S.A.T.
Synchronicities Activation Therapy

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Abstract

SAT is a protocol that stems from the theory of syntropy and, more specifically, from the combination of the principle of complementarity and the theory of vital needs. This paper provides a first and partial description of the SAT protocol which is still undergoing tests and validation. At the individual level SAT can be described as therapeutic process, but it can be used also in groups, organizations and institutions.

The principle of complementarity

The theory of syntropy deals with energy and states that two transformations can effect energy: a forward-in-time transformation governed by the law of entropy and a backward-in-time transformation governed by the law of syntropy. Since energy is a fixed quantity which cannot be created or destroyed, but only transformed, the total amount of energy can be represented as the sum of energy in the syntropic state (concentrated) and energy in the entropic state (dispersed):

$$\textit{Total Energy} = \textit{Syntropic Energy} + \textit{Entropic Energy}$$

Furthermore, because *Energy* is a constant value we can replace it with the number 1 and the equation changes into:

$$1 = \textit{Syntropy} + \textit{Entropy}$$

which shows that entropy and syntropy are complementary polarities of the same unity:

$$\textit{Syntropy} = 1 - \textit{Entropy}$$

$$\textit{Entropy} = 1 - \textit{Syntropy}$$

Entropic energy is governed by causality (causes that precede their effects) and it is therefore visible, whereas syntropic energy is governed by retrocausality (effects that precede their causes) and it is therefore invisible. The existence of two complementary forces, one diverging and one converging, one visible and one invisible, can be found in many philosophies and religions:

1) In the *Taoist philosophy* all aspects of the universe are described as the interplay of two complementary and fundamental forces that constantly interact between themselves: the *yang* principle which is diverging, and the *yin* principle which is converging. These two forces are part of a unity. In the visible side of reality, when one increases the other decreases, but as a

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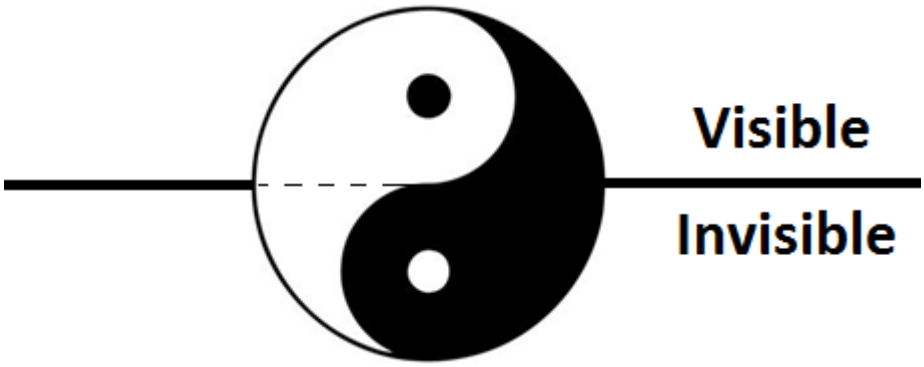
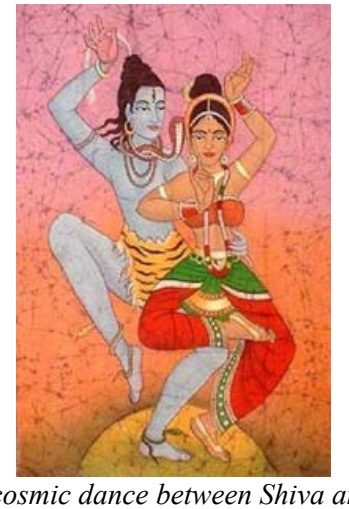
whole their balance remains unchanged. This law is masterfully represented in the Taijitu symbol, that is the union of these opposite forces, the yin and the yang, the diverging and converging forces whose combined action moves the universe in all its aspects: the sexes, seasons, day and night, life and death, full and empty, movement and repose, push and pull, dry and wet, etc.



Symbol of the Taijitu.
Black represents yin (syntropy) and white yang (entropy)

In the Taijitu the yang principle is represented by the white color and coincides with the law of entropy, whereas the yin principle is represented by the black color and coincides with the law of syntropy. The Taijitu is a wheel that rotates constantly, changing the proportion of yin and yang (syntropy and entropy) in the visible and the invisible sides of reality. The Taijitu shows that a property of the law of complementarity is that *opposites attract each other*. This law is well known in physics, but it is also true at the human level where people on opposite polarities are attracted to each other. Since the balance of these opposite forces remains unchanged the Taoist philosophy suggests that *the aim is to harmonize the opposites*, thus creating unity.

