

Interconnect

*Finding Your Place, Purpose and
Meaning in the Universe*

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Interconnect — Finding Your Place, Purpose and Meaning in the Universe

Once upon a time, a youth lay on their back and gazed in awe at the starry sky. The moon waned as a dim crescent—God’s Thumbnail, some call it—which let the universal brilliance of consciousness resonate in the youth’s eyes. Billions of fireballs blazed above, and countless more stars couldn’t be seen. The cosmos had cracked its coat. Like a galactic exhibitionist teasing eternal entropy, the universe flashed a perfect picture of order defying chaos and displayed an unashful interconnection with all its occupants, including the star-gazing youth.

If you remember... that youth was you. Regardless if your years are still young, you’ve reached middle-age or are now advanced in time, the wonder of universal questions remains etched in your mind. Who are you? Where did you come from? Where are you going? And what is your interconnected place, purpose and meaning in the universe?

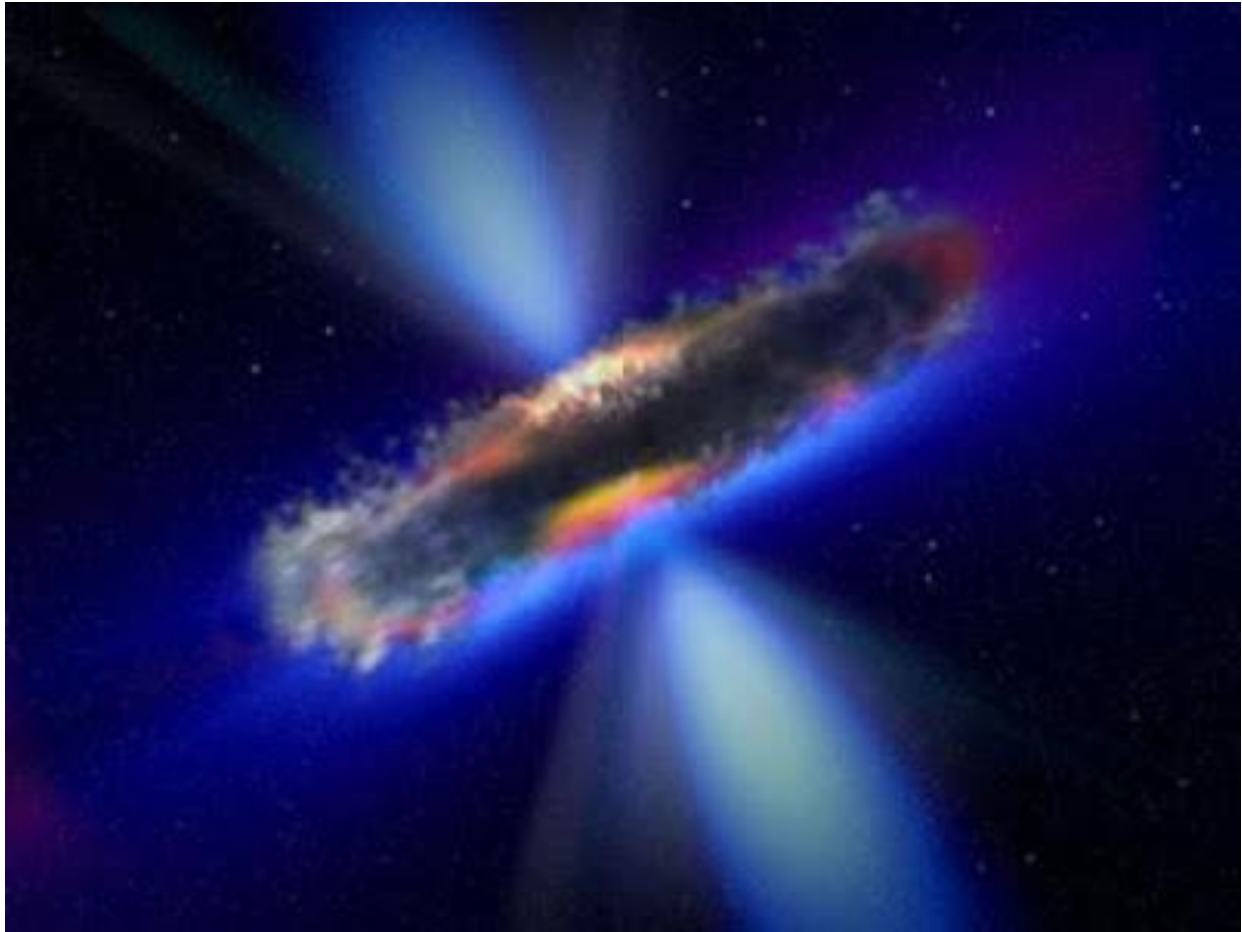
These are timeless queries people like you’ve asked since humans first consciously observed the heavenly heights. Long ago, your ancestors used their emerging awareness to question universal curiosities. It’s a natural thing for humankind to look for simple answers to straightforward questions and, no doubt, you’ve queried them many times during your earthly existence without receiving any clear response.

For centuries, sages and scientists pondered the meaning of existence within the universe.

For centuries, sages and scientists pondered the meaning of existence within the universe. They've debated scientific theories and proposed philosophical solutions to deep puzzles boldly presented in the macro and micro worlds. You'll find narrow common ground on who's right and who's wrong which leaves you to wonder what nature's realities truly are.

Albert Einstein equated that science without philosophy was lame and philosophy without science was blind. That great scientific sage also spent the second half of his life looking for the Grand Unified Theory (GUT) that interconnects everything in the universe. That includes your place, purpose and meaning.

As wise and astute as Einstein was, he didn't complete his mission of tying the universe into a nicely packaged bow. It's not that he didn't believe all parts of the universe were intrinsically interconnected. Einstein knew in his gut that all physical laws and natural processes reported to one central command. That, ultimately, is the universal dominance of consciousness that allowed your creation and will one day destroy you through eternal entropy.



This isn't a religious treatise you're reading. No, far from it. It's simply one person's later-in-life reflection on three interconnected and universal curiosities. What's your place? What's your purpose? And, what's the meaning in your life?

To find sensible suggestions, it's necessary to dissect what's learned (so far) of universal properties and what's known about you as a human. You're a conscious being housed in a physical vessel and controlled by universal principles. You had no choice in how you came to be here, but you certainly have choices now. Those include placing yourself in a safe and prosperous environment, developing a productive purpose and enjoying a rewarding meaning from the limited time you're granted to be alive.

At the end of this discourse you'll find a conclusion about your place, purpose and meaning in the universe. It might be one person's opinion, but it's based on

extensive research and over six decades of personal experience. However, for the conclusion to make sense you need to take a little tour through the universal truths.

Ahead are a layman's look at the origin of the universe, classical and quantum physics, chemistry, biology, anatomy, neuroscience and the life-changing principle of entropy. It's also a dive into what's not known about the biggest scientific and philosophical mystery of all—how consciousness manifests through the human brain. Now, if you're ready to interconnect with the universe, here's what your place, purpose and meaning truly are.

Your Universal Tour

The universe is enormous. It's absolutely huge. There aren't proper adjectives in the English language to describe just how big the universe really is. Perhaps the right word is astronomical which means exceeding great or enormous.

People often use the word "cosmos" interchangeably with "universe". That's not correct. Cosmos refers to the visible world extending beyond Earth and outward to the heavens. The universe incorporates all that's in the macroscopic or outward realm, but the term also drills down and incorporates everything within the micro-regions of molecules, atoms and then into sub-atomic realities where quantum stuff gets seriously strange.

In Chemistry, Biology and Physics 101, you learned you're created of energized matter built of complex material formed by atomic and molecular chains. So is every set-piece in the micro and macro universe. All visible matter contains material made of atomic structures that strictly obey standard operating procedures set down during the universe's birth.

How that happened is explained by a few different theories. Religious accounts, depending on the flavor, hold that an omniscient supernatural power created the

universe at will and for a vain purpose. Current scientific accounts dismiss all supernatural contribution and exchange it with a series of natural orders called the laws of physics and non-tangible processes of the universe.



Most scientists don't attach an intentional purpose to the universe. They leave that to philosophers who tend to argue with abstract thoughts that aren't backed by hard evidence. Then, there are those who think the universe is simply a grand thought.

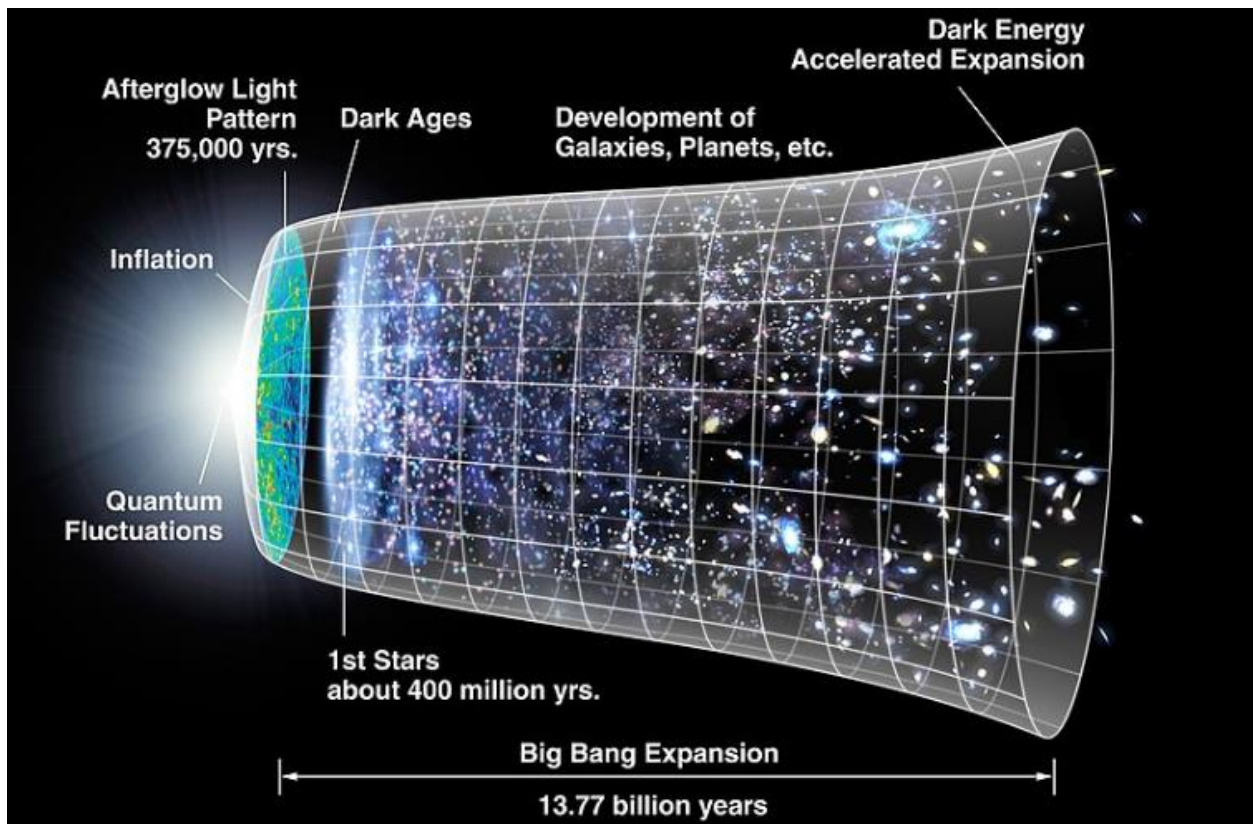
No matter who's right and who's wrong, there are a few facts you can personally bank on. One is that you exist in a physical form and use consciousness to be self-aware. That includes knowing you have a place in the universe, a purpose for being here and there's a meaning to your life.

