

CONNECTING WITH NATURE

NATURE'S DANCE OF DUALITY

Duality is a fundamental aspect of nature and our existence pervading all layers of reality.

Duality is the simultaneous presence of equal and opposite counterparts in all of the universe's forces, interrelationships, and creations.

Examples abound in nature. For instance it's in Newton's 'equal and opposite' reactions, neutron and proton pairs at the core of atoms, the left and

right halves of DNA helixes, male and female counterparts at the heart of flowers and families, and the perfectly balanced forces of a sun's crushing inward gravity and outward fusion reaction.

Human interactions and rituals also exhibit strong qualities of dualism. Wars, politics, and sports feature two opposing groups. We divide the world into 'the rich and the poor', 'haves and the have nots', and winners and losers. It's in the two-way, reciprocal flow of traffic, tug-of-wars, conversations, handshakes, eye contact, and in the 'offering and receiving' flow of prayers. It's also in the dualistic outcomes of 'heads or tails?', 'life or death' situations, 'is it a boy or girl?' as well as in the power of twists at a joke's punchline.

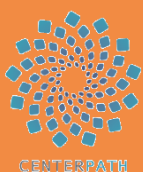
Duality also finds a natural home in all sorts of phenomena such as with up and down, east and west, sun and moon, silver and gold, night and day, awake and asleep, and cat and dog.

Duality is a core theme of Taoism as memorialized by the classic Ying-Yang symbol.



Taoism subscribes that equal yet opposing are present in all things.

RESOURCES



CENTERPATH

1. Jin's Book 'Centerpath Encyclopedia'

2. Check out these YouTube Playlists (search Jin Nua YouTube)!

- "Discover Centerpath"
- "NaturePath"
- "Centerpath Phenomena"

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Contemplation Exercise

Dualistic counterparts play a key role in maintaining balance in nature and life. Imagine if you only had one leg or the chair you were sitting only had half its legs! You would fall over.

Now look in the mirror. Notice you're face and body are comprised of a mirror image across your spine, centerline. Hold your hands up, side-by-side. See how they are equal yet opposite in orientation. Equal in shape—opposite in geometry. A key point to understand is that while opposite, the two halves compliment one another and raise their overall functionality and robustness via the larger, holistic creation they jointly produce. The logical left half of our brain complimented by our creative right side is a great example. So are the ways male and female counterparts in practically all living systems contribute to a stronger and more robustness species through each's complimentary contributions.

Some say modern society's ills largely result from how much we have diminished the essential role of the female principle in society. That if our thinking, lives, and society had more intuition, holism, caring, and compassion in them we would be much better off versus the large imbalances created by societies dominated by the male principle qualities of winning, conquering, and overconsumption.

Home Exercise

Pick up a picture book, look around your house and life, and go out into nature and list as many instances of duality as you can find. Sketch some of your finding as well.



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