

# Vanity, Transhumanism, and the Eternal Soul: A Biblical Perspective

The human desire to transcend the limitations of mortality and physical imperfection is not a new phenomenon. From ancient myths of immortality to modern scientific pursuits, humanity has long sought to defy aging and death. Today, this desire finds its most visible advocates in individuals like Bryan Johnson and Dana Linn Bailey. Johnson, a tech entrepreneur, is famously spending millions of dollars on anti-aging technologies, consuming over 100 pills daily, undergoing plasma transfusions from his teenage son, and engaging in other biohacking techniques to reverse the aging process. Similarly, fitness icon Dana Linn Bailey has built a career on physical fitness and strength, dedicating herself to extreme regimens to sculpt and maintain an ideal body. While their methods differ, both individuals highlight cultural movements—transhumanism and fitness idolization—that elevate the human body above its God-given design.

Personal health and fitness are reasonable and necessary aspects of stewarding the bodies God has given us. Scripture reminds us that our bodies are temples of the Holy Spirit, and caring for them is a privilege and responsibility (1 Corinthians 6:19-20, KJV). There is nothing wrong with exercising, eating well, or pursuing medical treatments to improve quality of life and maintain health. These practices can honor God when they are motivated by stewardship rather than vanity. However, a clear line exists between healthful discipline and an unhealthy obsession with physical perfection. When our efforts to maintain or enhance our bodies shift from glorifying God to glorifying ourselves, we cross into dangerous territory. The pursuits of Bryan Johnson and Dana Linn Bailey, though different in scope and motivation, reflect a culture that often prioritizes the temporal over the eternal.

Bryan Johnson's anti-aging project exemplifies this cultural obsession with vanity and physical perfection. His regimen includes daily consumption of over 100 pills, plasma transfusions from his teenage son, and rigorous treatments aimed at reducing hair loss, reversing skin aging, and maintaining a youthful appearance. These efforts reflect a profound fear of aging and a refusal to accept the natural limitations of human life. While advancements in medicine and science can improve health and extend life expectancy, Johnson's extreme measures reveal a deeper issue: a rejection of the aging process as part of God's design. The Bible reminds us in Psalm 90:12, "So teach us to number our days, that we may apply our hearts unto wisdom" (KJV). Aging is not a curse to be fought but a natural progression designed by God to cultivate wisdom and humility. By rejecting this process, Johnson conflicts with God's intended order.

While Bryan Johnson's efforts align with the transhumanist movement, Dana Linn Bailey represents a different cultural trend: the idolization of fitness and aesthetics. As a former Ms. Olympia and fitness icon, Bailey dedicates herself to extreme training and strict dieting to achieve and maintain an idealized image of strength and fitness. Her success has inspired many to pursue health and wellness, which are commendable goals when approached with the right mindset. However, Bailey's career also highlights the potential dangers of turning physical fitness into an idol, where the pursuit of perfection overshadows the deeper purpose of honoring God with our bodies.

Fitness and health are essential, and the Bible encourages believers to care for their bodies as temples of the Holy Spirit (1 Corinthians 6:19-20, KJV). However, there is a clear line between responsible stewardship and unhealthy obsession. Proverbs 31:30 reminds us, "Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised" (KJV). When physical appearance becomes a primary source of identity or worth, it

reflects a misplaced focus on the temporal rather than the eternal. Bailey's dedication, while impressive, also serves as a reflection of a society that often prioritizes external beauty and strength over spiritual growth.

Bryan Johnson's plasma-swapping practice reveals the growing influence of transhumanist philosophy, which seeks to use technology to transcend human limitations. Johnson receives plasma from his teenage son and donates his plasma to his father in a biological exchange aimed at rejuvenation. While framed as a health innovation, this practice highlights a worldview that treats the body as a machine to be optimized rather than a sacred creation of God. Transhumanism promotes the idea that humanity can evolve beyond its God-given design, rejecting the Biblical truth that humans are made in God's image (Genesis 1:27, KJV). In its pursuit of immortality and perfection, transhumanism echoes the ancient lie told to Eve in Genesis 3:5, "For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods" (KJV). This philosophy directly contradicts the Biblical acknowledgment of God's sovereignty over life and death, as stated in Hebrews 9:27: "And as it is appointed unto men once to die, but after this the judgment" (KJV).

Bryan Johnson and Dana Linn Bailey's pursuits are steeped in pride, reflecting a dangerous exaltation of the self. Pride is a recurring theme in Scripture, often associated with rebellion against God's authority. Isaiah 14:14 describes Lucifer's fall, driven by his desire to be "like the most High" (KJV). This same pride underpins humanity's attempts to manipulate life, defy death, or achieve physical perfection. Johnson's obsession with reversing aging mirrors this rebellion, elevating human effort above submission to God's will. Similarly, Bailey's relentless focus on sculpting the perfect physique reflects a cultural glorification of self-discipline and appearance over spiritual growth. In both cases, the emphasis on the self detracts from the humility and dependence on God that Scripture calls us to embody.

This excessive focus on the temporal aspects of life risks leading individuals to spiritual blindness. The Bible warns, "The pride of thine heart hath deceived thee" (Obadiah 1:3, KJV). By prioritizing their physical forms, Johnson and Bailey neglect the eternal condition of their souls. Jesus reminds us in Mark 8:36, "For what shall it profit a man if he shall gain the whole world, and lose his own soul?" (KJV). True life and immortality cannot be achieved through pills, plasma, or rigorous discipline; they are gifts of God, accessible only through faith in Christ. Christ's promise in John 11:25 offers believers the ultimate hope: "I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live" (KJV).

In contrast to Johnson and Bailey's relentless focus on the body, the Bible calls believers to fix their eyes on eternity. Aging, though often feared, is a natural part of life that leads us closer to God's eternal promises. Proverbs 16:31 declares, "The hoary head is a crown of glory, if it be found in the way of righteousness" (KJV). Rather than fighting against aging, Christians are called to embrace it as part of God's divine design, trusting in His plan for both life and death. Physical health is essential, but it must always serve a greater purpose: glorifying God and preparing for eternity.

The pursuits of Bryan Johnson and Dana Linn Bailey reflect broader cultural trends that prioritize physical preservation and enhancement over spiritual growth. Whether through transhumanist technologies or fitness idolization, their efforts reveal a fixation on the temporal and a rejection of God's sovereignty. As Christians, we are reminded that true life and immortality come not through human achievement but through faith in Jesus Christ. "For what is a man profited, if he shall gain the whole world, and lose his own soul?" (Matthew 16:26, KJV). Their stories serve as a cautionary tale, urging us to seek the eternal treasures found only in Christ while maintaining a healthy, God-honoring approach to our bodies.