As said, this isn't a religious paper. Religion can be a matter of faith but, then, so can science. The difference is that science relies on direct observation, proven experiments and the ability to replicate results. Science also depends on building hypotheses, turning them into theories and then certifying them as facts.

No particular physicist claims sole authorship of the big bang theory.

No particular physicist claims sole authorship of the Big Bang Theory. Currently, the Big Bang Theory is the leading account for the universe's origin, and it's generally accepted throughout the scientific community as being the best explanation—so far—of where your structural matter originated. It goes something like this.

In the early 1900s, an astronomer named Edwin Hubble (the space telescope guy) was busy measuring galactic light and came upon his profound realization that the observable universe was expanding. Not only was the universe growing, Hubble exclaimed, but it was also accelerating its expansion rate. That led to a logical conclusion that the universe must have started in a singular place and at a specific time.

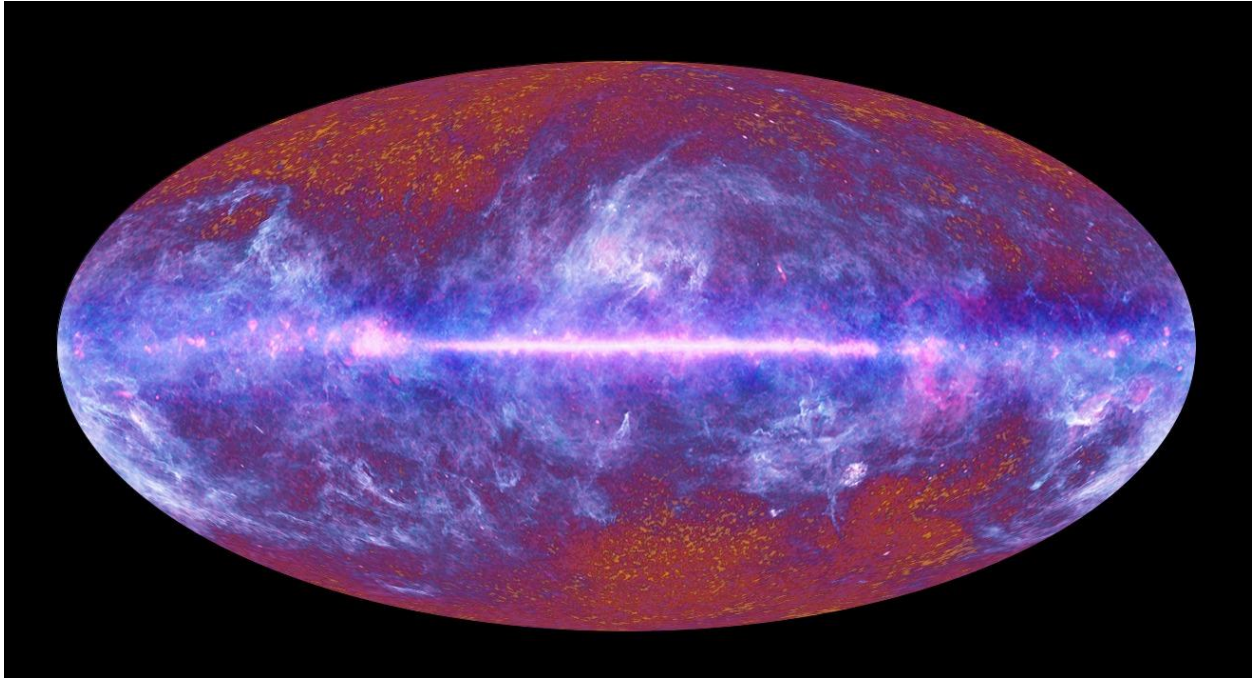


Some of science's brightest folks worked on mathematical extrapolations and built the theory postulating that all matter and energy in today's observable universe must have been once compressed in a singularity that exploded. That big bang started the time clock, created space, released energy and formed matter. It's been growing ever since and, along the journey, you were created as an interconnected part.

This sounds like a pretty big undertaking. It also sounds pretty far out to think everything in the known universe was stuck in the space smaller than an atom where it was exceedingly hot and heavy. Well, guys like Einstein and Steven Hawking accepted the Big Bang Theory as fact, although Einstein famously quipped, "God knows where that came from."

Without any other scientific direction to go on, what you see in the universe got started from a single point and is enormously here in its present form and place. The best-educated guesses place the universe's age at about 13.77 billion years, give or take a few hundred thousand. This rough age-estimate comes from measuring Cepheid Variable Pulsating Stars (CVPS) with the Hubble Space Telescope which has proven to be quite useful once NASA got its foggy lens fixed.

The size of the observable macro, or outer, universe is impressive. Current measurements find the most distant visible electromagnetic radiation to be 46 billion light-years from Earth. That's in every direction where the radio telescopes pick up the Cosmic Background Radiation (CBR) signal. Astronomers believe the CBR is a leftover mess occurring about 300,000 years after the Big Bang. If the true universal distance radius is 46 billion light-years, then the entire trip across occupied space is around 92 billion light-years in diameter.



That is a massive distance. It's gigantic, humongous and colossal. Light, which is electromagnetic radiation, travels at 186,000 miles per second or 300,000 kilometers per second. That means that in one year a light particle can travel 5.88 trillion miles or 9.5 trillion kilometers. Multiply that by 92 billion and you'll see that it's a long, long way across the visible universe.

That's just the macro universe that astronomers can see with current technology. Most scientists agree they've only explored something like four to five percent of the visible universe, and there's far more out there than known today. This is an ongoing search with exciting discoveries emerging all the time.

To get a feel of where your physical place is in the macro universe is, you're on the surface of a planet called Earth. Your home base is 93 million miles or 150 million kilometers from the sun which is a common-type star. It takes eight minutes for light to leave the sun and meet your eyes. To put this distance in perspective, a light particle can circle the Earth seven and a half times in one second.

The solar system extends a long way out. Pluto, which has returned its classification into the planet family, is seven hours distant from the sun via light speed. Going further, your planetary arrangement orbiting the sun is in one part of

your home galaxy called the Milky Way. The sun is approximately 30,000 light-years from the big black hole at the Milky Way's center, and you're actually closer to the nearest independent galaxy than you are to the Milky Way's core.

No one knows how many stars
there are in the Milky Way.

No one knows how many stars there are in the Milky Way. It's a countless number. The current consensus is there may be a trillion stars in your home galaxy. Some astronomers feel there could be a trillion or more galaxies in the visible universe.

The Milky Way is part of a galactic bunch called the Local Group. These 54 assorted-shape star arrangements form part of a larger galactic collection known as the Virgo Supercluster. This is a big, big crowd but nowhere near what's really going on out there.

Recent astronomical observations confirmed that beyond the Virgo Supercluster lies a monster called "Laniakea" which is Hawaiian for "Immeasurable Heaven". This stupendous structure sits in a part of space called the "Zone of Avoidance" where the clouds of dust and gas are so thick that visible light is impossible to perceive. Astonishingly, Laniakea and the Virgo Supercluster are being pulled together across space and time by a behemoth force nicely titled the "Great Attractor". No one knows what that force field is, but it's powerful.

As you lay on the Earth's surface and gaze at the starry sky, you're not seeing reality. You're only seeing light that left its emission point a long time ago. If you spot Andromeda, the only independent galaxy visible with your naked eye, you're seeing that structure as it was two million years ago. For all you know, Andromeda may no longer exist.



The universe can play a lot of tricks on an observer. But one thing the universe never does is change its basic operating rules. Space, time, energy and matter follow strict laws that apply everywhere throughout the universe. Whether you're on Earth, in Andromeda or around Laniakea, all fundamental forces behave the same way.

There are four fundamental forces in the entire universe—both in the macro and micro worlds. Those are electromagnetism, gravity, the strong nuclear force and the weak nuclear force. Space, time, energy and matter all adhere to these four forces from which many physicists have tried to find a common denominator to frame the Grand Unified Theory (GUT).

So far, no luck. Einstein spent the second half of his life working on a unified theory. His intuition told him unification lay in an infinite pool of information which is the non-visible and non-tangible force that gives space, time, energy and matter its direction. This information or intelligence principle certainly seems to be real, and it's captured in the acronym STEMI for space, time, energy, matter and information or intelligence.

Information permeates the entire universe. It somehow laid down the four forces emerging from the Big Bang and then made other rules or laws of physics which carried throughout the entire regions of reality. However, what the rules say about operating the outward cosmos are not exactly the same rules as those governing sub-atomics.

What directs your existence in the macro world adheres to classical or Newtonian physics. Down in the microcosm realm, though, your matter and energy have different masters. The wee parts of you behave according to quantum physics which are somehow interconnected back into classic physics and STEMI.

STEMI and Physics — Their Place, Purpose and Meaning

Albert Einstein was the greatest physicist the world has yet to know. He's best remembered for his work on relativity which no one has been able to blow a hole through. But, Einstein's real contribution was his work on gravity. He theorized and then proved that gravity was created by a warp in space and time.

For Einstein, space and time were integrally interconnected and provided a field for energy and matter to perform. Einstein concluded that everything in the universe—macro and micro—obeyed the same laws of physics and worked through the four forces of electromagnetism, gravity, the strong nuclear force and

the weak nuclear force. Gravity, in Einstein's view, was a force created by energized matter that acted upon space-time and caused all matter forms, regardless of size, to attract.

Regarding energy and matter, Einstein also recognized they are inextricably interconnected. Matter is congealed energy and both are relative to the speed of light. This is where the famous Einstein equation of $E=mc^2$ comes in. E stands for energy, m is matter and c is light speed. That means the available energy in an object is the mass of matter multiplied by $186,000 \times 186,000$. This is why a nuclear bomb explodes so energetically from fusing a small chunk of uranium.

