

Correlations: Using Yin and Yang to Pop Preconceptions

Introduction: In the 'beginning' we humans, like all animals, simply pursued what felt good and avoided what didn't - the biology of basic survival. As our brain evolved, however, we developed conceptual counterparts to this sensory experience. For instance, we translate the textures of Nature we perceive into words like, "rough & smooth, pungent & mild, bitter & sweet, loud & soft, bright & dim", etc. As such, words are efficient generalizations of Nature, allowing us to categorize and organize information - all of which help us harness Nature. On the other hand, our connection with Nature loses intimacy and spontaneity as experiences become words and ideas. This boosts our awareness of a 'separate self' as we go about judging reality . . . "good & bad, beautiful & ugly, superior & inferior, intelligent & stupid", etc. - all of which sets us apart from the simple unity of Nature. Words, and the preconceptions they form, are a mixed blessing.

Each of us acquires our collection of words as we grow from infancy to adulthood. Our words rapidly become preconceptions inasmuch as we rarely reconsider them, or their effect on our life. These preconceptions become the threads with which we weave our thoughts, yet we never look back to question their integrity. The following outlines some of the adverse consequences of this neglect - and a possible remedy.

First, preconceptions 'civilize' our primordial nature. The ideas and beliefs we hold on to suppress spontaneous curiosity and the sense of awe. We're so preoccupied with thinking how life *should* be, that we fail to watch and appreciate life *as it is*. This leaves us feeling disconnected from Nature, which of course provokes more idealistic thinking - deepening our feelings of 'Eden lost'. Ironically, we then try to return 'home' via whatever preconceived beliefs and ideals we hold dear.

Second, preconceptions throw us off balance. Naked experience clothed in preconceptions evoke past memories and expectations, and with that another round of thinking begins - often coloring subsequent experience. This often affects our desires and cares excessively, and we suffer. The resulting emotions then prompt future expectations - a vicious circle making contentment short-lived at best.

Finally, preconceptions mislead us. Our judgment is never impartial, for we can't untangle our preconceptions from our emotions and senses. This innate 'genetic bias' impedes all attempts to understand life - regardless of our presumptive beliefs to the contrary. Oblivious to our own ignorance, we jump to conclusions and go to extremes as we cope with life seeking contentment.

Fortunately, just accepting that thought has such 'blind spots' will shake your faith in preconceptions, sometimes avoiding these consequences. This occurs to a degree as the years go by and you mature. Taking this deeper, however, requires deliberate learning - or rather 'unlearning'. Scripture works for many, with the *Tao Te Ching* being particularly effective at challenging your preconceptions. You can also 'try your mind at' the correlation technique below. Both the *Tao Te Ching* and this correlation technique compel you to reconsider your preconceptions (depending on your curiosity and interest, of course). With perseverance, preconceptions slowly give way to cautious contemplation and lingering contentment.



Correlations: Let me emphasize at the outset that the *only* way to understand the following technique is to *do it*. We begin by placing **basic nouns, adjectives and verbs** with their respective antonyms into opposing categories: Active (Yang) and PASSIVE (Yin). For example:

<u>Active</u>	<u>PASSIVE</u>	<u>Active</u>	<u>PASSIVE</u>	<u>Active</u>	<u>PASSIVE</u>
<i>anxious</i>	<i>PATIENT</i>	<i>strong</i>	<i>WEAK</i>	<i>arrogant</i>	<i>HUMBLE</i>
<i>pain</i>	<i>PLEASURE</i>	<i>acquired</i>	<i>INNATE</i>	<i>juvenile</i>	<i>MATURE</i>
<i>desires</i>	<i>SATIATES</i>	<i>wins</i>	<i>LOSES</i>	<i>speaks</i>	<i>LISTENS</i>
<i>shallow</i>	<i>DEEP</i>	<i>urbane</i>	<i>RUSTIC</i>	<i>obvious</i>	<i>MYSTERIOUS</i>
<i>noise</i>	<i>SILENCE</i>	<i>analysis</i>	<i>SYNTHESIS</i>	<i>difference</i>	<i>SAMENESS</i>
<i>rises</i>	<i>SETTLES</i>	<i>clarifies</i>	<i>MUDDLES</i>	<i>leads</i>	<i>FOLLOWS</i>

First, carefully read each column above vertically. Can you feel how the Active words correlate, i.e., how they share similar, if subtle, qualities? How about the PASSIVE words? Note. It is important to remember that this method works through contemplating the words that correlate for you! Therefore, always set aside any pairs which don't seem to do so. We will get to them later.

