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## MODEL OF DEVELOPMENT AND PRESERVATION OF LIFE FORCE

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### *Abstract*

The purpose of this article is to create a multifactorial model of development and preservation of life force, which allows a person to reach the certain level in various spheres of activity: sports, science, business, politics, management activity and others. The topic of the study is very relevant, as it is being worked on in many countries of the world. The authors set the following objectives of the study: to analyze achievements of above-average people in sports and to identify reasons and factors of such success; to analyse the phenomenal success in art and to identify ways and means of such achievements; to show the role of integration of instinct and intuition in timely decision-making; to identify the role of strenuous pace and enormous workload for people with high life force; to establish the link between the level of education and human achievements; to investigate the dependence of life expectancy and conservation of life force from genetic factors and others. The result of the study is a multifactorial model of life force development, which includes natural data, nutrition, education, training, long working capacity, intense pace and huge amount of work, recovery, timely decision-making, integration of instinct and intuition, lifestyle and the need for continuous learning.

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**Keywords:** Model of life force, intuition, education, natural data, lifestyle, nutrition.



## **1. Introduction**

A high level of life force allows a person to achieve certain successes in sports, science, business, politics, management activities and others. People with a high level of vitality increase the potential of the whole country. The topic of the study is very relevant, as it is being worked on in many countries of the world. But a special multi-factor model has not been developed. There are only certain unsystematised recommendations, so the authors are developing such a model.

## **2. Problem Statement**

The problem under consideration concerns each inhabitant of the planet and has a centuries-old history, so the multifactorial model of development and preservation of life force requires constant improvement and addition. In order to improve this model, it is necessary to consider individual achievements of people, results of experiments and research of the world's leading centres and clinics dealing with this problem.

The first stage of life force development differs significantly from the second stage of life force preservation. The second stage is particularly difficult, as it must consider the age characteristics of the person. The World Health Organization (WHO) is focusing on this issue.

## **3. Research Questions**

The main research questions are:

1. To carry out analysis of achievements of the person in sports above the middle level and to identify reasons and factors of such success.
2. To analyse phenomenal success in art and determine ways and means of such achievements.
3. To show the role of integration of instinct and intuition in timely decision-making.
4. To determine the role of intense pace and huge amount of work for people with high levels of life force.
5. To establish a link between the level of education and the achievement of success in human life.
6. To investigate the dependence of life expectancy and conservation of life force on genetic and other factors.

## **4. Purpose of the Study**

The purpose of this study is to create a multifactorial model of development and preservation of life force, which will allow the person to achieve success in sports, science, business, politics, management and other areas.

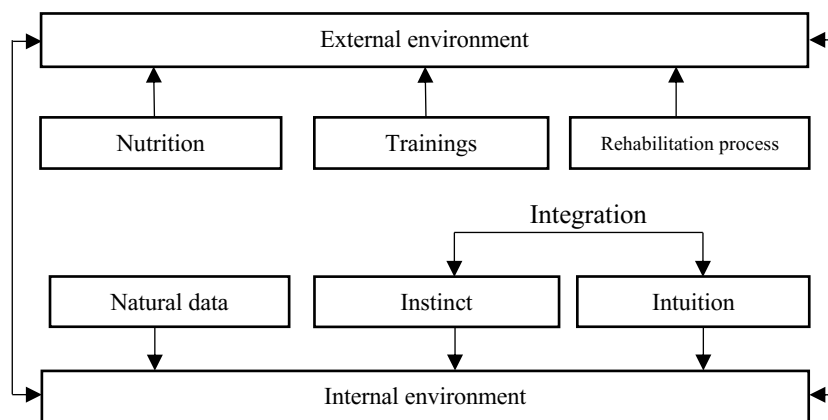
At the first stage, the multifactorial model includes the nutrition system, the education system, the ability for long-term work, the tense pace of work and its volume, the ability to make timely decisions, the interconnection between instinct and intuition. At the second stage, the model appends lifestyle and resistance to senile dementia.