Getting back to STEMI, this acronym can be viewed as a baseball game. S, or space, is the playfield. T is the timeclock. E is the energetic players. M is the equipment like bats, balls, bases and gloves. And, I is the information or the directions for the game as laid out in the rule book. That's an interesting analogy and it didn't come from Einstein.



Your place in the universe is like being in a ball game. You are part of the E-team but you're also on the M-side. You function on the field of space and are regulated by time. You're also controlled by information or whatever the vast source of universal intelligence is. Your purpose is to play the game within the time you're allotted and within the rules. It's your choice to find meaning, and that can be found by tapping into the universal stream of information or intelligence. Some refer to it as supreme consciousness.

A universal physics principle is that matter and energy cannot be created or destroyed. They can only be changed, and change is a fundamental element of the universe. All the energy and the potential for matter to be available in the universe (then, now and forever) materialized in a picosecond after the Big Bang's ignition. Space was not fixed, and it continually expands as the universe changes.

Time, on the other hand, runs linearly like an arrow. Universal change is called entropy which is also called the arrow of time. Entropy is such an enormous factor in determining your place, purpose and meaning in the universe that this paper devotes a special section towards examining entropy and how you can use this amazing process to your benefit.

Entropy is linked to order and chaos which are the philosophical foundations for existence. Entropy is the natural spreading-out path that energy and matter take over time to move from an organized state to a disorganized state where a balance of equilibrium inevitably occurs. You constantly experience entropy. Your living state requires energy to maintain active matter and try to delay the oncoming change, or entropy, towards the inevitable equilibrium where a being like you dies, decays and returns to nature.

Entropy is the natural spreading-out path that energy and matter take over time.

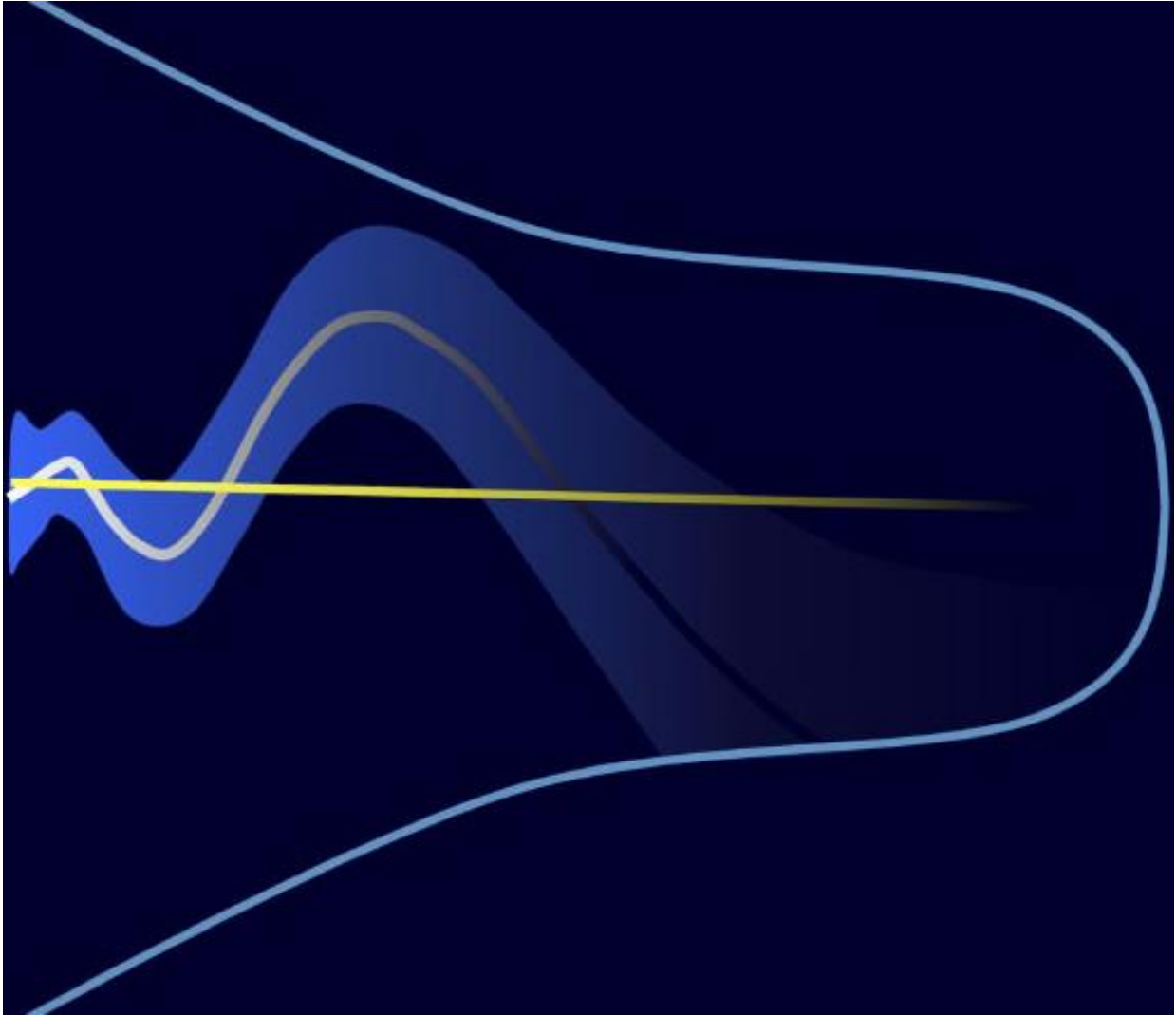
If you've heard of the laws of thermodynamics, entropy governs the second law. The Second Law of Thermodynamics states that energy must and will dissipate

over time regardless of what you do to prevent it. The second law dictates why an engine has to burn fuel to produce work and why you must eat food to keep on living. Entropy is the fundamental factor that allows work and life to continue, but it claims a tax in requiring a continual energy balance in its account.

Eventually, entropy always wins. Engines and people age, run out of power and eventually stop. There's no getting around this. It's your purpose to stay alive, fight off entropy as long as possible and use this magical energy exchange or tax in maintaining a meaningful life.

Speaking of energy, there are some strange and unknown energy forces lurking around the universal neighborhood. The scientific world generally agrees that only about four percent of existing energy and matter occurs in the tangible form that we see, smell, hear, taste and feel. The rest of the universe is home to two undetermined monsters nicely named dark matter and dark energy.

There's no instrument available to detect and isolate dark energy and matter, although they're observable by the way they act on the four percent of energetic matter we can measure. Dark energy and matter are calculable through mathematics, and they account for the vast majority of what's happening in the macro universe. That means we know absolutely nothing about nine-six percent of the outward universal forces.



The macro universe, or cosmos, is fairly well understood from the point of the four basic forces. Electromagnetism is a function of waves and particles. Visible light is only part of the electromagnetism frequency spectrum, and it's the most abundant wave frequency scale in the known universe. That's probably why your eyes evolved to pick up visible light because there is so much available from so many sources.

Electromagnetism scales range from relatively weak VHF radio waves, upward through UHF, infrared, visible light, ultraviolet, x-ray and topping out at intense gamma rays. Exposure to ultraviolet light will cause you an uncomfortable sunburn and that's best avoided. Experiencing a deadly gamma-ray burst, however, will scramble your DNA.

There's strong suspicion within the physicist community that electromagnetism plays a key role in supplying information to all universal structures. Where information, or intelligence, is stored is anyone's guess, but there seems to be a transportation form to deliver information from the universe's central repository storehouse to the end-user. That courier could be an unknown particle with an undiscovered behavior.

It's a fact that electromagnetism—light—behaves as both a wave and a particle. Electromagnetism occurs on a seemingly limitless wave scale which is measured in Hertz frequencies. Electromagnetic waves are various vibrations that reflect the reality of nature, and that's that all matter is constantly in some motion form and powered by energy.

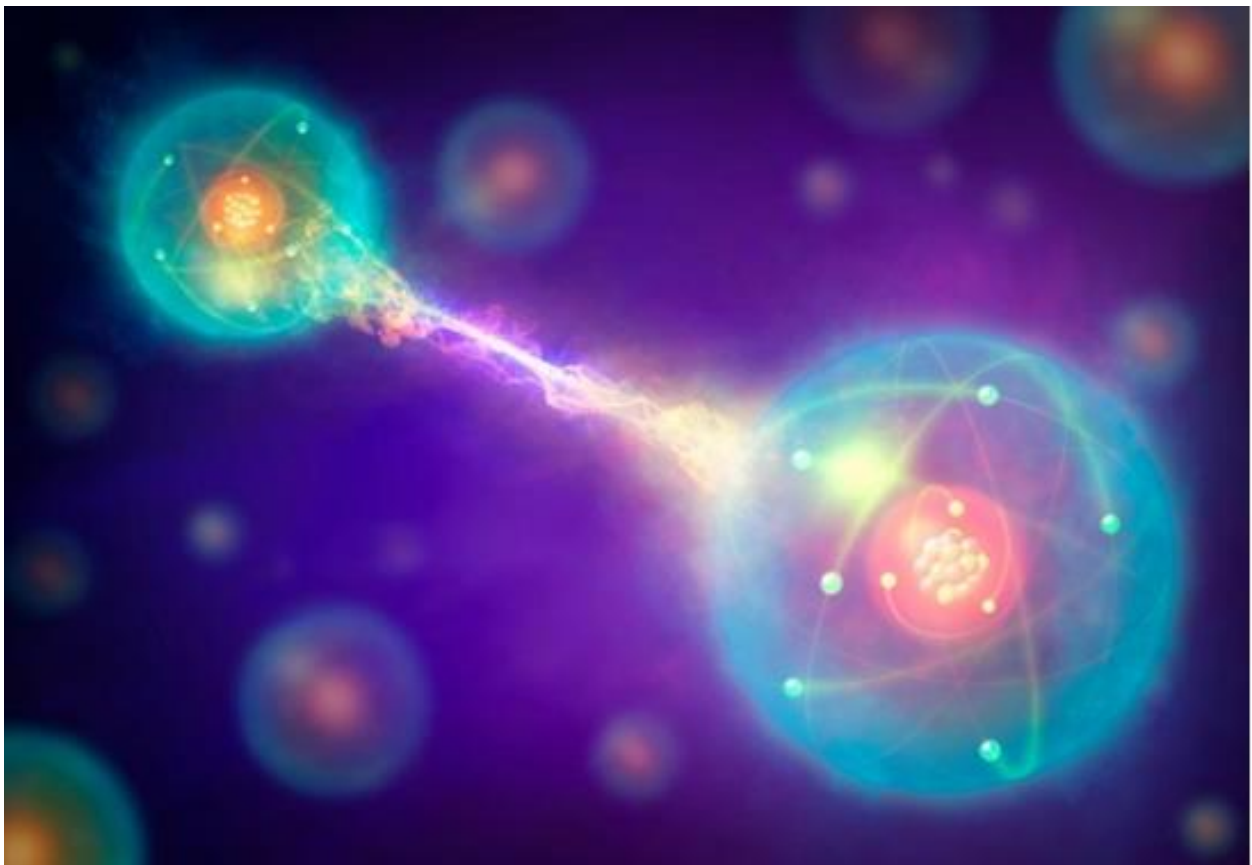
Electromagnetism—light—behaves as
both a wave and a particle.