Now, do it yourself! Again, the only way to know this approach is through doing it. So, with pen and paper in hand, correlate the following word pairs on a blank piece of paper: *works - rests, peace - war, success - failure, agrees - argues, push - pull, anonymous - famous, brightens - dims, soft - hard, ancient - modern, part - whole, heaven - hell, delights - bores, white - black, go - stay, heavy - light, reality - illusion, male - female, dirty - clean, waste - conserve, conceal - expose, body - spirit.*

Ponder *work* and *rest* for example. Does *work* have more of an Active or PASSIVE quality? That is probably easy. How about *war* and *peace*? *War* correlates better with *work* than *rest*, so whatever category *work* correlates to, *war* belongs there too. *Fame* associates more with *success* than *failure*, so it would fit in the same category as *success*. And what is more likely to bring *success*, *work* or *rest*? This may sound a little convoluted when put into words and read. In practice, though, you simply let your mind scan and ponder opposites, and they will fall into place. Most come quickly, some gradually, while others may take years to settle,... no matter. Okay so far?... No?... You're not using pen and paper, right?... Nag nag nag... :)

From here on we will pair Active nouns with Active verbs, and PASSIVE nouns with PASSIVE verbs. This arrangement permits the pairs to make a statement when they are read horizontally. For example:

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>conspicuous</i>	<i>wakes</i>	<i>SUBTLE</i>	<i>SLEEPS</i>
<i>bold</i>	<i>advances</i>	<i>MEEK</i>	<i>RECEDES</i>
<i>day</i>	<i>warms</i>	<i>NIGHT</i>	<i>COOLS</i>

Remember, read the columns **vertically** first, i.e., *conspicuous, bold, day... SUBTLE, MEEK, NIGHT...* and so on. Do the words correlate? Next, read each row **horizontally**, i.e., *conspicuous wakes, SUBTLE SLEEPS; bold advances, MEEK RECEDES; day warms, NIGHT COOLS*. Follow this same vertical and horizontal reading procedure for this next set.

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>small</i>	<i>stirs</i>	<i>LARGE</i>	<i>STILLS</i>
<i>hysterical</i>	<i>ignores</i>	<i>TRANQUIL</i>	<i>NOTICES</i>
<i>child</i>	<i>takes</i>	<i>PARENT</i>	<i>GIVES</i>
<i>abrupt</i>	<i>separates</i>	<i>GRADUAL</i>	<i>CONNECTS</i>
<i>complex</i>	<i>excites</i>	<i>SIMPLE</i>	<i>CALMS</i>
<i>something</i>	<i>fills</i>	<i>NOTHING</i>	<i>EMPTIES</i>

Now read the rows above **circularly**, i.e., *small stirs LARGE, LARGE STILLS small; day warms NIGHT, NIGHT COOLS day; conspicuous wakes SUBTLE, SUBTLE SLEEPS conspicuous* and so on.

Play around. String nouns and verbs together, i.e., *small anxious child wakes, desires and speaks*. Rotate the noun - verb matches, i.e., *child stirs . . . , child ignores . . . , child excites . . . , (or) abrupt stirs . . . , day stirs . . . , complex stirs . . . , etc*. Add prepositions occasionally, i.e., *child takes (from) PARENT . . . , noise rises (out of) SILENCE . . . , bold advances (toward) MEEK . . . , etc*. Finally, use all the procedures covered so far for the following:

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>young</i>	<i>works</i>	<i>OLD</i>	<i>RESTS</i>
<i>life</i>	<i>evolves</i>	<i>DEATH</i>	<i>REVOLVES</i>
<i>need</i>	<i>hurries</i>	<i>CONTENTMENT</i>	<i>DAWDLES</i>
<i>struggle</i>	<i>competes</i>	<i>SURRENDER</i>	<i>COOPERATES</i>
<i>unique</i>	<i>abhors</i>	<i>COMMON</i>	<i>LOVES</i>
<i>answer</i>	<i>forgets</i>	<i>QUESTION</i>	<i>REMEMBERS</i>

Now review and reflect. For example: *anxious child ignores & forgets, . . . PATIENT PARENT NOTICES & REMEMBERS*, (or) *complex analysis works & separates, . . . SIMPLE SYNTHESIS RESTS & CONNECTS* (or) *obvious life clarifies & evolves, . . . MYSTERIOUS DEATH MUDDLES & REVOLVES*. Don't forget to give these last three examples a circular reading as well! Note; Each word within a column helps define its column mates and vice versa. Consider *GIVES* for example. If the *GIVING* is *bold, conspicuous* and *arises* out of *need*, i.e., ulterior motives, such as wanting to be liked, it has more in common with *taking*. *GIVES*, as correlated here, is *MEEK, SUBTLE* and *SETTLED* with in *CONTENTMENT*.

Likewise, if a child *NOTICES, REMEMBERS, COOPERATES, and GIVES*, then that child has more in common with *PARENT*. Conversely, if a parent *ignores, forgets, competes, and takes*, then he has more in common with *child*. Whether or not one has a child does not make one a *PARENT*, as defined here. Also, doesn't that which applies to *PARENT* and *GIVES*, apply to *LOVE*?