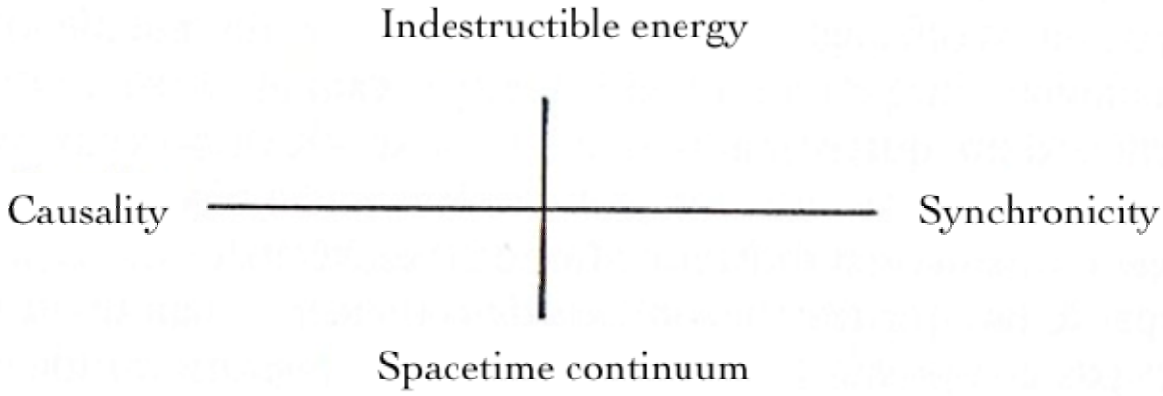
2) In *Hinduism* the law of complementarity is described by the dance of Shiva and Shakti, where Shakti is the personification of the female principle and Shiva of the male principle. They represent the primordial cosmic energy and the dynamic forces that are thought to move through the entire universe. Shiva has the properties of the law of syntropy, whereas Shakti has the properties of the law of entropy and they are constantly combined together in an endless cosmic dance.



Endless cosmic dance between Shiva and Shakti

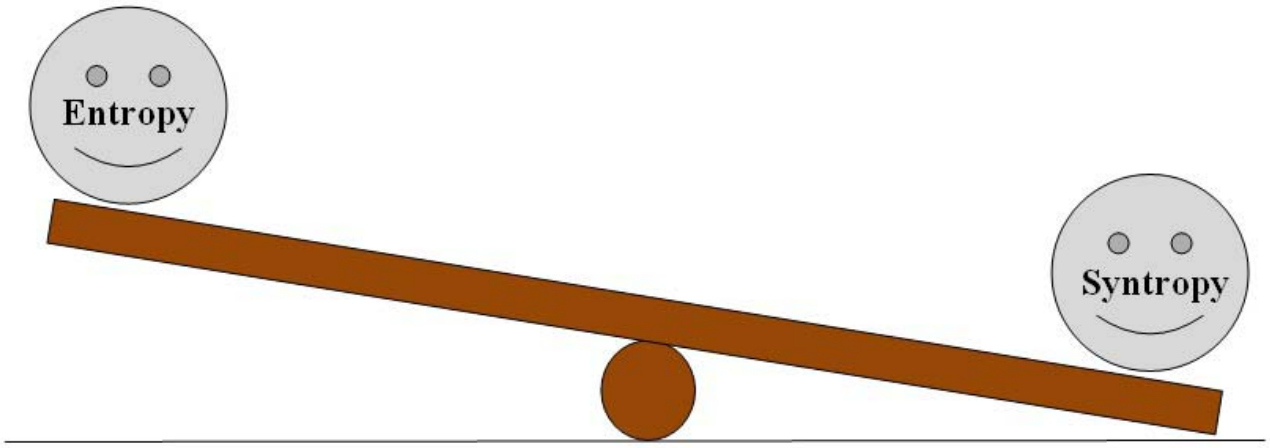
Shakti can never exist apart from Shiva or act independently of him, just as Shiva remains a mere corpse without Shakti. All the matter and energy of the universe results from the dance of the two opposite forces of Shiva and Shakti. Shiva absorbs Shakti (energy) turning it into a body and absolute pure consciousness, the light of knowledge. According to Hinduism knowledge, intelligence and consciousness would come from the future (Shiva), whereas fearsome, ferocity and aggressiveness would come from the past (Shakti). Shakti is the energy of the physical and visible world whereas Shiva is the consciousness which transcends the visible world. However, each aspect of Shiva has a Shakti component, linked to the physical world. The evolution of this endless dance between Shakti and Shiva has the function to bring life towards Unity.

