

# The Invisible Force of Love

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# PROLOGUE

Consciousness, the “*feeling of being alive*” is still a mystery.

Neuroscientists assume that consciousness emerges from matter, whereas quantum scientists believe that matter emerges from consciousness.

The mathematician Luigi Fantappiè and the paleontologist Pierre Teilhard de Chardin describe consciousness as a property of a symmetric and complementary energy to physical

energy.

The fundamental equations have a “*physical*” solution for energy that diverges forwards in time and a “*non-physical*” solution which describes energy that diverges backward in time.

The qualities of the “*non-physical*” energy match the mysterious qualities of life: energy concentration, increase in differentiation and complexity, creation of structures.

Life appears to be a combination of the physical and non-physical energy, in-between the visible and invisible worlds.

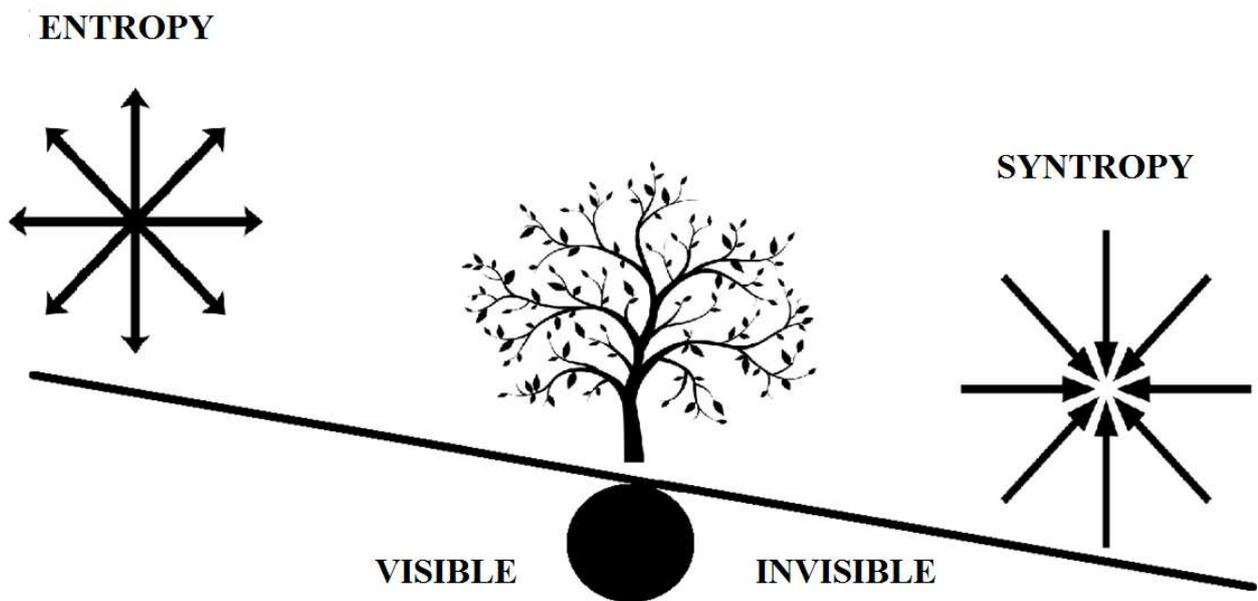
Physical energy can be perceived whereas the non-physical energy can be felt: the head perceives, the heart feels. We are constantly faced with what the head and the heart say, and we are forced to choose. The heart gives direction and aim, whereas the head provides tools and experience. Both are needed.

## THE GAME OF LIFE

Physical energy governs the visible world, whereas non-physical energy rules the invisible world. These two energies are complementary since when one increases, the other decreases: as in a seesaw.

Physical energy is governed by the law of entropy, the tendency to diverge and move towards a situation of non-availability which physicists call “*heat death*.” In contrast, non-

physical energy follows the law of syntropy, the tendency to converge, to increase in complexity and move towards life.



Life always seeks to:

**lower entropy and raise syntropy**

But entropy is produced by our activities! How can we stay active and increase syntropy? This is the

challenge. This is the game of life!

To better understand this game, let's start from a very simple case of financial coaching:

*“I am a freelance, I live in Rome. I'm single, I own an apartment in the old historical center, 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 empty. But last month my savings ended, and I am now going to get into troubles.”*

The challenge is to reduce entropy

without reducing the quality of life.

*“How much do you spend for your mobile each month?”*

*“About 40€ per month, but I’m always without credit.”*

*“Why don’t you change provider? With only 12€ a month you can get unlimited minutes, SMS and 4 gigabytes.”*

*“I changed provider. Now I can use my mobile without limits, I can use Skype, internet and the quality of my life has improved, and 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. Syntropy

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

*“I assume that you take your shirts to the laundry!”*

*“I wash them, but don’t know how to iron them.”*

*“How much does it cost?”*

*“Around 70€ per month.”*

*“Why don’t you give an extra 8€ per month to the maid and ask her to iron your shirts?”*

*“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 of about a thousand euro a year. But we must balance entropy and syntropy before the magic of the invisible world starts showing.

*“Do you go to work by car?”*

*“I also use the scooter, to save money, but the traffic is really bad and dangerous!”*

*“Why don’t you use the bicycle?”*

*“On these roads?!”*

*“No, on alternative roads.”*

*“My house is in the historical center. The studio is not far, but I have always considered cycling impossible because of the difference in altitude. I would arrive tired*

*and sweaty.”*

*“If you have to climb it is best to choose a short but steep road, get off and push, rather than pedaling all the way up.”*

*“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 another 2,000€ before syntropy starts working.

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

*“What should I do?”*

*“Try changing the light bulbs with energy saving LED bulbs, and put the timer to the water heater.”*

*“These 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!

