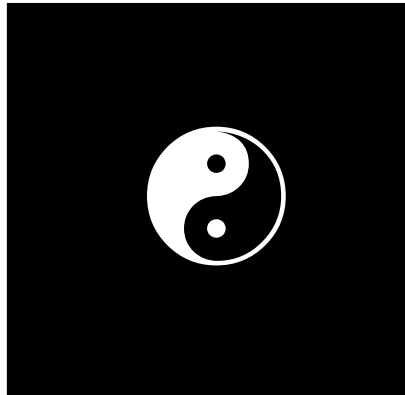


## The Yinyang of positivity and negativity.

In the modern era yinyang as an expression has come to be used in a way which is not its natural expression. I will try to explain the difference.

Often it is thought that in terms of a way of being yin is negative and yang is positive: “this person is more yin and is negative”, “this person is more yang and is positive”. This completely misconstrues the term. If we are using the idea of yinyang to explore -ve and +ve ions or poles of a magnet then this is quite correct but in terms of a personality trait or way of expressing positivity or negativity yinyang needs to be understood more clearly.

Yinyang literally means Oneness, it is an expression of “Everythingness” which is the other side of the coin from No-thingness, which in the Chinese is ‘Wu’. Fundamentally Wu lies behind or encompasses yinyang:

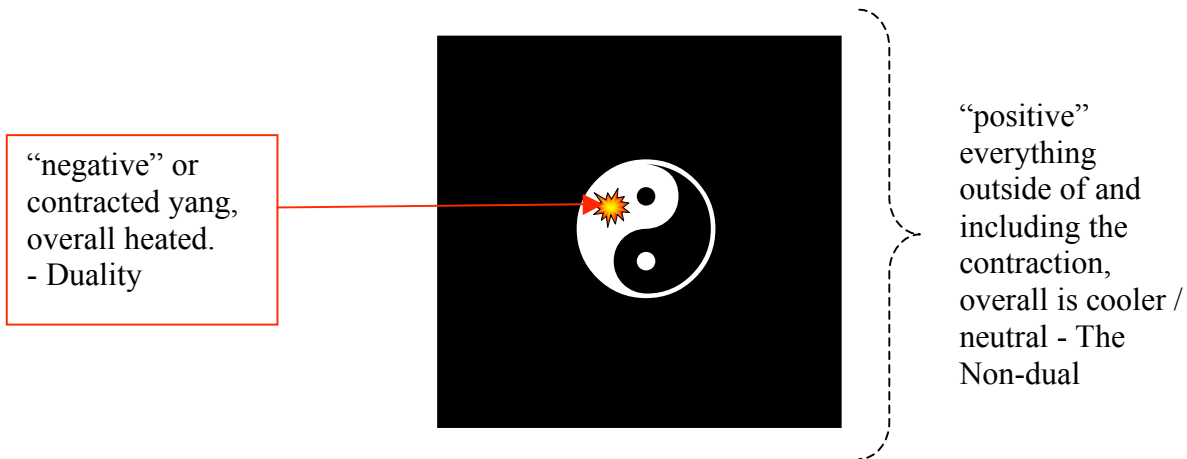


The square black background is Wu, the circle-symbol is yinyang.

Firstly let's clearly define what is meant by the terms “positively” and “negatively”. In *all* occurrences for a human being, positively means the situation of feeling lighter, joyous, more at peace and calmer, an “all is well with the world” kind of feeling. The negative feeling is one of contraction, internalization, overheating and tension, and a draining of energy. Negative feelings we can also understand are states of hyper-excitement or explosive “passionate” outbursts like being on a powerful drug that speeds up and exaggerates the body. These things are associated with addictive behaviors of all kinds and are not “joyful” but in fact a desperation-anxiety mix very often. Simply that which we consider negative are the emotional-states be they high or low, but “positivity” means in fact all that is outside of the contractive nature of the negative.

