

# The Art & Science of Transformational Change

May 29 – June 2, 2025 | Litchfield, AZ



# The Healing Power of Entropy

**Phil Mollon PhD**

**Psychoanalyst, Energy Psychotherapist, Psychologist**

**Past President of ACEP**

27<sup>TH</sup> INTERNATIONAL  
ENERGY PSYCHOLOGY CONFERENCE



**The Physics of  
the Mind**  
Radical New  
Perspectives for  
Psychotherapists,  
Healers, and  
Seekers

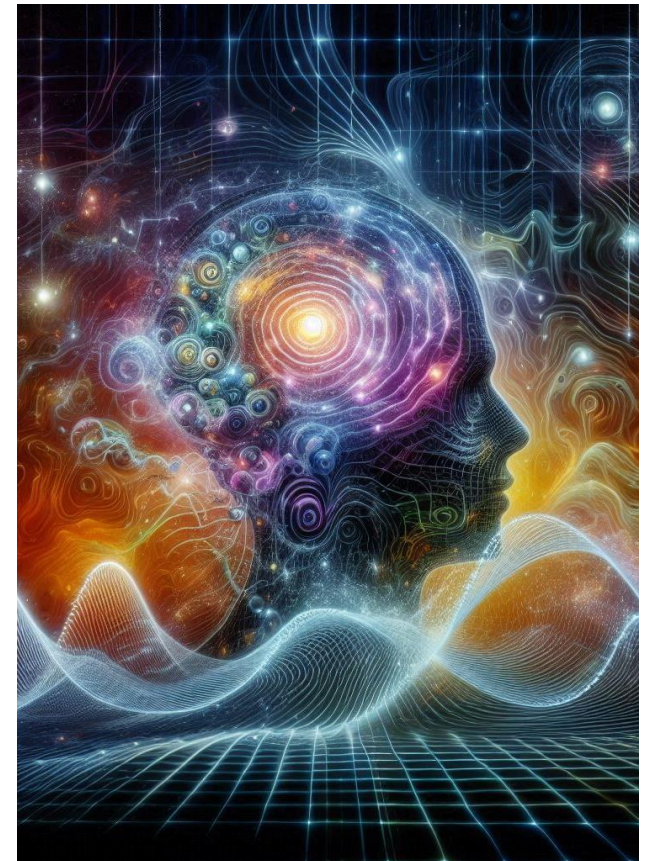
**Phil Mollon PhD**  
**Psychoanalyst and**  
**Energy**  
**Psychotherapist**



# Basic principles of physics, applied to the mind-body, provide deep insights into healing possibilities

---

- The brain and mind are organs for processing information
- The universe is fundamentally constructed of information
- The problems our clients present are to do with errant malformations of information [EMIs]
- Severe trauma creates informational ‘black holes’ in the mind
- Healing processes involve the optimum balancing of the processes of informational order and entropy
- We can facilitate this with energy psychology, particularly Blue Diamond Healing



# Key themes

---

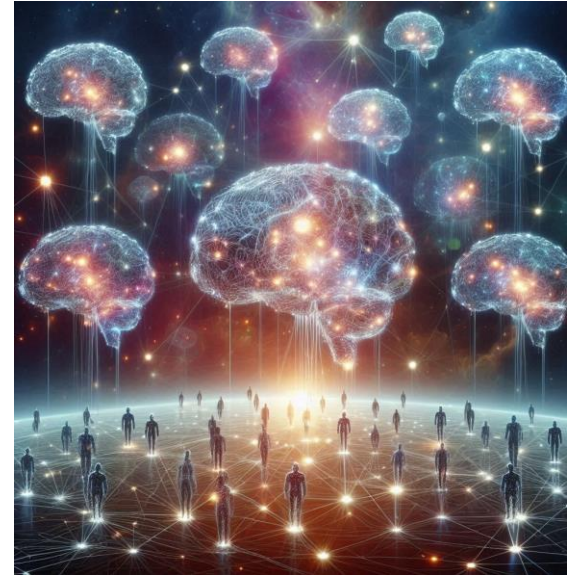
- The mind is not confined to the brain
- The local mind is in continual contact with the collective mind
- The Universe is mind-like
- We 'select' our reality from the quantum field
- One person's mind can influence and 'select' states of mind in another person
- The quantum realm has the same qualities as the Freudian unconscious and the Jungian collective unconscious
- Concentrations of thought/emotion/memory act like gravitational masses in the mind. Severe trauma functions like a 'black hole' in the psyche
- There is a deep organising principle inherent in the mind and the cosmos – the composer of the dream
- An optimum balance is required between order and entropy



