

BALANCE THEORY

Ai Peiyong (China)

ABSTRACT

This paper is a philosophical paper. through thinking and reasoning about the laws of operation of the universe, earth, nature, world, human society, economy, art, human physiology and psychology, etc, the thesis concludes that balance is all the laws of nature and human society.

Key Words balance, universe, earth, world, society, physiology, psychology, art, human and nature.

1. INTRODUCTION

This world is a miracle. From the universe to the world of life, everything is formed naturally. These natural phenomena are so wonderful and so incredible. Since there were human beings on the earth, the scientist has never stopped exploring the universe. However, these studies and discoveries are only a tiny part of the universe, and there are more and deeper mysteries, which we do not know at all. I think there must be a huge law that rules everything. What is this huge law? What is the master invisible to human eye? I think it is balance. Balance is equal and stable. Balance exists in everything.

1.1 THE BALANCE OF THE UNIVERSE:

According to scientific research, the universe was born about 15 billion years ago according to the standard cosmological model. This universe is expected been originated from a singular event named Big Bang on behalf to Lemaitre. By now, the universe seems to be a much more complicated mystery than the Big Bang. The universe is the general term for space, time, matter. The theory of the Big Bang has been stated by mainstream science since the 20th century. So far, German philosopher Kant and French astronomer Laplace already state a hypothesis that the solar system is formed by a large rotating primordial nebula.

From the theory of physics, "basic interaction" is often called the "four forces of nature" or "basic forces of the universe." All the physical phenomena of matter observed so far can be described and explained in physics by means of these four basic interaction mechanisms.

Newton's "universal gravitation" can explain some large-scale astronomical phenomena, such as solar system; and basic astronomical phenomena such as planets and revolutions; and some common sense of life such as falling objects, and the appearance of heavy objects. Being fixed on the ground, people cannot jump too high, etc.

"Strong interaction force" and "weak interaction force" are very important to modern cosmology, especially in describing the evolution of the universe especially in the fields of particles

"Electromagnetic interaction force", most substances in the world have electromagnetic force. Like gravity, The effect of electromagnetic force is infinite.

The theory of "quantum gravity", which was introduced by Albert Einstein and Niels Bohr, and "quantummechanics" created by a large number of scientists like Heisenberg or Schrodinger, is a very active field.

"dark matter" suggested by Fritz. Zwicky is an invisible matter that may exist in the universe proposed by theory. It may be the main component of the matter in the universe, But it doesn't belong to any known substance that constitutes visible celestial bodies. According to the premise, dark matter in the universe accounts for more than 90% of the total mass of all matter. astronomer Jacobus Kapteyn has first proposed that "dark matter" might exist.

I think the interaction between these basic forces in the universe and the huge dark matter maintain the balance and stability of the universe. Perhaps in the future, physicists will discover other forces, because the universe is under exploration, and there are more mysteries that have not been discovered by humans. To study the origin and formation of the universe is the task of astrophysicists.

In middle school, we learned: from the theory of chemistry, the world is made of matter, matter is made of molecules, molecules are made of atoms, and atoms are made of protons, neutrons, and electrons. Beyond particle physics. There are also gravity, magnetic fields, electromagnetic waves, and so on in physics. Due to the interaction between matter and matter, the universe can maintain a balanced state and survive.

The universe we see today is not only one solar system, but number of solar system structures became like our Milky Way, number of galaxies constitute the vast and outer space. How big is the universe? No one can really know, and scientists can only know about the universe in a limited way. But we can know big things from small things, and we can know long distance things from close things.

From the perspective of the solar system: the moon revolves around the earth, and the earth revolves around the sun; each planet rotates and revolves, and they have their own orbits and laws, and planet collisions rarely occur. How amazing and incredible it is! This is a balanced force of the universe that controls and maintains this stable state. Balance is stability. If the universe is unbalanced and unstable, the planets will become chaotic, there will be a ubiquitous big explosion, and no living organisms will exist.

"The Law of Entropy Increase" put forward by the German physicist Rudolf Clausius says that everything in the universe and on the earth consumes energy. When energy is exhausted, it will inevitably go to extinction. Nothing can last forever.

Although this is a desperate law. But I imagine: the day the universe dies, a new big bang will happen, and another new universe will be born. Although the planets in the universe die, and

meteors fall every time, new stars are also born every time. This is the power of balance and the need for balance.

One day the sun will burn out, maybe there will be a new sun or most probably a black hole; one day the earth will also be destroyed, and I hope a new earth will appear. This is the power of balance and the need for balance. Disappeared for the next existence, all material world disappear and exist under the law of balance.

1.2 The balance of the earth

According to scientific research: the earth belongs to the solar system. It originated from the primitive solar nebula 4.6 billion years ago. 71% of the earth's surface area is ocean and 29% is land. When viewed from space, the earth looks blue. There are cores, mantles and crust structures inside the earth. there are hydrospheres, atmospheres and magnetic fields outside the earth.