If we look at these from the perspective of yinyang principle we can say that positivity is a state of moving into no-dis-ease, it is akin to relief or blissfulness or other simpler words. Negativity is the dis-ease state of “self” and is a contraction of energy. So relative to each other we can say positivity is actually a state of yin, it is cooler and calmer and

without “self” and negativity is a heated state of contraction so it is warped yang state of dis-ease. This is not to say however that positive = yin and negative = yang, but instead that *relative to each other* when we apply yinyang principle to positive and negative, positive is a cooler state than negative, in fact the positive is a neutral state, not only a bit-of-yang as in negativity. We could put it like positive means Wu-yinyang, and negative is an small aspect of contracted yang:



Interestingly we know yang to be the expanding principle of opening outwards, which seems like the expression we are describing as yin here, but in this case there is no actual expansion there is just a state of feeling what was already there, the background of energy which is free and more expanded than the contraction of “self”. It is simply just the situation of *not-contracted-yang*. “Self” is a contracted state and as such is not yin in any way, yin does not contract, it accumulates. Contraction is yang and heat is yang so we can say that relative to each other positivity is yin relative to negativity that is yang.

However, even expressed in this way we can see how people misconstrue the yinyang principle. Generally it is thought that the expansive yang is the positive and the yin is the negative, which has given rise to the widely-held perception of the masculine being seen as the greater and yin-cooling and death seen as being negative. This was even the case in Confucian China, but is not the fundamental Taoist understanding. For the human that is within “self” he/she only relates to situations of “self” and so we can translate this into the objective expression of yinyang. It is in-fact ALWAYS the yin that is missing from the situation of “self” that effects neutrality or positive-balance. “Self” is literally and metaphorically inflammation of the bodyspirit expression, it is an irritant and is the partial or dualistic view point, within the Non-duality of nature.

Yinyang is an objective expression and as such it aims to translate the idea of what is going on into energetic terms so that any situation can be understood but not from subjectivity or cultural ideas. The whole point of yinyang is to be beyond the belief

systems and to act as an objective expression of what is going on directly. The formation of yinyang principle and its correspondence comes from pure instinct without cultural ideologies getting in the way. This is why we can use it to get back to a sense of what is energetically expressing in a situation without the “self” getting in the way. Negativity is “self”, positivity is no-self or simply; natural.

This is often why yinyang is expressed as a “science” although it is in fact a science in the true sense of the term that means pure-observation without intention. There is no seeking in true-science. When there is seeking for an answer or indeed for anything at all, then there is a seeker and this seeker is “self” and this utterly skews the whole picture. This has been proven numerous times in physics experiments that the experimenter completely alters the results through simply being. The results of experiments cannot be relied upon as absolutes as only a very limited view is taken. Pure-science is when there is just an open pure observation without analysis, which rarely occurs within science, if at all, otherwise they would have reached the same inevitable conclusions as the ancient peoples who understood the energetic-expression of life.

This is the essence of yinyang, it is the nature of purely instinctually-understood principles of the universe. It cannot be refuted because it is already everything, and there is no angle from which it can be seen as it is already every angle. However it requires no belief system and is really only a functional tool of re-connecting the human mind and sense with instinctual sense again, a situation of no right and no wrong. It is in its contextualization that it gains a border-less picture of a situation of a pattern or constellation, this is more accurate than the idea of bordered absolute things separate from each other. The power of the expression of yinyang is that it encompasses everything at all times while at the same time looking at a more narrow or limited area, whereas modern science just sees the limited area separate from everything else, there is of course huge subjective skewing in this kind of view.

When we observe unconditionally that all there is, is what there is, this is symbolized by yinyang. This is also why yinyang is called an art form because it doesn't fit into the parameters of modern science at all and it is not “accurate” in the terms of accuracy laid down by modern science, accurate meaning “absolute”, concrete and true. For yinyang there is nothing absolute and nothing concrete and yet there is truth. This is why when looking at the general ways in which the terms positivity and negativity are used one has to realize that the energetic view of yinyang has no judgment involved.

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