Once again, word meaning depends on concurrent qualities. All the words sharing a vertical column, i.e., *anxious, pain, complex, need*, etc., and *PATIENT, PLEASURE, SIMPLE, ENOUGH*, etc., define each other! The correlations, read vertically and *perceived as a whole* help establish the 'Yin-ness' or 'Yang-ness' of any particular word. In effect, you are consolidating the meaning of the contrasting words with which you think about life. Returning them to their active or passive essence momentarily returns your mind to the primordial dawn of conceptual thought. From here it is just a short leap back into "*MYSTERIOUS SAMENESS*". Mysterious what-ness? Just think of this as that which lies 'beneath' belief. Taoist-wise, that's cool!... ;)

Reading correlations can produce obscure results, as you probably notice by now. If, in all this, you are somewhere between understanding and bewilderment, you are doing it right. *MUDDLED* insight is actually preferable to *clarity*, i.e., preconceptions impart *clarity*. In fact, using the correlation process on what troubles or puzzles you deeply not only helps you learn this process, but can also help you resolve those issues - 'mysteriously'. **Important:** don't consider any statements made by this process as *TRUTH*. Nevertheless, if not taken too literally, such statements can offer food for thought - even insight - depending on how patient, curious and open minded you are.

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>part</i>	<i>scatters</i>	<i>WHOLE</i>	<i>GATHERS</i>
<i>contrast</i>	<i>divides</i>	<i>PARALLEL</i>	<i>UNITES</i>
<i>illusion</i>	<i>promises</i>	<i>REALITY</i>	<i>DELIVERS</i>
<i>arrogant</i>	<i>ignores</i>	<i>HUMBLE</i>	<i>NOTICES</i>
<i>folly</i>	<i>argues</i>	<i>WISDOM</i>	<i>AGREES</i>
<i>definite</i>	<i>floats</i>	<i>AMBIGUOUS</i>	<i>SINKS</i>

Moving along now, mentally merge pervious correlations into the set above as you read its columns vertically. Now proceed with the horizontal and then the circular readings. Play around. Pull from previous correlations, i.e., *arrogant answer excites & promises... HUMBLE QUESTION CALMS & DELIVERS*.

It is a little puzzling how the same word can correlate to both Active and PASSIVE categories. Take *sound* for example. Contrasted with *music*, *SOUND* is PASSIVE, yet contrasted with *SILENCE*, *sound* is Active. *Discord* also contrasts enough with *music* to correlate, but in this case *MUSIC* might now correlate to the PASSIVE category. This is easier to contemplate in a correlation table, as follows:

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>sound</i>	<i>stirs</i>	<i>SILENCE</i>	<i>STILLS</i>
<i>music</i>	<i>divides</i>	<i>SOUND</i>	<i>UNITES</i>
<i>discord</i>	<i>awakens</i>	<i>MUSIC</i>	<i>SLEEPS</i>

Did you read these vertically, horizontally and circularly? Did you rotate the noun - verb matches?

When a word has a true antonym we use it. Many words, though, don't have true antonyms. However, they often have a word whose qualities contrast enough to allow us to correlate, like *music - sound* above, or *audience - performer, eye - belly, fire - water, fruit - flower, chicken - egg*.

Speaking of chickens and eggs:

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>chicken</i>	<i>emerges</i>	<i>EGG</i>	<i>RETURNS</i>
<i>first</i>	<i>goes</i>	<i>LAST</i>	<i>WAITS</i>
<i>secondary</i>	<i>effects</i>	<i>PRIMARY</i>	<i>CAUSES</i>
<i>anxious</i>	<i>begins</i>	<i>PATIENT</i>	<i>ENDS</i>
<i>angular</i>	<i>ends</i>	<i>CIRCULAR</i>	<i>CONTINUES</i>
<i>recent</i>	<i>changes</i>	<i>ANCIENT</i>	<i>REMAINS</i>

Correlations enable you to consider questions another way. Our usual approach in life is to search for solutions which answer the problems of the present. However, we often add a new problem for every one we solve, as history shows. Maybe we have been looking at our questions and problems too narrowly for the past 50,000+ years or so. Another approach might be to return to the *PRIMARY QUESTION*, out of which our journey to *answers* began. For example, let us return to our chicken and egg correlations above as it might apply to that *OLD QUESTION*, "which came first, the chicken or the egg?".

Reading those correlations can produce: *first, anxious, angular, chicken* > *emerges, changes, goes & effects LAST, PATIENT, CIRCULAR, EGG*. And of course, ... *LAST, PATIENT, CIRCULAR, EGG* > *RETURNS, REMAINS, WAITS & CAUSES first, anxious, angular, chicken*. Now, play around; match the words up in other ways. Does the correlation table offer any insight into the question? Don't expect a clear cut answer!