# The core principle

---

- **The brain/mind is like a local network within a larger species-wide and cosmic brain/mind**
- The local conscious mind must be shielded from the non-local mind and the quantum unconscious mind
- The conscious mind has to function within space-time – the deeper mind is outside space-time
- In sleep and meditation, the boundaries become more porous
- In some conditions of neurodiversity, such as HSP and perhaps schizophrenia, the boundaries tend to be porous



# The Unified Field of Noetic Light

- A 12th dimensional ‘absolute space’ (beyond both space and time), of which our geometric space-time realm emerges. The 12th dimensional absolute space is the source of life and the energy that sustains the physical world. It is the Unified Field of Noetic Light – the ultimate mind of the multiverse.
- It has a ‘force of coherence’, countering entropy, and generating life.
- Crucially for our considerations here, it is the greater mind that our individual minds can connect to, linking to Jung’s concept of the collective unconscious and other formulations of transpersonal and transcendent phenomena (Jung, 1952).
- Thus, in Amoroso’s framework, our physical world derives from, and is held within, a vast infinite mind. It is in the Unified Field that the quantum realm and gravity find their unity.





# Entropy



- In its simplest meaning, entropy means disorder – a gas released into the atmosphere, a melting block of ice, a neglected garden, an adolescent boy's bedroom – really any situation whose order has not been sustained by work.
- Everything tends towards entropy, with the exception of life, which is discussed below. This is the second law of thermodynamics. Heat (energy) always flows towards a cooler place or state, never the other way. A system always tends towards thermal equilibrium with its surroundings. Both order and heat tend to dissipate.
- All forms of organised information will dissipate over time. Computers and brains deteriorate and break down. Books disintegrate. Stone tablets crumble. Entropy rules.
- Moreover, any transformation of energy from one form to another – the first law of thermodynamics being the conservation of energy – will always be less than 100% efficient and therefore heat will be produced and dissipated.

# Entropy and information

- However, it became recognised that entropy can also apply to information.
- Bertalanffy (1972) defined information as any element that reduced entropy in a system, structure, or organisation – thus juxtaposing information and entropy.
- Brillouin (1962) noted that information represented the degree of certainty about the position of components of a system, and thus could be described as negative entropy, whilst entropy represented the degree of uncertainty.



# Optimum balance between entropy and order

- In many areas of life, whether we are thinking of heart rate variability or societal organisation, there is an optimum balance between entropy and order.
- Too much order can be stifling and obstructive of change and adaptation, whilst too little leads to anarchy and death.
- It is known that too little variation in heart rate is an indicator of pathology. An oppressively rigid political system suppresses innovation and creativity.
- Variability and randomness are built into the universe at the quantum level

# The dread of entropy

- Human beings dread entropy. It means illness and death.
- Perhaps this dread is essentially the 'death' anxiety that Melanie Klein, drawing on Freud's concept of the death instinct, considered to be a major source of terror in the infant. She wrote of the baby fearing the death instinct within, a danger that is also projected as a fear of devouring monsters externally, mitigated by the loving ministrations of the mother who sustains life.
- A baby could rapidly die, its system progressing to entropy, without the continual care by the mother (Mollon, 2002b). The life force must always be countering the second law of thermodynamics, the tendency towards entropy, thermal equilibrium, and death.
- To slightly modify the formulation of Wilfred Bion (1962), the infant projects its scream of entropy into the mother's mind, evoking life-and-order nurturing responses from her.

## Love is entropy reducing

- Life-supporting
- Restores order to a distressed baby heading into entropic panic and rage
- Restores trust in life and goodness





