

Contents

Preface to Third Edition	v
Preface to Second Edition	xi
Preface to First Edition	xv
CHAPTER 1. WHAT IS IT TO BE ALIVE?	1
The 'Big' Questions in Science	1
The Physicochemical Underpinnings of Life	3
On Being Alive	6
CHAPTER 2. DO ORGANISMS CONTRAVENE THE SECOND LAW?	13
Life and the Second Law	13
The Laws of Thermodynamics	14
Entropy as Disorder	18
Is Maxwell's Demon in the Living System?	20
CHAPTER 3. CAN THE SECOND LAW COPE WITH ORGANISED COMPLEXITY?	24
The Space-Time Structure of Living Processes	24
The Second Law Restated	29
Quantum Molecular Machines in Living Systems	35

CHAPTER 4.	ENERGY FLOW AND LIVING CYCLES	38
	The Probability of Life	38
	Energy Flow and Material Cycles	39
	Dynamic Molecular Order from Energy Flow	41
	A Theorem of Chemical Cycles	45
	Coupled Cycles and the Steady State	49
	The Many-Fold Coupled Cycles of Life	53
	Energy Storage in the Biosphere	56
CHAPTER 5.	HOW TO CATCH A FALLING ELECTRON	62
	Life and Negative Entropy	62
	Free Energy and Entropy	64
	Why Don't Organisms Live by Eating Diamonds?	68
	What Kind of 'Engine' is the Organism?	74
	'Stored Energy' <i>versus</i> 'Free Energy'	76
CHAPTER 6.	TOWARDS A THERMODYNAMICS OF ORGANISED COMPLEXITY	79
	The Continuing Enigma of Organisms	79
	The Organism as an Energy Storage Domain	80
	Energy Storage and Mobilisation is Symmetrical	84
	Thermodynamics of the Steady State <i>versus</i> Thermodynamics of Organised Complexity	87
	Superposition of Cyclic Non-Dissipative Processes Coupled to Dissipative Processes	88
	The Principle of Internal Entropy Compensation and the Zero-Entropy Ideal of the Organism	90
	Dynamic Closure and the Autonomy of Organisms	93
	Exquisite Sensitivity and Freedom	93

CHAPTER 7.	SUSTAINABLE SYSTEMS AS ORGANISMS	97
	Zero-Entropy Model of the Organism and Sustainable Systems	97
	Zero-Entropy Model <i>versus</i> the Dominant Model of Infinite Growth	100
	Space-time Differentiation, Biodiversity, Productivity, Resilience and Carrying Capacity	105
	Deconstructing Money and the Bubble Economy	106
CHAPTER 8.	THE SEVENTY-THREE OCTAVES OF NATURE'S MUSIC	109
	Reduction <i>versus</i> Integration	109
	Electricity and Magnetism	110
	The Electromagnetic Theory of Light and Matter	112
	Molecular and Intermolecular Forces	117
CHAPTER 9.	COHERENT EXCITATIONS OF THE BODY ELECTRIC	124
	Collective versus Statistical Behaviour	124
	Non-Equilibrium Transitions to Dynamic Order	126
	Coherent Excitations of the Body Electric	128
CHAPTER 10.	THE SOLID-STATE CELL	132
	'The Cataclysmic Violence of Homogenisation'	132
	Molecular Resonance Recognition	135
	Implications for Cell Biology	139
	Self-Assembly and Living Organisation	140
	The Meticulously Organised Cell	141
CHAPTER 11.	'LIFE IS A LITTLE ELECTRIC CURRENT'	148
	Electrodynamical Through and Through	148
	Electron Energies Band Together	152
	The Body Electric Flows and Flows	154

