



Seeking Harmony Among Conflicts

The Chinese Concept of Yin-Yang

In the *I Ching* (1,000 BC and before), yin and yang are represented by broken and solid lines. The *I Ching*, also known as the *Classic of Changes*, is one of the oldest of the Chinese classic texts.

Yin-Yang concept describes seemingly opposite forces which can actually be complementary, interdependent and, the most important of all, co-existent in harmony.

Yin and yang are two Chinese-language terms that describe interconnected opposites: for example, female and male. The yin-yang point of view sees female and male as opposite, but also *related*.

It represents the idea that the interaction of contradictory forces not only could live in harmony, but also make a greater, more complete “whole.”

We can apply this thinking to many global and societal conflicts in the sense that, when one thing is perceived as *right*, that very often does not mean that its opposite is *wrong*. The key is often to achieve a *balance* between the two. No one perspective is forever. It is constantly changing.