3) In the psychological literature of the 20th century *Carl Gustav Jung* used to add synchronicities (i.e. syntropy) to causality (i.e. entropy). 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 manner. The concept of synchronicity was first described in this terminology by Carl Gustav Jung in the 1920s. The concept does not question, or compete with, the notion of causality. Instead, it maintains that just as events may be grouped by causes, they may also be grouped by finalities, a meaningful principle. Jung coined the word synchronicities 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 *Synchronizitätals ein Prinzipakausaler Zusammenhänge* (Synchronicity - An Acausal Connecting Principle) jointly with a related study by the physicist (and Nobel laureate) Wolfgang Pauli. In Jung's and Pauli's description causality acts from the past, whereas synchronicity from the future. Synchronicities would be meaningful since they lead towards a finality, providing in this way a direction to events correlating them in an apparently acausal way. Jung and Pauli believed that causality and synchronicity both act on the same indestructible energy. They are united by this energy, but at the same time they are complementary.



Jung and Pauli representation of causality and synchronicity

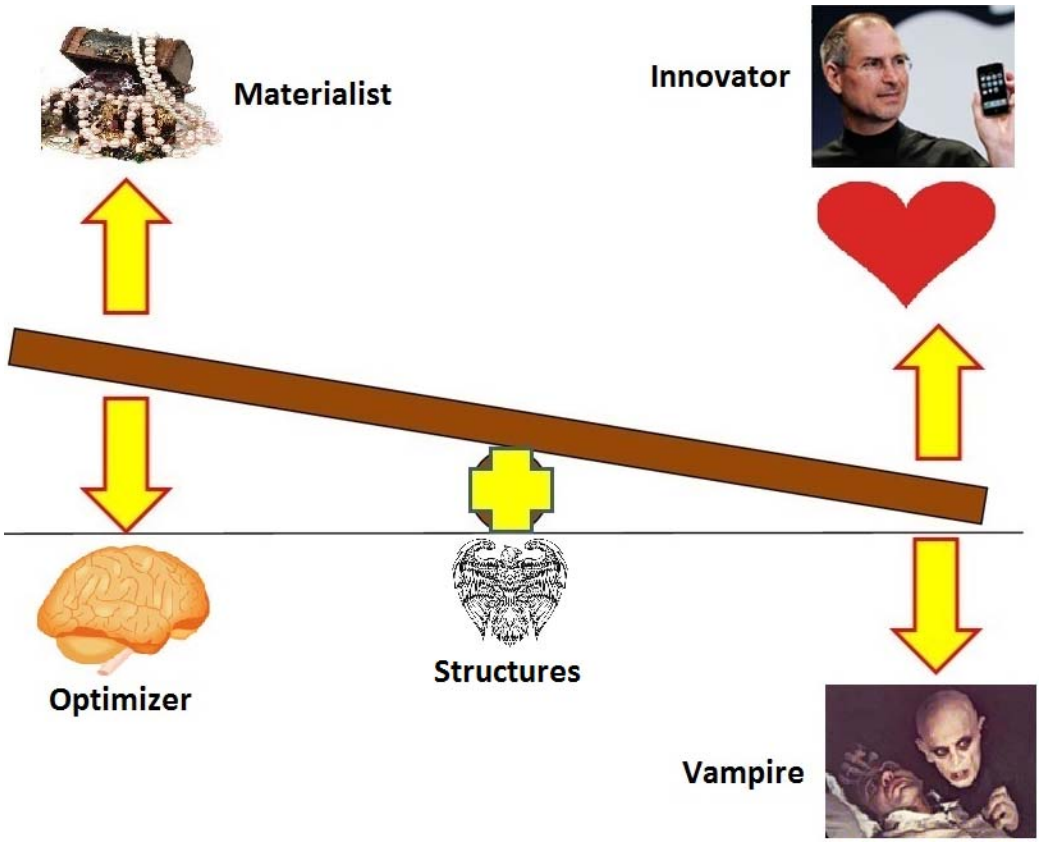
The principle of complementarity can be described also using a see-saw with entropy and syntropy playing at the opposite sides. This representation shows that when entropy goes down syntropy rises and when entropy rises syntropy goes down. Consequently the visible reality of entropy can directly affect the invisible reality of syntropy, since by reducing entropy we inevitably increase the invisible properties of syntropy (i.e. Jung's synchronicities).