When light acts as a particle, it's unique compared to any other form of matter in the universe. Light particles have no mass. They're packaged in tiny packets called quanta which have distinct contents that appear to direct whatever matter they interact with. Because light quanta have no mass, light particles cannot accelerate or decelerate regardless of what opposing force they encounter. Therefore light always travels at the same speed of 186,000 mps / 300,000 kps no matter what direction it's headed.

Light speed dictates the limits of classical physics. It forms the principle of the theory of relativity and works well with human activities like space travel and not running into each other on the highway. Having a finite light speed works well to disseminate information quickly and still allow entropy to act. However, things go sideways when you descend deep within yourself and arrive at your atomic structure.

Quantum physics is the theoretical analysis of the laws governing the sub-atomic world. Classical physics still applies at the atom level where electromagnetism provides energy and gravity holds matter accountable. The strong nuclear force keeps the outer atomic parts like electrons in place while the weak nuclear force keeps the nucleus intact and controls radioactive decay.

Below that, theories change and get real weird. According to one prominent physicist, anyone who professes to understand quantum physics—doesn't. Physicists observe peculiar particle participation at the quantum level. They've proven that sub-atomic particles interconnect with each other in a phenomenon termed "entanglement". Here, they seem to directly communicate with each other in some mysterious and profound way—instantly without regard to their separation distance.



At this level of quarks, fermions, bosons and alike, physicists speak in terms of probabilities rather than certainties. As an example, physicists can observe the

position of an electron or they can observe its motion, but they can't do both at the same time. They can only state that an electron will "probably" behave in a certain way and hope for the best result from random chances.

This is much the way the outer universe operates. Space, time, energy and matter also interconnect and communicate in some mysterious and profound way. It appears there's a master source of information available to all things at all times. Everything in the universal ball game has access to this intelligence and can use it. Then, it's then up to the players to figure out how they're going to play the game of existence before entropy stops the clock.

Despite rigid rules being in place that direct space, time, energy and matter behavior, there also appears to be constructive free will operating as the universe continually exercises counterproductive entropy. Cause and effect, order and chaos, or yin and yang, are entirely real quantum probabilities, and these potentials are completely available for you to use for your life advantage.

It's a matter of understanding the basic laws of physics that apply to human life as well as human behavior. Staying alive is an ongoing struggle against entropy, and that requires applying constant energy through your endeavors. If you cease to apply energy in whatever endeavor, entropy will carry on in time's arrow and will prematurely succeed in breaking you down.

That said, it's extremely beneficial to know a bit about other factors affecting you in your universal existence or game of life. Interconnected with STEMI and the laws of physics are the principles of chemistry, biology and anatomy that make up your body and brain. And, then, there's entropy...

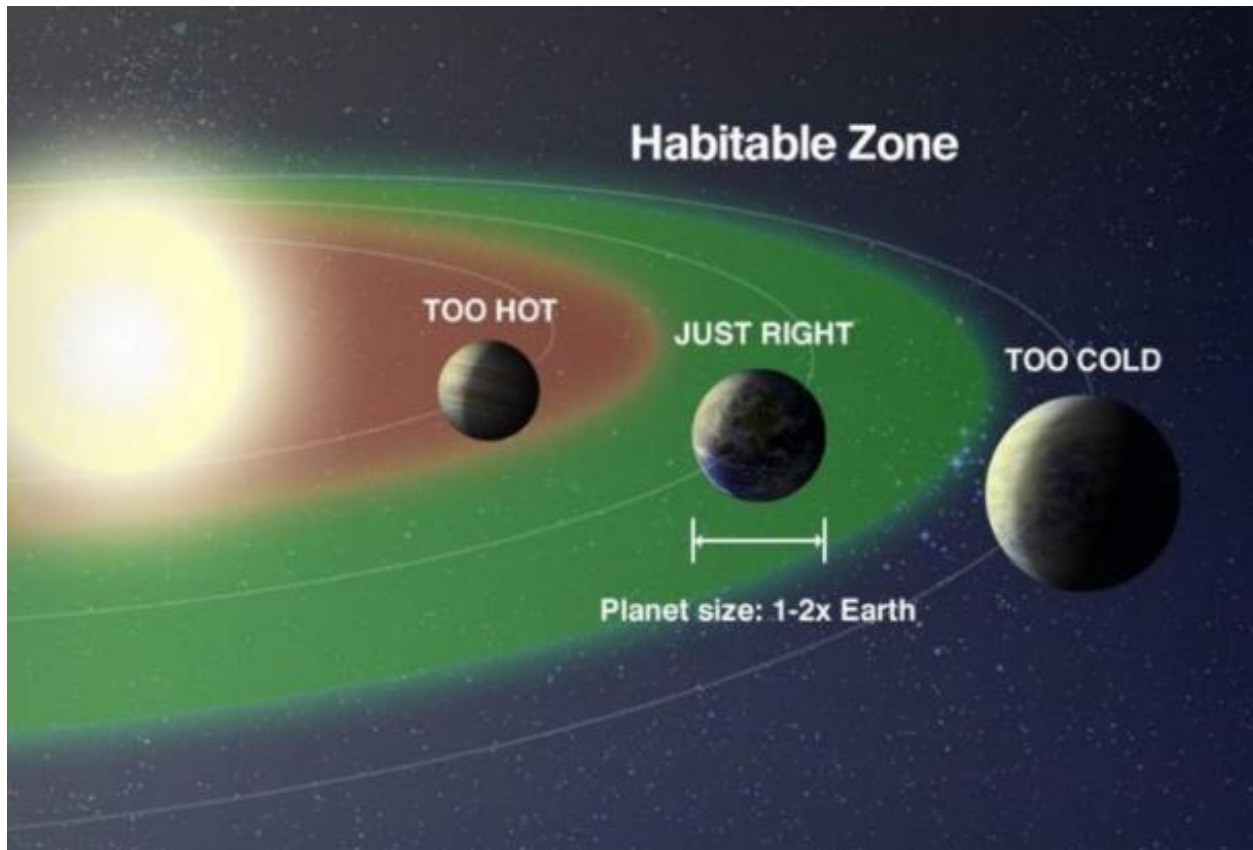
Principles of Chemistry, Biology and Physics

You are star stuff. Every molecule and atom in your body got its start at the time of the Big Bang and were refined through star construction and destruction. There's nothing new in you that hasn't been around for about fourteen billion years. However, those building blocks of your life have seen a lot of changes due to effects from the entropic principle.

There's no conclusive theory or consensus on the origin of Earth's life forms. This is an ongoing study with fascinating discoveries happening all the time. The only thing that scientific disciplines agree upon is that evolution of life is not a theory. It's a fact.

It's another fact that evolution of life forms thrives on entropy. It's because of entropy's continued effort to destabilize and destroy organized structures like cell-based organisms that life forms must adapt or evolve to changing conditions for survival. If a life form doesn't perform as best as possible—to keep up with changing times, so to speak—entropy will soon overpower the structure and spread its energy back into the universal equilibrium.

No one knows how Earth's first life forms started or even where they came from. Some scientists suspect that life, as we know it, may be exceedingly common throughout the universe. Others take a conservative view that carbon-based life is exceptionally rare and only found on environments within the “Goldilocks Zone” where exacting conditions like heat, water, oxygen and essential elements occur.



The best definition of “life” is an organic cell that reproduces itself through division. Cells can be simple like amoebas or they can be complex clusters of chemically-built biological structures like you. Being alive is the ability to use energy to support cell-divisive matter and ward off the life-threatening force of entropy. As long as you have your physical life, you have the free choice to establish your place, develop your purpose and find meaning during the limited survival time you have in this world.

You are a carbon-based creature chemically manufactured through biological processes. You’re an interconnected part of the universe with matter and energy supplied by the universal warehouse that got stocked during the Big Bang. Every component in your physical self came from chemical processes that allowed biological activity. The elements and compounds in your anatomical systems evolved through stellar action that refined each vital chemical that accounts for your biology and anatomy.

Abiogenesis is the formal term for life's origin. It's the natural process that lets cellular life arise from non-living matter. The best scientific guess is this process began when Earth was about 750 million years old. Given that Earth's estimated age is 4.54 billion years old, single-celled lives awoke about 3.75 billion years ago—give or take a bit.

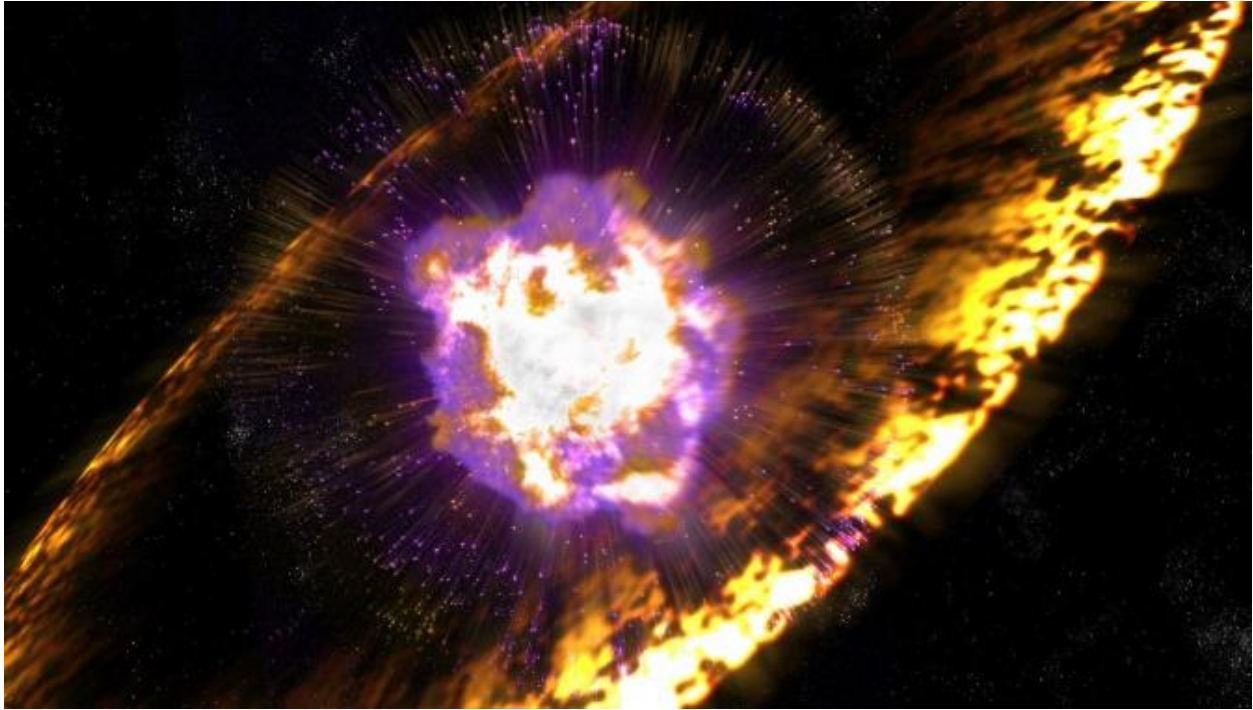
There are a lot of science branches contributing to origin-of-life research. You'll find molecular biologists and evolutionary chemists at work. Helping them are paleontologists, oceanographers, geologists, astronomers and physicists. Their prime focus is on how pre-life chemical conditions broke free of being inert and allowed cellular division.