*“How much do you pay for the electricity at your office?”*

*“About 300€ every two months.”*

*“Do you use halogen bulbs!?”*

*“Yes.”*

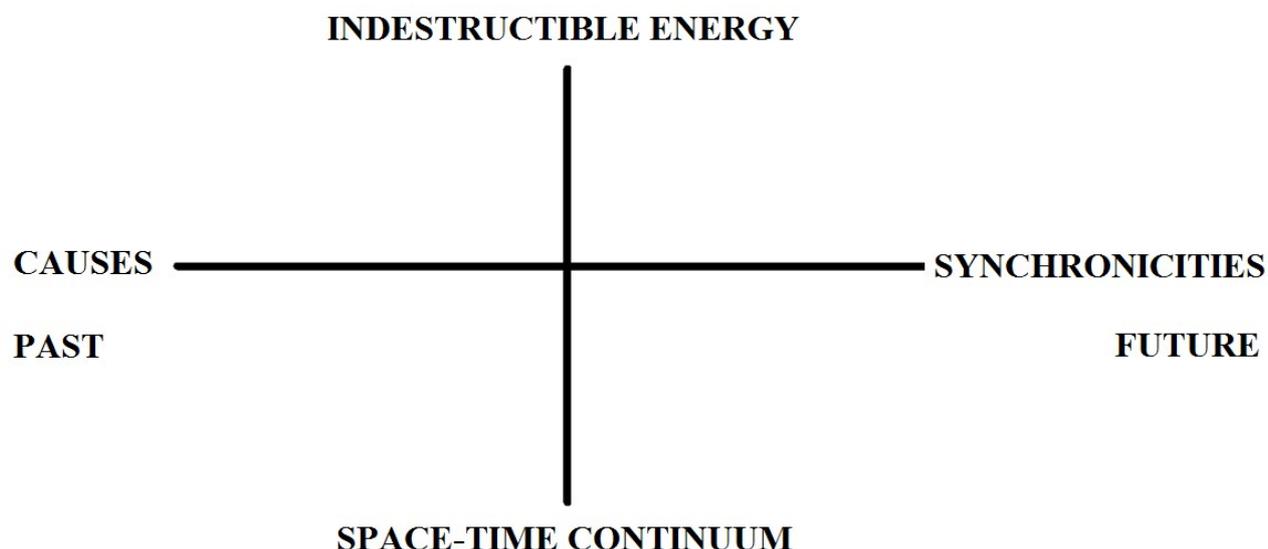
*“I discovered that I could save another thousand euro per year, simply by replacing halogen spotlights with LED spotlights.”*

Entropy has been lowered without reducing the quality of life. This is the challenge!! Life has improved. At this

point syntropy can start showing in the form of synchronicities.

## SYNCHRONICITIES

Carl Gustav Jung, one of the main psychologists at the start of the last century, and Wolfgang Pauli, one of the fathers of quantum physics, have coined the term synchronicity to indicate a type of causality which is invisible. Synchronicities are meaningful coincidences, which lead to an aim.



Pauli starts from the fundamental equations of the universe and shows that there is a type of causality which is invisible to us, since it operates from the future. The concept of synchronicity does not question the notion of causality but argues that events can be grouped by causes and aims. Causality acts from the past, whereas synchronicity from the future. Synchronicities are meaningful as they lead towards goals, giving

direction to seemingly unrelated events. According to Jung and Pauli causality and synchronicity act on the same indestructible energy, united by this energy, but at the same time complementary.

First synchronicity:

*“How much do you pay for the rent of your office?”*

*“Nothing. It is the property of my aunts.”*

*“They could rent it and make a profit, but you are using it for free?!”*

*“Exactly.”*

*“And your aunts?”*

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

*“Have you ever thought about renting a room in an office and let your aunts rent their apartment?”*

*“I have no money; I cannot afford to pay a rent!”*

*“How is your business going?”*

*“I have few clients, perhaps because of the crisis, but probably because of the location of my office.”*

*“A less prestigious office, but in a strategic location, could help you get more customers?!”*

*“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:

*“Just after this the doorkeeper told me that an airline company is willing to rent the apartment 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:

*“I hesitated. The place in the center 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 immediately 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 well-being in the chest area that inform that syntropy is at work, and that we are going in the right direction.

*“I started to feel warmth and wellbeing in*

*the chest area. 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 our old entropic lifestyles.

*“A few months later, I was offered a prestigious job abroad: my dream! I immediately accepted. I moved. The salary was high, the taxes low. Just a few months before I was in a state of bankruptcy. 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, syntropy goes down and we go back to suffering and bankruptcy.

*“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 for my profession. 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 a foreigner, 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, I started suffering, 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 leads to entropy and suffering.

## INSIGHTS

The invisible world manifests itself using insights and intuitions. An example was offered by Steve Jobs, the founder of Apple Computer. Steve Jobs' frugal life eloquently describes the inner transformations that kept him away from entropy.

Steve Jobs was raised in a foster family and never accepted having been abandoned by his biological parents. He was restless and nervous.

He quit university during the first semester of the first year and ventured to India, from where he returned with a changed vision of life:

*“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 India Jobs learned that intuitions point to the future.

In 1976 he saw in a friend's house the circuit board of a computer and 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. This made him very sensitive and intuitive, but at the same time irrational. He used to argue

continually with the “*rationalists*” and with John Sculley, manager that he had brought to the direction of Apple Computer. In 1985 the conflict became so severe that the board decided to fire Jobs from Apple Computer, the company that he had founded. Apple Computer went on living on the products that Jobs had designed, but after a few years the decline started. In the mid-nineties Apple Computer was on the brink of bankruptcy and on December 21, 1996, the board asked Jobs 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.”*

Jobs led a simple life. His children thought that he was poor and

frequently asked him: “*Dad, when will we visit one of your rich friends?*” He lived a minimalist life. He used to stroll in parks or nature to do business. When he had to make a gift, he picked flowers from a field. He didn’t drink alcohol. Although he was able to generate immense fortunes, money was not his property, but a tool for reaching an end.

The ability to intuit was his wealth, his creativity, genius, and innovation. Einstein believed that “*The intuitive mind is a sacred gift, and the rational mind is his faithful servant. But we have created a society that honors the servant and has forgotten the gift.*”

Thanks to Zen meditation, nature, no alcohol, and the vegan choice Jobs' attention was in the heart.

*“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.”*

Jobs believed chance to be an ingredient of intuitions and synchronicities, which allow to make visible what is not yet visible. He wanted the headquarters of Apple

Computer built around an open space, a large piazza, where people would stop for food and services, favoring in this way chance encounters and the invisible processes of synchronicity.

