes it to fall.

But do we see any downward force acting upon the pencil, something pulling or pushing it?

We do not observe the force of gravity at all. Rather we deduce the existence of some unseen force acting upon unsupported objects to explain their otherwise inexplicable downward movement.

Tom van Flandern, an American astronomer specialized in celestial mechanics, performed experiments to measure the speed of propagation of gravity. He showed that gravity

propagates at an infinite speed[6], with properties which are common to the entire invisible realm: infinite range and instantaneous action.

The description of two complementary forces, one diverging and one converging, can be found in many philosophies and traditions.

In the Taoist philosophy all the aspects of the universe are described as the interplay of two complementary principles: *yang* which is diverging, and *yin* which is

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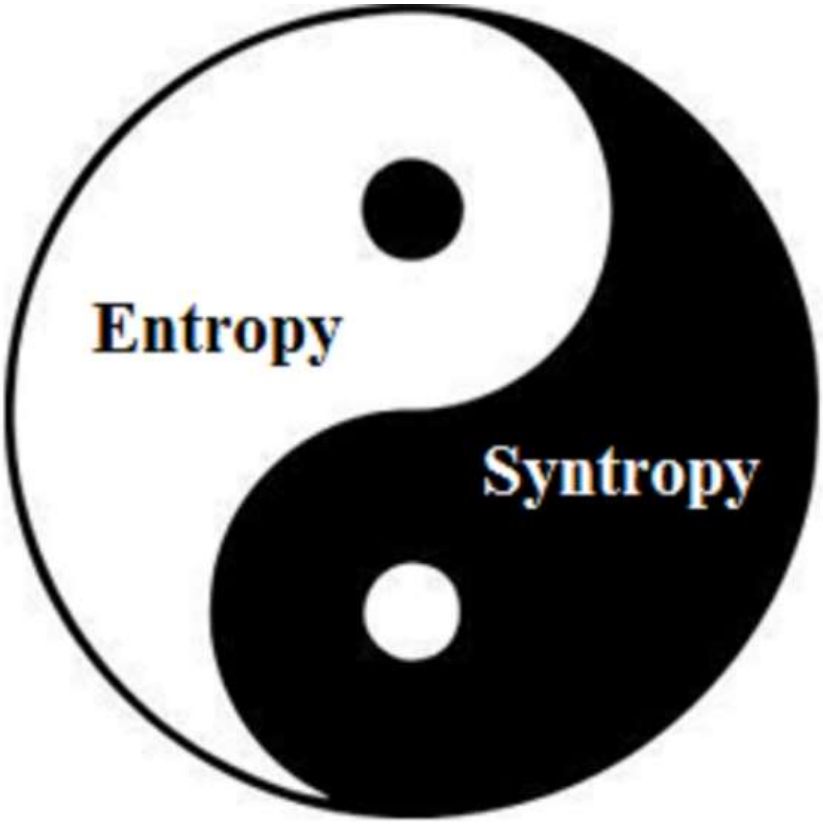
[6] Van Flandern T. (1996), *Possible New Properties of Gravity*, Astrophysics and Space Science 244:249-261; Van Flandern T. (1998), *The Speed of Gravity What the Experiments Say*, Physics Letters A 250:1-11; Van Flandern T. and Vigier J.P. (1999), *The Speed of Gravity – Repeal of the Speed Limit*, Foundations of Physics 32:1031-1068.

converging. When one increases the other decreases, but their balance remains unchanged. Yin and the yang, the diverging and converging forces whose combined action moves the universe in all its aspects: the sexes, day and night, life, and death, full and empty, movement and repose, push and pull. Within yin there is yang, and within yang there is yin. This is masterfully represented in the Taijitu symbol:



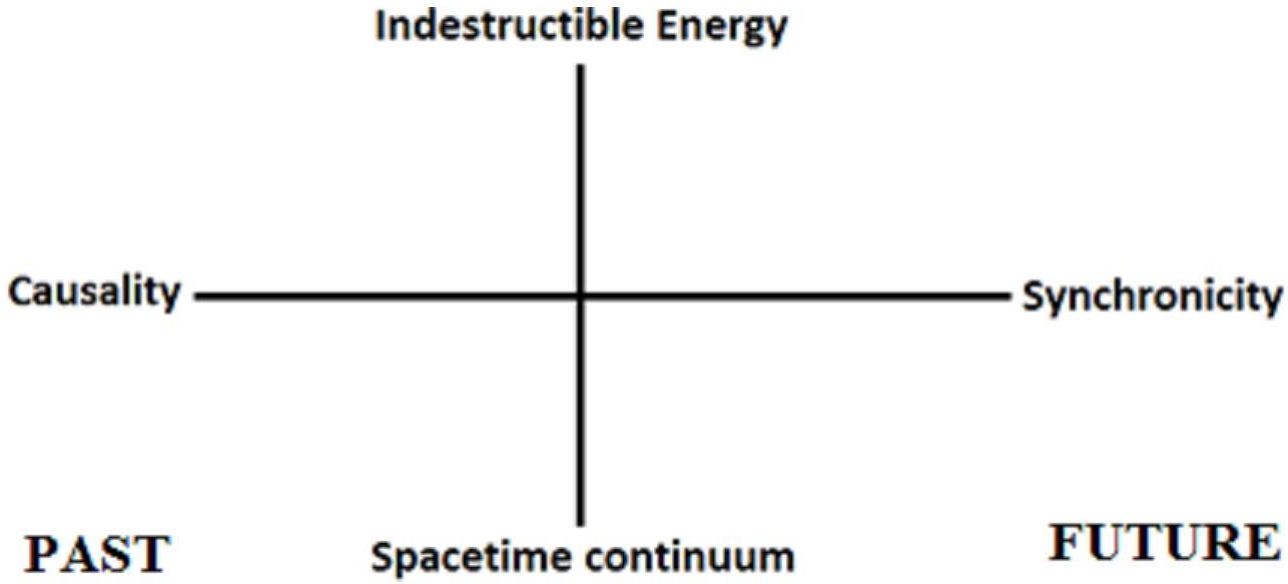
Yang is pictured with white colour and has entropic properties, yin with the black colour and has syntropic properties. The Taijitu is a wheel that constantly rotates, changing the proportion of yin and yang in the visible and the invisible sides of reality. The Taoist philosophy suggests that the aim is to harmonize the opposites, thus creating unity.