Life started with a chemical reaction
between water and carbon.

What these professionals know is conditions for Earth's life-start were much different from the Earth you're on today. Life started with a chemical reaction between water and carbon. Both substances are vital—absolutely crucial—for creating and supporting life as you know it.

Water is a compound chemical made of hydrogen and oxygen (H₂O). It accounts for 65 percent of your body mass. Carbon (C) is an element adding another 18 percent to your weight. Between carbon and water, you're 83 percent built. Then, you have a mixture of nitrogen, calcium, phosphorus, potassium, sulfur, sodium, aluminum and silicon as well as some trace elements like iron, cobalt, zinc, iodine, selenium and fluorine.

Although your iron content is very low, it's vital for your survival. Iron is critical for blood development which is your inner river of life. Going back to you being of star stuff, the only known origin for iron comes from the meltdown of a star or supernova that exploded and dusted the universe with heavy metals like iron. Think about that the next time you go through a security metal detector.



You're not just made of elements and base compounds. Your body has four key chemically-complex families. They are carbohydrates (sugars and cellulose), lipids (fatty cell walls), amino acids (proteins) and nucleic acids (RNA and DNA). It's the chemical interaction of the four groups that allows biological function and your physical life.

Abiogenesis recognizes that life is an evolutionary process of ever-improving, self-replicating, molecular-constructed cells. No doubt you're aware of DNA and the part it plays in directing your body to exist, function and flourish. DNA, or deoxyribonucleic acid, is a profoundly complex molecular chain that is truly the blueprint for your being. It contains every bit of information to start you off as a zygote and pass you on to your offspring.

As unique as your DNA is to you, as an entity, it still has to obey the universal laws of physics. DNA follows the rules of gravity, electromagnetism, the strong nuclear force and the weak nuclear force. Your DNA is also acutely affected by this phantom property called entropy.

Without your DNA molecules, which inhabit every cell in your body, your matter and energy would be in a state of total disorder. That is what entropy's plan is trying to achieve. To counteract the natural and universal principle of energy-robbing entropy, your DNA constantly strives to pass information on to your cells which are always in a state of change by rebuilding, dividing and improving.

The entropic process governs your life.

The entropic process governs your life. You're constantly changing—both biologically and chemically. To survive, you have to harness energy which you get from the sun, from food, and from water. You convert matter into energy which then builds more matter in a life-long struggle to delay the entropic inevitability which is to return to the state where you started.

Thankfully, almost all your chemical and biological processes are on autopilot. You don't have to tell your DNA what to do. Nature has already encoded your nucleic acid molecules with the information they need to pass on within your body. This leaves you free time to consciously steer your physical vehicle into the place you want to be, develop the purpose you believe is meant for you and to live out the meaning attached to your place and purpose.

You have no choice in your DNA profile, but you do have some input into your chemical and biological maintenance. That involves understanding your anatomical composition and then feeding, exercising and resting it properly. It's hard to stay in place, have a purpose, and find meaning if you don't eat, work, play, and sleep in a balanced equilibrium.

There are ten main anatomical systems in your body. None of them act alone. Your body systems are as interconnected with each other in the same way your molecular and atomic structures are intertwined with the remainder of the universe. Your anatomy depends on system interaction for survival and reproduction. Without interconnected support, entropy will disorganize you into your bare essentials—a state commonly known as death and decomposition.



Nothing in your body stands still. Ever. This is your entropy defense, and it's done by constant conversion of available matter and energy into fuel and maintain your life support systems. You're in a constant flux state with food digesting, water hydrating, urine and feces removing waste, nerves transmitting information, muscles responding, blood flowing, bones strengthening, lungs breathing and even the off time out for some reproductive practice.

Your skeletal system is your body's framework. It's made of bones, cartilage, joints and teeth. Bones contain marrow which produces life-giving blood cells. Your skeleton also keeps you from falling down.

You have three tissue types in your muscular system. They are skeletal muscles or voluntary muscles that allow our skeleton to move, smooth muscles that form your organs, and cardiac muscles that involuntarily let your heart keep on beating. You also have muscles that let you breathe without much thought, although you have a choice in holding that off for a limited time.

The digestive system is a good thing. This operation takes tasty—and sometimes not so tasty—food and converts it to cellular matter and overall energy. This is important when it comes to holding back that entropy thing. Your digestive system starts at your mouth and ends at your... well, you know.

Your digestive process starts at your mouth and ends at your...

Respiration is another nice part of your anatomy. This system takes in oxygen, contributes it towards entropy-slowing energy and exhales it as nitrogen. This makes you the opposite of a plant which, by the way, also worries about entropy in its own way.

Your circulatory system is vital if you want to keep on living. It starts with a main character called the heart which pumps oxygenated blood out through your arteries and back through your veins. Fortunately, you have no conscious control over starting or stopping your heart.

Lymphatics are somewhat like built-in entropy. Your lymphatic system tries to maintain equilibrium of immune response. If your lymphatic system goes out of balance, your whole day can be ruined regardless of what purpose you've planned.

The nervous system is complicated, to put it mildly. Your brain is the most complex organic-based creation in known existence, and it's what really makes you a human with a purpose and meaning. Your brain is also the facilitator for consciousness which is the biggest unsolved mystery out there.



The endocrine system provides molecular messages throughout your body. Hormones are regulatory chemicals that keep your other systems honest. Hormones are like body cops that enforce systematic law and order and do their best to arrest suspected entropy agents.

You wouldn't want to be without your urinary system and there's no need to explain why. Water is the source of all life, but sometimes there's too much of a good thing. Appreciatively, your urinary system knows this and deals with it accordingly.

And then there's your reproductive system. Some people don't use it as much as they'd like, but that's their choice. Your reproductive system is your long-term insurance policy against entropy. You can bet that entropy will get the best of you one day, but you can keep entropy away from your genetic descendants for a long time by spreading your DNA on to others.

So What, Really, is This Entropy Thing?

Entropy is a difficult concept to wrap your head around. It's even harder to put into words. But, when you do understand entropy and work with it— instead of against it—you'll experience a phenomenal and profound effect on understanding your place, purpose and meaning in your life. For some people, realizing what entropy is, and how entropy affects them, can be life-changing.

Simply put, entropy is the universe's way of keeping the energy books. Entropy is a non-tangible principle that keeps track of all energy in the universe. Entropy's goal is to balance the books by making sure all energy forms spread out and eventually reach a state of equilibrium where universal forces no longer tug at each other in their effort to organize matter and capitalize on energy.

If you Google "entropy", you'll find a whack of information relating to this poorly understood and explained subject. You'll see lots of references as entropy being a measure of disorder or a defining a state of chaos. This isn't exactly true.

Entropy is not a law of physics. It's not a force or a field. Nor is entropy a particular condition. Entropy is a universal property or factor that applies to every measure of energy, as well as matter created by energy, and the boundaries of space and time. Entropy also interconnects with information or consciousness.



There's no such thing as an entropy scale. You can't encase entropy effects into a precise mathematical formula, express it as a percentage, or use it to bookend a calibration. The only equation for entropy is a state ranging from low to high. High available energy has low entropy and low free energy has high entropy.

This sounds confusing, for sure. Entropy is a balance relating to energy and it's availability to be used for a specific purpose. A highly-organized system, like you as a live human being, generally has a low entropy state with a lot of energetic activity going on. A disordered state, such as a dead and decomposing body, is experiencing a high entropy rate because its energy and matter are no longer struggling to stay alive. In death, entropy has won and turns the system's energy into a balance where there's no useable energy left or available to do work.

Entropy is that phantom plan to break you down. In the end, entropy always champions its cause, and there is absolutely nothing you can do about it. Zero. Zilch. Nuttin. But, you can defer or delay entropic effects on your being by recognizing that everything you do is governed by entropy's process.

If you balance your life by staying energetic and using free energy, you'll stay a step ahead of entropy for a long time. Give up and entropy's got you. However, by

understanding your place in life, developing continuous purposes, and converting those energetic actions into self-meaning, you'll delay entropy's natural spread of your lively energy into lifeless equilibrium. You'll be a much happier person for it, as well.

You'll be a much happier person for it, as well.