Entropy and Syntropy constantly transform energy playing at the opposite sides

Entropy is the tendency towards death, whereas syntropy is the tendency towards life. Consequently life always tends to minimize entropy and to maximize syntropy. When entropy is high, suffering and crises are experienced. When we lower entropy, automatically suffering and crises are reduced and syntropy, the tendency towards life, raises and starts to manifest itself according to the rules which govern the invisible plane of reality, such as Jung's synchronicities.

The see-saw representation predicts the existence of 4 main characters.



1) The *materialistic* focuses on the visible and objective aspects of life. For example he/she believes that happiness is achieved through material goods. But since the tendency is to increase entropy, it can become destructive and a danger to life.

2) The *optimizer* tends to reduce entropy by using rationality. In this way it inevitably raises syntropy, favoring syntropy and synchronicities.

3) When entropy is high syntropy is low. Consequently, the materialistic tendency triggers the need to find sources of syntropy (vital energies) and turns people into *vampires*.

4) When syntropy is high synchronicities show in the form of intuitions, insights, innovative information and events which lead towards wellbeing and wealth. The *innovator* is present in each person, but it is usually strongly emotional and rationality dislikes it.

The innovator, the optimizer, the materialistic and the vampire constantly interact within each one of us and find a balance which becomes the structure of our life. The same happens in families, groups, organizations and nations. The way how these tendencies structure themselves provides a meaning to our life and consequently it is difficult to change.

Description of a real case

The description of a real case can help to understand how the see-saw mechanism reactivates synchronicities optimizing small every day consumptions. When optimizing the aim is to lower entropy.

"*I am a 50 years old medical doctor, 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 Euros per month! My parents cannot help me and I don't want to borrow money. In order 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.*"

1) The first small optimization:
"*How much do you spend for your mobile phone each month?*"
"I have an old contract, I spend a*round 40 Euros, but I always find myself with no credit.*"
"*Why don't you change provider? There are now some special offers. With just 10 Euros per month you have 500 minutes and 500 messages and unlimited web connection.*"
I changed the provider and with this small change I can now use my mobile without limits, use Skype and internet and save annually over 350 Euros.

2) The second optimization:
"*I understand that you take your shirts to the laundry!*"
"*I wash them, but don't know how to iron them.*"
"*How much does it cost?*"
"*Between 50 and 70 Euros per month.*"
"*Why don't you give an extra 8 Euros 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 Euros 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!

Comment: These two first optimizations have reduced entropy by approximately one thousand Euros a year. The aim is to reach six thousand Euros in order to balance entropy and syntropy and activate synchronicities.

3) The third optimization:
"*You go to work by car.*"
"*I also use the scooter, to save money, but the traffic and the roads in Rome are really dangerous!*"
"*Why don't you use the bicycle?*"
"*On these roads?!*"
"*No, in the old streets of Rome.*"
"*My studio is up hill, I would arrive tired and sweaty.*"
My house is close to Piazza Navona, the studio near Villa Borghese. I had always considered impractical the bicycle since between home and the studio I would have to climb more than 50 meters.
"*See if you need to climb a hill it is better to find a steep but short road, get off and push, rather than pedaling.*"
I tried. From the beauty of the narrow streets of Rome, I went through the parks of Pincio and Villa Borghese. In less than 25 minutes I arrived at my studio. I was rested. By car or scooter I needed more time.
"*Another small optimization!*"
I was astonished! The day after I sold my scooter, canceled the insurance, I canceled the rent of the garage. All together another 3 thousand Euros per year. With this simple optimization I get a number of other benefits: I daily exercise and I no longer need the gym, more money and time saved! In addition, I save on fuel costs and this will certainly have a positive impact on my finances. Entropy has now diminished by more than four thousand Euros per year.

