

EARTH, MAN, HEAVEN – THE SPIRITUAL ASPECTS OF PHYSICAL EXERCISE

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UDK 796.01
796.012

SUMMARY

New scientific discoveries in the quantum physics give us possibility in a new way to perceive the relation between physical exercise and the Christian theology of creation, in accordance with the basic hypotheses of the theanthropocentric theory of the development of physical culture. Man's role in the world, especially in his motion, is to mediate, that is to be agent of connecting or bridge between the creation and its Creator. Motion is the reflection of human intellectual, emotional and spiritual condition, and body is a tool for the realization of harmony among them. It is therefore an instrument of love to God, in mutual giving and acceptance in which the field of all creation is actuated.

Key words: earth, man, heaven, God, creation, motion, exercise, harmony, unity

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INTRODUCTION

It is impossible to detach human bodily sensations from the mental ones. It is impossible to set former free of the last. It comes to particular expression when talking about physical exercise¹. Eastern Christian theology asserts that the world is created by God and that man is also created by God, that they are created with

¹ See: Avramović, Zoran (2018). Spirit and Body in the World of Modern Technology, *Physical education and sport through the centuries* 5, 2 (24-35), 24.

the innate capacity of motion, not only motion but also polarity, sublime self-awareness and intrinsic unity. There is the authentic Christian doctrine of creation, made by St. Maximus the Confessor in the 7th century, which remained as a pattern throughout all the history of Byzantine philosophy, which asserts that motion (movement) is not the effect of apostasy and rebellion – as it was the case in the ancient cosmology – but that is a positive feature of created reality that moves toward its complete actualization, toward God as the final purpose of all that exists. St. Maximus came up with the dynamic triad *genesis* – *kynesis* – *stasis* instead of the former, “static” triad *stasis* – *kynesis* – *genesis*, which had been used in old cosmologies. That means motion has been inherent to the creation since the very moment of its genesis. Creations strive to their completion, to the plenitude of stability in God who is the beginning, the end and the purpose of creation².

Science has denied this theological doctrine before. Today it could be interpreted in accordance with the lattermost discoveries of neurology and quantum physics. If we used these cognitions, we could, inter alia, re-explicate what is still well known: that human physical culture is important, correctly posture likewise, balance likewise, motion likewise, not only motion as such, but its specific modeling by physical exercise. So we could offer more substantial and more exact answers to the questions which for previous decades have been turned out by professors Nenad Živanović, Zoran Milošević, Petar Pavlović, Nebojša Randelović and other advocates of so called theanthropocentrism – as one of the newly defined theories of development of physical culture. One of the basic hypotheses of this approach claims that physical culture (at different times described in the terms of gymnastics, body exercise, sport...) had always been stretched between rationalism and theanthropocentrism. Depending on these two ultimate standpoints, physical exercise is induced either by pride or by love³. Forced by the first of the two motives, human movement separates and imposes itself to the God's world as overcoming the nature, and driven by the other it gets cultivated through matching the nature as an expression of accepting creation and its Creator.

NEW SCIENTIFIC DISCOVERIES ABOUT WORLD AND MAN

By the doctrine of contemporary physics, the world was created with an active empty space. That space is called field of the point zero, and its main feature is pulsation or wave. Connecting man with field comes through human mind and

² See. Кубат, Лазар (2016). *Патрологија*. Крагујевац: Каленић, 461-462.

³ Živanović, Nenad, Milošević, Zoran (2018): Physical Culture Between Rationalism and Theanthropocentrism. *Physical education and sport through the centuries* 5, 2 (5-16), 7.

sensations, through human body by motion likewise, through breathing and presence of mind in body (what is nowadays popularly called presence in now) likewise, through spreading and compression or opening and closing. Quality of the God-created world is a free movement that takes place as spontaneous round, through alternately spreading and compression, that is opening and closing. Effects of the awareness of this kind of motion in human body are harmonization, health and a sense of bliss which comes out of the unity and love.

Earth takes a special place in God's creation, because its vibration of creative energy heals negative and diseased energy of people and space. Earth's frequency is 7.83 Hz, that is called Schumann resonance, by the scientist who discovered its numerical value. That resonance of Earth is considered to be aligned with alpha and theta currents, that is the resonances of human brain. Earth changes the frequency of its resonance to help human beings to align their own resonances with the vibrations of the world around them. Such a "behavior" of Earth reflects the goodness and vitality of creation, love of the Creator as moving towards man and the call for man to move towards him.

