

The three basic needs of life: material, love and value.

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In order to stay alive, living systems need to satisfy conditions which allow to overcome the law of entropy which governs the macroscopic world. For example:

1. in order to contrast the effects of entropy on our body, we need to satisfy a variety of conditions which are commonly known as **material needs**, for example: food, housing, heating, energy. When these conditions are met, material well-being is experienced, but when these conditions are not met material suffering takes place in the form of hunger, poverty, illness, and death.
2. Syntropy is the source from which life gets its energy, its movement. When the connection with syntropy is lost, entropy prevails, and the living system dies. In order to stay alive, it is necessary to remain connected with syntropy; this need is felt in the form of attraction and love. When this need is not satisfied, feelings of inner pain are experienced in the form of emptiness, anxiety, fear, panic, imminent death and death. The need of connection, the **need of love** is therefore a basic need of life.
3. The interaction between entropy and syntropy leads to another basic need which is commonly known as **need of value**. This need originates from two incompatible considerations: on one side we feel we exist, while on the other side, comparing ourselves with the outer world which is infinitely large, we discover that we are infinitely small; we are equal to nothing. To be equal to nothing is incompatible with the feeling of life. Syntropy is at the basis of our feeling of life, but on the other hand we discover that we are equal to nothing. The conflict between the “feeling of life” and the fact that “we are equal to nothing” causes a deep dissipation of energy (entropy) which is

experienced in the form of depression, and in extreme cases leads to death. When we find a value in our life this conflict is reduced and consequently depression diminishes. But if we are not able to find a value depression increases and suffering can become so serious that mental illness and death are observed.

It is interesting to note that the need of value has its origin in the “identity conflict”, the conflict between the feeling of life and the knowledge that we are equal to nothing. It is possible to express this conflict in the form of an equation:

$$\frac{I}{\text{universe}} = \text{nothing}$$

This equation can be read in the following way: “*I compared to the universe am equal to nothing*”. This conflict can be solved when:

$$\frac{I \times \text{universe}}{\text{universe}} = I$$

“*I united to the universe, compared to the universe am equal to I*”.

This last equation shows that:

- **Love gives value to life.** Love is a property of syntropy. Only uniting ourselves to the universe through love the identity conflict is solved and the need of value satisfied.
- **The need of love and the need of value are united.** It is not possible to face separately the need of value and the need of love: in each moment it is necessary to consider these two needs together.
- **Only when material needs are satisfied the need of love and value arise.** When the material need is so urgent that survival is at risk the material need gives value to life. People fighting for survival experience the fact that their fight is important,

meaningful. On the contrary, when survival is no more at risk, people feel the absence of a meaning, of a value and feel the identity conflict and depression. For this reason in societies where the material need is answered people experience inner suffering with increasing levels of depressions, anxiety and panic.

Most people believe that these forms of suffering are part of the natural human condition that we are condemned to live. Developing the basic needs model we find that this inner suffering is part of a path which will lead humans to a new era in which love and value will be widely experienced, and permanently satisfied.