4) The fourth optimization:
"*Your electricity bill exceeds 200 Euros! As a singles you should not pay more than 50 Euros.*"
"*What must I do?*"
"*Try to change the light bulbs, use low consumption bulbs and put the timer to your water heater.*"
Other small changes that lead me to save another 900 Euros per year. On top of this I feel happy since I have always considered myself to be an ecologist and saving energy makes me feel consistent with my ideals. The annual savings now exceed 5 thousand Euros and the quality of my life has increased.

5) The fifth optimization:
"*How much do you pay for electricity at your studio?*"
"*About 300 Euros every two months.*"
"*Do you use halogen bulbs!?*"
"*Yes.*"
I soon found out that I could save another thousand Euros a year, simply by replacing the halogen bulbs with energy saving light bulbs.

With these five small optimizations my expenses no longer exceed my income. I decided to put back my credit cards and money in the wallet, I can use the mobile phone with no limits, and I can now add money in my saving account!

Comment: it is important to note that in order to raise syntropy, it is necessary to optimize increasing the quality of life. When optimizations reduce the quality of life, entropy also increases. When syntropy and entropy are balanced, syntropy starts expressing itself using the invisible form of synchronicities. Syntropy builds and it is the source of wealth and wellbeing, whereas entropy destroys. Entropy operates at the level of the visible physical plane, whereas syntropy is invisible and works at the level of life energies. When syntropy starts to express, coincidences that offer opportunities and solutions start showing. Syntropy seems magic, since it operates at the invisible level, but nevertheless it works.

6) First synchronicity:
"*How much do you pay for the rent of your studio?*"
"*Nothing. It is the property of my aunts, they gave it to me for free.*"
"*They could rent it and make a profit, but you are using it for free?!*"
"*Exactly.*"
"*And your aunts on what do they live?*"
"*They both have a minimum pension and they have some savings, but their financial situation is not good and they complain all the time.*"
"*Have you ever thought to rent a room in a medical studio and let your aunts rent their apartment?*"
"*I have no money, I cannot afford to pay a rent!*"
"*How is your activity going?*"
"*Lately I have experienced a reduction in the number of patients, perhaps because of the economic crisis, but probably also because of the location of the studio.*"
"*A less prestigious apartment, but in a strategic place, well-connected could help you get more customers?!*"

Syntropy is a converging force which guides us in the direction of advantageous options; if our requests go in the direction of an improvement, it provides the opportunities.

The day after this conversation, as if by magic, I received the offer of a room in a very central area of the town, Termini Station, at the affordable price of 250 Euros per month, including all the utilities! My aunts' apartment is located in a very prestigious and beautiful place, but it is difficult to reach by public transportation and there is no parking place: beautiful, prestigious, but uncomfortable and very expensive. Nevertheless I hesitated, I did not dare to make such a radical change! I continued to hesitate. But the following day something amazing happened, something that had never happened before in all the years I have spent in this studio! The doorkeeper contact me. "*An airline company is willing to rent the apartment of your aunts and pay 2,800 Euros per month.*" I needed a kick to get out of the apartment and as soon as I informed my aunts about this offer they asked me to find another place. Luckily the day before I received the offer of the studio near Termini station.

That same afternoon I was walking in the area of Rome which I like most. I am a medical doctor and I had an appointment in a pharmacy. Just before the pharmacy there is a shoe repairer shop and attached to the window there was a notice for a room to rent in an apartment with other medical doctors. The apartment was in the next building. I immediately called and went to see it and I

decided right away to rent the room. In a town like Rome it can be very difficult to find rooms with other doctors and especially in such a nice place of town.

Comment: when Syntropy is activated, opportunities start arising in a sequence which guides us towards advantageous solutions which we would have never dared imagine.

"*I started feeling warmth and wellbeing in the area of my heart. My patients like the new studio. There is parking place, the place is nice, silent and it is located near an underground station. My activity is now flourishing, my savings increase and my private and sentimental life has improved.*"

The theory of vital needs

The innovator, the optimizer, the materialistic and the vampire constantly interact within each one of us and find a balance which provides the meaning to our life. If we do not work on the meaning of our life we tend to fall back into our previous situation. The theory of vital needs shows how to restructure the meaning of our life in a way which is compatible with the see-saw mechanism.