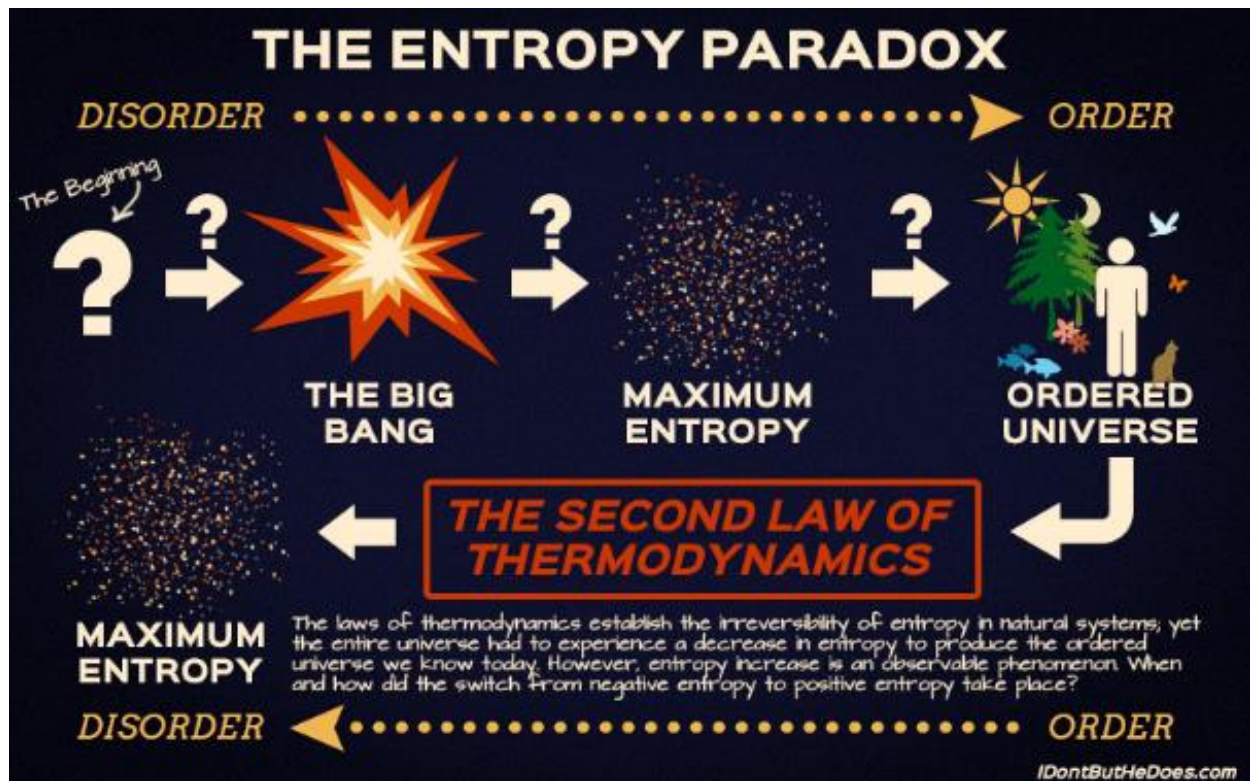
If you're still Googling "entropy", you'll find plenty of quasi-scientific buzz-terms attached to the subject. Going down the entropy hole, you'll read of Bayesian Reasoning, Heisenberg's Uncertainty, Shannon Entropy, Clausius Definition, Boltzmann Distribution, Carnot Cycle, Quasistatic Reversibility, Gaussian Dissipation, Gibbsian Proofs, Liouvillean Theorem, Maxwell's Demon, Szilard's Engine, Landauer's Principle, Algorithmic Complexity, Statistical Mechanics and Information Theory.

While these discussions aren't as much fun as they sound, one biggie you'll find associated with entropy are the Laws of Thermodynamics. These are heat-related physics laws. They apply to energy/entropy just as certainly as gravity applies to you.

The First Law of Thermodynamics states that energy cannot be created or destroyed in a "closed system". It simply is and remains in the same quantity forever. The Second Law of Thermodynamics refers to an "open system" where energy always spreads out and flows toward an equilibrium. The Third Law of Thermodynamics applies to both open and closed systems where once energy has reached an equilibrium state it's over. That state would be complete entropy where its energetic value would be zero. In other words... useless.

It's helpful to look at how entropy has worked since the Big Bang. At the singularity, everything in the forthcoming universe was pure energy and information. There was no entropy just as there was no matter, space or time. When the explosion happened, with it came the principle of entropy which is the

universe's natural way of controlling energy's expansion and evenly spreading energy out towards eventual equilibrium.



The universe still has plenty of “free” energy which means energy readily available to do work. Entropy’s job, so it seems, is to exhaust free energy by bringing it to a neutral state and sealing the universe’s fate. For scientists, that’s known as “universal heat death” which is their current view on the future.

The universe is a closed system. There is no known energy source outside of the universe that can be tapped. Your body, on the other side, is an open system where it’s constantly sourcing energy from electromagnetic radiation and converting food matter into useful energy. You’re a heat-generating machine who bows before the Second Law of Thermodynamics and the principle of entropy.

Your natural tendency is to stay alive and defer entropy. You do this by capturing, storing, and using information from your environment to keep ahead of entropy’s inexorable pull towards your death. Just as entropy takes the path of least resistance, it’s your mission to obtain, conserve, and cautiously expend energy.

Having too much on your plate, or having no particular purpose, exposes you to higher entropy which is equated to low energy. It's all about personal equilibrium or balance and maintaining an orderly life. This approach keeps you sufficiently energetic and comfortably in the realm of low entropy.

It's all about personal equilibrium or balance
and maintaining an orderly life.

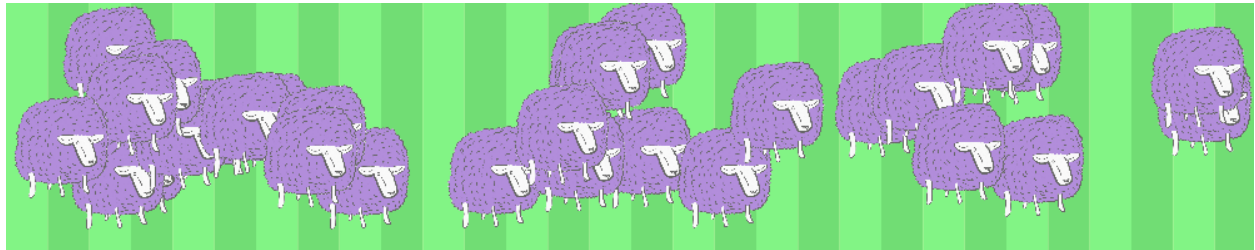
Entropy experts—if there is anyone who truly gets entropy—speak of the principle in statistical terms or states of probabilities. “They” say although entropy is inevitable, it isn't a certainty at any given time. Entropy is a relationship with energy where the entropic process seeks to spread energy from a complex and orderly state to a more simple and disordered condition. It's much like order and chaos.

Often-used examples of observable entropy effects are ice melting, cream blending in coffee, and a wine glass smashing into pieces. Thermodynamic entropy dictates that heat flows to cold in order to create an ambient equilibrium. Coffee and cream mix to an even consistency and color. And a dropped wine glass changes from a whole and ordered state to an unorganized one where hundreds of random pieces lay on the floor.

There's no physical reason why ice can't reform from a liquid, no reason that prevents cream and coffee from separating, and no reason why a wine glass can't be repaired. All it takes is for you to intervene and exert your energy to make it happen. But, without outside energy intervention, there are far too many pieces involved in these situations that disallow order to spontaneously occur from randomness. That's because the statistical mechanics of entropy are involved.

It's a numbers game built around a crapshoot of chance. The more players in a system, such as atoms in a molecule or components in a machine, the more energy gets used and the more entropic will there is to control or spread it out. Ultimately,

entropy is the antithesis to order and it's in constant flux with energy to rein it in. Entropy does this by offering randomness in universal activities.



A good example of the random effect on order versus chaos is a sheep farm. If you have 1 sheep and 1 field, you have a 1:1 ratio which is perfect order or extremely low entropy. Entropy doesn't like that, and it'll want to break down your fence. Suppose you add to your flock and expand your farm. Now you have 10 sheep and 5 fields. That gives your outfit 46 options to organize which confuses your sheep and their exposure to entropy increases.

By expanding to 30 sheep and 10 fields, their odds of them being in one organized location jump to 1:44,479. Things get even more chaotic when you have 50 sheep with 50 fields to choose from. Now these random roamers face their organizational odds at 1:132,931,168,175. That's a lot of options which make it statistically unlikely your sheep will self-organize into 1 bunch.

Entropy's principle, or process, spreads your sheep all over the place in its eternal quest for high-entropy, energy equilibrium. Your only recourse to bring order back to the farm is to intentionally organize your flock. By invoking the Second Law of Thermodynamics to temporarily ward off the entropy wolf, you're allowed to bring in an outside energy source to muster your sheep and lower your farm's entropy. Your best energy boost is a border collie.

Sheep, like people, are highly-complex herd creatures. It's written in the DNA to maintain order and reject chaos while entropy continually sneaks around the outer perimeter. The main difference between sheep and humans is free will. It's intentional choice that's the enemy of randomness.

Free will... it's intentional choice that's the enemy of randomness.

Once you recognize what entropy is, and that it's constantly out to ruin your day, you have the phenomenal ability to make intentional choices that introduce purpose, reduce randomness and lower your entropy. You do that by taking stock in your life, understand your place, make your purpose and find real meaning to an otherwise random existence that gives in to early entropy.

Because the numbers are so huge in the complexity of the universe, there are massive options for energy to exercise. Expending energy is a universal cause that allows consumption options to continually unfold. These options flow in a constantly moving linear manner that's often called the arrow of time.

It's statistically possible for energy options to reverse instead of move forward, but the odds of it happening—for time to flow backward—are so infinitively improbable that it just never happens. That's why time moves ahead and works well with space, energy, matter and information. However, STEMI is always at odds with entropy.

Entropy enters all facets of your everyday life. Entropy affects your chemical and biological processes. It guides business decisions and social activities. Entropy is even a factor in finances where the natural tendency of the rich to hoard wealth is overcome by the necessity to spread out currency for purchases.



You have personal entropy as well as physical entropy. Psychologists define these as fear-based deficiencies where your high entropy personal state starts with mere survival. Your entropy progressively lowers as you move through consciousness levels like relationships, self-esteem, internal cohesion, making a difference, and arriving at a low entropy state where you provide valuable service to others.

The more order you chose to have in your life equates to more available energy and less threatening entropy. Your purpose should include a plan to preserve your

low entropy state for as long as possible. However, no matter how well you regulate your health, time and resources, entropy always wins by breaking down your orderly systems through time's arrow which is aging.

Eventually, entropy will reduce you and the universe to a uniform and boring state of equilibrium where energy is balanced in maximized entropy. Nothing meaningful will happen again once entropy has completed its inexorable slide to a deathly state. The good news is that the "heat death" is about ten trillion billion years away. As Stephen King wrote, "In the end, entropy takes it all. Whether you want it to or not, entropy bears it away and, in the end, there is only darkness."

Your personal demise isn't as far off, though. Every waking day and sleeping night the black cloud of entropy is calling your name. Thankfully, you're equipped with the most complex organ in the world—your brain—and that mass of energetic matter allows you to make entropy-reducing life choices through your faculty of consciousness.

If there's one thing entropy can't stand, it's a highly-organized state like your brain.

If there's one thing entropy can't stand, it's a highly organized state like your brain. Entropy is all about change and change is the reason for evolution. You could make a good argument that the reason your brain is so highly complex is entropy's negative effect on evolution caused a positive push-back in your being.

Your brain and your consciousness are interconnected key components in finding your place, purpose and meaning in life. To get to a maximizing point in your life, it's handy to understand how your brain works and what consciousness might really be. They provide the mindset of life which is your desire to achieve, your decision to go after achievements, your positive attitude towards achieving and your commitment to work at delaying entropy as long as possible.

Think of it as the formula **WORK > ENTROPY = SUCCESS** and remember “Only Entropy Comes Easy”.