CHAPTER 12.	HOW COHERENT IS THE ORGANISM?	
	THE HEARTBEAT OF HEALTH	158
	How to Detect Coherence	158
	Biological Rhythms and Coherence	159
	Complex Music of the Healthy Heart	161
	Fractal Heart Rhythm	164
	Distinguishing Healthy from Unhealthy	
	Heart Rhythms with Fractal Analysis	166
	Multifractal Heart Rhythm	169
	The Heart is Not a Solo Player	
	in the Quantum Jazz of Life	169
	Happiness is a Heartbeat Away	171
	The Coherent Heart Rhythm of Positive	
	Emotion	172
	The Emotional and Physiological Modes	
	of the Heart	174
	Feeling Good is Good for You	176
	The Heart is Far More Than a	
	Mechanical Pump	176
CHAPTER 13.	HOW COHERENT IS THE ORGANISM?	
	SENSITIVITY TO WEAK	
	ELECTROMAGNETIC FIELDS	179
	Organisms Sensitive to Very Weak	
	Electromagnetic Fields	179
	Evidence of Non-Thermal Effects	
	of Microwave Radiation from	
	Mobile Phones	181
	How Magnetic Field Can Affect	
	Organisms	183
CHAPTER 14.	LIFE IS ALL THE COLOURS OF THE	
	RAINBOW IN A WORM	192
	Light and Living Matter	192
	The Light That Through the Green Fuse	192
	Long-Range Communication Between	
	Cells and Organisms	196

	Where do Biophotons Come From?	201
	Life is All the Colours of the Rainbow in a Worm	206
CHAPTER 15.	THE LIQUID CRYSTALLINE ORGANISM	212
	The Mystery of <i>Artemia</i> – Life Without Energy Flow	212
	Living <i>versus</i> Non-Living Matter	213
	Liquid Crystals and Organisms	215
	Rainbow Colours and Liquid Crystals	219
	The Dynamic Liquid Crystalline Whole	220
	Liquid Crystals and Pattern Determination	222
CHAPTER 16.	CRYSTAL CONSCIOUSNESS	228
	The Liquid Crystalline Continuum and Body Consciousness	228
	Oriented Collagens and Intercommunication	230
	Oriented Collagens and Body Consciousness	235
	Crystal Memory	236
	Coupled Body and Brain Consciousness	237
	The Unity of Conscious Experience	238
	Quantum Coherence and Conscious Experience	239
CHAPTER 17.	LIQUID CRYSTALLINE WATER	246
	Weird and Wonderful Water	246
	Two-States Model of Water	248
	The Chaplin Model	249
	Model Fits Well with Data	250
	Colloid Crystals	252
	First Sightings of Structured Water	253
	Seeing is Believing	254
	Positive Electricity Zaps Up and Down Water Chains	256
	Liquid Crystalline Acupuncture Meridians Revisited	260

	Collagen Organising Proton Cables	261
	Fire and Water	263
	Biological Effects of Electromagnetic Radiation Mediated by Liquid Crystalline Water?	266
CHAPTER 18.	QUANTUM ENTANGLEMENT AND COHERENCE	269
	Nature is Quantum, Really	269
	Wave-Particle Duality: Which Slit Did the Buckyball Go Through?	272
	Quantum Superposition and the Uncertainty Principle	275
	The EPR Paradox and Quantum Entanglement	277
	Quantum Coherence	280
	Quantum Coherence and Living Organisation	282
	The Universe is Quantum and Coherent	287
	Quantum Coherence Survives Weak Measurements	291
	Universal Quantum Entanglement	298
CHAPTER 19.	IGNORANCE OF THE EXTERNAL OBSERVER	302
	The Meaning of Life and All That Is Entropy Subjective?	302
	Entropy and Information	306
	Information, Entropy, Order and Knowledge	308
	Ignorance of the External Observer	313
CHAPTER 20.	TIME AND FREEWILL	317
	There is No Glass Bead Game	317
	Bergson's 'Pure Duration'	317

Whitehead's 'Organism' and Bohm's 'Implicate Order'	321
Space-time Structure and Quantum Theory	324
Organisms as Coherent Space-Time Structures	327
Organic Space-Time and Fractal Space-Time	328
Determinism and Freewill	330
REFERENCES	337
SUBJECT INDEX	367
AUTHOR INDEX	375