# Life consumes energy, creates organised information, and expels entropy

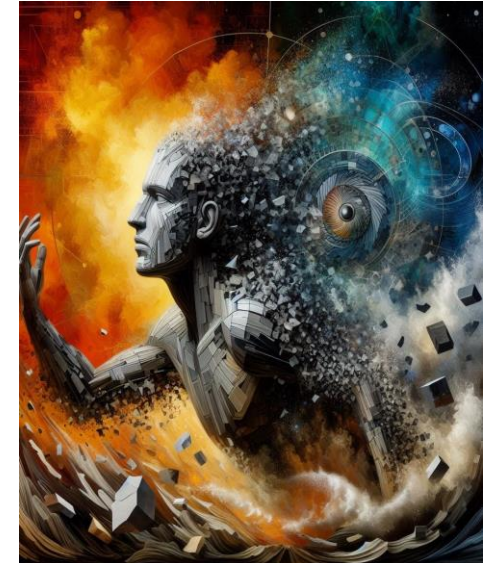
- Animal life forms consume a great deal of energy to maintain their structure and expel entropy in the form of heat, breath and faeces.
- Human life, particularly since the industrial revolution, has consumed huge amounts of energy and created a great deal of entropy and heat in the form of pollution, greenhouse gases, etc.
- Global warming seems inevitable simply by the existence of life.
- Collectively we have created a virtual machine, invisible to many who take its presence for granted, within which we live. It is a world in which very little that is 'natural' exists – including our food, clothes, dwelling places, and urban environment.
- It is a machine, organising the structural matter and functions of our lives, running on energy, much of it still from fossil fuel – and even without the fossil fuel, it would still create heat. Without it, most of us would perish.

# Thinking produces heat/entropy!

- When we think, processing information into a thought, we are creating information in the form of knowledge and thus locally reducing entropy – but the neuronal work produces heat, which is discharged as entropy.
- In a very crude analogy, we might say that with each thought, our minds have grabbed an area of entropy, a bit like a gas, and squeezed it, reducing the entropy in our mind – but then the expelled entropy has to go somewhere else. Entropy always increases – and work, including thinking and paying attention, always creates entropy and heat.

# The balance between creation and entropy

- I have noticed that some creative people also experience urges to destroy, again revealing the balance between creation and entropy – the new ordering of elements (of thought, writing, art, etc) must be balanced by destruction.
- We should also note that human beings are the most creative species, but also the most destructive. The capacity for great kindness is often combined with that for great cruelty, albeit sometimes hidden as ‘shadow’ aspects of the personality.
- Might periodic war be an expression of the inexorable second law of thermodynamics balancing whatever positive creativity we engage in?





# Eros and 'Thanatos'

- Implicit in Freud's (1920) original writings on the eternal conflict between forces of life, love, and sexuality, on the one hand, and those of aggression, destruction and death, is the idea that under optimum circumstances these are in a kind of balance, or fusion.
- Eros prevails for a time, until eventually entropy and death take their toll.
- Disturbed states of mind were understood by American ego psychologists in terms of the 'defusion of the instincts' (e.g. Jacobson, 1964).
- In this way, Freud's perspective, including its implicit cosmic implications, seems identical to the second law of thermodynamics and very much congruent with Schrodinger's (1944) account of life.



# Entropy in the ADHD brain

- At a neurobiological level, the Freudian reality principle is mediated by the frontal lobes, which are responsible for forward planning, executive control, and a top-down suppression of impulse and a dampening of emotion expression.
- In those with attention deficit disorder (ADHD), the frontal lobes are less efficient. There can be a lessened capacity to sustain attention, unless the task is of particular interest or immediately rewarding. The ADHD brain appears more chaotic, as if unharnessed by the executive frontal lobes (Mollon, 2015).
- We might say that it tends towards a state of greater entropy than other brains – and that we might consider the frontal lobes to be entropy suppressors.
- When this elevated entropy is not to a degree that is overwhelmingly disabling, it can have advantages. People with ADHD are often found amongst those who are innovators, creative, willing to break conventions, and take risks

# The entropic brain theory

- Carhart-Harris and colleagues (Carhart-Harris, et al., 2014; Carhart-Harris, 2018), have developed an extremely illuminating theory of consciousness, linking physics, neurobiology, and psychoanalysis – and also the function of psychedelics.
- Their model pivots on the level of entropy in the brain and **the crucial point of criticality between too much order and too little.**
- They draw upon the concept of self-organised criticality, which has been applied to many diverse fields. The key idea is that complex systems (like the brain, the mind, societies, crowds, climates, or ecologies), with internal feedback loops and emergent properties that are more than the sum of the parts, will develop critical points of transition between order and chaos.
- Below the critical point, the system is stable. Above that point, it is unstable, and cascade-like shifts and avalanches may occur as structures dissolve (Beggs & Plenz, 2003).