The movement and evolution of the earth system has brought about changes in landforms, forming oceans, lands, plateaus, basins, mountains, rivers, etc. According to our observations while the probability of extraterrestrial life is high, the earth is the only celestial body known to have life in the universe at present, It is home to millions of creatures including humans. In geography class, we also learned this knowledge.

The earth is able to nurture life because it has soil, sunlight, water, air, and suitable temperature. the water vapor evaporation from rivers, lakes and oceans, and when it encounters cold air, clouds and rain are formed, sprinkled on the ground to irrigate the soil, nourish forests, grasslands, and wetlands, so that the lungs of the earth can breathe. Rivers are like the blood vessels of the earth. together with rainwater, they irrigate farmland and nurture Life form. The cycle of light, water, air, clouds, and rain make the life forms of the earth go on, endless life repeating itself again and again.

All this is so natural, so reasonable, everything is naturally generated! This is the balance of nature. Imagine that if there is no rain, the land will be drought; if it always rains, the land will flood, and animals and plants will not survive. If the temperature of the earth is too cold or too hot, it is also not suitable for the existence of living bodies. The temperature is neither too cold nor too hot, which is the balance suitable for life. The earth's rotation distinguishes between day and night, humans work during the day and rest at night, this is the balance of natural yin and yang.

The earth revolves around the sun to form four seasons: spring sowing, summer weeding, autumn harvest, and winter rest. Year after year, again and again, this is the balance of seasons and climate. The Antarctic and Arctic are extreme climates and zones. Because they are not balanced in all aspects, they are not suitable for human habitation.

1.3 The balance of the world

There are many countries in this world, some countries have good geographical environment and climate, and some countries have poor geographical environment and climate. The economy is the foundation of everything, and every country will choose a model that suits its own country's economic development and learn from each other to achieve balanced development.

For example: if it is not suitable for heavy industry, then develop light industry; if it is not suitable for growing crops, then develop aquaculture; if it is not suitable for growing rice, then grow wheat and so on. each country has its own remote areas and underdeveloped areas, only by paying attention to these issues and helping to invest the construction of backward areas, the country can achieve a balance of development.

As individuals, some people are suitable for science, some are suitable for liberal arts; some choose to become a mental worker, some choose to become a manual worker; some are engaged in art work, some People are engaged in medical work. This is a balance of socialized division of labor and cooperation. With the balanced operation of different professions, the huge society of the country can be stable.

The development of military power is very important. In order to be peaceful, in order not to be bullied by other countries, in order to win the war, it is necessary to develop its own military strength. Only when the military forces between countries reach a balance can wars be avoided and the world can be stable and peaceful.

1.4 the balance of Society

In a society, there are many kinds of people. The problem of society is the problem between people. Because everyone has different economic conditions, different levels of cultural education, different families structure, and different personal values, living in different regions, in order to survive this common purpose, formed a group society. How to make a complex society into a harmonious society, how to make complex interpersonal relationships into a harmonious relationship between people, this is the goal of politician, thinker, economist, ethicist, educators and sociologists in every society.

If social resources are unevenly distributed, the gap between the rich and the poor is too large, and the regional development is uneven, individual efforts cannot achieve equality of value, this will cause some social conflicts. Ignorance, selfish and jealousy are the root of all evil, and it is also an important cause of disharmony, imbalance, instability, and unhealthy interpersonal relationships. The darkness of jealousy and the guilt of psychopaths can also make some people criminals.

Equality is balance. Due to various complicated reasons, it is impossible to achieve absolute equality. However, human beings can use their own wisdom to adjust the contradictions in the real society, making them as equal and balanced as possible.

For example: a healthy and harmonious society operates in accordance with a comprehensive set of laws and regulations. Those people with high income pay more taxes to develop public works and education, helping people in difficulties, this will achieve a balance; those people who contribute to mankind should be highly honored, this is the value orientation pursued in the society. It's accepted and balanced in people's psychology.

You can choose to be a general clerk and work in the office, you can wear a decent but low income; or you can choose to be a plumber and wear working clothes all day long climbing on the ground for maintenance, but the income is very high.

This is the difference in the division of labor and choices in society. Each has his own advantage. This is the balance of choices. All kinds of people divide labor and cooperate, and the yin and the yang complement each other, the social family will be harmonious, balanced, peaceful and stable.

The ancient Chinese thinker Lao Tzu advocated "Do nothing and everything is done", which means don't act arrogantly, and let everything be natural. The great ancient Chinese thinker and educator Confucius advocated "Don't do to others what you don't want", these two sentences can also solve the confusion of interpersonal relationship. Individuals need to improve their spiritual cultivation, restrain selfishness and jealousy, so that they can be sublimated into motivation for yourself. The Confucian "The golden mean" is moderation, which means impartiality and balance; moderation can achieve balance. If everyone is psychologically balanced and everyone has a harmonious relationship, the society has achieved its highest ideals.