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 insights. He often said that his mission was a computer that could be held in a hand. He died a few months after the presentation of the iPad, the computer that can be held in one hand, his Omega point. His life testifies that wealth comes from the invisible world, through insights and

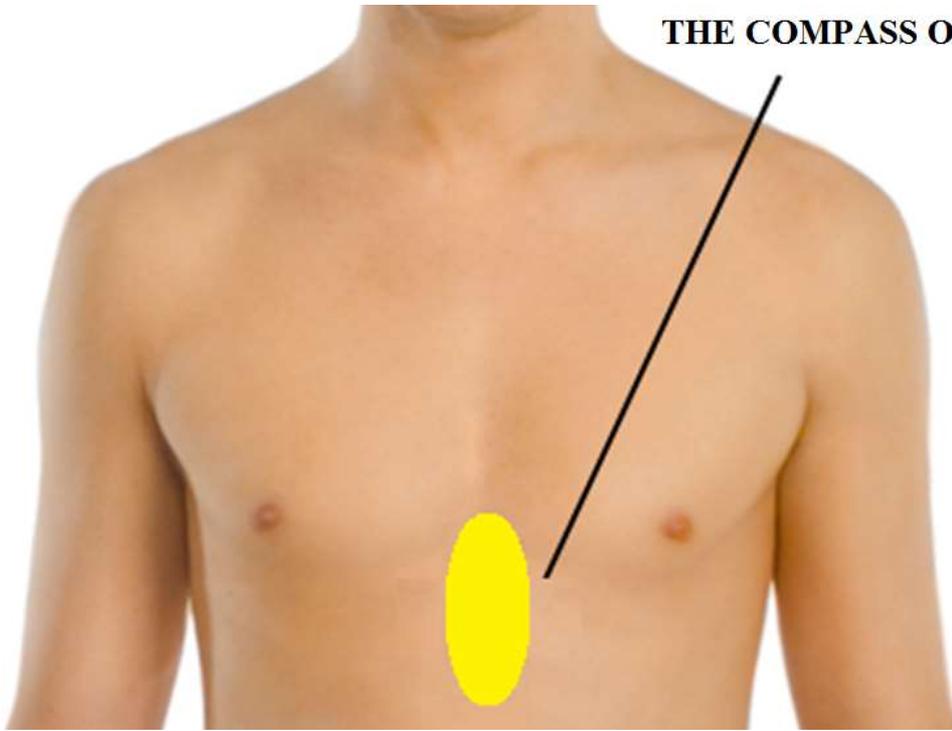
intuitions that reduce entropy and anticipate the future. But it requires a simple and minimalist life. His suffering and illness highlight the difficulty of this path.

## THE COMPASS OF THE HEART

Syntropy is energy that converges. We feel it in our heart are, in the chest, similarly to a feeling of warmth and love. Entropy, instead, is felt as emptiness and void.

These feelings work as the needle of a compass.

## THE COMPASS OF THE HEART



*The compass of the heart:  
warmth and wellbeing = right choice  
emptiness and suffering = wrong choice*

The compass of the heart is of great importance in the game of life, but in the same area we perceive emotions that are linked to fear and danger, which are activated by the amygdala. The amygdala is designed to ensure survival. When faced with a danger it releases hormones that trigger the fight or flee reaction. The amygdala is fast, but inflexible. The emotional

charge enters our body and covers the feelings of the heart. Fears and dangers limit the ability to use the compass of the heart and increase entropy. Suffering can soon become unbearable and to calm it down people resort to alcohols, tobacco, heroin, and habits which limit even more the ability to feel the heart.

The compass of the heart requires that we silence the chatter of the mind.

A very effective way is provided by Zen meditation. During Zen meditation participants cannot react to stimuli, but they can only observe them. Practicing Zen meditation, we

discover that thoughts wait for the reaction of the heart. When the heart reacts, it provides energy to the thought which becomes stronger. When we don't react the thought dissolves. The heart decides when to react and when to be silent; the mind can only adjust to the will of the heart. We are the heart. Our will is in the heart. In this way the scepter of command moves from the head to the heart and the mind becomes silent.

The importance of silence is present in many traditions. The groups of Friends (also known as Quakers) started practicing silence in 1650 when George Fox discovered that it

restores the flow of the energy of Love and a direct contact with Deity. The practice is simple, people sit in a circle and are silent for about an hour. Shared silence helps to feel the heart.

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 and leads to discover that we are part of something broader. When the chatter of the mind ends, we experience a new condition: to be without thinking. A state in which thoughts are produced only when required by

the heart. 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.

Another factor which influences the perception of the heart is food. We are now witnessing the rise of vegans and vegetarians who claim that humans have the features of fruit-eaters since our ancestors were fruit and berries eaters. Syntropy explains this in a different way: we have a vegan structure (no claws to hunt, long digestive tract not meant for meat and teeth suitable for fruit) since the attractor towards which we are converging has these characteristics.

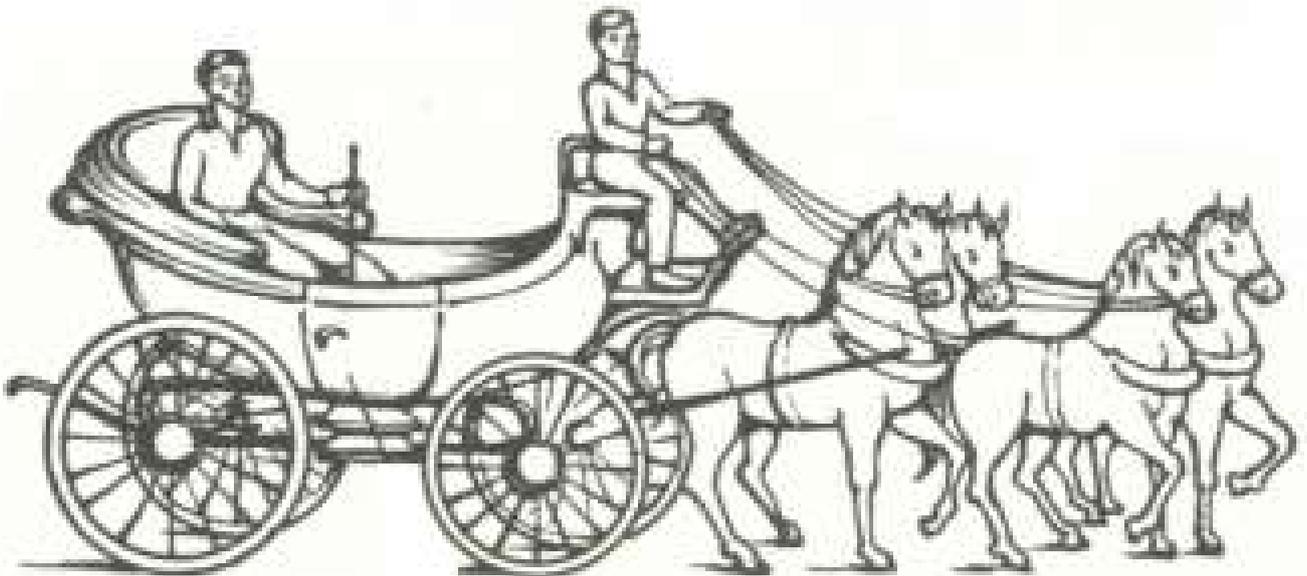
Therefore, being vegan restores the connection with the attractor and increases the feelings of the heart. This is supported by an epidemiological study conducted by the Canadian Natural Hygiene Society on the risk of heart attacks that shows that meat eaters have a 50% risk, vegetarians 15% and vegan 4%.