At the beginning of the 20th century there came out a new branch, that is a new interpretation of science, which was called quantum physics. It proved that man and universe live as unity, for they pulsate in the common ocean of energy. Speaking in theological terms, man was created not independently of Earth (here I mean both Earth and heaven). It could be said that the world was created in stages, considering the upcoming creation of man, and all that exists in the world was created so to serve the life of man, so that all the world through the will of man can serve God⁴. Connection between man and field, that is the world around him, appears as a natural process through the conscious sensation of spreading and compression, or opening and closing. It happens by the mind which is present in sensations of body, that is in now, and then by the motion of body as a whole and by the natural conscious breathing.

These are the basic spiritual ongoing in man. That is the way that God-created world operates. Every movement of the body in space, when we consciously feel it as a whole, sends a series of information to the brain (in shape of impulses or resonances). In that way body informs the brain about all the activities and changes, about position of the body in space, especially about the position of the head. This process may flow unconsciously and appear impersonal. However, man is called to shape his motion consciously through relations of love and acceptance.

⁴ See: Живковић, Ивица (2011). *Хришћанска етика*. Београд: Свети архијерејски синод, 33-34.

THE DIALOGUE BETWEEN MAN AND THE FIELD

On Earth, where the density of resonance manifests through the three dimensions that are known for us, man in each of his movement practices the three main directions of motion and their variants. The first is the forward and backward direction. This motion represents communication between the front and the back side of brain and also between the front and the back side of body. These are movements that help recruitment of the will and bring positive changes in personal field of habits. A spiritual meaning of exercising this movement reflects in the very balancing, that is avoiding negative ethical effects of moving exclusively either forwards or backwards. The second is the direction of left and right. That motion activates connection between left and right hemispheres of brain, sympathetic and parasympathetic nervous system, which affect harmony between emotions and spirituality. A spiritual meaning of exercising this movement is connecting man's orientations which are there in the same area, for the sake of versatility of man which should reflect unity of the world. The third is the up and down direction. That motion leads to centering and rooting of mind and flesh, to mental and physical stability and to activating the central axis – connecting feet with the top of the head. Centering and rotation together activate energy of the heart and positive spiritual growth. A spiritual meaning of this exercise has in mind the symbolic position of human body: straight standing, contact with Earth by the feet, orientation of the head unto heaven and flowing the energy stream of nature throughout the spine.

Human being was created with an innate physical sense of the world around him or her. Proprioception is the term which denotes a perfect sensual system which is there in human body, but it does not operate at most of people. For the purpose of mediation and offering the world to God, it is necessary for man to become aware of this sense, to recognize and express the feature of pulsation or wave from the field of the point zero, that is to feel and nurture it in him/herself, literally: to get it exercised. Disability of man to express him/herself by his or her motion and to show unconstrained functions of mind, sense and body, points to the weak, blocked or damaged functions of brain and nervous system, a lack of vitality, a lack of sense and virtues, a lack of volition, concentration and discipline, and finally a lack of knowledge how to use his or her own mind and their body.

For that condition, another kind of motion is distinctive, which is discontinuous, mechanized, linear, forced by sense of pride, which causes inhibition and spasm, and leads to a blockade and stagnation in the vital functions. Giving up to the latter motion, its unaware practicing, means attack to nature and estrangement from God, opposition of man to God. It leads to destructive effects within the body, to stress, diseases and degeneration (de-creation). The start position is a chaos given in advance inside the human mind and sense, including its social and political dimensions which were critically examined by professor

Živanović years ago. It is an effect of bad life habits and wrongly chosen way of life, where man singles out him/herself, alienates, in regard to God-created universe, nature, his or her body and their motion. That blocks a free flow of the vital power in them, which leads to closure and compression of the mind and body, thus to a break of energetic continuity, that is to a break of connection between man and the field, to the denial of divine order of creation.

This approach has nothing to do with popular theories from the publishing show business, even less about some kind of occultism. Max Planck, Erwin Schroedinger, Niels Bohr, Wolfgang Pauli, Louis de Broglie and many other researchers from different natural-scientific areas have experimentally attested the following. For us, universe is an infinite dynamic network of waves and exchanges of energy, whose basis substance contains all possible variants of all possible forms – of frequency as well as of information. The role of science actually is to discover the natural laws. As the new scientific discoveries demonstrate, nature is by no means mechanic and unintentional, sightless and elemental reality. It operates with purpose, while it uses a process of learning by information that is contained in the continual flow of exchange between living organisms and the environment, which depending on man's faith can point to the intelligent design, "natural revelation", that is divine creation. This progress in modern science comes after the period of unreasonable partialization and division into scientific self-sufficient discipline(ette)s has luckily come behind us, and when we can see all the usefulness of multidisciplinaryness⁵.