In Hinduism Shiva is syntropic, whereas Shakti is entropic. Shiva and Shakti represent the primordial cosmic forces that are thought to move through the entire universe. Constantly combined in an endless cosmic dance Shakti can never exist without Shiva or act independently, just as Shiva remains a mere corpse without Shakti. All the matter and energy of the universe results from the dance of these two opposite forces. Shiva absorbs Shakti's energy, turning it into a conscious body. Intelligence and consciousness come from Shiva (the future), whereas emotions and fear come from Shakti (the past).

In the psychological literature of the 20th century Carl Gustav Jung and Wolfgang Pauli added synchronicities to causality. According to Jung, synchronicities are the experience of two or more events that are apparently causally unrelated or unlikely to occur together by chance, yet they are experienced as occurring together in a meaningful way. Synchronicities do not question or compete with causality. Just as events may be grouped by causes, they may also be grouped by finalities. Jung coined the word "*synchronicity*" to describe what he called "*temporally coincident occurrences of acausal events*." He variously described synchronicity as

an "*acausal connecting principle*," "*meaningful coincidence*" and "*acausal parallelism*." Jung gave a full statement of this concept in 1951 when he published the paper *Synchronicity - An Acausal Connecting Principle*, jointly with a related study by the physicist Wolfgang Pauli.[7] In Jung's and Pauli's description causality acts from the past, whereas synchronicity acts from the future. Synchronicities are meaningful since they converge towards a finality, providing a direction to events.

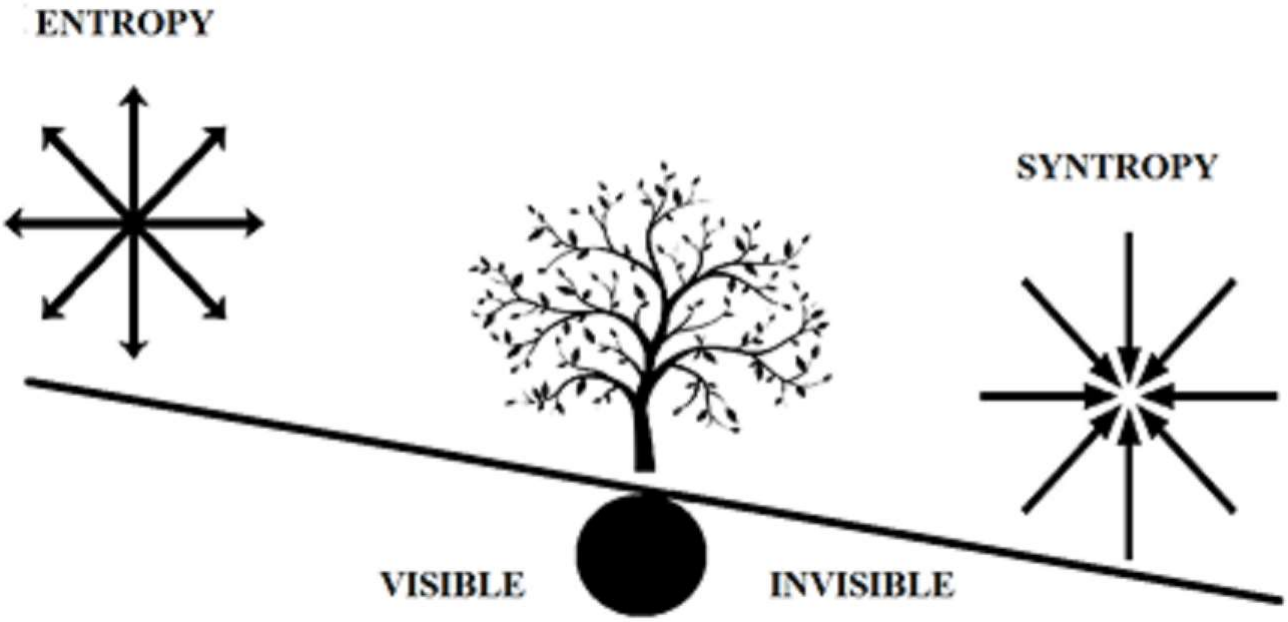
[7] Jung C.G. (1951), *Synchronicity - An Acausal Connecting Principle*, Princeton University Press, www.amazon.com/ dp/0691150508