In the visible plane we see images of objects and the inner light of the heart is trapped. We are usually prisoners of this plane and think that there is no way out. The contact with life energy, with nature, enhances the invisible plane and improves intuitions, creativity, and synchronicities. We discover the “*invisible force of love*” an

inner power that we never thought possible, from which we cannot diverge, which directs the compass of the heart towards what is ethical.

## THE THEOREM OF LOVE

The metaphor of the cart can help understand the role of the heart.



In this metaphor:

- the cart is the physical body and requires maintenance.
- the horses are our impulses, that pull us in different directions and give the movement; they require energy and the guide of the coachman.
- the coachman is the mind, follows the orders of the master, directs the horses, and takes care of the cart.
- the master of the cart is the heart which provides direction and aim.

All functions well when:

- The cart is promptly repaired. With

humans this results in the need for care, a home, clothing, sanitation.

- Horses receive water and food. The partial satisfaction of these needs activates the alarm bells of thirst and hunger. The total dissatisfaction leads to death.
- Syntropy is acquired. In our body cells die and must be replaced. This regenerative property is provided by syntropy. When syntropy is low the regenerative processes are not sustained, and entropy prevails. When syntropy is high we feel warmth in the autonomic nervous system area (chest area) and well-being due to the regenerative processes.

– There is a purpose. The mind uses maps of the physical environment, but entropy has inflated the universe towards infinite, and syntropy has focused consciousness towards the infinitely small. When we compare ourselves to the universe, we find to be equal to zero and this is incompatible with our feeling of being alive. Hamlet’s “*to be or not to be.*” The mind needs a purpose, otherwise it makes no sense to guide the cart.

The identity conflict is represented as follows:

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

*Compared to the universe I am equal to zero*

Being zero is incompatible with our feeling of being alive. This leads to feel worthless, aimless, and depressed. We need to provide a purpose to our life, otherwise we go nowhere. Many think they can find it in other people's judgment, in wealth, power, popularity, religion, social commitment, ideologies, affiliation to groups. We can increase our value indefinitely but compared with the infinity of the universe the result is always zero, and we continue to feel depressed a useless.

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

The solution is provided by the Theorem of Love:

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

*When I compare myself to the universe  
and I am united to it through love, I am always equal to myself*

The Theorem of Love tells that:

- only when our inner world unites with the outer world, we overcome the identity crisis.
- love provides this unity ( $I \times \text{Universe}$ ), the aim of life.
- love allows to shift from duality ( $I =$

0) to non-duality ( $I = I$ ).

Love is synonymous to unity. When we converge our heart fills with warmth, joy, and love. But when we diverge, we feel pain, anguish and we experience the conflict between being and not being. To love means to find our aim and our identity. Love and care are immaterial agents of syntropy.

The word love is now abused and can mean everything! So, let's see how it is used in these pages. First, love is something that we feel. It is felt as warmth and wellbeing in the chest area. It can be accompanied by an increase in heartbeats, sweating,

hunches, shortened breathing, redness, dilated pupils. Love is vital since it provides the meaning to life, but also the vital energy to our body. For this reason, when we find a source of love, we tend to cling to it and forget everything else. What activates love becomes vital. In the absence of love suffering can become unbearable.

## THE BUTTERFLY EFFECT

In 1963 the meteorologist Edward Lorenz discovered that small changes in the initial conditions can amplify and make any prediction impossible. Lorenz also found the existence of an attractor which greatly amplifies the initial perturbations. He described this situation with the words: “*a flap of a butterfly’s wings in the Amazon can cause a hurricane in the United States.*”

Usually when we want a big effect,

we need a big cause. But, when attractors are at play a big effect requires small causes, placed at the center of the attractor. Experiments show that water is the medium through which the attractor of life manifests. This might help to explain 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 similar to those seen in a 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 cannot contain a single molecule of the active ingredient. Having removed the active ingredient by dilution, it is believed that the effects are due to a placebo effect and not to an actual effect of the remedy. But attractors work in the opposite way! The active ingredient, when in water, follows the butterfly effect and the most diluted ones, when correctly placed in the attractor become the most powerful ones. Western medicine refuses homeopathy since

the effects cannot be explained in a classical way, but still the results are tangible and can be tested experimentally.

Love, when properly placed in the attractor, amplifies indefinitely.

## ATTRACTORS: UNITY IN DIVERSITY

Attractors bring parts together. The unity of our Self is strengthened when we have a mission, when we are converging towards an attractor. When, on the contrary, we have no attractor cohesion diminishes, the chatter of the mind increases and our personality shatters. Converging is therapeutic since it brings together our parts and makes them cooperate. Teilhard de Chardin noticed that the

incredible stability of species is given by the fact that they converge. He advocated the idea that life is guided by attractors, and evolves according to a hierarchy of attractors, till the ultimate unifying attractor, the Omega point, is reached.

Since they reinforce the Self, attractors increase individualization and differentiation, nonetheless they also lead towards unity. It seems a contradiction, but unity and diversity go together.