It is important, initially anyway, to stick to words which have true antonyms when categorizing words. However, when you are pondering the correlations, you can substitute words within the category. So, for example, after you have correlated *LOVE - hate, ACCEPTANCE - rejection, GRADUAL - abrupt*, you can link *ACCEPTANCE, LOVE, GRADUAL* in your mind while you contemplate. Furthermore, correlations give each word a whole list of 'semi' antonyms which further broaden each word's meaning. For example, while *love/hate* are true antonyms, *love/careless, love/need, love/sex, or love/strife* may also contrast enough to regard them as near antonyms.

Ultimately this process nibbles away at innate genetic based biases and contradictions. The contradictory, albeit subconscious, use of language allows you to deceive yourself. If you do correlations carefully, you just can't help but become more intellectually honest. This simplifies life which, in turn, deepens your sense of serenity.

Interested? Again, you can only know this approach through doing and pondering correlations. It does take mental effort, of a sort. Yet, you must also keep mental focus fuzzy. It is analogous to down playing what you see in front of you, to better sense what is behind you. Your looking behind the *foreground of specific thoughts* to sense the *BACKGROUND OF GENERAL CONSCIOUSNESS*.

Do It Yourself: Are you ready to go to the next level in learning this technique? OK, but first . . . you need to concur with most of the Active - PASSIVE classifications of the words so far. If you don't, try to resolve some of the discrepancies before proceeding. You will use the words we have already correlated (see Correlations Set #1 on page 8) as a base to help you discern the classification of subsequent words.

Now, with pencil in hand again, consider each word/antonym pair from the un-correlated list below. Correlate each pair using the previous correlations and procedures (vertical, horizontal, circular reading, etc.) for guidance. Simply circle which word you think is PASSIVE. Whenever you get stuck, set the word aside, let your sub-conscious ponder it, and choose another. When you finish, compare your results with the "completed" word sheet, Correlation Set #2, page 9 . . . but correlate these words first!

agitate	sedates	hell	paradise	proceed	pauses
anger	fear	hesitates	acts	rejects	accepts
artificial	natural	hosts	visits	remembers	forgets
beauty	ugliness	human	animal	replies	asks
biases	balances	hunts	eludes	repulsion	attraction
black	white	I	that	restrains	abandons
bliss	anguish	ignorance	awareness	satiates	craves
blurs	defines	indulges	tempers	seclusion	fellowship
certainty	doubt	inferior	superior	shame	pride
civilized	primitive	innocence	guilt	sincerity	hypocrisy
clarifies	confounds	intensifies	mitigates	skepticism	religion
clouds	clears	joy	sorrow	slows	quickens
compels	coaxes	kindles	quells	soils	washes
complies	resists	knows	misunderstand	solidifies	liquifies
confronts	evades	liberal	strict	speaks	listens
constraint	spontaneity	local	universal	specific	general
contends	yields	loss	gain	spiritual	worldly
counterfeit	authentic	loves	hates	stabilizes	wobbles
cynicism	faith	master	slave	stagnates	grows
decides	deliberates	moderate	radical	teacher	student
detaches	adheres	moves	stops	tightens	loosens
deters	invites	naive	sophisticated	tip	base
diverges	converges	neutral	impassioned	transitory	perpetual
elite	riffraff	numbs	sharpens	truth	fiction
enough	need	objective	subjective	vanishes	appears
expert	novice	obscures	illuminates	vertical	horizontal
extreme	conservative	order	chaos	watches	shows
flows	ebbs	pains	pleases	widens	narrows
future	present	past	present	wishes	has
gobbles	tastes	plant	animal	worries	soothes

Note: the critical part of this process is the anchoring of words to each other vertically under the Active/PASSIVE categories. Which category you place a word under is less important because each word is defined by all the others in its column. Thus, if you wanted to re-categorize *dirty* as Active instead of PASSIVE, then *dirty* becomes synonymous with *unique, success, transitory, shallow, illusion, famous, answer, angular, abrupt...* and so on; you must now maintain that connotation for *dirty*. Thus, *dirty brightens, awakens, divides, exposes, floats, promises, pushes, separates, wins...* and so on. Such anchoring of basic words helps you avoid subconscious duplicity which only complicates mental life and increases emotional stress. If you must re-categorize any word pair, do so carefully; the Correlation Sets have been under consideration for decades.

Do you understand this process well enough to effectively explore your world view? Try it out. Select some word pairs from the Correlation Sets that pertain to a question, problem, or idea. It can be personal, political, scientific, religious... anything that you are curious or troubled about and would like deeper insight on. Also, use these Correlation Sets for guidance in classifying any new words and, of course, for broadening perspective in general.

Initially, if you are categorizing new words, use *only* those which have true antonyms... use a thesaurus! If the word you are considering does not have an antonym, find a word/antonym pair that is close in meaning. Studying the Correlation Set lists vertically can point you in the right direction. For a list of 1600 correlated words go to: [HTTP://CENTERTA.Org/correlationsallwords.php](http://CENTERTA.Org/correlationsallwords.php). Now to hop around a little...