Your Brain and the Faculty of Consciousness

The human brain is the most complex piece of organized matter in the known universe. It's the crown jewel in your body. Your brain is a miraculous composition of building blocks that interconnects within itself and throughout your body. Your brain also allows you to consciously and unconsciously interconnect with the universe.

Your brain facilitates all energy and chemical interactions that keep you alive and keep entropy temporarily at bay. Your thoughts, memories, intentions, actions and emotional rewards come through your brain. It allows you to navigate in the world and seek place, purpose and meaning.

There's been more learned about brain function in the last ten years than throughout human history. Organizations like the Seattle-based *Allen Institute for Brain Science* employ some of the brightest minds in neuroscience, and they are making tremendous breakthroughs in understanding brain function and disorders. The think-tank's funding comes from the estate of Paul Allen who, with Bill Gates, founded Microsoft.

There's a great quote on the Allen Institute website that says your brain acts like a committee of experts. Each part has its own specific role, but they all work as a team to make you function. The problem with your brain, though, is that from time to time one or more of the experts take the day off.



There are three main parts to your brain — the forebrain, midbrain and hindbrain. The forebrain is your cerebrum where all the thinking gets done. The midbrain is your reptilian-like stem connection that deals with involuntary reflexes. And the hindbrain is your cerebellum that controls vital functions.

The cerebrum is the biggest and most complex part of your brain. It's divided into right and left hemispheres that contain four secondary lobes. Your frontal lobes account for most conscious thinking. Your parietal lobes are sensory applicators allowing you to taste and smell. You see because of your occipital lobes, and you hear through waves processed in your temporal lobes.

Your cerebral cortex is an interesting component. It's a thin rind about the thickness of two stacked dimes that coats your cerebrum and cerebellum. This is the part that processes all incoming information from inside and outside your body. It's also what's called your gray matter. Some neuroscientists speculate on the cerebral cortex being the seat of your consciousness, but that's far from a sure bet.

Your midbrain has a few gatekeepers that can control or make a mess of your emotions. Your hypothalamus is the size of a pearl, and it's what wakes you up in the morning to prep you for the day. Your hippocampus is like a memory indexer

that works with your thalamus to send outgoing messages. Combined, they're like an information clearinghouse. You also have a basal ganglia in your midbrain that lets you move.

There are about 86 billion neurons in the average adult brain, give or take a few.

These are your main overall brain parts, but they'd be useless without the really complex components that interconnect everything. Those are your neurons and their information connection systems. Neuroscientists agree there are about 86 billion neurons in the average adult brain, give or take a few.

Neurons are cell structures that employ dendrites and axons to interconnect and deliver information to other brain neurons. These marvelous microcosms of intelligent life use electro-chemical signals sent through trillions of synapse connections and neurotransmitters. Some neurotransmitters, like serotonin, keep you awake and some, like dopamine, make you excited.

Your brain, containing all these complexities, weighs about 3.3 pounds or 1.5 kilograms. That's about 2 percent of the average adult body weight. However, your brain is an energy pig. It requires over 20 percent of your energy to keep it running.

People wonder why most humans are somewhat smarter than our primate cousins and the lesser beasts of the earth. It's due to the number of neurons in human brains compared to other less-brainy creatures. Intelligence is somewhat of a subjective test, but how humans manage to cram so many neurons into their cranium is through folds.



Your brain is not one smooth object by any means. Your cerebrum and cerebellum are interconnected through countless layers that fold over each other to increase usable neuron capacity and keep it manageable. By the way, the Allen Institute website information indicates there's no hard evidence to support the left brain vs right brain intelligence or ability theory.

Consciousness is a whole other ball game. Neuroscientists have a far grip on how the brain physically operates, and they're getting tighter on that every year. What no one has a hold on is consciousness. Not by a long shot. Despite vast research that continues, no one knows exactly how your brain facilitates consciousness.

Like entropy, you can't touch or measure consciousness. However, you certainly can feel consciousness and know it's very, very real. The French physicist and philosopher Rene Descartes is famous for his quote, "Cogito Ergo Sum" which is Latin for "I Think Therefore I Am". That is the baseline for philosophical pondering about consciousness, but it doesn't do anything to define it.

The best definition of personal consciousness is your brain's awareness state. There are many levels to this. First is your normal condition of being awake and not walking into walls. That's supported by your subconscious that keeps good

stuff happening like your heart beating, your lungs breathing and your stomach processing energy from matter. Then, you have a consciousness state you spend one-third of your life in—sleep.

The best definition of personal consciousness
is your brain's awareness state.

You also have non-tangible consciousness states you can access through activities like meditation, prayer or being mesmerized by watching Judge Judy. Many people swear they can achieve altered states of consciousness—at will—such as the shamans seem to. That methodology is for a whole other paper.

Then, there's collective consciousness. That's the phenomenal ability of humans to associate and form families, groups, communities and societies for the greater good of the whole. Some of these collections can be positive like the United Nations tries to achieve, and some can be negative like the ever-present nuclear threat from rogue states.

Professor David Chalmers of New York University is one of the few authorities who takes-on the consciousness controversy. Chalmers says there're two problems with defining consciousness. One is the easy problem that's dealt with through brain studies. The other is the hard problem with identifying where consciousness comes from.

Ancient sages and modern scientists all recognize that consciousness is real. Old-style thinking identified a two-part theory of mind/body duality. They reasoned that the mind, or consciousness, was an entirely separate entity from the physical existence. Religious practitioners generally referred to consciousness as the soul.



New-agers dismiss a religious or supernatural explanation for consciousness. Some current scribes suggest that human consciousness may be one tiny speck of an overall or universal consciousness that is the ultimate source of information, space, time, energy and matter. This analogy is gaining traction within the scientific community as opposed to what the church-goers think.

This forward-thinking group goes so far as suggesting the entire universe is one collective consciousness, and that everything within the universe has some degree of consciousness. They call this “panpsychism” from the Greek words “pan” for all-everything-whole and “psyche” for soul-mind. There just might be something to this.

Panpsychism postulates that all components in the universe are interconnected through a supreme consciousness that shares all available information equally to all parts all the time. That includes information or instructions at the micro subatomic

level and at the macro galactic realm. It's just a matter of what degree of consciousness each portion gets.

Proponents of Panpsychism offer a measurement for consciousness possession. They use the term "Phi" as a unit where a complex creation, such as yourself, would have a high-phi rating where a simple bacterium would come in lower on the phi scale. Some panpsychists offer that non-carbon based forms, like a rock, might have some small amount of consciousness which allows their atomic structures to stay inert. On the grand side, the panpsyche people suggest there may be unknown beings with much greater phi or consciousness level that humans currently have.

David Chalmers has a great TED Talk that's well worth watching.

David Chalmers has a great TED Talk that's well worth watching. He's open to panpsychic pondering and suggests what he calls two crazy ideas. One is that consciousness is a fundamental factor in the universe. It's the reason for existence. The second is that consciousness is universal. It's everywhere and anywhere—all the time. Consciousness is completely interconnected, Chalmers thinks, and there is no function in the universe that isn't governed through the universal faculty of consciousness.

Christoph Koch is another bright fellow. He's the director of Paul Allen's brain institute, and he's extensively studied how consciousness interconnects with the human brain. Koch agrees with Chalmers that consciousness is likely fundamental and universal.

Professor Koch says, "It's tough to explain consciousness. We live in a universe where organized and energized bits of matter give rise to consciousness manifesting itself to our awareness. Take quantum mechanics, which provides the best description we have for the universe at the microstate. We don't fully

understand quantum physics, but we recognize it's the reigning explanation. With consciousness, it's ultimately going to be like that.”

Roger Penrose is another world-famous physicist who entertains the universal consciousness idea. Penrose states, “The laws of physics produce complex systems that involve consciousness which give rise to the language of mathematics which encodes the underlying laws that gave rise to it. I believe human minds and their consciousness are just tiny bits of a much bigger cosmic brain.”



Another physicist and author has her take on the subject. Jude Currivan, who wrote *The Cosmic Hologram*, says, “Consciousness is the continually increasing entropic flow of information within space-time which will rise to a maximum at the end of the universe’s lifetime. Information has enabled the development of ever-higher consciousness levels and self-awareness. And consciousness accounts for the accumulated flow of informational entropy ever-increasing from the past to the present and the future. We call it time.”

North American aboriginal societies have a belief about universal interconnection and the individual place, purpose and meaning attached to it. They use the term “*All my relations*” as an equal to the Christian “*Amen*” ending prayer or gratitude. Here is a quote from a leading aboriginal publication:

“Everyone and everything in the universe is connected and has a purpose, place and meaning in the grand scheme. Meaning comes from understanding place and purpose. It’s to live in harmony with the universe and use respect and care for the inner self.”

From the aboriginal wisdom and the scientific contribution, there seems to be a universal equation emerging. That’s **PLACE + PURPOSE = MEANING**.

Finding Your Place, Purpose and Meaning in the Universe

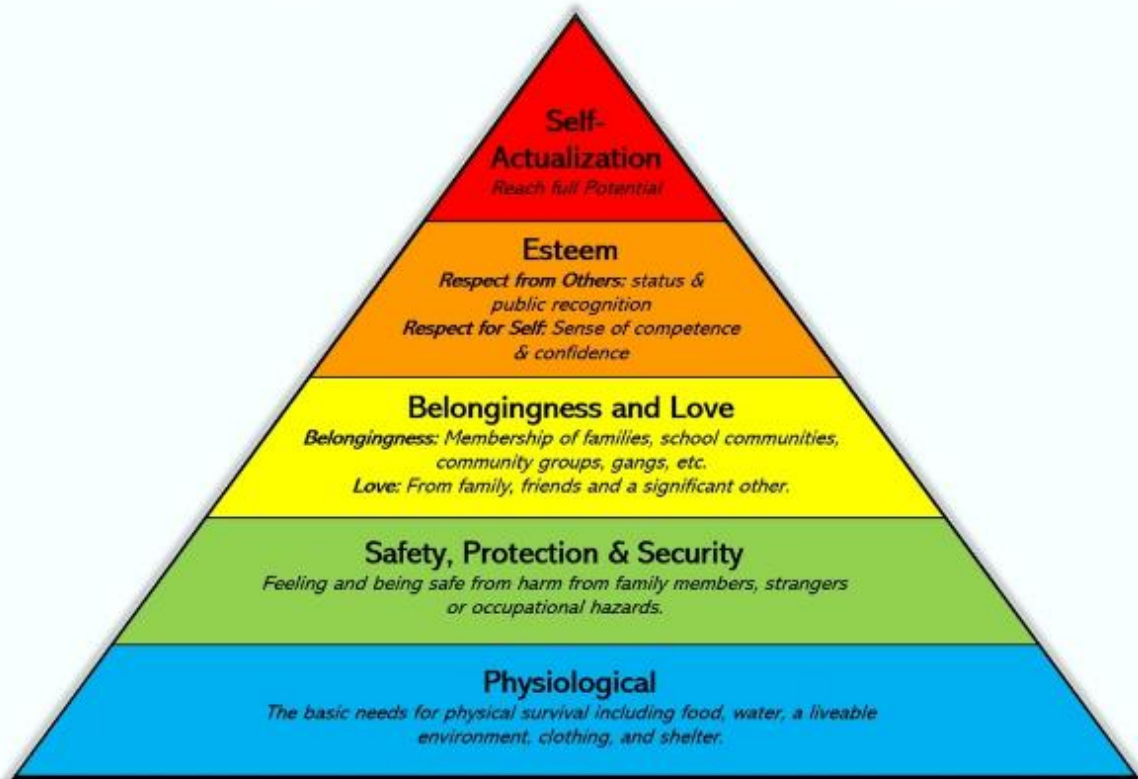
Place, purpose and meaning are subjective terms. That is, they’re highly individualistic. Your place, purpose and meaning in the universe can be entirely different from what a family member, a colleague or a friend might want or envision.