The theme of attraction has been the focus of Teilhard's research:

*“Reduced to its essence the problem of life*

*can be expressed like this: accepting the two principles of conservation of energy and entropy, how can they assimilate without contradiction, a third universal law (which is expressed by biology), that of the organization of energy? ... the situation becomes clear when we consider, at the basis of cosmology, the existence of a sort of anti-entropy.”*

Teilhard formulated the hypothesis of a converging energy, like what Fantappiè discovered with syntropy:

*“In other words, not just one kind of energy, but two different energies; two energies which cannot transform directly one into the other, because they operate at different levels ... The behavior of these two energies is so*

*completely different and their manifestations so completely irreducible that we might believe they belong to two completely independent ways of explaining the world. And yet, as the one and the other, are in the same universe, and evolve at the same time, there must be a secret relationship.”*

Attractors, Omega point, syntropy, purpose and mission are synonyms. This can cause confusion. Mission or purpose are typically used for individuals, Omega point for the source of syntropy. Lately the biologist Rupert Sheldrake has coined the expression morphic field to indicate the attractor of a species.

The path towards the attractor

requires diversity, different species, different cultures, ideas, ideologies, and religions. Like the tiles of a mosaic which together form the unity of the design, our individualities are pieces which converging together give place to the design. Steve Jobs found his mission in a computer that could be held in a hand, and this became his life project. Everyone has a purpose in life. Small or big they are all equally important. When we reach our goal we can die happily, and then continue the adventure towards the Omega point in a new life, with another mission. We receive syntropy from our attractors which ultimately lead to the Omega point. This chain of attractors cannot be interrupted,

otherwise syntropy stops flowing from the Omega point. Death is not the end, but only the transition between visible and invisible. Everyone must experience a plurality of material lives. In this process we gradually learn to use the compass of our heart and master the invisible reality. The magic is in the journey and without a destination there would be no journey.

External factors can favor our predisposition towards the visible or invisible. Our planet, for example, is divided into a Western polarity, characterized by the visible science, and a Far East polarity, characterized by the invisible energy of life. Recent

studies trace these two polarities to rice and wheat. Rice requires teamwork and cooperation for dams, irrigation and common infrastructures. This led to a culture based on sharing and cooperation, in which the common good is the main value and communities are cohesive. Wheat, instead, requires ground and rain. People do not need to cooperate. Others are our enemies; they want our land and harvest. This has led to 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 from the others and there is no idea of the common good. The law is enforced by the strongest, often to protect interests of a few at the expense of the majority.

Cooperation is well depicted by the *guānxi* system. During holidays, anniversaries and birthdays Chinese give red envelopes containing money. Since the spring of 2015 red envelopes have also become electronic, and in the first 24 hours of 2016 WeChat, the Chinese messaging system, has seen sending 2.3 billion electronic red envelopes. In marriages red envelopes reach their peak.

Invitees deliver the offer for the newlyweds in a red envelope. A cashier at the entrance of the restaurant opens the envelope and writes in a public register the name and surname of the guest and the amount. Chinese spouses receive on average (in Italy) between 250 thousand and 400 thousand euro. Enough to buy a house or start a business. Red envelopes are an example of the traditional Chinese culture of sharing and cooperation that originates from rice. Chinese children learn to share 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 to build relationships of trust, honesty,

fairness, and reciprocity which then become their guānxi (close relations networks). Guānxis are the pillar of the Chinese society and of the Southeast Asian societies. They differentiate the East from the West and make China so incomprehensible to the Westerners. The average Chinese puts aside at least one third of his/her income. The money saved, however, does not end in the bank, but is given to those in the guānxi, who want to start a new activity. When a Chinese ventures into the world his guānxi provides support. The Guānxi is the social capital, the wealth on which every Chinese relies. Guānxis are built on trust and reciprocity. Who receives without

giving is a 黑人 Hei rén, a corrupt person, decadent and reactionary, contrary to the principle of sharing. For Chinese Hei rén is the ultimate infamy and leads to the exclusion, “*a finger alone that can do nothing.*” Guānxis are based on the heart. Only when a Chinese feels you in his heart, he lets you enter in his guānxi. Guānxis are networks of trust, based on the certainty that people will not betray you. Paper contracts imply the absence of trust, and they are considered a sign of decadence. In the West trust has failed, the social fabric has disintegrated, and transactions are based on written contracts, that are often not honoured. Guānxi requires

trust and the attention on the heart, which in China is natural. Chinese have difficulties understanding Westerners who behave like Hei rén, corrupt people, decadent, and reactionary. Mixing East and West is complex. Our corrupt culture can easily fascinate young people, whereas it is more difficult to evolve towards the values of cooperation and sharing typical of the Far East.

## GUT FEELINGS

The autonomic nervous system regulates and monitors vital functions in an unconscious way, without the need of a voluntary control. Nearly all visceral functions (heartbeat, breathing and digestion) are under the control of the autonomic nervous system which acquires syntropy and activates visceral functions in advance, providing information about the future.

A few examples:

- In the article “*In Battle, Hunches Prove to be Valuable*”, published on the front page of The New York Times on July 28, 2009, visceral feelings are reported to save lives, “*suddenly I felt a sense of cold associated with danger and I shouted: no - no!*” Feelings of terror and death can lead to choose differently and avoid death.
- William Cox found that when a train has an accident the number of passengers is considerably lower than expected. He made controls (departure time, day of the week, weather conditions), but he always

found that when a train has an accident the number of passengers on board is lower than expected. Visceral feelings seem to inform about the accident, causing conditions that lead not to board the train.

- This seems to be the case also in airplane accidents. An example: May 22, 2010, an Air India Express flight from Dubai to Mangalore went off the runway, killing 166 passengers. When boarding (that is after checked-in), nine passengers felt ill and did not board the plane.

Visceral feelings alert about the future, but they use a language which

is archaic. Animals use this archaic language, that we call instinct, and this allows them to feel, with days in advance, natural disasters. The first report 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. In China, where the invisible energy of life is taken seriously into account, these strange behaviors are used as alarm bells. For example, 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.

In China, vital energy is called qi. Traditional Chinese medicine studies how qi flows to re-establish health and treat diseases. In the West we are now beginning to discover this invisible reality, thanks to oriental traditions.

# EPILOGUE

The invisible world works in the opposite way to the ordinary one: richness requires frugality, unity needs diversity, strong effects want small actions. Results otherwise impossible can be achieved, such as transforming deserts into fertile soil, reviving the process of rainfalls, and reducing the greenhouse effect (see syntropic agriculture); reduce debts and costs producing wealth and wellbeing; meet the energy needs in an environmentally friendly and sustainable way; turn crises into

opportunities.