Causality and synchronicity acting on the same indestructible energy

Syntropy concentrates energy in ever smaller spaces increasing order and organization, but at some point, energy and matter are released activating entropy. This game between entropy and syntropy is evident in life's cycles of construction and destruction, of exchange of energy and matter with the environment, and it can be pictured

with a seesaw, where entropy and syntropy play at the opposite sides and life is at the middle.



Entropy and Syntropy constantly transforming energy and matter

When entropy decreases syntropy increases and when entropy increases syntropy decreases. We can act on the

physical reality by reducing or increasing entropy and a complementary effect is obtained in the invisible side of syntropy.

The challenge, the game is to *decrease entropy and increase syntropy*. But entropy is produced by our activities! How can we stay active and increase syntropy?

We can choose a low entropy life, we can optimize, become efficient and effective, but this is not enough. We need to act also at the invisible level.

The transcript of the interaction I had (U) with a freelance 50 year old (S) illustrates this game.

S: "*I am a freelance, I live in* Rome. *I'm single, I own an apartment in the old historical centre, but in the last months my expenses have regularly exceeded my income by more than 500€ per month! My parents cannot help me and I don't want to borrow money. To avoid spending I have emptied my wallet: no money and no credit cards. Also, the credit in my mobile phone is always at zero. But last month my savings ended, and I am now going to get into troubles.*"

The game is to balance entropy and syntropy, without reducing the quality of life.

U: "*How much do you spend for your mobile each month?*"

S: "*About 40€ per month, but I'm always without credit.*"

U: "*Why don't you change provider? With only 12€ a month you can get unlimited minutes, SMS and 4 gigabytes.*"

S: "*I changed provider and I now use my mobile without limits, I have Skype, internet and the quality of my life has improved, plus I save more than 300€ a year!*"

There is no general rule. The aim is to reduce entropy by maintaining or increasing the quality of life. Synchronicities start showing when

entropy and syntropy are balanced. In this example we need to reduce entropy by at least 6,000€ per year.

U: "*I assume that you take your shirts to the laundry!*"

S: "*I wash them, but don't know how to iron them.*"

U: "*How much does it cost?*"

S: "*Around 70€ per month.*"

U: "*Why don't you give an extra 8€ per month to the maid and ask her to iron your shirts?*"

S: "*I asked the maid, and she was happy to accept. Another small optimization that saves me over 600€ per year and improves the use of my time. I now don't have to take*

my shirts to the laundry and pick them up!"

These first two optimizations have lowered entropy by about a thousand euro a year. But we have to balance entropy and syntropy before the magic of the invisible world starts showing.

U: "*Do you go to work by car?*"

S: "*I also use the scooter, to save money, but the traffic is really bad and dangerous!*"

U: "*Why don't you use the bicycle?*"

S: "*On these roads?!*"

U: "*No, on alternative roads.*"

S: "*My house is in the historical centre. The studio is not far, but I have always considered cycling impossible because of the difference in altitude. I would arrive tired and sweaty.*"

U: "*If you have to climb it is best to choose a short but steep road, get off and push, rather than pedalling all the way up.*"

S: "*I tried. The alternative route took me through old roads and parks and in less than 25 minutes I was at my studio. By car or scooter, it required more time. The day after I sold the scooter, I cancelled the insurance, I cancelled the garage. In all other 3,000€ saved per year. With this optimization I receive other benefits: I exercise, and I no longer need to go to the gym, more money and time! In addition, I*

save on fuel costs, and this will certainly have a positive impact on my finances."

Entropy has now decreased by more than four thousand euro per year, and the quality of life has improved! We must find other 2,000€.

U: "*Your electricity bill exceeds 200€ every two months! As a single person you should not pay more than 50€.*"

S: "*What should I do?*"

U: "*Try changing the light bulbs with energy saving LED bulbs, and put the timer to the water heater.*"

S: "*Small changes that have required little time and money. Now I can keep all the*

lights on and yet save 150€ every two months, 900€ per year. My quality of life has increased, and, in addition, I feel happy because saving energy makes me feel consistent with my ideals. Now I have reduced entropy by more than 5,000€ per year!"

We must find another 1,000 euro!

U: "*How much do you pay for the electricity at your office?*"

S: "*About 300€ every two months.*"

U: "*Do you use halogen light bulbs!?*"

S: "*Yes.*"

S: "*I discovered that I could save another thousand euro per year, simply by replacing*

halogen spotlights with LED spotlights."

Entropy was lowered without reducing the quality of life. This is the game!! At this point the invisible world starts showing in the form of synchronicities.

