



Balance is really balancing, not a static state but a dynamic process. It is a condition of perpetual arriving, of continual changing that is always adjusting to the shifting flow of circumstances. When balance becomes a reflexive reaction rather than a considered response, it is experienced as a stillness in the center of movement.

The Tao, in the language of Taoism, is said to be one *yin* and one *yang* in dynamic balance, opposites poised in that still moment when the imagined disparities of the world are experienced in sustained equilibrium. The different elements, whatever they may be, maintain their individual identities yet become something more than their separateness, as if the parts of wholeness are forever together in a moment-by-moment enchantment. This balance is like two dancers moving as one in a great rhythm of music, or two lovers moving as one in a great rhythm of passion. There is change yet nothing changes; there is changing yet perfect harmony.

This state of balance is a common experience. It is the stillness of the playing musician united with the unfolding eternity of the music; the motionless poise of the surfer in the shifting curl of a great wave; the plunging freefall of the skier at one with the silent waiting of the mountain. The Way does not exist outside the moment of balance. In the *I Ching* it is represented as #52, Kàn, when the *yang* of the mountain's upward thrust rests in momentary tranquility with the *yin* of the lake's downward waiting. It is that instant of seeming pause when all of the forces of the universe, as if waiting forever, are momentarily balanced in a massive stillness.