Life (syntropy) is in a constant state of conflict with the law of entropy which governs the physical reality and constantly struggles for survival! For example, material needs must be met such as acquiring water, food and a shelter, and intangible needs such as the need for meaning and the need for cohesion and love are also vital. When a vital need is met only partially, an alarm bell is triggered. For example, if we need water thirst is triggered, if we need food hunger is triggered, if we need to provide a meaning to our life depression is triggered, if we need love and cohesion anguish is triggered. Depression and anguish are alarm bells, similarly to thirst and hunger, and inform that the vital needs for meaning and cohesion are not met.

The theory of vital needs identifies three basic vital needs:

1) Combating the dissipative effects of entropy. In order to combat the dissipative effects of entropy, living systems must acquire energy from the outside world, protect themselves from the dissipative effects of entropy and eliminate the remnants of the destruction of structures by entropy. These conditions are generally referred to as material needs, or basic needs, and include:

- acquiring energy from the outside world through food and reducing the dissipation of energy with a shelter (a house), and clothing;
- disposing of the production of wastes, hygiene and sanitation.

The total satisfaction of these needs leads to a state characterized by the absence of suffering. The partial satisfaction, however, leads to experience hunger, thirst and diseases. The total dissatisfaction of these needs leads to death.

2) Acquiring syntropy. The satisfaction of material needs does not stop entropy from destroying the structures of our body. For example, cells die and must be replaced. To repair the damages caused by entropy, we must draw on the regenerative properties of syntropy that allow to create order, regenerate structures and increase organization levels. In human beings the function of acquiring syntropy is performed by the autonomic nervous system that supports the vital functions, such as the heart beat and digestion.

Since syntropy acts as an absorber and concentrator of energy:

- the acquisition of syntropy is felt as sensations of heat associated with feelings of wellbeing, in the area of the solar plexus, just under the lower part of the sternum. These feelings of warmth and wellbeing coincide with the experiences usually named *love*.
- The lack of syntropy is felt as a sensation of void in the solar plexus associated with feelings of discomfort and distress. These feelings coincide with the experience usually named *anxiety* and *anguish*, and may come with symptoms of the autonomic nervous system such as nausea, dizziness and feelings of suffocation.

Briefly: the need to acquire syntropy is experienced as need for love and cohesion. When this need is not satisfied, feelings of void and pain usually associated to a feeling of death, are felt. When this need is totally dissatisfied living systems are not capable of feeding the regenerative processes and entropy takes over, leading the system to death.

*3) Solving the conflict between entropy and syntropy***.** In order to meet material needs, living systems have developed cortical structures that show the highest development in humans. These cortical systems produce representations of the world that allow to deal with the environment, but give rise to the paradox of the opposition between entropy and syntropy. Entropy has expanded the universe towards the infinite (diverging forces), whereas syntropy concentrates life and consciousness in extremely limited spaces. Consequently, when we compare ourselves with the infinity of the universe, we discover to be equal to zero. On one side we feel we exist, on the other side we are aware to be equal to zero. These two opposite considerations generate the identity conflict which was described by Shakespeare with the words: "*To be, or not to be: that is the question.*"

The identity conflict can be represented using the following equation.

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

Identity conflict equation

which reads in the following way: "*When I confront myself with the universe I am equal to nothing, to zero."* Since the Universe corresponds to entropy, whereas I corresponds to syntropy the identity conflict equation can also be written as:

$$\frac{Syntropy}{Entropy} = 0$$

Identity conflict equation using Syntropy and Entropy

To be equal to zero is equivalent to death and it is incompatible with life and with the fact that we feel to be alive. The identity conflict is characterized by the perception of being meaningless and by lack of energy. This conflict is generally perceived in the form of tension in the head, comes together with feelings of depression, anxiety and anguish, and is perceived as the need of acquiring a meaning.