First synchronicity:

U: "*How much do you pay for the rent of your office?*"

S: "*Nothing. It is the property of my aunts.*"

U: "*They could rent it and make a profit, but you are using it for free?!*"

S: "*Exactly.*"

U: "*And your aunts?*"

S: "*They both live of a minimum pension and some savings, but their financial situation is not good, they complain all the time.*"

U: "*Have you ever thought about renting a room in an office and let your aunts rent their property?*"

S: "*I have no money; I cannot afford to pay a rent!*"

U: "*How is your business going?*"

S: "*I have few clients, perhaps because of the crisis, but probably because of the location of my office.*"

U: "*A less prestigious office, but in a strategic location, could help you get more*

customers?!"

S: "*The next day, as if by magic, I received the offer of a room to rent in an office in the most central area of the city, at the price of only 250€ per month, all included! The apartment of my aunts is in a very beautiful and prestigious area, but it is difficult to reach by public transportation and there is no parking place: beautiful, prestigious, but inconvenient and very expensive. Yet I hesitated, I did not dare!*"

Second synchronicity:

S: "*The next day the doorkeeper told me that an airline company is willing to rent the property of my aunts for 2,800€ per*

month. As soon as I informed my aunts, they asked me to find another place. Fortunately, the day before I had received the offer of the room to rent."

Third synchronicity:

S: "*I hesitated. The place in the centre of town is in a very noisy area: well-connected, but chaotic. That same afternoon I was walking in the part of the city I like most. It is not very central, but it is green, quiet, and well connected. At the window of a shoemaker, I saw a notice for a room in an office. The apartment was in the building next door. I called and immediately went to see it. I instantly decided to rent the room. Rooms for rent in offices are rare,*

especially in such a beautiful part of the city."

Synchronicities are accompanied by feelings of warmth and wellbeing in the heart area that inform that syntropy is at work, and that we are on the right track.

S: "*I started feeling warmth and wellbeing. My clients liked the place. There is parking place, the place is quiet, and it is located near a metro station. My business started to bloom again, my savings increased and my private and sentimental life improved.*"

Syntropy provides wealth and

happiness, but when things go well it is easy to fall into entropic lifestyles.

S: "*A few months later, I was offered a prestigious job abroad: my dream! I immediately accepted. I moved. The salary was high, taxes were low. Just a few months before I was bankrupt! Now I'm rich and I can live the life that I have always wanted.*"

In this way the balance between entropy and syntropy reverses: wealth leads to an entropic lifestyle, and this cannot last long! Entropy rises and syntropy goes down.

S: *"The foreign company was only interested in making money, no ethics. I had to work nearly 50 hours per week, there was nothing else beyond work. I had to give absolute priority to what was profitable, although immoral. A few months later I felt disgusted. Taxes were low, but services were all private. Adding this to the rent of the house and the expenses related to the fact that I was abroad, I ended paying much more than I was earning. After only six months I had accumulated more than 28 thousand euro of debts. My dream shattered and had become a nightmare. I was falling from heaven to hell. I had no time for myself, not even for the sentimental life. I felt uncomfortable and then depression and anxiety exploded. I decided to return back*

home!"

Wealth is only one aspect of the game of life. When wealth is not accompanied by a profound inner transformation it inevitably increases entropy, blocking the path to happiness.

THE INNER REALITY

Syntropy is energy that converges, and it is felt as warmth, wellbeing, and love in the heart area. Entropy, instead, is felt as emptiness and void.

These feelings work as the needle of a compass.

The compass of the heart is our window on the future. It helps to choose the most beneficial options. As Rainer Maria Rilker said: "*The future enters into us, in order to transform*

itself in us, long before it happens." Warmth and wellbeing point to the most beneficial future, void and suffering alert that we are on the wrong path.

The path to happiness requires that we learn to use the compass of the heart consciously and intentionally.

The compass of the heart is frequently reported to save lives: "*suddenly I felt a sense of cold associated with danger and I shouted: no - no*!" Feelings of void can lead to choose differently and avoid danger and death.[8] In a study on

[8] The article "*In Battle, Hunches Prove to be Valuable,*" published on the main page of the New York Times on July 28, 2009, describes that gut feelings associated with hunches and premonitions have helped soldiers to foil attacks: "*My body suddenly got cooler; you know, that*

danger feeling, and I said no – no!" According to the entropy/syntropy hypothesis the attack happens, the soldier experiences fear and death and these feelings travel backwards-in-time. Himself in the past, experiences these feelings of death and fear as a hunch, a gut feeling, and he is pushed to make a different choice avoiding in this way the danger. According to the New York Times' article these hunch feelings have proved more effective than the technology and billions of dollars spent on intelligence.