Results show that this counterintuitive approach works. For example, we are taught that wolves are bad. However, a young employee of the US Forest Service noted that the areas where wolves had been killed were becoming arid. In 1995, the Yellowstone National Park decided to reintroduce wolves in arid areas, and quickly these areas recovered their ecosystem, without any further intervention. Despite what is commonly thought, it was discovered that wolves are important for the health of the ecosystem. They make deer and elks become stronger, trees taller and healthier. Wolves force

elks and deer to run fast and far, their hooves plough the soil, carrying seeds and fertilizing the ground, they have little time to eat leaves and trees can continue to grow taller and stronger. Wolves have reduced by 80% the population of coyotes, thereby protecting small rodents that have repopulated the park, providing food to birds that have returned in the area. Bears eat the carcasses abandoned by wolves. The reintroduction of wolves has led to the rapid recovery of the entire ecosystem, which is now strong, healthy, diversified, and balanced. Wolves, which in our imagination are a symbol of evil, generate prosperity for plants, insects, birds and for humans. Another

counterintuitive example is provided by Alcoholics Anonymous. To help an alcoholic, we must not help him. Only when the alcoholic is naked in front of death, he finds the will to react and overcome the most difficult battles, achieving feats that defy common sense. The will is not a thought, nor an object or a desire, it is our true self, our heart that makes us one with the universe. It is a force that empowers. Being helpful prevents an alcoholic from finding this force.

People often ask: “*Does the Omega point mean that the future is already determined?*” No, it is just the opposite! The Omega point means that we must return to where syntropy and life

originate. We will all return to this source of wellbeing, happiness, and love, but the path depends on our choices. If no Omega point exists, we would be the product of the past, like machines, totally determined. Instead, our life is not determined, we are constantly asked to choose between head and heart, between past and future.

The difficulty lies in understanding the language of the heart, but when we learn to follow the heart, we discover that our choices are always correct.

## PERSONAL HISTORY

At this point I feel I must tell how I came to this book.

I was born in 1959 from a Catholic father and Protestant mother with diametrically opposed views of life. My father had grown in a mountain village during hunger and extreme physical conditions. For him, the top priority was to put money aside and save. My mother grew up in England and believed that since we only live once, we must enjoy life as much as possible, now. Both worked for the United Nations. My father lived a

frugal life and had always a lot of money that allowed him to help us children to face important moments of life (such as buying a house), my mother was always with no money or in need for money.

Their divergent visions brought me to look for answers by myself. I was enrolled in a private catholic school, but at the age of 7 I already professed to be an atheist and I refused the First Communion. “*Why the creation?*” I wondered. I imagined going back in time and did not understand why suddenly everything had to disappear because of a creation. Several times the nuns called my parents, but there was nothing to do, I continued to

declare myself an atheist. I was fascinated by cosmology, the theory of the Big Bang, the formation of galaxies, planets. I found an article describing the universe that will collapse because of gravitational forces and then re-explode again. The math showed that the universe will collapse in a space smaller than the nucleus of a hydrogen atom. How can all galaxies, all planets concentrate in such a small space? What is matter? Is it solid or empty? How can an object, millions of light years away from me, exert an attraction on me? How can my atoms exert an attraction (even if minimal) on all the other atoms in the universe? How can I attract something I do not even know it

exists? The law of cause and effect was clear to me, but the force of gravity was a mystery.

My father was proud of his mountains village and used to invite colleagues from the United Nations for vacations and skiing. Soon the village became filled with people of all nationalities and the contact with different cultures fueled my independent way of thinking.

Saturday, February 19, 1972, I went skiing. During the lunch break I chose a dish with a meat sauce which was so sickening that I decided to become a vegetarian. This choice was accompanied by other choices, such

as not drinking coffee, alcohol, use medical drugs, take part in religious groups, smoke, use drugs ... I did not know why all these choices came together at once, but I felt an imperative in the heart which ordered me to do so.

At the age of 16 I was chosen for a year in the United States, hosted by American families. I ended up in the deep south. Cultural diversity was immense. From an exciting multicultural environment, I ended in a world of religious extremists. The US myth crumbled, and I found myself in the middle of an existential crisis. For the first time I felt anxiety and depression. Others seemed happy

and I started thinking that I was the only one suffering. Towards the end of the stay in the US something special happened. I spoke at length with an Iranian boy. I was fascinated by his vision of life. I knew nothing of Islam. For the first time I was receiving coherent explanations of anxiety: a warning signal that tells that we are lacking love. We talked about the meaning of life, the future of humanity, and I sensed that the goal is to achieve love here, in this small planet. That night something strange happened. I suddenly woke up, alert and lucid. I had the feeling that time had stopped, and I could move in the past, but also in the future and in space. I saw myself immersed in a

luminous orange mist. Before me a luminous sphere occupied part of the room and I could feel his thoughts as visions and love. Everything seemed to make sense. I saw the future of love of humanity. Then suddenly I found myself in the dark and cold room, sitting on the bed. I woke the person next to me and asked if he had seen or heard anything, but he told me to stop making noise, he wanted to continue sleeping. I tried to reconnect with this center of love, but I did not know how.

I returned to Italy. My parents had just split, and instead of the old certainties I found many new uncertainties. Many foreign friends

had gone and with them the exciting multicultural environment. Anxiety and depression made me fall in a tunnel of despair with no way out. I found protection in the memory of the orange light, and this severely questioned my atheist vision.

Tuesday, April 19, 1977, I had a sudden insight, “*why can't we have another level? A level of reality, fundamental as matter and energy? Three basic levels: the material level, the level of energy and the level of the feeling of being alive!*” I immediately realized that the feeling of being alive had properties symmetrical to those of energy: on one side diverging physical energy, on the other side converging life energy. With this

simple addition all the pieces of the puzzle came together in a coherent framework, and I had an experience in some ways similar to that of the orange light of love. I felt again the coexistence of past, present and future, and I felt a gouge between the visible and invisible reality. A strong vibration shook me from within: the voice of the heart was telling that this is the way I had to follow. Suddenly depression and anxiety had vanished, and I was out of the tunnel of despair. I realized that I had touched something important. Every level had to have a specific vital need: material needs were associated to the material level, the need for love to the feeling of being alive and the need for

meaning to the physical energy. I decided to investigate more this vision by enrolling in the faculty of psychology, but I soon had to surrender to the fact that psychology is materialistic. Consciousness is treated only as an emergent property of matter. I ventured in doing research and became an expert of non-parametric statistical techniques which allow to handle qualitative data. The only professor who showed interest in my ideas was an astrophysicist teaching mathematics. I decided to develop my vision with him and on the 30th of June 1981 I graduated with honors.