Objectivity is a state of indifference. It’s detachment from specific things like material assets or non-relevant information—not influenced by prejudice. Subjectivity, on the other hand, is an attached state where you experience conditions like your physical presence and the conditions affecting you, whether they’re natural or artificial. You’re very much subjectively attached to your place, purpose and meaning in the universe.

But, how do you figure out your place, purpose and meaning? How do you know what they really are? Who you truly are?

There’s no easy answer. That’s because place, purpose and meaning are highly personal and constantly changing—just like entropy. However, you can get a good understanding by taking stock of your life, setting your priorities and inventorying your assets.

Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs is a five-tier matrix describing basic human requirements and motivations. It's often displayed as a pyramid where vitals like food and shelter are at the base while various goals and achievements layer above. At the top is self-actualization or the desire to become the most you can be—your highest potential.

You could look at Maslow's Hierarchy as progressive wealth, not necessarily in the financial state, but more in a sense of place, purpose and meaning. It shows that once your basics like psychological security, safety, belonging and self-esteem are looked after, your natural quest is to find your true position in life which is your cognitive, self-actualized and fulfilled wellbeing. When you lay out a Maslow's pyramid for yourself, you'll get an excellent indicator of where you're at and where you're going. Or, at least where you should be going.

The British National Health Service (BNHS) developed a four-step plan for personal wellbeing. It's popular and quite common sense. Here are the BNHS steps for wellness:

1. **Community and Family Connection.** You are not alone in the universe nor are you an island in society. Your place, purpose and meaning must include positive relationships and interconnections with others.
2. **Physical Health and Exercise.** Your body is your vessel in the universe. To secure your place, purpose and meaning in life, you must maintain and balance your physical and mental health.
3. **Lifelong Learning.** Continual education and varying life experiences require energy input. Remember that increasing your energy level counters entropy's attempt at spreading it out into a useless equilibrium and preventing you from having a place, purpose, and meaning.
4. **Mindfulness to the World Around.** Being open and aware of your place in the universe allows you to develop your purpose and find meaning in your life. Again, remember that life is a fluid process and constantly changing with entropy.

Your life is self-perpetuating. You're a complex biological creation that constantly changes according to the laws of the universe to which you're inextricably interconnected. Your place is to fit with the universe, not fight it. Your purpose is to flourish in the universe. Through this, you'll find meaning.

The two most powerful factors in the universe are consciousness and entropy.

The two most powerful factors in the universe are consciousness and entropy. You have no choice in this, and they're what make you a human being. Just as there's no way of tangibly gripping entropy or consciousness, there's no way of truly grasping a universal meaning of life. There are simply too many possibilities and variables. You have to consciously choose the definition that suits your current conditions and long-term entropy-fighting aspirations.

What your place, purpose and meaning in life are when you're twenty will be different than when you're forty or eighty. The important thing is to understand that you will change with the arrow of time, and you have a conscious choice or free will in positively shaping your present and future. Certainly, the randomness of entropy will have its effect, but you can increase your happiness odds by making positive conscious decisions.

There was a controversial author/philosopher named Ayn Rand who made some interesting observations about your place, purpose and meaning in life. Regardless of what you might think of her politics, Rand spoke of three axioms or truth statements concerning place, purpose and meaning. She described them like this:

1. **Place** is your point of existence or the reality you're currently in.
2. **Purpose** is your reason or conscious intention to achieve.
3. **Meaning** is your personal identity, importance or self-interest.

Ayn Rand made a special point of addressing self-interest. Rand took a lot of heat from her contemporaries and historians for stating that human self-interest comes above all else. She reasoned that if an individual couldn't establish a base of health and welfare they wouldn't be able to effectively exercise altruism or acts of helping others.

Selfless service, according to Rand, was the highest value in society and the aim which all individuals should set. However, to serve others, the individual must know and make the best use of their place and purpose. That, Ayn Rand wrote, was the true scope of meaning.

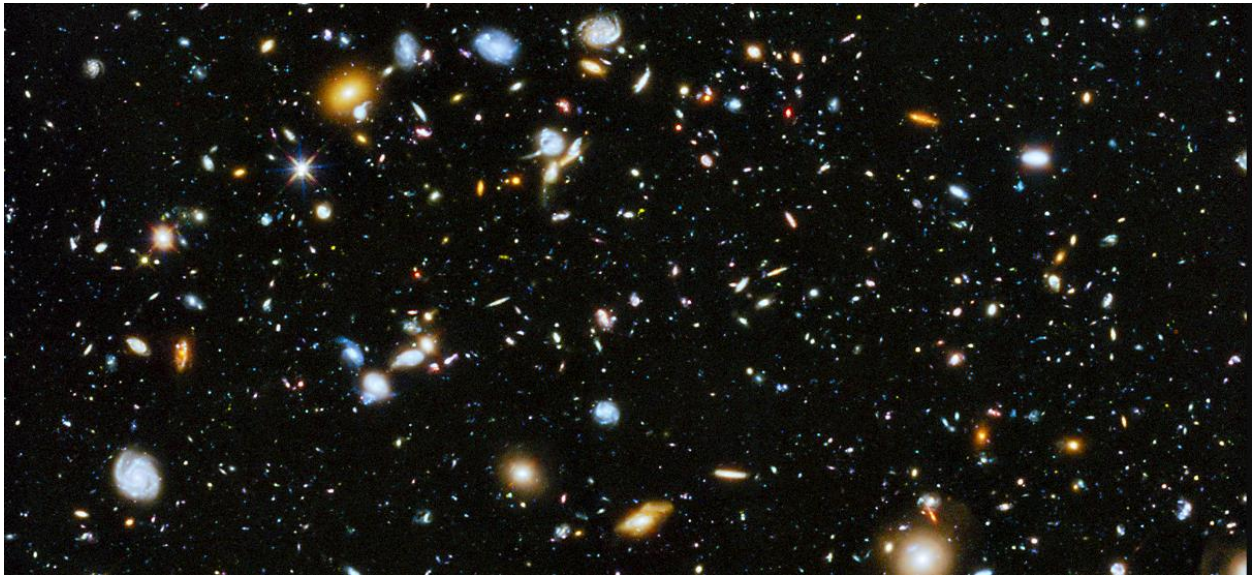


Much of your life is built through the choices you make. Free will is a fundamental part of living in an open and democratic society. You have the choice available to you to do as you see fit. The meaning of your life is that which you choose to give it—the value and significance attached. To help you find your place, purpose and meaning, here are four self-analyzing questions:

1. **What is important to me?** Build yourself a Maslow's pyramid and take stock of your needs, wants and actualizations.
2. **What am I truly good at?** Spend some time making a list of strengths and weaknesses.
3. **What is my potential?** Think of what you want to achieve and what effort you're willing to put into getting it.
4. **What is the meaning of MY life?** This is the time to get selfish and look after YOU first before focusing on serving others.

Think about these issues with simplicity. So often, lives become unnecessarily complicated which results in the fog of stress obliterating your focus on your place, purpose and meaning. Focus is simply the lack of distractions, and distractions usually come from having too much in your cart.

There was a comedian who nailed it when they defined “simplicity” as “getting it all into one shopping cart”. When you’re no longer concerned about buying Costco case lots, you have the time and clarity to focus on what’s fundamentally important like flowing out your purpose so you have gratifying meaning throughout your place in life. Your life, as you know, has a limited time span thanks to entropy.



There are two fundamental aspects regarding your evolving fight against entropy. One is change. The other is persistence. You are going to change and, to do it well, you must persist. That takes a conscious application of energy which lowers your entropy.

Consciousness and entropy are mortal enemies—the yin and the yang, order and chaos, God and the Devil. They’re the inseparable universal principles that caused your creation, guide your existence and allow you freedom of choice.

In the end, you are your life’s purpose. You’re the one who’ll find true meaning by using your consciousness to make wise decisions about living in this interconnected place called the universe.

About The Author



Garry Rodgers is a retired Royal Canadian Mounted Police homicide detective with a second career as a forensic death investigator assigned to the British Columbia Coroners Service. Now he's a true crime and crime fiction bestselling author. Garry also maintains a popular blog site at www.DyingWords.net and is a regular contributor to the HuffPost. Please [subscribe to DyingWords](#) and receive bi-weekly posts from Garry Rodgers that provoke thoughts on life, death and writing.

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Provoking Thoughts on Life, Death, and Writing

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Recommended Resources

Writing this treatise took a lot of time and research. It also took considerable energy which helped to defer entropy. There're a tremendous number of highly intelligent and intuitive people whose works contributed to this paper. In no particular order, here're some resources to explore for a deeper search into your place, purpose and meaning in the interconnected universe:

Think and Grow Rich — Napoleon Hill

The Master Key to Riches — Napoleon Hill

How to Win Friends and Influence People — Dale Carnegie

The Subtle Art of Not Giving a F#ck — Mark Manson

Out of My Later Years — Albert Einstein

The Big Picture — Sean Carroll

A Short History of Nearly Everything — Bill Bryson

Origin Story — David Christian

How to Love the Universe — Stefan Klein

From Science to God — Peter Russell

The God Effect — Brian Clegg

Consciousness Beyond Life — Pim van Lommel

The Grand Design — Stephen Hawking

Brief Answers to the Big Questions — Stephen Hawking

The New Science of Consciousness — Paul L. Nunez

The Consciousness Instinct — Michael S. Gazzaniga

The Cosmic Hologram — Jude Currivan

Dr. David Chalmers TED Talk — Youtube

The Allen Institute for Brain Research — Website

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Note from Garry Rodgers:

If you got value from this paper/treatise, please take the time to share it with others.