[9] Cox William E. (1956), *Precognition: An analysis*. Journal of the American Society for Psychical Research, 1956(50): 99-109. William Cox, conducted a study on the number of tickets sold in the United State for commuter trains between 1950 and 1955 and found that in the 28 cases in which commuter trains had accidents a lower number of tickets was sold.33 Data analysis was repeated checking possible intervening variables which could explain the accidents and the lower number of passengers, such as bad weather conditions, departing time, day of the week, etc. In these analyses the reduction of tickets associated with the accidents continued to emerge and to be significant. The reduction of passengers the day of the accident is strong, not only from a statistical point of view, but also from a quantitative point of view. According to the entropy/syntropy hypothesis, Cox's findings can be explained in this way: when involved in an accident, feelings of pain and distress are sent backward-in-time and can be felt in the past in the form of premonitions and hunch feelings, which may lead to a decision not to travel. This backward-in-time flow of feelings can therefore change the future. In other words, a negative event happens in the future and informs us in the past, through feelings. Consequently, listening to our feelings can help us to decide differently and to avoid pain and distress in our future. If we listen to our feelings the future can change advantageously.

found that when a train has an accident the number of passengers is considerably lower than expected. He checked departure time, day of the week, weather conditions, but still when a train had an accident the number of passengers on board is lower than expected. Visceral feelings seem to inform about the future, causing conditions that lead to choose differently. This seems to be the case also with airplane crashes. When boarding (that is after checked-in), around 2% of the passengers feel ill and, in many cases, they are reported not to board the plane.

Feelings alert about the future and are instinctively used by animals to avoid

dangers. One of the first reports dates to 373 B.C., when animals, including rats, snakes, and weasels, left en masse the Greek city of Elice few days before a devastating earthquake. Animals panicked, dogs started barking and whining for no apparent reason. Authorities in East Asia pay attention to these signs. In 1975 people of Haicheng, a city with one million people, were ordered to flee their homes. A few days later a magnitude 7.3 earthquake destroyed the city. If the abnormal behaviour of animals had not been taken seriously, more than 150,000 people would have died.

An example, that puzzles many

researchers, can shed some light.

Cats are usually unable to see what is on the table, but they smell the food and want to jump on it. They start circling around the table till they choose a spot. Then they assess the jump moving in a slow motion their back. But what are they assessing since they cannot see the top of the table? No rational information is

available for their assessment. And still, when they jump, they land in the narrowest spots, perfectly!

The compass of the heart allows to engage a dialogue with future. The hypothesis is that cats try infinite invisible jumps and feel the results. When the feeling is of certainty, they jump.

Henri Poincaré described this mechanism and named it intuitions. When creating a new theorem, which could have infinite formulations, a feeling of certainty and beauty highlights the correct combination: "*The useful combinations are precisely the most beautiful, I mean those best able to*

charm this special sensibility that all mathematicians know, but of which the profane are so ignorant as often to be tempted to smile at it. What happens then? Among the great numbers of combinations almost all are without interest and without utility; but just for that reason they are also without effect upon the aesthetic sensibility. Consciousness will never know them. … Thus, it is this special aesthetic sensibility that sufficiently explains why the one lacking it will never be a real creator."[10]

Let us use a metaphor. In a bucket water is distributed according to the law of entropy and a state of

[10] Henri Poincaré (1854–1912) was a French mathematician, theoretical physicist, engineer, and philosopher of science. I reccomend: Henri Poincaré, *Mathematical Creation*, from Science et méthode, 1908.

maximum entropy, of maximum stillness, reigns.

When an attractor is introduced, for example we unplug the bucket, water starts flowing in a preferential direction, without diverging from it.

Syntropy works like an attractor. There is a preferential direction, and this direction is highlighted by feelings of warmth, happiness, and beauty.

In all cultures we find the distinction between feelings and emotions. The path to happiness requires that we nourish feelings and that we calm the chatter of our mind.

One very effective way is provided by shared silence. Observing our thoughts without reacting displays that the heart provides energy to thoughts. When the heart stops reacting, the chatter of the mind calms

down. The heart has the power to decide when to react and when to be silent. We are the heart. When we learn that the command is in the heart, we can silence the mind and nourish our feelings. Shared silence is a natural technique, a simple and enjoyable way of being together with others. It is not a religion and does not require devotion to a faith, or to a specific philosophy. It frees our being from the conditioning power of the words. When the chatter of the mind calms down, we experience a new condition: to be without thinking. A state in which the gap between a thought and the other is not empty, but it is pure and absolute potentiality. Being without thinking empowers the

heart: our true will.

When we converge towards an attractor cohesion increases and the unity of our Self increases. When, on the contrary, we have no purpose cohesion diminishes, the chatter of the mind increases and our personality shatters. Converging is therapeutic. It increases individualization and differentiation, nonetheless it leads towards unity. It seems a paradox, but unity and diversity go together.

Unity in diversity, the individual tiles of a mosaic that converging together form the unity of the design. Everyone has a place a purpose. Small

or big they are all equally important.