I did not know what to do next, I was disoriented. I took a break and went to England to spend a holiday in the village of 400 souls where my mother came from. On July 28 (the 25th anniversary of the death of Luigi Fantappiè, the discoverer of syntropy) a boy invited me to the pub where a celebration was held for the wedding of Charles and Diana of the coming day. He introduced me to a girl. She was also from Rome and her mother was from that village. I asked her if she went to the same high school that I had attended. "*How do you know?*" she answered. I asked in response if she knew the sister of a friend who was attending that high school. She answered, "*yes she sits next to me.*" My

mother and her mother came from the same small village, but they had never known each other. They came to Italy, married to Italians, and lived a few hundred meters apart. We had the same friends, but we had never met. We talked for a long time. She too was gifted in mathematics. The coincidences were simply impossible. Chances were nil. After this meeting, I decided to enroll in a PhD in statistics. She also enrolled in the same faculty, and I became her professor.

The Dean of the faculty of statistics, Vittorio Castellano, immediately expressed great interest in the work I had done and said: “*This is the theory of*

*syntropy of Luigi Fantappiè!*” I knew nothing about Luigi Fantappiè and of his theory of syntropy. Castellano told me that one of the big dilemmas of statistics is the link between statistics and life. Mathematics was born in astronomy, engineering, and physics to describe the behavior of inorganic matter, whereas statistic was used in censuses, biology, society, medicine and economy. That is living systems. Castellano believed that the difference between statistics and mathematics is the same that occurs between life and non-life. Corrado Gini, founder of ISTAT (the Italian Institute of Statistics), started a group of scientists, metaphysicists and philosophers who met regularly on

Saturday afternoons at the faculty of Statistics, to try to understand the mystery of life. Among the participants, Luigi Fantappié who in 1941 coined the term syntropy (combining the two Greek words *syn* = converging and *tropos* = tendency). Vittorio Castellano asked to become my tutor for my final dissertation, in June 1983, on syntropy. I tried to bring syntropy in the real world, but with great disappointment I realized that it did not arouse interest.

In autumn 1996, while I was jogging in a park in Rome, I suddenly had the insight of a novel, that I named “*Syntropy*”. I wrote it in November 1996. In April Nicola, a friend from

Padua, came to visit me in Rome. We went for dinner to a vegetarian restaurant, close to my home. We sat, but the owner of the place came and asked us to choose another table. The restaurant was still empty and none of the tables seemed to have been booked. “*We have used this table for Ayurvedic products*”, she said, “*it is charged with energy.*” I asked her: “*Do you organize presentations of books?*” She answered positively “*If the books talks about vegetarian food we provide everything for free, including refreshments.*” Since Syntropy had two lines on the vegetarian diet, I asked her phone number, and as soon as the printer gave me the cover of the book, I contacted her. “*Yes, I remember you,*

*come for dinner tonight, and we'll talk about it.*” Before going to the restaurant, I opened randomly the newspaper. A full page was on Sai Baba. I read quickly, and as I read; the interest grew. I was struck by the coincidence between Syntropy and Sai Baba’s message. The Syntropy novel describes the beginning of the era of love and Sai Baba reminds that the message of love is the core of all religions. After I sat in the restaurant, I noticed a big poster of Sai Baba and while I was talking a waiter came by, saw the cover of the book, and exclaimed: “*Syntropy, the law that Luigi Fantappiè discovered!*” I was awestruck. No one knew of the works of Fantappiè on syntropy! I soon

realized the deep knowledge on syntropy that this waiter had. I asked if he could help me with the presentation of the book, the 9th of July. Few days before the presentation I was talking to Alessandra, a friend: *“Don’t you find strange the circumstances that led to this first presentation of the book? It’s all because of Nicola. If it had not been for him, I would have not gone to the vegetarian restaurant!”* I said. *“It would be nice,”* Alessandra added, *“if Nicola could be at the presentation.”* When I hanged the phone rang again: *“Hello, this is Nicola. I will be in Rome on Wednesday night; I’m going on vacation to Sicily. Can you put us up?”* I had just finished talking about Nicola and here he was coming to Rome exactly for the

presentation of the book. Wednesday, July 9, the day of the presentation, the car would not start (the tank was practically empty, and I had parked facing uphill). Despite this unexpected problem I managed to take enough copies of the book at the restaurant, thanks to Nicola's car. Maurizio, the waiter, arrived on time and began the introduction. There were more than sixty people, and I was amazed of the strange coincidence of Nicola showing up for the presentation of the book. Maurizio began: "*I was struck by the fact that the message of Syntropy coincides with Sai Baba's message of love.*" In those days I had read about Sai Baba, and I had found a strong analogy with Syntropy.

Maurizio continued: “*the starting date of this novel, November 23, 2026, is the day of the hundredth birthday of Sai Baba.*” I jolt, I had chosen that date just in order to have the celebration of the centenary of ISTAT in the middle of the book and from there I had to go down to the 23rd of November. I quickly looked at a book on Sai Baba. Sai Baba was born on November 23, 1926. Maurizio added: “*As you know, Sai Baba says that he came to remember the message of love and on November 23, 2026, he will come back to start the era of love.*” The novel is about the beginning of the era of love. I made my presentation, and many came to me saying that I was Sai Baba’s pen. I avoided to get involved in their group,

despite the many invitations. I felt I had to live up the commitment I made at the age of 13, not to join any religious group.

In the summer of 1998 I was in Hungary, in the small village of Visegrád, for the gathering of an international hospitality group. The season was fabulous, and we decided to go for a hike in the mountains. The sky was clear, there was not a single cloud, but after just an hour of walk in the woods a torrential rain began. Our maps melted in the rain, we were completely drenched and desperate. The path had become a stream. After a few hundred meters of ascent, we arrived at a campground. In the first

tent we found a girl with a baby. She spoke no English and pointed to a wooden structure at the end of the campground. We went in, we took off the soaked clothes, dripping water everywhere. I stumble on a Buddha statue that was at the middle of the room and at that point we became aware that around us, facing the walls, there were about twenty monks in meditation. A girl came with dry clothes and when the monks finished their meditation, we all had lunch together. After lunch we were invited to take part in their Zen meditation. I immediately felt this type of meditation beneficial for me. Only one of them spoke English, and he invited us to return. The next day I

went there with the clothes they had lent us and tried again their meditation. The next week I went for 3 days. This type of meditation calmed the chatter of my mind and brought my attention to the heart. I returned to Rome, and a couple of days later I received a phone call from a lady who lives next to my house and wanted information about the hospitality club I belonged to. She invited me to their yoga center, that same evening for a demonstration. I found the same type of Zen meditation. For a couple of years, I followed assiduously this Zen center, until the chatter of my mind calmed down completely. Since then, I experience the silence of the mind and

I have discovered that this is crucial for the heart.