## 5. Research Methods

### 5.1. The Development of life force

Before the 2008 Summer Olympics in Beijing, the bulk of the world's population interested in sports believed that the era of great records remained in the past and the capabilities of the human body reached their limit. However, Michael Phelps gets eight gold medals, showing seven world records during the week. In total, Phelps received 28 Olympic medals, including 23 gold medals. He participated in five Olympics (Sydney, Athens, Beijing, London and Rio de Janeiro). The main stages of his sports career described in the book «Concept of creation of products and achievements of the world class» (Anikin & Anikin, 2017; Anikin, Anikin, & Grishin, 2019; Anikin & Anikin, 2019).

If you compare the achievements of Phelps and other great athletes of modern times: Paavo Nurmi, Larisa Latynina, Carl Lewis and Mark Spitz, who won 9 gold Olympic medals, you see how big this difference is. The Phelps phenomenon has not been fully examined. If you analyse multiple sources, you can imagine a model of life force development according to Phelps (Figure 01).



Source: authors.

**Figure 01.** The primary model of development of life force

Phelps' differences from the average person are as follows (Hadhazi, 2008; Koch & Schropp, 2018; Leong et al., 2018; Parsons, 2018):

1) Phelps' nutrition is about 10,000 kcal, with the selection of certain products affecting specific muscles;

2) during training are analysed endurance, change of movement speed, pulse rate and other indicators;

3) for Phelps has been developed a special system of recovery during training, during rest and during competitions;

4) Phelps has 47 shoe sizes, which is larger than the average for people of this height, disproportionately long torso, the arm span is 203 cm, which is 10 cm more than his height;

5) integration of instinct (a collection of innate reactions arising in response to external or internal irritations) and intuition (the ability to go beyond experience through thought analysis or the identification of new patterns) is carried out differently by each person and requires further study.

The International Contest of «Eurovision Young Musicians-2018» in Edinburgh (Scotland) on August 24, 2018 is won by 16-year-old pianist Ivan Bessonov from Russia. The general opinion of the audience, the jury and the press were the same: "Played like a God."

The distinctive feature of Ivan is his natural data: talent of the pianist and long working capacity (minimum 6 hours of trainings per day). Both of these features are in our model. Music classes Ivan combines with the game of football (in our model this element is called recovery).

In 2016, the President of the United States became 70-year-old Donald Trump, who had not been involved in politics before that age. Donald Trump 's features include a high degree of integration of instinct and intuition, as well as timely decision-making. Many publications around the world deal with decision-making. Using this indicator in our model, we agree with the Dalai Lama, who believes that in order to make decisions in a difficult situation, it is necessary to analyse it without emotion and fear, consulting with friends. After deciding, you should not regret the choice made.

The main positions of the Dalai Lama for decision-making are as follows:

1. A person needs to make the most of his mental abilities, constantly analyse. You should not be allowed to have emotions influence your decision. If you make any decision under the influence of emotions, then you will realize that the decision was wrong. Strong emotions make our ability to think difficult. They make our attitude biased. Any decision you make in this state will be wrong.

2. To make the right choice, a person needs a "calm mind" and a "thorough objective study." Making a choice cannot be based on desires. When making a final decision, it is necessary to look at things objectively.

3. It's very important for a person to consult with real friends.

4. To myself it is necessary to tell that I did everything in my power, I asked opinion of friends and decided and I have nothing to regret.

5. After the adoption of the decision, you need to show willpower, act decisively, without paying attention to the difficulties (Lipich, 2018).

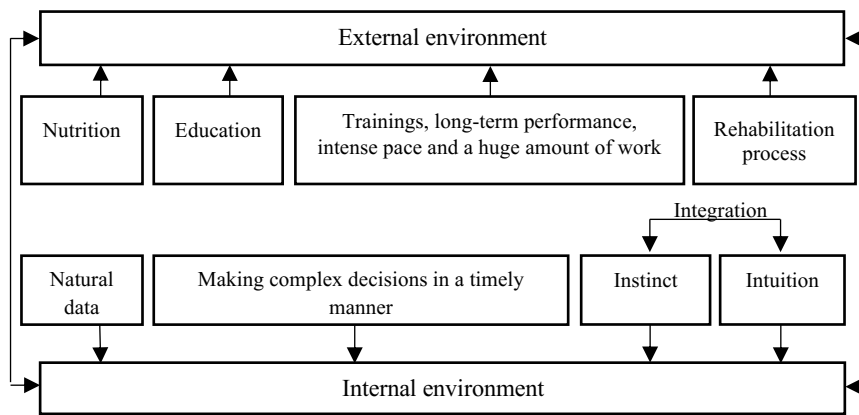
Take another example from the life of Bill Gates, who is the creator and leader of one of the most prosperous companies in the world. He was the youngest billionaire of America, and then became its richest citizen.

