



## Meaning of Yin and Yang, by Masahiro Oko

Everything has a right to live. Â Everything wants to exist and we have to respect that. Â The weaker side in any relationship naturally demands things, because of the need for mutual balance. Â War, sickness, unhappiness is imbalance. Â You can get sick from either over-eating or under-nourishment; excess yin or excess yang. Â Peace, health, happiness, is balance. Â The same for justice. Â In this restaurant, for example, justice in business exists if the owner can make a living and if you also feel that the price is right. Â Both sides of the picture are satisfied and stabilized.

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Many people don't understand that neither yin nor yang exists by itself. Â Yin and yang means communication. Â Communication breaks down in two ways. Â For example, if I communicate with someone by touching his arm, my hand moves, so it is yang, while his arm is motionless, or yin. Â If neither of us moves, or if both of us are in motion, no communication can occur.

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Its the same thing as dancing. Â One partner usually leads, and the other follows. Â Both have the right to exist; the leading depends on the following and the following depends on the leading and both recognize that. Â That point of it, the communication, is the transfer of energy taking place between the two. Â The purpose is not superiority or inferiority of one or the other individual, but the flow between them. Â In a ballroom stance, for example, the woman's hand goes on the man's shoulder and the man's hand is on her back. Â For a different partner, his hand is higher or lower and the elbows are at different angles. Â If we don't understand the most suitable position for our partner-beings in life, war occurs.

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We must learn the purpose the dance: not playing roles, such as leader and led, for their own sake, but to understand each other. Â In this kind of cooperation, the minimum effort gives maximum result. Â The basis of peace is not an abstract quality, but cooperation, seeing each other as human beings. Â We must recognize our wonderful differences, without discrimination or value judgements.

Â Discrimination makes war. Â For me, the meaning of yin and yang is the power of that respect for everything's nature.

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--Masahiro Oko