Putting Correlations to Work: The discoveries you make will often be hard to put into words. It is possible to discern things via the correlations which normal (inborn linear) thought can not grasp. Why? Correlations by themselves never reveal much of anything. The discoveries here originate from within you. Correlations are like a mirror through which you see yourself. They can serve as a path to self understanding, not the understanding itself. Self understanding helps you understand others, and the world around you, not the other way around. Thus, turning much of what you find into a coherent linear idea to share with others can be challenging, if not impossible.

On the other hand, there are many ideas that can be represented in a fairly straight forward way, i.e., *day warms NIGHT... NIGHT COOLS day*. Correlations can convey perceptions elegantly and simply, especially if you sense in them a process that may be universally applicable. Contemplate the following set of correlations to see what ideas they could express. I will give some possibilities below. Remember to play around. Match pairs with different pairs, string them together and so forth as shown earlier.

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>energy</i>	<i>divides</i>	<i>TIME</i>	<i>UNITES</i>
<i>straight</i>	<i>moves</i>	<i>CIRCULAR</i>	<i>STAYS</i>
<i>far</i>	<i>effects</i>	<i>NEAR</i>	<i>CAUSES</i>
<i>matter</i>	<i>works</i>	<i>SPACE</i>	<i>RESTS</i>
<i>there</i>	<i>excites</i>	<i>HERE</i>	<i>CALMS</i>
<i>illusion</i>	<i>fills</i>	<i>REALITY</i>	<i>EMPTIES</i>

1) "The grass is always greener",... *illusion fills REALITY,... REALITY EMPTIES illusion, or far excites NEAR,... NEAR CALMS (or BORES) far.*

2) Time as measured by clocks is really energy interacting in the *PRESENT*. *Energy divides TIME...* We confuse this '*clock*' time with *REAL TIME*. Einstein's relativity theory attempts to correct this misconception. *TIME UNITES energy...* might say something about the speed of light in *SPACE*.

3) Reading from the correlations above can give: *CIRCULAR SPACE TIME > STAYS, UNITES, & CAUSES, straight matter energy...* and so on. This reading offers a possible pre - 'Big Bang' scenario; the 'Big Bang' *REVOLVED* out of *CIRCULAR SPACE TIME REALITY*.

Correlations can portray natural principles in a very **simple** way. The neat thing here is that you can apply these same principles to any consideration. This helps gather your disparate views into a more universal perspective. The correlations appear to depict a universal process that occurs in all things, at all levels, from the cosmic to the microscopic. As you become more aware of this you will feel more at home in the universe. Take for example: *beginning of creation - ending of creation, living - dying, success - failure, waking - sleeping, wanting - having*. The correlation table below helps tie them together.

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>beginning (universe)</i>	<i>warms</i>	<i>ENDING (universe)</i>	<i>COOLS</i>
<i>transitory</i>	<i>peaks</i>	<i>CONSTANT</i>	<i>BOTTOMS</i>
<i>mass/energy</i>	<i>effects</i>	<i>SPACE/TIME</i>	<i>CAUSES</i>
<i>child</i>	<i>grows</i>	<i>ADULT</i>	<i>SHRINKS</i>
<i>waking</i>	<i>excites</i>	<i>SLEEPING</i>	<i>CALMS</i>
<i>wanting</i>	<i>promises</i>	<i>HAVING</i>	<i>DELIVERS</i>
<i>struggle</i>	<i>assumes</i>	<i>SURRENDER</i>	<i>KNOWS</i>
<i>success</i>	<i>leads</i>	<i>FAILURE</i>	<i>FOLLOWS</i>
<i>living</i>	<i>competes</i>	<i>DYING</i>	<i>COOPERATES</i>

Now, let's consider death. Our instinctive dread of *DEATH* takes its form in many mundane ways. For example, we abhor *FAILURE, LOSS, SURRENDER, MONOTONY*, and even just *WAITING*. Correlations can help you see *DEATH*, and its 'forms' (see *PASSIVE*'s below) in a broader perspective.

Our problem with *DEATH*, and its correlates, arises from *life's* survival instinct. The more we cling to *life*, the more the other side, *DEATH*, haunts us; we can't escape the circular relationship of the *active* and *PASSIVE* sides. Thus the more important you regard *life* the more *separate* and *anxious* you will inevitably feel. Once you realize this, you can begin to see past the survival instinct and *GRADUALLY RECONNECT* with *DEATH* and its 'forms'. Ironically, this makes it easier to welcome and savor the *PRESENT* moments of *life*.

I will simplify the following set by limiting it to two columns, sorted on the **Active** word. By now you can probably add any suitable verbs you need. As you read these correlations vertically, let the **PASSIVES** blend together in your mind until you sense the essence they all share. Now, do the same for the **Actives**.