# 'Attractor basins' for depressive, obsessive, and addictive states of mind

- Most of the time, in normal waking consciousness, human beings function at a sub-critical level.
- In sleep, particularly REM dreaming, there is a shift towards criticality and above – cognitive structures succumb to greater entropy, like ice becoming a gas. This corresponds to Freud's primary process mode of cognition, which Carhart-Harris and colleagues call primary consciousness. It is also characteristic of infancy. Primary consciousness is suitable for dreaming, creativity, art, and magical thinking.
- It seems that a brain near to criticality, closer to primary consciousness, is a happier brain than one that is sub-critical – but this is at the expense of accurate reality testing.
- The pessimistic predictions and assessments made by mildly depressive patients are known to be more realistic than those made by non-depressed subjects (Dykman, et al., 1995; Haaga & Beck, 1995) – but on the other hand, clinical depression is a state of mind of great rigidity and a failure to incorporate new information.
- The same rigidity is characteristic of OCD and other obsessive states of mind, including sexual obsessions, and addictions. These form steep 'attractor basins' that exert a gravity-like pull on consciousness, generating fixed and stereotypical patterns of thought and behaviour. They can include states of pleasure, thus contributing to obsessive addictions.

# The craving for entropy

- The appeal of recreational psychedelic drugs suggests a widespread craving for more expansive entropy, for freedom from restrictive internal cognitive structures.
- These internal and invisible prisons are perhaps often projected, so that the oppression is perceived as external societal structures.
- But too much entropy can be terrifying. Defensive retreats to entropy – autistic dismantling of perception – leads to further anxiety.
- Delusions can be an attempt to restore order

# Effective therapies increase entropy

- Most, but not all, forms of psychopathology can be understood as entrenchments in rigid, repetitive, and unproductive patterns of thought, emotion, and behaviour.
- These are states of too little entropy – brain states that are too far below criticality, and therefore inflexible and relatively immune to modification through new information (Yon et al., 2019).
- All effective therapies seem to involve activities that can increase entropy and lift the brain towards criticality.

# Optimum balance between entropy and order

- In many areas of life, whether we are thinking of heart rate variability or societal organisation, there is an optimum balance between entropy and order.
- Too much order can be stifling and obstructive of change and adaptation, whilst too little leads to anarchy and death. It is known that too little variation in heart rate is an indicator of pathology.
- An oppressively rigid political system suppresses innovation and creativity. Variability and randomness are built into the universe at the quantum level



# Free-association

- Psychoanalysis, in the original form advocated by Sigmund Freud, rested upon free-association, an unusual mode of speech and communication in which the patient is required, as far as possible, to recount whatever comes to mind, no matter how irrelevant, absurd, or impolite it might appear.
- Such mental activity shifts the brain towards primary consciousness (as defined by Carhart-Harris and colleagues).
- It seems possible that some modern forms of psychoanalysis that rely less on free-association and focus almost exclusively on the transference, may be less effective in promoting beneficial entropy (Bollas, 2007; Mollon, 2011).

# Dangers of entropy-enhancing therapies

- Can there be dangers in psychoanalysis and other entropy-enhancing modalities? It is known that psychotic patients may deteriorate with unmodified psychoanalytic treatment, and similarly it would be unwise to use the eye movement version of EMDR with such patients.
- Schizophrenic patients are in a state of super-criticality, too much entropy, although delusions may be an attempt to reduce entropy – if everything is explained in terms of the delusion, then, for that mind, entropy (surprise) is zero.
- Careful and tactful therapy is required, which facilitates the safe reduction in the belief in the delusion, whilst also focusing on reality-based tasks and goals (such as traditional occupational therapy), with lowered emotional intensity, which reduce mental entropy.

## The present is suspended between the entropic realm of the past and the syntropic realm of the future

- In the 1940s, the Italian physicist Luigi Fantappiè explored the equations for the propagation of waves (as opposed to particles) and realised that these too had two opposite resolutions – one going forwards in time and one in reverse (Fantappiè, 1991; Vannini, 2005; Galloni, 2012).
- He referred to retarded waves, diverging from a cause in the past and flowing towards the future, and advanced waves from the future converging to a point in the present.
- The diverging waves express the familiar processes of movement towards entropy and heat death – processes apparent in physical systems. By contrast, the converging waves bring order and life – a process he called syntropy (Leonard, 2013).
- Through Fantappiè's work it became apparent that the second law of thermodynamics, and perhaps all the physical laws governing the matter world had an inverse equivalent. The present is suspended between the entropic realm of the past and the syntropic realm of the future.