Steve Jobs, eloquently described this game of life. Jobs was restless and nervous. He was raised in a foster family and never accepted having been abandoned by his biological parents. He quit university during the first semester of the first year and ventured to India, from where he returned with a vision of life centred on the heart and intuitions: "*People in the Indian countryside do not use their intellect like we do, but they use intuitions. Intuitions are far more developed than in the rest of the world ... Intuitions are very powerful, more powerful than the intellect, in my opinion.*"

In 1976 he had the intuition of the personal computer. Going against the opinion of others, who considered personal computers the stuff for few crazy minds, he asked Steve Wozniak to develop a prototype, which he named Apple I. He managed to sell a few hundreds of them. The success of Apple I led to a more advanced model for ordinary people: The Apple II. Jobs had an artist mind, not a technical one. His insights were mainly based on aesthetics and minimalism, which combined made Apple II a commercial success.

Jobs was vegan, practiced Zen

meditation and liked to spend time in nature. He was able to generate immense fortunes, but considered money a tool for reaching a mission, not his property. He did not fear death:

"*Almost everything, all external expectations, all pride, all fear of embarrassment or failure, these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.*"

Similarly, to Michelangelo "*In every*

block of marble, I see a statue. I just have to remove the parts that imprison this amiable appearance." Jobs made visible his inner world. His life testifies that wealth comes from the invisible world, through insights and intuitions that reduce entropy and anticipate the future.

He used to argue continually with the "rationalists" and with John Sculley, who he had brought to the direction of Apple Computer. In 1985 the conflict became so severe that the board decided to fire Jobs. Apple Computer went on producing what Jobs had designed, but after a few years the decline started. On

December 21, 1996, Apple was on the brink of bankruptcy and the board asked him to return as the personal adviser to the president. Jobs agreed. He asked a salary of one dollar a year and the guarantee that his insights, albeit crazy, had to be accepted without any condition. In a few months he revolutionized the products and on September 16, 1997, he became CEO ad interim. In less than a year he resuscitated Apple Computer and turned it in the company with the biggest profits of any company and the largest market value. How did he manage? "*Do not let the noise of others' opinions drown your own inner voice. And most important, have the courage to follow your heart and intuition.*

They somehow already know what you truly want to become. Everything else is secondary." The ability to intuit and follow his heart was Jobs' treasure.

Einstein once said that: "*The intuitive mind is a sacred gift, and the rational mind is his faithful servant. But we have created a society that honours the servant and has forgotten the gift.*"

The path to happiness requires that we rediscover our sacred gift.

THE MIND

Consciousness can be divided into:

- the *conscious mind* which is associated to the brain.
- the *unconscious mind* which is associated to the autonomic nervous system.
- the *super-conscious mind*, which is associated to the attractor, the source of syntropy.

The *conscious mind* on which we are tuned during the time we are awake,

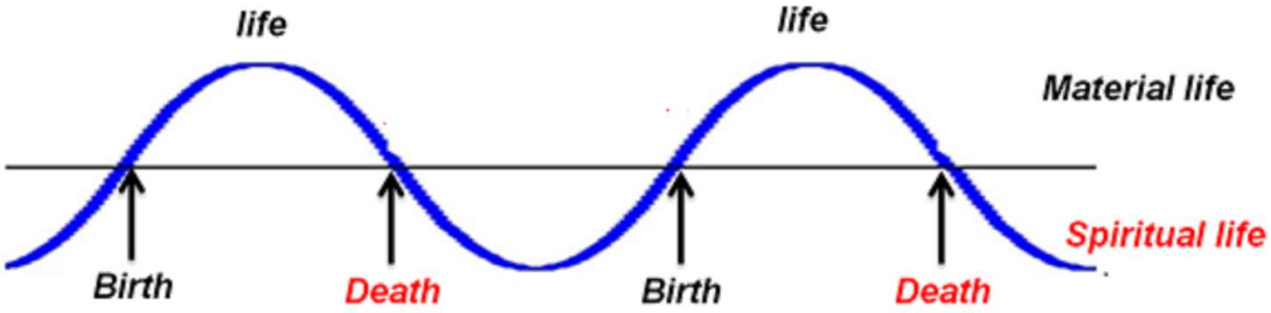
connects us to the physical reality and mediates between feelings and rationality, in a continuous state of choice, of free will.

The *unconscious mind* governs the vital functions of the body, therefore called involuntary, such as the visceral functions. In addition, it implements highly automated programs, which allow to perform many complex tasks, without having to think continuously about them, such as walking, riding a bicycle, driving, etc. The unconscious mind can be accessed during dreams or using techniques of relaxation and altered states of consciousness.

The *superconscious mind* provides attraction, mission, purpose, intuitions, insights, dreams, and visions. It leads towards more intelligent and perfect designs and knowledge.

Teilhard de Chardin believed that: "*We are not human beings having a spiritual experience. We are spiritual beings having a human experience.*"

During material life entropy increases leading our body towards death. During spiritual life syntropy increases leading our spirit towards a new material birth.



When we die the body disintegrates and the conscious and unconscious minds vanish. On the contrary the superconscious mind, which is linked to the attractor, continues its journey.

