

Hello all,

Welcome to Volume 1, Issue 5 of *Alternativz*. This issue is titled ***Countering The Entropy Of Aging***. In it we'll consider the process of aging and discuss 5 mental methods that help maintain the integrity of the body with the march of time.

Before we begin, I want to extend heartfelt wishes to my many friends and colleagues in the path of Sandy. I hope everyone is well.

In physics, “entropy” describes the one-way phenomenon of “cooling”, how temperature always flows from warmer to cooler. The 2nd law of thermodynamics says that in a closed system, without external energy being applied, heat never flows in the other direction - things *never* warm up on their own. The broader definition of “entropy as time’s arrow” describes the tendency of the universe to progress from order to disorder, from integration toward disintegration with the passing of time. In yogic parlance, this is the work of Shiva, the creator and destroyer. Ultimately, aging is a consequence of this universal principle.



A House Without The Protection Of Ren Qi Disintegrates Rapidly

But, where living organisms are concerned things work a little differently. Here there is a local phase of integration (growth and maturation) that is then followed by a period of disintegration (aging and decline). We might compare this to a house where the construction is the integrating phase, but once the construction is finished, the construct at large begins disintegrating. Maintenance is required to slow this process. In the case of the human body, this maintenance comes primarily from diet, exercise, rest, and upkeep. But there is another critical factor – the mind and how we use it.

In the science of Feng Shui, it is understood that a house that is not occupied, even a new house, deteriorates much faster than a house that is a home. The difference is believed to be “ren qi” or human energy which is of a yang nature, this yang energy holding at bay the yin forces that would naturally render it back to earth from which the materials originally came – Earth reclaiming it. Human habitation brings this protective force, especially if we are deliberate about building its protective energy. What is less understood is that the same principle applies to the human body itself. In other words our energy keeps and protects the integrity of the physical body, especially “when it is at home”.

Robert O. Becker in *The Body Electric* (1985) hypothesized the existence of what he called a “morphogenic field”, an electromagnetic field that exists within and around the body, a field that he conjectured literally defines the body in 3 dimensional space, the placement of every cell – I like to think of it that way. Being an electrical engineer by profession, I’ve measured the existence of the body’s energy to my own satisfaction, including the ability to use the mind to move energy around in the body and even project it outside of the bounds of the body proper. It’s not news that it’s real and measureable.

Of course, in the East this bioenergetic reality has been known and tested empirically for thousands of years and underpins many Eastern esoteric practices, including qi gong, tai chi, etc.

But beneath these practices there are some cornerstone methods that make them function, the “bones” of the matter if you will. They are...

1) *Reaching toward Heaven:* Erect life forms reach toward the sky. When they stop reaching, they begin to wither. China’s Yellow Emperor said “communication with Heaven is the very foundation of life”. He was referring to a subtle postural alignment that involves lifting the top of the head toward the sky as if the body is a tree reaching, reaching, reaching upward, tirelessly. This is a primordial practice that refers specifically to [Wuji Qi Gong](#).

2) *Keeping the mind with the body:* In the parlance, this has been called “protecting the one” and “turning the light around” referring to keeping one’s attention with the body – this as opposed to letting it wander. Because one’s bioenergy follows the mind, when the mind is on the body, the bioenergetic effect is amplified. In the *Secret Of The Golden Flower*, a Taoist classic, it is said that *when the light (of consciousness) is turned around all the energies in the body rise up*. The “field is strengthened”. This is what I meant by “the energy protecting the integrity of the body when it is at home”.

3) *Breathing consciously – “Coherently”:* Conscious Coherent Breathing anchors the mind in the body and in the present. Because it aids circulation and gas exchange, it facilitates cellular energy production, strengthening ren qi, wei qi (external protective energy). Of course it facilitates autonomic nervous system balance which we know is critical to long term health and well-being.

4) *Moving deliberately:* When we move deliberately, controlling the body carefully, it anchors the mind in the body and develops consciousness. Our sense of the body grows. It is conjectured that this practice integrates body and mind and strengthens numerous bodily systems, e.g. the nervous system, immune system, etc.

5) *Living with intention and purpose:* Life is supported by intention. The human body has an incredible ability to endure and persevere even in the face of enormous challenge – as long as there is unwavering intention. Intention works on many levels and may involve small steps but large goals.

One or all of these practices may complement our program of wise diet, exercise, rest and upkeep to maintain the integration of the body and offset the disintegrative effects of *the entropy of aging*.

Thank you for your consideration,

Thank you [Meng-Sheng](#) for your consultation with this issue of *Alternativz*.

Stephen Elliott

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