In February 1976, a student at Harvard University, Gates flew to Albuquerque, New Mexico, and locked himself in the Hilton Hotel with a stack of exercise books. Five days later, he left there with several hundred pages written down and went to enter the program in PDP-11. In almost a week, Disk Basic for Altair was ready. Paul Allen (one of the founders of Microsoft) still recalls this as "a real feat in programming." In the early days of Microsoft, Gates worked seven days a week. Sometimes he spent several days in the office without leaving. The secretary, coming to work in the morning, often made him sleep on the floor. After the first issue of the company's shares, he plunged even more into Microsoft's business, working 65 hours a week. Coming home at about 9 p.m., he often continued to work. During the first five years of work, Gates had only two three-day vacations. Only starting in the second half of the 80s of the XX century, he began to take a week off for a year.

Examples of a busy pace of work and a huge amount of work are typical for people with a high level of life force. Therefore, “Training” in our model should include long-term performance, stressful pace and a huge amount of work.

In a number of areas of human activity, to achieve a high position, “high-quality” education is required. Robert Oppenheimer, the “father” of the atomic bomb, graduated from Harvard University. The creators of the nuclear missile shield of the USSR and Russia (Three “K”): Igor Kurchatov graduated from Taurida University, Sergey Pavlovich Korolev graduated from Bauman Moscow State Technical University, Keldysh Mstislav Vsevolodovich graduated from Moscow State University.

Examples can be continued. Without a doubt, education occupies an important place in the model of human life force development. Thus, the model takes the following form, presented in Figure 02.



Source: authors.

**Figure 02.** Extended model of the life force

## 5.2. Preservation of life force

The problem of preserving life force is more complex than the problem of developing life force, since the process of aging and death is inevitable. Many works and attempts have been devoted to solving this problem in all countries of the world.

In 1219, Genghis Khan, who, according to Persian historians, was already the Conqueror of the Universe, heard in China about the “drink of immortality”, which allows prolonging life to infinity. The secret to making the drink was known to the Daoist wizards. In those days in North China they spoke of the exceptional holiness of a Taoist priest named Chan-Chun. Chan-Chun was a thinker and poet. In addition to alchemical recipes, ancient Taoism possessed the technique of meditation, which was considered the most effective in the world. The Conqueror of the Universe invited Chan-Chun to his place. Despite his advanced age (72 years), the Chinese monk agreed. The trip lasted about 10 months.

To the question of Genghis Khan about the means for eternal life, Chan-Chun answered, as a philosopher, that there is a means for keeping life, but there is no cure for immortality (Grasse, 2002; Simin et al., 2017).

Genghis Khan was deeply disappointed with such an answer, but treated the monk with respect. Genghis Khan died on August 18, 1227, at the age of 60.

Almost 800 years have passed since then. Scientists around the world are working on the process of slowing aging and the loss of life force, identifying new genes on which they depend. However, life expectancy and preservation of life force depend not only on genetics, but also on other factors (Enikeeva, 2018):

1. Scientists from the National Center for the Study of Primates in Wisconsin and the National Center for Aging in Dickerson (USA) concluded that monkeys on a low-calorie diet live much longer and die less often from cancer, diabetes and cardiovascular disease. Researchers believe that these results can be applied to humans.

2. The results of research by scientists at the Harvard School of Public Health in Boston (USA) confirm numerous examples of the benefits of prolonged fasting, as a result of which the processes of energy metabolism in cells are improved and their good shape lasts longer.

3. The findings of research by scientists from different countries also connect an active lifestyle with the need for physical education, especially after 60 years of life.

The chief geriatrician of the Ministry of Health of the Russian Federation and the director of the Russian Gerontological Scientific and Clinical Center Olga Tkacheva suggests observing sufficient physical activity. During the day, a person must take 10 thousand steps, walk quickly for 40 minutes, 2 times a week to swim or ride a bicycle (Tkacheva, 2018).

