

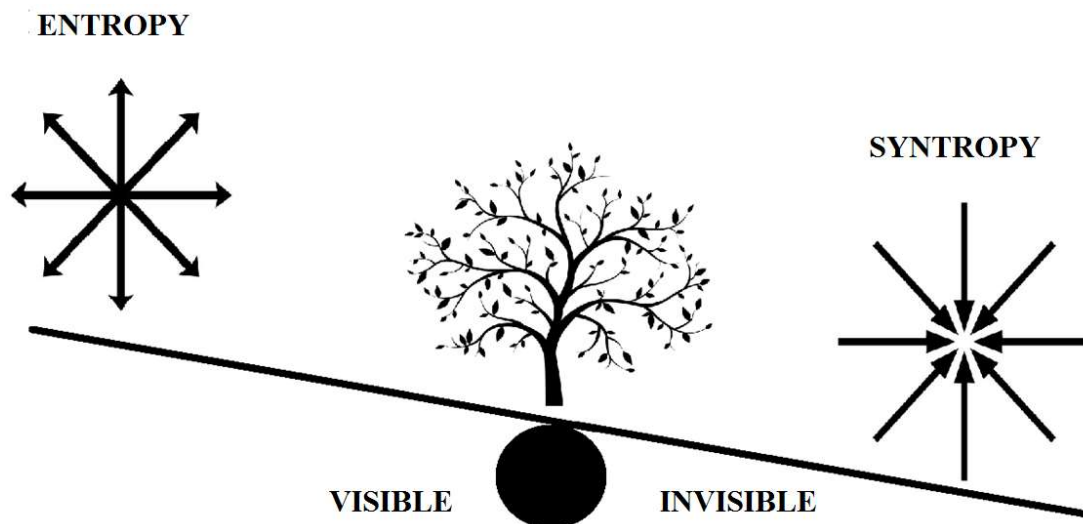
## Head or Heart?

Ulisse Di Corpo<sup>1</sup>

*“[...] the law of life is not the law of hate, the law of force, or the law of mechanical causes; this is the law of non-life, the law of death, the law of entropy; the law which dominates life is the law of finalities, the law of cooperation towards goals which are always higher, and this is true also for the lowest forms of life. In humans this law takes the form of love, since for humans living means loving, and it is important to note that these scientific results can have great consequences at all levels, particularly on the social level, which is now so confused. [...] The law of life is therefore the law of love and differentiation. It does not move towards leveling and conforming, but towards higher forms of differentiation. Each living being, whether modest or famous, has its mission, its finalities, which, in the general economy of the universe, are important, great and beautiful.”*

Luigi Fantappiè

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.



<sup>1</sup> Ulisse Di Corpo: [www.sintropia.it](http://www.sintropia.it)

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 with a very simple and famous case.

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 hundred of them. The success of Apple I led to a more advanced model for ordinary people: the Apple II. Jobs had an artist's 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 into 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 inner voice. And most important, have the courage to follow your heart and intuitions. 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.*”

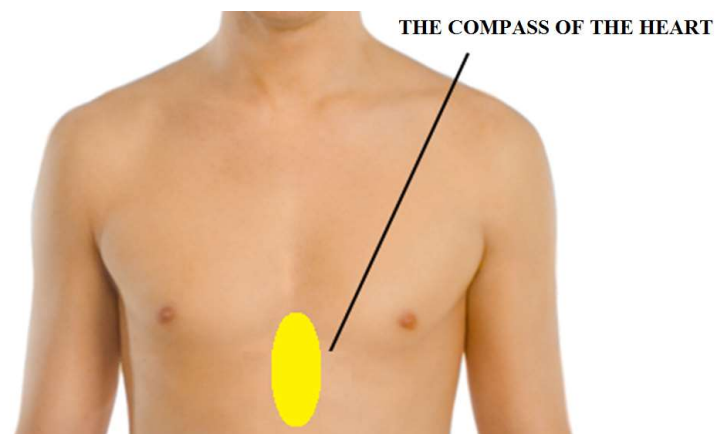
Thanks to Zen meditation, nature, no alcohol and the vegan choice Jobs’ attention was in the heart.

*“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 synchronicities.

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.

Syntropy is energy that converges. We feel it in our heart area, 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:  
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 alcohol, 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 words and leads to the discovery 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 one 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 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 Theorem of Love tells that:

- Only when our inner world unites with the outer world, do we discover our purpose.
- Love provides this unity and provides the aim of life.

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 the context of syntropy. 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.

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, the attractor of love is reached.

Attractors reinforce the Self and 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 Fantappiè's 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 converge together giving 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 leads 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. Earth, for example, is divided into a Western polarity, characterized by 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 the 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 three 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 the 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 up 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 honored. 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.

- *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; 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, 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 to 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.