<u>Active</u>	<u>PASSIVE</u>	<u>Active</u>	<u>PASSIVE</u>	<u>Active</u>	<u>PASSIVE</u>
<i>angular</i> . . .	<i>CIRCULAR</i>	<i>future</i>	<i>PRESENT/PAST</i>	<i>recent</i>	<i>ANCIENT</i>
<i>anxious</i> . . .	<i>PATIENT</i>	<i>gain</i>	<i>LOSS</i>	<i>sound</i>	<i>SILENCE</i>
<i>commotion</i>	<i>TRANQUILITY</i>	<i>illusion</i> . . .	<i>REALITY</i>	<i>straight</i> . . .	<i>BENT</i>
<i>complex</i> . . .	<i>SIMPLE</i>	<i>individual</i> .	<i>COLLECTIVE</i>	<i>struggle</i> . . .	<i>SURRENDER</i>
<i>diversity</i> . .	<i>MONOTONY</i>	<i>separate</i> . .	<i>CONNECTED</i>	<i>success</i> . . .	<i>FAILURE</i>
<i>excitement</i> .	<i>BOREDOM</i>	<i>life</i>	<i>DEATH</i>	<i>there</i>	<i>HERE</i>
<i>far</i>	<i>NEAR</i>	<i>busy</i>	<i>LAZY</i>	<i>transitory</i> .	<i>CONSTANT</i>
<i>fast</i>	<i>SLOW</i>	<i>motion</i>	<i>STILLNESS</i>	<i>war</i>	<i>PEACE</i>
<i>fleeting</i> . . .	<i>ETERNAL</i>	<i>need</i>	<i>CONTENT</i>	<i>work</i>	<i>REST</i>

Okay, time to nag just once more...

Have you tried it out? I mean actually writing down the words! As Buddha said, test 'it' out and see. Here, you can't see 'it' unless you physically do it with pen and paper. First correlate the 'do it yourself' words on page one. Simply jot these words down according to how you feel they should correlate. Then correlate the ones on page four and after that any other words that come to mind. Play around. This is a subtle process, so sink into your deepest Taoist sensibility as you test it out. If all this is too obscure, put it aside for now and try it again next year. Really!

Time correlates with death, at least 'Taoist' time does. Part of the human problem is our *dis-connect* from *TIME*. We feel *separate* from the *PRESENT* - the *ETERNAL* now (see correlations below). The *unique* human ability to create and sustain a perception of *past* and *future* *competes* for our attention. To the extent we are *estranged* from the *PRESENT*, we feel more *isolated* and insecure than we might otherwise. Religion is a human endeavor whose noblest purpose is to re-*CONNECT* us to the *ETERNAL WHOLE*. Interestingly, when religion does not work, we turn to drugs, alcohol, possessions, work, people, and/or ideals and doctrines all the more fervently to feel *CONNECTED*,... or maybe *pseudo CONNECTED*?

Note: the more *definite* and *analytical* you *need* to explain your perceptions with this method, the more *complex* and *illusionary* they become. You will *move further* away from a complementary viewpoint and any sense of *MYSTERIOUS SAMENESS*. Be on the lookout for an *INTUITIVE, FUZZY, SHADOWY, KNOWING*. When you sense it, savor it without nailing it down as the *answer*!

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>past</i>	<i>effects</i>	<i>PRESENT</i>	<i>CAUSES</i>
<i>future</i>	<i>evolves</i>	<i>PRESENT/PAST</i>	<i>REVOLVES</i>
<i>fleeting</i>	<i>ends</i>	<i>ETERNAL</i>	<i>ENDURES</i>
<i>complex</i>	<i>intensifies</i>	<i>SIMPLE</i>	<i>DIMINISHES</i>
<i>isolated</i>	<i>leads</i>	<i>CONNECTED</i>	<i>FOLLOWS</i>
<i>part</i>	<i>divides</i>	<i>WHOLE</i>	<i>UNITES</i>
<i>boy</i>	<i>ignores</i>	<i>MOTHER</i>	<i>ACKNOWLEDGES</i>
<i>individual</i>	<i>floats</i>	<i>COLLECTIVE</i>	<i>SINKS</i>
<i>life</i>	<i>takes</i>	<i>DEATH</i>	<i>GIVES</i>

After Word: The development of this method began with my younger brother's death four decades ago. Until then, I had never known death personally. It plunged me into a deep quandary. One day I realized that life and death, while *apparently separate* and *opposite* were, in reality, *MYSTERIOUSLY CONNECTED* and *COMPLEMENTARY*. This paper attempts to convey the process of realization which so settled my mind. I offer it in the chance that it may serve others. Group participation may be necessary to grasp this process, so please inquire about such possibilities if you are interested. Also, if you like, kindly pass this paper on. . .

Carl Abbott, April 2001

Correlation Set #1: This list includes all the correlations introduced on the first few pages, plus a few more. Here, they are sorted on the Active nouns and verbs. Such an arbitrary arrangement can produce some cryptic horizontal and circular readings, which can lead you to unexpected insight. Add prepositions occasionally, i.e., with, to, from, on, by, for,.. and so on.