I had been hosting a high school friend who had a major nervous breakdown. Her difficult situation has been of great teaching. I discovered that there is a difference between how things appear and how they really are and that often what seems good is bad and what seems bad is good. She taught me to see and not to look. Looking with the physical senses limits us to the surface. When we see with the heart, we feel the essence. In 2001 I was about to quit the work on syntropy, no one seemed interested! Saturday, January 6, returning home after having lunched with my father, I

walked in front the Sai Baba restaurant and almost without being aware of it I expressed the desire for a companion with whom to continue this adventure. The next day I went to a party organized by friends and after a while a girl came in, I felt my heart yelling “*she is the person!*” I took the courage, I talked till late with her. I wanted to call her the next day to ask her out, but someone had tried to steal my car. Tuesday, January 9, after collecting the car from the mechanic, I called her. It was 8 in the evening and asked her out for dinner. It was a beautiful night with a full Moon eclipse, which lasted the entire evening. The day after we went out again and engaged. It was the 10th of

January 2001 (10/01/01) and we married on the same date, but upside down, the 10th of October 2001 (10/10/01). Antonella showed no interest for Syntropy and was completely alien to mathematics. From a “*rational*” point of view she was the least suitable person to accompany me in this work. However, she asked as a wedding gift the possibility of go back to study at university. She enrolled in psychology, cognitive psychology. Synchronicities started operating and led her to a first dissertation titled “*Entropy and Syntropy, from mechanical to life sciences,*” then a dissertation on Syntropy for her master’s degree and another for the PhD where she

carried out experiments to test the following hypothesis: “*if life is sustained by syntropy, the systems that supports life processes must show retrocausal, pre-stimuli activations.*” This strange effect had already been found and published in the scientific literature. Antonella developed experiments which measured the parameters of the heart rate and skin conductance (parameters of the autonomic nervous system that supports the processes of life). Results indicate that these parameters react in advance to emotional stimuli. As soon as the Syntropy theory found experimental validation, her tutors (in Quantum Mechanics and Cognitive Psychology) started attacking her at the personal

level. They considered the results impossible, but they did not want to replicate the experiments. One of the professors went to the extent of asking the Dean to expel Antonella from the university. Despite that Antonella was able to finish her work and discuss it in front of the national commission, which could not object to the scientific validity of her results. Her tutors did not attend, they were terrified at the idea of being associated with a “*heretical*” view in which causes flow backward in time. In the academia it is not tolerated to question the dogma of cause and effect, according to which causes must always precede their effects. Meanwhile we had established

contacts with other organizations working on similar topics. We began to give lectures for SSE (Society for Scientific Exploration), for WISE (World Institute for Scientific Exploration), SAND (Science and Non-Duality), IAC (International Academy of Consciousness), SMN (Scientific Medical Network) and we published several scientific articles and books. In 2015 ICRL (International Consciousness Research Laboratory in Princeton) published our book “*Syntropy the spirit of love.*”

My family never appreciated my work on syntropy. The importance that my father gave to savings had led

him to materialism and lack of spirituality. When in 2012 he suffered a stroke, which forced him in a wheelchair, he wanted 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. A few years before the stroke he went with some friends to Bulgaria. He returned from this trip under shock. He told me that entering in a monastery in the mountains near Sofia, he began to shake and cry. He knew all about that monastery, where the rooms were, the corridors, the refectory, even the shape of the stones of the fireplace.

For years he had seen that place in his dreams. In the nursing home 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 had a magnificent red wine, I preached every morning at 8, already drunk.*” He was intuitive, the visible and the invisible were united in one reality. He spoke of the heart and expressed his feelings. Remembering a previous life, led him to believe that death is nothing else than a transition. In March 2015 he knew he had only few days left. He was happy, smiling, with eyes full of joy. He did not feel pain and in the moment of death he said: “*I feel well, I feel happy, I will soon see all my loved ones!*”

The history of this booklet is in effect an outcrop of an intuitive message that Ayten Aydin has received from Fantappiè. She is a member of an ISSS sub-group dealing with “*life and living systems.*” In March 2014, after an intense exchange of emails on retrocausality, with John Kinneman, a leading member of this group, professor in Colorado and presently chairman of the ISSS’ conference, he wrote me saying that a Turkish lady was writing about our publications. Ayten Aydin, during her search discovered in Kindle several books that I had written with Antonella, and which she found enlightening also for the Robert

Rosens's Anticipatory Systems group. She brought the information to the notice of this group and combined Robert Rosen's ideas on the purpose oriented Anticipatory Systems with the idea of Fantappiè's Syntropy and Teilhard de Chardin's Omega Point. Kinneman sent me copies of her emails. I searched for information and found her Wikipedia page. I was stunned by the fact that she lives in Rome, near my home. We met and I discovered that she is a retiree from UN/FAO (Food and Agriculture Organization of the United Nations). She has thus been the main promoter of this booklet meant to address the balancing effects of Syntropy on the increasing Entropy of present

lifestyles and living and take it to the attention of a larger readers including the man on the street.

In January 2016 an English friend sent me a link to a video on syntropic agriculture titled “*Life in Syntropy.*” I decided to contact the authors, two Brazilian journalists who have been following for 10 years Ernst Gotsch, the creator of this new type of agriculture. Syntropic agriculture is based on the ability to perceive, to listen, to feel the need of soil and plants using the invisible inner world. It is not a mechanical process, there is no recipe, it is impossible to write a manual. Intuitive persons with a strong love for nature are required.

Results show that it is possible to turn deserts into forests, arid soils in rich and nutrient lands suitable for high-quality organic agriculture. These two journalists came to Rome to interview me, while I was closing this little book. After decades of intensive use of fertilizers and pesticides land has become arid and the agro-food industry foresees an imminent collapse of the production. Shifting to syntropy is now becoming vital.