This can explain the accounts of Near-Death Experiences (NDE). People who have died and resuscitated, thanks to the modern cardiac treatments, talk of an after death spiritual reign of splendour and love. Popular interest in NDEs was initially sparked by Raymond

Moody's 1975 book *Life After Life*[11] and the International Association for Near-Death Studies (IANDS).[12] Moody interviewed over a thousand people who had NDEs and reported baffling and unusual features, which profoundly transformed and changed lives and abilities. One NDE account can require an entire book, as it was the case of Dannion Brinkley's 1975 NDE, described in "*Saved by the Light.*" Brinkley was struck and killed by lightning, but when he awoke

[11] Moody R (1975), *Life After Life*: The Investigation of a Phenomenon-Survival of Bodily Death, www.amazon.com/dp/B00JTYBWMI

[12] International Association for Near-Death Studies (IANDS): http://iands.org/home.html

twenty-eight minutes later in a morgue, everything changed.[13]

In the same years Brian Leslie Weiss, an American psychiatrist, found that patients in hypnosis can easily move back to a previous life experience. Weiss coined the expression "*Past life regression*".[14]

Combining Moody's NDE and Weiss' Past Life Regression, Michael Newton devised a spiritual regression technique that takes hypnotic subjects back to their spiritual realm and sheds light on the age-old questions of who

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[13] Brinkley D and Perry P (1992), *Saved by the Light*, http://www.amazon.com/dp/B001M2FTCY

[14] Weiss B (2012), *Miracles Happen: The Transformational Healing Power of Past-Life Memories*, www.amazon.com/dp/B007HC3MPO

we are, and which is the purpose of our life. In his guidebook "*Life between Lives*" Newton describes the steps of this procedure.[15] Hypnotic induction is used to take the patient in a past life and then life progression to take the patient to the moment of death and enter the spiritual realm. Patients experience death without having to die. The healing effect is simply impressive. The attractor, the spiritual being, is connected to syntropy: pure love. People return from these experiences profoundly transformed, strongly oriented towards the future.

[15] Newton M (2004), Life Between Lives: Hypnotherapy for Spiritual Regression, www.amazon.com/dp/B0028N5TR6

The spiritual perspective is fundamental in the path to happiness.

Among many accounts, one that impressed me is that of my father. He lived as an atheist and was profoundly materialistic, sure that death was the end. In 2005 he went for a tour to Bulgaria and returned awestruck. When entering the Rila monastery in the mountains near Sofia, he began to shake and cry. Since he was a child, he dreamed of that place. He knew all about that monastery, where the rooms were, the corridors, the refectory, even the shape of the stones of the fireplace. In 2012 he suffered a stroke that forced him in a wheelchair. He decided to go and live

in a nursing home and to get rid of all his possessions. He frequently repeated "*Who has nothing dies happy*." During the three years he lived in the nursing home he experienced an incredible transformation. He had frequent visions of the Rila monastery. He used to tell me: "*Ulisse, I have the impression that in that monastery* ..." and in a short time he had an account of a previous life: "*I lived there, we produced a superb red wine, I preached every morning at 8, already drunk*." Remembering a previous life, led him to believe that death is not the end. He was happy, smiling, with eyes full of joy. In the moment of death, he said: "*I feel happy, I will soon see all my loved ones and start a new life again!*"

This spiritual perspective is found in Chinese ideograms. For example, consciousness uses two ideograms: the ideogram of the heart 心 (xin) and the ideogram of the head 头 (tou):

心头

The heart is placed in the first position, thus telling that it is the master, whereas the head is placed in the second position, thus suggesting that it is the servant of the heart.

It is also remarkable to note that “to

think” 想 has on the left the ideogram of the heart and on the right the ideogram an “idea” 想 which contains the heart as a radical (lower part):

心想

“Thoughts” have on the left the ideogram “message” 信 and on the right the heart. Messages to the heart:

信心

Intuitions have the ideogram warmth on the left followed by the heart. Intuitions are signalled by feelings of "warmth in the heart":

热心

Being diligent, attentive, devoted to a project is described as "eye of the heart":

目心

When during our business we are

scrupulous we use the ideogram “a lot” associated with the heart:

多心

When we become actors of our choices, of our free will, we use the ideogram “force” associated to the heart, “a strong heart”:

心力

However, when we are depressed, we talk about a “grey heart” a “heart with

no colour”:

心灰

Finally, when we can solve a problem, we talk about a “peaceful heart”:

心安

The path to happiness can benefit from the wisdom of the East Asian culture that is centred on feelings and the invisible reality.

Recent studies trace the distinction between the West and East polarities to rice and wheat[16]:

– *Rice* requires teamwork and cooperation for dams, irrigation, and common infrastructures. This favours a culture based on sharing

[16] Talhelm T, Zhang X, Oishi S, Shimin C, Duan D, Lan X and Kitayama S (2014), *Large-Scale Psychological Differences Within China Explained by Rice Versus Wheat Agriculture*, Science, 9 May 2014: vol. 344, no. 6184, pp. 603-608, DOI:10.1126/science.1246850.
"*We propose that a history of farming rice makes people more interdependent, whereas farming wheat makes individuals more independent, and these agricultural legacies continue to affect people in the modern world.*" Rice farming is extremely labor-intensive, requiring about twice the number of hours from planting to harvest as does wheat. Because most rice is grown on irrigated land, it requires the sharing of water and the building of dikes and canals that constantly need maintenance. Rice farmers must work together to develop and maintain an infrastructure upon which all depend, and this leads to a cooperative and collective mindset. Wheat, on the other hand, is grown on dry land, it relies on rain for moisture. Farmers can depend more on themselves and this leads to a more individualistic mindset.

and cooperation, in which the common good is the main value, communities are cohesive and syntropic.

