

A Markov blanket constitutes (in a statistical sense) a boundary that sets something apart from that which it is not. Hence, it is a statistical partitioning of states into internal and external states that are separated by a Markov blanket— comprising active and sensory states.

[...]

Biological systems have a capacity to maintain lower entropy distributions over their internal states (and their Markov blanket) despite living their lives in changing and uncertain circumstances.

¹ Michael Kirchhoff et al., "The Markov Blankets of Life: Autonomy, Active Inference and the Free Energy Principle," *Journal of The Royal Society Interface* 15, no. 138 (January 2018): 4, <https://doi.org/10.1098/rsif.2017.0792>.