There is an infinite dialogue between human body and the field, which enables each of our cells to pack information of the whole universe, that is created world. Human brain, that can never definitely comprehend itself or its own complexity – all that it can is to discover it further – has a congenital capacity of accepting and understanding pulsation from the field of the point zero. The most important feature of pulsation is ability to code and to convey information. Man has ability, unfortunately lost, to spread his or her coherence and to communicate with the field, that is space. Almost by his or her very wish, intention and sensation, when they are normally directed, man can create order in him/herself and around themselves. Our wishes, intentions and sensations create our reality. This is how is manifested creative potential of man, created according to divine image, who substantiates his or her own unity with God by the relation to another man and to created beings that is nature.

⁵ Živanović, Nenad (et. al) (2019): Science and Physical Culture – A Glimpse Into the Future. *Physical education and sport through the centuries* 6, 1 (5-14), 12.

THE IMPORTANCE OF PHYSICAL EXERCISE

Motion is biologically important for man's health as much as food, water and air are. That is the way man is created to be. In that sense the very motion, when it is cultivated, aware, nurtured in a personal relationship through exercise, can be called "gracious food". The truth is that the present-day man does not move enough. And when he or she moves, or practice an exercise, then they mostly produce excessive tension and in majority disturb symmetry and correct position of the body. These are the effects of man's peculiar "malnutrition", that is finding him/herself in a degraded role of man as a non-creator or as a perverted creator whose creation is barren. People of all generations in the street by each of their movements and their static position manifest derangement and incorrect posture of their bodies. Most of them are unaware that they do not stand right, because body has a perfect ability of accommodation. Body knows that and it informs us about the problem in it's own way, and that is pain. Every symptom of disease is a signal of the body about an excessive and incorrect activity of mind and body, which has led to the weakness and exhaustion of some parts of the brain, also to the derangement of its functions. It is the sensation that is opposed to the bliss which is a natural effect of harmonization and unity of love with universe – the world around and its Creator. Frail functions of brain are one of the main reasons for poor learning, poor attention and concentration, poor memory, aggressiveness to others, wrong posture, wrong coordination, poor immunity, anxiety etc. Those are the effect of man's alienation and abandonment of the order in which God created the world. In such existential conditions human ratio, carefully directed by various market campaigns, has structured the idea of the necessity of developing cults as well as respect and acceptance of cults: the cult of body, the cult of sports result and the cult of profit⁶.

In body exercise there is the primitive and lowermost level of the organization of neurons, which is responsible for the muscle convulsions, congenital reflex and unaware motion, that is the mechanic body startup. Furthermore that mechanism should also be considered as God's gift, predicted for life in conditions of sin. As such it is not an original element of creation, but rather some kind of equipment the human being for the purpose of defense and survival in the world. We could forever remain on that lowermost level of the body exercise in everyday life, with habitual absence, tension and resistance – this is one of the opportunities given us to be satisfied with. In human body there is also the high level of the organization of neurons, whose activation leads to exercise of the pure mind and self recognition by intention of mind, spirit, energy of heart and sense of presence. The result is controlled body in unconstrained motion, correct functions and

⁶ Živanović, Nenad, Milošević, Zoran (2018), 13.

communication of the whole brain and the whole nervous system with the body. The difference between the two levels is similar to the difference between practicing sexual intercourse and sublime call for life in virginity – there are even the physical indicators of that similarity.

Root is something that gives man mental, emotional and physical stability. A rootless man imposed him/herself constraint and disorder of the flow of their vital power, that means they have lost access to knowledge and truth. It is popular today to describe such a rootless man as a man of ego, who constantly proves or denies something, insecure man in variable mood, full of fears, aggressiveness, greed and insensitivity, unprepared to praise life and to serve God. Rooting is a spiritual process, not physical, although body can not be excluded out of it. When a man's mind touches the ground through his or her feet, there is a spiritual sensation which connect them with energy of Earth. Then the man's mind, emotions and physical body recover, regenerate and get healed.

Over centuries modern civilization, by its linear ego-mind, what we call "head through the wall", and by distanced way of life, greed, violence and hatred, has worked out an energetic field of human mind which is unfortunately our human creation that ought to be healed and let go into heaven. Only when living through heart a man can get to know and re-achieve pure conscience and spiritual growth, to bring peace and love inside and out. No matter what is going on around and wider, a man should protect his/her own peace, to let others be and not to judge, but to turn to themselves, to feel their scope of heart where is the endless peace and unity, to live that peace and to send it wherever it is required. This is the confirmation and the call of love, according to the commandments of Christian ethos.