Remember, each word within a column helps define its column mates and visa versa. Here, no word stands alone. Meaning depends on concurrent qualities. You are using all the words sharing a vertical column to define - although sometimes elusively - each other.

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>abrupt</i>	<i>advances</i>	<i>GRADUAL</i>	<i>RECEDES</i>
<i>analysis</i>	<i>argues</i>	<i>SYNTHESIS</i>	<i>AGREES</i>
<i>angular</i>	<i>awakens</i>	<i>CIRCULAR</i>	<i>SLEEPS</i>
<i>answer</i>	<i>begins</i>	<i>QUESTION</i>	<i>ENDS</i>
<i>anxious</i>	<i>brightens</i>	<i>PATIENT</i>	<i>DULLS</i>
<i>arrogant</i>	<i>changes</i>	<i>HUMBLE</i>	<i>REMAINS</i>
<i>bold</i>	<i>cleans</i>	<i>MEEK</i>	<i>DIRTIES</i>
<i>chicken</i>	<i>competes</i>	<i>EGG</i>	<i>COOPERATES</i>
<i>child</i>	<i>detaches</i>	<i>PARENT</i>	<i>MERGES</i>
<i>commotion</i>	<i>divides</i>	<i>TRANQUILITY</i>	<i>UNITES</i>
<i>complex</i>	<i>effects</i>	<i>SIMPLE</i>	<i>CAUSES</i>
<i>conspicuous</i>	<i>emerges</i>	<i>SUBTLE</i>	<i>RETURNS</i>
<i>day</i>	<i>ends</i>	<i>NIGHT</i>	<i>CONTINUES</i>
<i>definite</i>	<i>evolves</i>	<i>AMBIGUOUS</i>	<i>REVOLVES</i>
<i>different</i>	<i>excites</i>	<i>SAME</i>	<i>CALMS</i>
<i>discord</i>	<i>expands</i>	<i>HARMONY</i>	<i>CONTRACTS</i>
<i>famous</i>	<i>exposes</i>	<i>ANONYMOUS</i>	<i>CONCEALS</i>
<i>first</i>	<i>fills</i>	<i>LAST</i>	<i>EMPTIES</i>
<i>folly</i>	<i>floats</i>	<i>WISDOM</i>	<i>SINKS</i>
<i>future</i>	<i>goes</i>	<i>PAST</i>	<i>STAYS</i>
<i>illusion</i>	<i>hardens</i>	<i>REALITY</i>	<i>SOFTENS</i>
<i>life</i>	<i>hurries</i>	<i>DEATH</i>	<i>DAWDLES</i>
<i>male</i>	<i>ignores</i>	<i>FEMALE</i>	<i>NOTICES</i>
<i>modern</i>	<i>increases</i>	<i>ARCHAIC</i>	<i>DECREASES</i>
<i>music</i>	<i>leads</i>	<i>SOUND</i>	<i>FOLLOWS</i>
<i>need</i>	<i>progresses</i>	<i>CONTENTMENT</i>	<i>REVERTS</i>
<i>noise</i>	<i>promises</i>	<i>QUIET</i>	<i>DELIVERS</i>
<i>obvious</i>	<i>pushes</i>	<i>MYSTERIOUS</i>	<i>PULLS</i>
<i>pain</i>	<i>rises</i>	<i>PLEASURE</i>	<i>SETTLES</i>
<i>part</i>	<i>roughens</i>	<i>WHOLE</i>	<i>SMOOTHS</i>
<i>recent</i>	<i>scatters</i>	<i>ANCIENT</i>	<i>GATHERS</i>
<i>secondary</i>	<i>separates</i>	<i>PRIMARY</i>	<i>CONNECTS</i>
<i>shallow</i>	<i>shifts</i>	<i>DEEP</i>	<i>MAINTAINS</i>
<i>small</i>	<i>stimulates</i>	<i>LARGE</i>	<i>INHIBITS</i>
<i>something</i>	<i>stirs</i>	<i>NOTHING</i>	<i>STILLS</i>
<i>sound</i>	<i>straightens</i>	<i>SILENCE</i>	<i>CURVES</i>
<i>strong</i>	<i>takes</i>	<i>WEAK</i>	<i>GIVES</i>
<i>struggle</i>	<i>tells</i>	<i>SURRENDER</i>	<i>LISTENS</i>
<i>success</i>	<i>warms</i>	<i>FAILURE</i>	<i>COOLS</i>
<i>unique</i>	<i>wastes</i>	<i>COMMON</i>	<i>CONSERVES</i>
<i>war</i>	<i>wins</i>	<i>PEACE</i>	<i>LOSES</i>
<i>young</i>	<i>works</i>	<i>OLD</i>	<i>RESTS</i>

Correlation Set #2: NO PEEKING UNTIL you have struggled for a while to correlate the un-correlated words on the page 4!

