

Balancing the duality (yin and yang) plays a key role in building a happy and healthy society

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Rush Holt wrote an article entitled "A tale of two cultures" (1). He described the duality of two cultures. He also stated in the beginning that "It is the best of times. It is the worst of times". Yin and yang in Chinese philosophy describe how seemingly opposite or contrary forces may actually be complementary. Yin-yang symbol shows an ideal balanced state between two opposites with a portion of the opposite element in each section. George Ohsawa also mentioned the balance of yin and yang in his book (2): the bigger the front, the bigger the back, illness is the doorway to health, tragedy turns to comedy, and disasters turn out to be blessings. Remember that the duality of yin and yang is an indivisible whole. In conclusion, we have to cope with two cultures in real and we must balance them for building a happy and healthy society.

References:

1. Rush Holt, "A tale of two cultures," *Science* 26 Jan 2018: Vol. 359, Issue 6374, pp. 371
2. George Ohsawa, "You are all sanpaku," 1965