The strategies implemented in order to acquire a meaning can very: we might try to increase our value through wealth and power, or we might find a meaning to our life through ideologies and religions. Strategies mainly focus on increasing the numerator, the top part of the fraction of the identity conflict equation, and / or reducing the denominator, the part below the fraction. Some examples are:

1) *Increasing the value of the numerator*. One of the most common strategies used, in order to provide our existence with a meaning, is to increase the value of the numerator:

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

By increasing the value of the numerator in the equation of the identity conflict people find temporary relief from depression, but the identity conflict is not solved, we are still equal to zero

2) *Decreasing the value of the denominator*. Another strategy commonly used in order to try to solve the identity conflict is to decrease the value of the denominator of the equation. Rather than comparing ourselves with the universe, we reduce our interactions by limiting our universe to the community to which we belong, which is finite. However, this strategy changes the need for meaning into the need to belong to a group, to a community. It becomes vital to be accepted and to be part of the group.

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

In this strategy, people seek to solve their identity conflict limiting the outside world to a community without contact with the outside world. When the universe is replaced by the community and everything revolves around it the identity conflict is reduced.

3) Removing the outside world. Another strategy commonly used to try to resolve the identity conflict is to cancel the external world. In these cases the formula is transformed into:

$$\frac{I \ x \ I}{I} = I$$

In this strategy, individuals seek to resolve the identity conflict by excluding the outside world, replacing the universe with their ego.

This strategy can explain some psychiatric disorders. For example, when the (I x I) multiplication is prevalent people can develop a narcissistic personality disorder. When the (I / I) fraction is prevalent there may be a paranoid personality disorder, and finally, when the (I / I) fraction and the (I x I) multiplication have similar weights, the person may be faced with a spectrum of psychotic disorders. A trait common to these disorders is the closure in oneself, and the perception of the outside world as threatening or inappropriate in relation to ones expectations.

None of the strategies which have been just described succeed in solving the identity conflict. According to simple mathematics the only way in which this conflict can be solved is the following:

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

Theorem of love

which reads: "*When I unite with the universe, compared with the universe, I am always I.*" This equation can also be written in the following way:

$$\frac{Syntropy \times Entropy}{Entropy} = Syntropy$$

Theorem of love using syntropy and Entropy

which reads "*When we unite syntropy and entropy the identity conflict disappears.*"

From duality to unity

The identity conflict and the theorem of love have many implications. For example they show that depression, anxiety and anguish are warning signals. When these signals are suppressed (for example using a drug) the cause remains active and the signal turns into a physical symptom. We are accustomed to take positions and reject polarities that give us discomfort, in a similar way to when we close our eyes not to see something that disturbs us. But by doing so we increase the identity conflict. We live in a paradox: on the one hand we get to know reality through the interplay of opposite polarities, on the other hand we must reach unity. Similarly to hunger and thirst, which inform us that we need to eat and drink, symptoms inform us about the polarity that we are missing. When symptoms are intentionally used to evolve towards unity and wellbeing they become a source of inspiration and a guide. When decoding their message, symptoms become instruments of profound transformation. The therapeutic approach of SAT is based on the idea that we do not have to fight a war against illnesses, crises and suffering, but we need to transform them in opportunities for change, understanding their messages. Wellbeing is the result of change; symptoms and suffering are our guides, we need to learn from them. When we switch from a dualistic vision of reality to a unitary one, where each polarity has a meaning and a function, suffering disappears. Ultimately we discover that the function of suffering is to transmute life towards wellbeing. As in Goethe's Mephistopheles: "*I am a part of that force which always wants evil and always produces good.*" Overcoming dualities redefines the meaning of our life and prevents falling back in our previous dysfunctional balances among the innovator, the optimizer, the materialistic and the vampire.

Final considerations

According to the theory of syntropy life is the physical manifestation of attractors which retroact from the future. Attractors continually provide in-formation to our body and to our psyche. The final attractor, named by Teilhard de Chardin the Omega point, is the attractor of love, the source of

syntropy, consciousness and cohesive forces. Attractors are organized in hierarchies starting from the Omega point. Each species has a specific attractor. Attractors collect the information and experiences of individuals and redistribute only those which are advantageous for life, providing in this way a non-physical bridge among individuals of the same species. Species' attractors divide into more specific attractors and into individual attractors. When we lose contact with our individual attractor the experience of suffering arises: our life becomes meaningless, it is not oriented and we experience anguish and depression. Consequently the SAT protocol uses procedures which strengthen the tie with the attractor. This can be done in different ways for each individual, group, organization and nation.

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