Scientists from McMaster University (Canada) watched 130 thousand people from 17 countries for 7 years and found that people who did exercise 30 minutes a day were 20% less likely to have cardiovascular disease, and the risk of premature death was 28% lower. Even better were people who did sports 750 minutes a week (Enikeeva, 2018; Ryazanov, 2018).

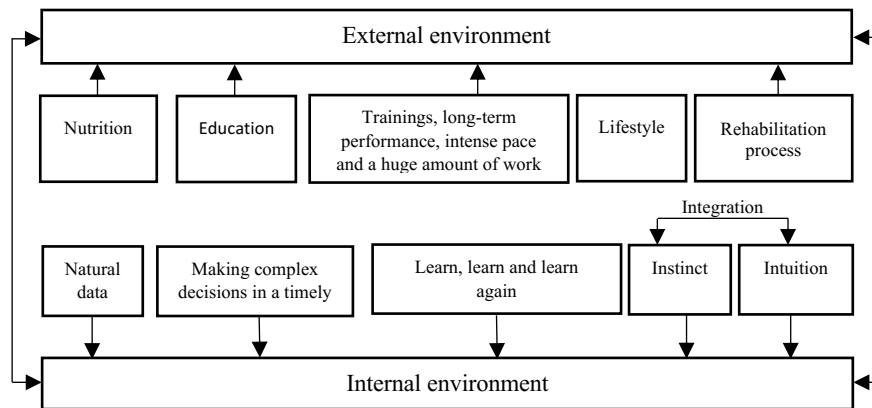
Most researchers concluded that the risk of premature death in people who prefer leisurely walks is higher than those who walk fast (Svistunov, Mitrofanova, Konovalova, Mitrofanova, & Trubitsyn, 2018).

David Rockefeller died at the age of 102. Until the last days of his life, he combined business activity with a game of golf. Elizabeth II died in the tenth decade of life, leading an active lifestyle and successfully occupying the royal throne. Donald Trump already in his eighth decade of life leads the country with the first economy in the world and plays golf. The inventor of world-famous weapons, Mikhail Timofeevich Kalashnikov worked on the tenth decade of his life, combining hard work with the performance of peasant work.

### **5.3. General patterns at all stages of life force**

In 2017, British biologists set the task of determining the dependence of life expectancy on genetic and social factors. By this time, genes related to the aging process, a predisposition to alcoholism, aggressive behaviour, schizophrenia and other factors that shorten a person's life have already been discovered. A study of the genes of six hundred thousand people from different countries of Europe was conducted. As a result of the analysis, it was found that all bad habits that undermine health (alcohol, smoking and others) are determined not only by DNA, but primarily by lifestyle, which in turn depends on the level of education. Higher education helps people eat better and not depend on bad habits (Margarov, Mitrofanova, Konovalova, Mitrofanova, & Trubitsyn, 2018).

Education in our model is presented both in the first stage and in the second. At the second stage, it is most important to maintain the brain in good shape, to strengthen the neuron bonds necessary for the functioning of intact parts of the nervous system after 60 years. To do this, you must constantly read and learn something new. Australian scientists, analysing the data of 5,500 people aged 69 to 87 years, found that older people who know how to work on a computer are less likely to suffer from senile dementia. The conclusion is obvious: learn, learn and learn again. The final model of development and preservation of life force is shown in Figure 03.



Source: authors.

**Figure 03.** The final model of development and preservation of life force

## 6. Findings

1. A multifactorial model of the development of life force has been developed, which includes natural data, nutrition, education, training, long-term performance, intensive pace and a huge amount of work, restoration, timely decision-making, integration of instinct and intuition.

2. At the stage of preserving life force, the model includes factors such as lifestyle and the need for continuous learning.

3. The study conducted an analysis of the high level of life force among representatives of sports, culture, science and government officials.

4. Particular attention is paid to methods of counteracting senile dementia.

## 7. Conclusion

The studied problem concerns every inhabitant of our planet and has a long history; therefore, a multifactorial model of development and preservation of vitality requires constant improvement and addition. To improve this model, it is necessary to consider individual achievements of people, the results of experiments and studies of leading world centres and clinics dealing with this problem.

The model is presented in the form of three figures, starting from the first stage, that is, the primary model of the development of life force and ending with the third figure of the final model of development and preservation of life force. The authors expect critical comments and suggestions, as well as proposals

for participation in the team of authors with the aim of further improving the quality and depth of the problem under study.

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