– *Wheat*, instead, requires ground and rain. People do not need to cooperate. Others are seen as enemies, who want our land and harvest. This leads to entropic competitive societies, where property is the main value.

Rice and wheat, two completely different cultures. One based on cooperation, the other on competition. In the former, justice is administered directly by the community that rejects those who act

against the common good. In the latter every individual differs and there is no idea of the common good. The law is enforced by the strongest, often to protect the interests of a few at the expense of the majority.

The guānxi system well portrays this cohesive society. Guānxi means close relations.

In China children start building their close relations since their first years of age, sharing food, toys, and money in the belief that "*one finger alone can do nothing, but in one hand it acquires power.*" By sharing they learn the values of trust, honesty, fairness, and reciprocity.

Chinese put aside at least one third of their income. The money saved, however, does not end in the bank, but goes to those in the guānxi who need it. When Chinese venture into the world the guānxi provides support. The Guānxi is the social capital, the wealth on which every Chinese relies. In a Guānxis who receives without giving is a 黑人 Hei rén, a corrupt person, decadent and reactionary, the ultimate infamy which leads to the exclusion, "*a finger alone that can do nothing.*"

Guānxis are based on feelings. Only when a Chinese feels you in his heart,

he lets you enter in his guānxi. No contracts are used. Contracts denote the absence of trust and are considered a sign of decadence.

The East Asian perspective is based on the idea that we share common aims, attractors, and purposes.

Attractors have been discovered by Western science in 1963, when the meteorologist Edward Lorenz found that small changes in the initial conditions can amplify and make any prediction impossible: "*a flutter of a butterfly's wings in the Amazon can cause a hurricane in the United States.*"[17]

[17] Lorenz E. (1963) *Deterministic Nonperiodic Flow*, Journal of the Atmospheric Sciences, 1963, Vol. 20, No.2, pp.130-140.

We usually think that big effects require big causes. Instead, when syntropy is at play, a big effect requires small causes, since the attractor amplifies them. Experiments show that water is the medium through which syntropy rises from the quantum world. This might shed light on how homeopathic remedies work. Homeopathy was discovered by Samuel Hahnemann, a German physician, and is based on the so-called principle of similarity, according to which the appropriate remedy for a particular disease is given by a substance that, in a healthy person, causes symptoms like those seen in an ill person. Homeopathy

uses water for its remedies. The patient is administered a remedy in which the substance (or active ingredient) is strongly diluted in water: the higher the dilution, the greater the power of the remedy. The paradox is that the most powerful homeopathic remedies are those that contain no molecule of the substance. Active ingredients, when in water, follow the butterfly effect. The most diluted ones, when correctly amplified by the attractor become the most powerful ones.

Attractor work as antennas. They receive information from individuals, they select what works and distribute it to all the other individuals.

Experiments with animals show that when one individual learns to solve a task, the solution is acquired in an invisible way by all the other animals of the same species. The greater the number of animals that learn to solve a task, the easier it is for others to solve the task. If mice are trained in London, similar mice in all the laboratories of world will solve the same task more quickly. This effect occurs in the absence of any known connection or communication between the laboratories. The same effect is observed in the growth of crystals. In general, the ease of crystallization increases with the number of times that the operation is performed, even when there is no way

in which these nuclei of crystallization may have been moved from one place to another infecting the different solutions.

The path to happiness converges towards the attractor of love.

EPILOGUE

The theorem of love shows that love solves the identity conflict and provides purpose and meaning to life, and that love is the attractor that opens the door to happiness.

Most people are now immersed in the chatter of their mind, unable to feel the heart and respond effectively to their need form meaning and for love. Depression, void, and anguish are the alarm bells of this situation.

Suffering has the function to inform

that we are on the wrong path. We are not condemned to suffer; we just need to change or correct our path.

The path to happiness is not a pill, a drug, a medical treatment, or a special machine that provides happiness in a passive way. It is an active choice that we actualize following the theorem of love.

The path to happiness requires that we choose with our heart to put love at the centre of our life. Until this choice is not made, we are adrift on the sea of life. We can engage in spiritual practices, meditation, seminars, and groups, but depression and anguish will continue to alert us

that we are on the wrong path.

When we choose the path of love, we inevitably choose low entropy options, we cooperate and develop close relations with the most diverse people, based on a greater spiritual perspective where death is not the end.

The master is our heart. We can learn from other people's experiences, philosophies, and religions, but we need to focus on our heart. All what we need is already in our heart.

Happiness is not about being reach and famous, but it is about love.

Everyone can choose this path towards happiness. The poorer and most unfortunate persons usually find it easier than the wealthiest.

Regardless of our differences we are all converging in this direction that discloses the meaning and joy of life.