

Dualism Does Not Exist: Mind, Body and Longevity

When we speak about **human beings** – and not only strictly about **Homo sapiens sapiens**, but about all **living creatures** – we must understand that the **dualism** we are used to accepting without reflection is in reality **nonexistent**. **Dualism** is part of an **algorithm** set in our **mind**. By separating the **body** from the **mind**, we harm ourselves. Without entering **metaphysical** labyrinths, here we will address the theme of **high-quality longevity** and **rejuvenation**.

At first glance, in my **essay** dedicated to **rejuvenation**, it seems to speak mainly about the **body**. The **biochemical** and **physiological processes** are observed in depth, with great attention to **sport** and **physical activity**. However, the **biological reality** is that our **brain** is an integral part of our **body**. The **body** reacts to **mental processes**, and vice versa, the **mind** follows the **bodily processes**. **Dualism does not exist**: our total being is a “**luminous cocoon**”, as seen by **seers** or as **Carl Gustav Jung** tried to describe it. Therefore, beyond training aimed at the **muscles**, we must necessarily train our **brain**.

Our **brain** is extremely **lazy**. When we strive to solve a **problem** and reflect on it, the **brain** consumes up to **25% of the total energy** used by the whole **organism**. In summary: an **organ** that weighs only **2% of body weight** consumes **25% of the energy**! For this reason, people prefer to watch **TV** rather than study, for example, **informatics**. When someone is lying on the **sofa** in front of the **television screen**, the **functional magnetic resonance imaging** of this “someone” shows that **brain activity** is similar to that recorded during **sleep**.

When a person **thinks** or **studies** something, it makes absolutely no difference whether it is a new **Judo technique** or the books of **Immanuel Kant**: **blood circulation** in certain areas of the **brain** increases. **Doctor Alzheimer** begins his “calls” only to those who have stopped **reflecting** and **learning**. Certain people, having reached a certain **age**, think they have already seen and known everything, believing there are no more **enigmas** in life, and lose interest in concentrating on anything. For example, if you say something to this individual, he never listens until the end, he already has a ready **answer** and interrupts the **interlocutor**. This is because he already has an **algorithm** in his head. The majority of us hear only what we want to hear (or what we manage to perceive). This is **energy saving**. The **monotony** of a life in which nothing new happens, and everything repeats day after day, year after year, leads us human beings to **ill-being**, **degradation**, and **definitive death**.

Mental degeneration drags with it **bodily decay**, as an integral part of our **total being**. Reading for the first time the books of **Carlos Castaneda**, I did not

understand well why the people who followed him on the path of a certain **knowledge** were called “**warriors**”. Later I understood why: they dedicated their life to fighting, among other important things, also their own **personal laziness**. I was fascinated by a concept of **Castaneda** according to which **time** resembles a **tunnel** with infinite **grooves**. The very **force of life** imposes on **living creatures** to look into a single **groove**, which means remaining trapped and living exclusively in it. From this concept derives a **metaphysical explanation** of the so-called **nervous exhaustion**: the person we call “exhausted” can no longer bear life because he has consumed his **time** in a single **groove**.

The fundamental part of **rejuvenation** is the continuous **learning** of new things. It would be appropriate in the evening, before going to sleep, to ask oneself: “**What new thing have I learned today?**” Researchers of the **central nervous system** affirm that the **study** of any subject improves **blood flow** to the **brain**, thus preventing **degenerative processes**. This echoes the concepts of **Castaneda**, according to which our **Creator** feeds on our **awareness**; He does not need our **lives**, He creates them so that **awareness** may be enriched during existence, and this is His **food**. Therefore, the continuous **learning** of new things increases **longevity**.

It is not at all wise to take for granted **Parkinson’s disease**, **Alzheimer’s**, **dementia**, or **depression**. We can manage on our own, without **drugs** and without **doctors**. The important thing is constant **commitment** and **faith in oneself**.