<u>Active</u> (nouns & adj.)	<u>Active</u> (verbs)	<u>PASSIVE</u> (antonyms)	<u>PASSIVE</u> (antonyms)
<i>anger</i> <i>anguish</i> <i>animal</i>	<i>abandons</i> <i>acts</i> <i>agitates</i>	<i>FEAR</i> <i>BLISS</i> <i>PLANT</i>	<i>RESTRAINS</i> <i>HESITATES</i> <i>SEDATES</i>
<i>artificial</i> <i>certainty</i> <i>chaos</i>	<i>appears</i> <i>biases</i> <i>clarifies</i>	<i>NATURAL</i> <i>DOUBT</i> <i>ORDER</i>	<i>VANISHES</i> <i>BALANCES</i> <i>CONFOUNDS</i>
<i>civilized</i> <i>counterfeit</i> <i>cynicism</i>	<i>clears</i> <i>compels</i> <i>confronts</i>	<i>PRIMITIVE</i> <i>AUTHENTIC</i> <i>FAITH</i>	<i>CLOUDS</i> <i>COAXES</i> <i>EVADES</i>
<i>elite</i> <i>expert</i> <i>extreme</i>	<i>contends</i> <i>craves</i> <i>decides</i>	<i>RIFFRAFF</i> <i>NOVICE</i> <i>CONSERVATIVE</i>	<i>YIELDS</i> <i>SATIATES</i> <i>DELIBERATES</i>
<i>fiction</i> <i>future</i> <i>gain</i>	<i>defines</i> <i>detaches</i> <i>deters</i>	<i>TRUTH</i> <i>PRESENT</i> <i>LOSS</i>	<i>BLURS</i> <i>ADHERES</i> <i>INVITES</i>
<i>hell</i> <i>human</i> <i>hypocrisy</i>	<i>diverges</i> <i>flows</i> <i>forgets</i>	<i>PARADISE</i> <i>ANIMAL</i> <i>SINCERITY</i>	<i>CONVERGES</i> <i>EBBS</i> <i>REMEMBERS</i>
<i>I</i> <i>ignorance</i> <i>impassioned</i>	<i>gobbles</i> <i>grows</i> <i>hates</i>	<i>THAT</i> <i>AWARENESS</i> <i>NEUTRAL</i>	<i>TASTES</i> <i>STAGNATES</i> <i>LOVES</i>
<i>innocence</i> <i>liberal</i> <i>local</i>	<i>hunts</i> <i>illuminates</i> <i>indulges</i>	<i>GUILT</i> <i>STRICT</i> <i>UNIVERSAL</i>	<i>ELUDES</i> <i>OBSCURES</i> <i>TEMPERS</i>
<i>master</i> <i>need</i> <i>objective</i>	<i>intensifies</i> <i>kindles</i> <i>misunderstands</i>	<i>SLAVE</i> <i>ENOUGH</i> <i>SUBJECTIVE</i>	<i>MITIGATES</i> <i>QUELLS</i> <i>KNOWS</i>
<i>present</i> <i>pride</i> <i>radical</i>	<i>moves</i> <i>narrows</i> <i>pains</i>	<i>PAST</i> <i>SHAME</i> <i>MODERATE</i>	<i>STOPS</i> <i>WIDENS</i> <i>PLEASES</i>
<i>repulsion</i> <i>seclusion</i> <i>skepticism</i>	<i>proceeds</i> <i>quickens</i> <i>rejects</i>	<i>ATTRACTION</i> <i>FELLOWSHIP</i> <i>RELIGION</i>	<i>PAUSES</i> <i>SLOWS</i> <i>ACCEPTS</i>
<i>sophisticated</i> <i>sorrow</i> <i>specific</i>	<i>replies</i> <i>resists</i> <i>sharpens</i>	<i>NAIVE</i> <i>JOY</i> <i>GENERAL</i>	<i>ASKS</i> <i>COMPLIES</i> <i>NUMBS</i>
<i>spontaneity</i> <i>superior</i> <i>teacher</i>	<i>shows</i> <i>liquifies</i> <i>speaks</i>	<i>CONSTRAINT</i> <i>INFERIOR</i> <i>STUDENT</i>	<i>WATCHES</i> <i>SOLIDIFIES</i> <i>LISTENS</i>
<i>tip</i> <i>transitory</i> <i>ugliness</i>	<i>tightens</i> <i>visits</i> <i>washes</i>	<i>BASE</i> <i>PERPETUAL</i> <i>BEAUTY</i>	<i>LOOSENS</i> <i>HOSTS</i> <i>SOILS</i>
<i>vertical</i> <i>white</i> <i>worldly</i>	<i>wishes</i> <i>wobbles</i> <i>worries</i>	<i>HORIZONTAL</i> <i>BLACK</i> <i>SPIRITUAL</i>	<i>HAS</i> <i>STABILIZES</i> <i>SOOTHES</i>