EVERY LEVEL CONNECTED-TWO MAJOR SCIENTISTS

Every change in the physiological state is accompanied by an appropriate change in the mental emotional state, conscious or unconscious and conversely, every change in the mental emotional state, conscious or unconscious, is accompanied by in the physiological state.

Elmer Green, MD Mayo Clinic

Periods of instability, upheaval, collapse and chaos are not to be seen as absolute evil, but as absolute necessities - as phases through which every structure must pass in order to evolve to higher levels of complexity. In the scientific area, confusion and doubt can lead to new ideas. In the psychological arena, conflict and collapse can lead to new emotional, intellectual and spiritual strengths. I. Progogine-Scientist-Nobel Prize

(From Prigogine's Theory on dissipative structures and how complex systems can grow and evolve in spite of a universal trend towards entropy.)