## The brain's pivotal position between the retarded and advanced waves

- Di Corpo and Vannini (2014) suggest that the two hemispheres of the brain have evolved to access these two complementary realms of entropy and syntropy. The left hemisphere, concerned with language and linear logic, accesses the entropic causal realm, whilst the right hemisphere, whose domain is intuition and deeper unconscious knowledge, is accessing the syntropic realm.
- “The brain may thus be a doorway between two complementary aspects of the physical universe, the time-directed nature of cosmic symmetry-breaking and the time-symmetric nature of the sub-quantum domain (King 1989). If so, consciousness and mind-brain duality may be central to cosmology.” (King, 2003, p 155).



# Perversion as dedication to entropy

- As Freud (1905) originally noted, neurosis (such as OCD) is the opposite of perversion – the neurotic person tries to suppress the deviant thoughts whilst the pervert indulges them.
- In this context, we may define perversion as the dedication to entropy and opposition to the syntropic nurturance of life, love, and truth.
- This can be fuelled by deep feelings of envy, of the kind described by Melanie Klein (1975) towards the nurturing breast, because we cannot possess, control, or create syntropy, life, love, and truth – but we can all create entropy, and human beings often enjoy doing so. Such envy can lead us to turn away from the source of syntropy and leave us in despair.

## Adolescence requires the energy of entropy to break free

- Contributions to OCD can also arise from frustration of natural developmental strivings (by parents, culture, religion, etc.), such as towards sexual expression, autonomy, creativity, and fulfilment in work and relationships.
- Too stifling an environment requires the energy of entropy to break free and create new life and order. When such needs are blocked, feelings of rage and hatred, whether overt or rumbling unconsciously, will arise.
- Sexual regression will occur, resulting in aggression-laden forms of infantile sexuality, including desires to harm self or other. These form intensely energised attractor fields.
- If the person also holds a belief that anger and hatred are forbidden, then these will be directed at self and may contribute to entropic processes in the body. Such constellations of attractor fields of anger can be key factors in the development of certain forms of depression (Freud, 1917).

# Psychotherapeutic principles arising – receiving and transmitting transpersonal information

- We are dealing with constellations of information and energy that shape the patterns in the mind, brain, and body. The balancing processes of entropy and syntropy are at the heart of the work.
- The mind and brain are organs for transmitting and receiving information. This includes non-local information from diverse sources, including the collective. Transpersonal and trans-temporal information, such as telepathy and unconscious knowledge of future or distant events, are entirely normal, although they are not always stepped down into consciousness.
- The normal exploration of psychodynamics (the mind in conflict), developmental history, traumas, core beliefs etc., remains crucial.

# Psychotherapeutic principles cdt –

the more effective methods for therapeutic entropy

- Methods that may be somewhat more effective in the entropic process include EMDR and procedures within energy psychotherapy (Mollon, 2005).
- The most powerful (greater effect for less effort) methods of bringing about formative informational change draw upon Tiller's work, accessing the higher dimensional R-space. This realm, where the patterns in space-time are encoded as frequencies in non-space and non-time, is responsive to our coherent intention. It can be accessed via meditation or by activating the human subtle energy system of acupoint meridians and chakras etc.
- Although psychoanalysis and conventional psychotherapies can be helpful in bringing about change, within certain limits, and may be necessary steps, they do not inherently access the Unified Field which is the true source of healing. This realm is outside the bounds of the ego and the stories of the ego.



# Blue Diamond Healing

- Enter the realm beyond space and time – accessing the Unified Field
- Activate the spinning merkaba fields
- Counterclockwise below removes the waste
- Clockwise above brings in fresh clean energy and information from the Unified Field (or Source)
- Command the EMIs (errant malformations of information) desynchronise and become entropic
- Allow the clockwise field to re-inform the system at every dimensional level



# Further information

- [www.philmollon.net](http://www.philmollon.net)
- **Blue Diamond Healing: Exploring Transpersonal and Trans-dimensional aspects of Energy Psychotherapy** [published by Karnac, London. 2022]
- **The Physics of the Mind: New Perspectives for Psychotherapists, Healers and Seekers** [published by Karnac, London. 2025]