The specific rotating physical exercise activate communication between the two hemispheres of brain, have the opportunity to regenerate and to turn on again the parts of brain which have been turned off, to expand creative capacities of man, to activate natural power and defence of body (immunity), to activate natural intelligence and wisdom, to help develop and spread the network of neurons in brain, to help cleanse (detoxicate) body on all the levels, to guard the body from harmful influence of pathogen and electromagnetic radiation and to lead to an unconstrained pulsation of the vital power in body. Motion is the reflection of human intellectual, emotional and spiritual condition, and body is a tool for the realization of harmony among them. It is therefore an instrument of love to God, in mutual giving and acceptance in which the field of all creation is actuated.

Learning from motion, how to contribute to the quality of life and to development of natural, God-created capacities of mind and body, begins with the lesson on understanding centering and rooting, as well as their significance for man's health. Centering and rooting are the basis of each kind of movement. When

a baby crawls with her head up, she strengthens and stabilizes her muscles that hold the spine by alternative cross movements of her hips and shoulders. When a child stands on its feet, it develops the inner sense of central line. Observation of a child helps us see the way God created man. And what about an adult? Just like a big stress, emotional loss and psychical shock can affect physical body and lead to desolation of the symmetry of joints, so a correct motion, when rooted and centred, can support recovery and regeneration of our energetic, psychical and emotional being. Correctly understanding, that is exercising motion, we root and center the position of body, not only physically but also energetically, emotionally and mentally. That is the way man undertakes his or her most important role or they response to their primary vocation: to be a link between created nature and God, more precisely to unite all the created world in him/herself and to offer it to Creator.

Man and Earth are not created to be two separated entities. The basis of each human movement is centering, which enables upright posture of body and familiarity of the top of head with heaven (which represents one world with Earth in God's plan of creation). When everything is put in order, body begins to use already existing natural intelligence to recover the occurred damage. That is its biological way of connecting with God, inseparable from spiritual way. Equally spontaneously the attitude of love to others is established. It is the effect of man's love to God, that is to him/herself in God, which is the kind of selflove that is opposite to egoism. Even by his or her physical image, man manifests their rootedness in the world they live in, their directedness to heaven which is a symbol and a goal of their authentic existence and their prostration to others with whom they exercise the unity of love.

By physical exercise and not otherwise, man expands unity and communication among God-created dimensions of his or her spirit, which are symbolically reflected in their brain, nervous system and body. Likewise, the basis of life in virtue, which is necessary for establishment and preservation of man's integrity and his or her unity with God, lies in sense and directing force to all the courses, that is the even spreading and compression as the basis of any movement. Physical exercise is an image of Christian ascetics, which is necessary for restraint one's instincts and passions (as rootlessness and uncontrolled, instinctive motion), for the sake of awareness (awakening) and of seeing the other and seeing oneself as the other, which is the theoretical basis of Christian life.

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ЗЕМЉА, ЧОВЕК, НЕБО – ДУХОВНИ АСПЕКТИ ФИЗИЧКОГ ВЕЖБАЊА

САЖЕТАК

Нова научна открића у квантној физици о структури универзума дају нам могућност да на нов начин сагледамо однос између физичког вежбања и хришћанске теологије стварања, у складу са основним хипотезама теoантропоцентричне теорије о развоју физичке културе. Човекова улога у свету, нарочито у његовом кретању, јесте да посредује, односно да буде чинилац повезивања или мост између Бога и света. Он то може учинити уколико своје кретање хармонизује са токовима природе, као израз љубави и прихватања творевине и њеног Творца. Покрет је огледало човековог интелектуалног, емотивног и духовног стања, а тело је оруђе за остваривање хармоније међу њима. Оно је самим тим и инструмент љубави према Богу, у обостраном давању и примању у које је укључено и поље свег створеног света.

Кључне речи: земља, човек, небо, Бог, стварање, кретање, покрет, вежбање, хармонија, јединство

ЗЕМЛЯ, ЧЕЛОВЕК, НЕБО – ДУХОВНЫЕ АСПЕКТЫ ФИЗИЧЕСКИХ УПРАЖНЕНИЙ

АННОТАЦИЯ

Новые научные открытия в области квантовой физики дают возможность познавать отношения между физическими упражнениями и христианской теологией созидания по-новому, в соответствие с базовыми гипотезами теоантропоцентрической теории развития физической культуры. Роль человека в мире, особенно в его движении, заключается в том, чтобы быть связующим звеном, т.е. быть посредником или мостиком между созданием и его Создателем. Движение – это отражение мыслительных, эмоциональных и духовных состояний человека, а тело служит инструментом для установления гармонии между ними. Таким образом, это инструмент любви к Богу, соответственно дающий и благосклонно принимающий атмосферу, в которой создание (творение) движется.

Ключевые слова: земля, человек, небо, Бог, создание, движение, упражнения, гармония, единство.

Received on 24.10.2020
Accepted on 21.11.2020.