

Transformation

What is **rejuvenation**? It is a **state of being** in which the movement toward **death** is reversed.

From the very moment of **birth**, the **seed of death** is already present. To be born, to grow, to flourish, to age, and finally to die—this is the **customary path**. Thinking **dialectically**, we define this ordinary course as a “**thesis**.”

Rejuvenation, that is, moving in the **opposite direction**, therefore becomes an “**antithesis**.”

When a **living organism** dies, there exists within it an **embryo of life**. And this new life manifests itself. Like a **seed** that falls into the **earth**, dies, and transforms into a **plant**—this, then, is the “**synthesis**.”

Life, death, and new life form a **cycle** that repeats itself **infinitely**. We could name the “**synthesis**” we have just obtained a new “**thesis**” and continue along the path of **Hegelian reasoning**, but this time we will refrain from doing so. What matters to us is not the construction of **abstract schemes**, but a clearer understanding of how to reach **rejuvenation** in a **practical** way.

Dialectics helps us understand that if we proceed **unconsciously** according to a **habitual algorithm**, without a **strategy** to **challenge death**, that is, if we live exactly as we have been told since **birth**, we will never gain access to what is **hidden behind the mirror**—this magnetic “**antithesis**.”

There is the **Book of Job**, part of the **Bible**. It describes a man named **Job**, who lived a life that was **normal** in every respect, until at a certain point **those Above** decided to grant him a **new life**. And so it happened. But—**attention**—it was not easy. As in the famous film “**The Matrix**,” the protagonist had to **die**—not **literally**, of course (though he came very close), but in a **metaphorical sense**: his **personality** had to die.

After enduring countless **trials** and passing through **total chaos**, Job was **transformed** and received a **completely new life**. Our **language** is not fully suited to explaining concepts as **complex** as **rejuvenation**, but through certain **examples**—a **book** or a **film**—we can begin to **grasp** them. One thing is certain: if we continue living the **same existence as before**, nothing truly meaningful will come of it.

Today, the **world** is changing. People belonging to the so-called **middle classes** lived very well over the last **two generations**. In **Italy**, where I have lived for **25 years**, **young people**, accustomed to a **comfortable**, almost **vegetative life**, struggle to find **stable, rewarding work** and are forced to be **supported by parents and grandparents**. Some move **abroad**. **Italian women** give birth far less than they did

20 years ago. An **economic crisis** runs parallel to a **humanistic crisis**; **values** are shifting. All of this is further intensified by the **wars** in **Ukraine** and the **Middle East**, and by the threat of new **armed conflicts**, such as those looming in **Venezuela**. **Chaos** is being born. Yet from the perspective of a person **determined to change**, to **rejuvenate**, to **transform**, these are precisely the **right times**. Just as **Georg Wilhelm Friedrich Hegel's** *Science of Logic* was written in the midst of **war** between **Prussia** and **France**, so today an individual can transform into a **warrior**, overcome every **difficulty**, and **be reborn**.