1.5 The balance of human physiological

Scientists say that the world is made of matter, humans are made of particles as everything in the universe, and the human body is made of a bunch of atoms. Everything in this time and space is a relationship of interaction and interdependence. The philosophical thought of "the harmony between human and nature" of ancient Chinese Taoism constitutes the foundation of Chinese traditional culture. Tao is "yin-yang balance", the universe is naturally the big world, and man is the small world. Man and nature are interlinked in essence. Man and matter, matter and matter coexist harmoniously, and the melody of life and nature blends. Therefore, all people and things should follow the laws of nature to achieve a balance and harmony between man and nature.

"Yin-Yang and Five Elements Theory" is a simple dialectical materialistic philosophy created by the ancient Chinese people. Therefore, ancient Chinese medical scientists used the theory of Yin Yang and Five Elements to explain various phenomena of human physiology and pathology, and used them to guide and summarize medical knowledge and clinical experience. This gradually formed a theoretical system of traditional Chinese medicine based on the theory of "Yin-Yang and Five Elements".

The "five elements" are: wood, fire, earth, metal, water.

This refers to the five aspects of the state, not the five substances in nature.

Attributes of things with the properties of growth, smoothness, and comfort belong to wood; attributes with rising and warm properties belong to fire; attributes with carrying, receiving, and digesting functions belong to earth; attributes with the properties of clean and spread belong to metal; attributes with the properties of coldness, moisture, and downward movement belong to water.

"The five elements generate and restrict each other":

wood generates fire; fire generates earth, earth generates metal, metal generates water, water generates wood.

wood restricts earth, earth restricts water, water restricts fire. fire restricts metal, metal restricts wood.

"The Five Elements Theory" uses the relationship with each other growth or each other restrict between the five elements to explain the mutual relationship between things. It is believed that everything is not isolated and static, but maintains a harmonious balance in the continuous movement of growth and restrict interaction.

"the Book of Changes" is a dialectical philosophy book in ancient China, an ancient classic expounding the changes in the world, and a cosmology and methodology of traditional Chinese culture. "Theory of Yin and Yang" comes from the "the Book of Changes".

"Yin-Yang Theory" uses the phenomena and laws of natural movement to explore the physiological functions and pathological changes of the human body, thereby explaining the theory of the human body's functional activities, organizational structure and their relationships.

When treating patients, Chinese medicine doctors need to look, smell, ask, and touch: wishing to observe the patient's physical appearance, complexion, tongue coating, and expression; listening to the patient's sound: cough and wheeze, and smelling the patient's bad breath, body odor; asking the patient about the symptoms they feel and have had before the disease; touching to check the pulse by hand or press the abdomen to check for lumps. The doctor can diagnose the patient as an imbalance of Yin and Yang. Then prescribes and chooses appropriate herbal medicines to adjust the patient's yin and yang balance, so as to achieve the goal of curing diseases and saving people.

Anything can be distinguished by "yin-yang". Substances that have positive, warm, excited, not static, rising, and bright effects on the human body belong to yang; substances that are static, peaceful, declining, cold, dark, moisturizing, and inhibiting belong to Yin.

Yin and Yang are always in constant movement and change. Yin disappears and Yang grows, Yin grows and Yang disappears. Both yin and yang grow, and both yin and yang disappear. Yin and Yang are opposed or interact to each other.

"Balance" refers to the disappearance and growth movement between yin and yang. If it is carried out in a certain range, a certain degree, a certain limit, and within a certain period of time, this disappearance and growth movement is often not easy to detect, or the change is not significant, things in general still showing relative stability, it is called "balance" at this time. If the body is in balanced state, the body is in healthy state; if the body is in unbalanced state, it means that the balance between Yin and Yang has been lost, and people will feel uncomfortable because the body is in unhealthy state.

1.6 The balance of Human psychology,

What are the seven emotions and six desires of people? Seven emotions: happiness, anger, worry, anxiety, fear, sadness, and shock. This refers to the expression of feelings or mental activity. Also called "emotion". Six desires: eyes, ears, nose, tongue, body, mind. Refers to a person's physiological needs or desires.

Everyone has seven emotions and six desires. If people use any emotion uncontrollably, they will fall into "excessive". If their mental state is out of balance, people will get sick; if people are controlled by "emotions, "it's an emotional and unstable people, Interpersonal relationships will also be affected.

If a person meet his physiological needs without restraint, he will soon become ill and affect his longevity. If one's desires are too much, too high and unrealistic, one will fall into the abyss of desire, suffering and unable to extricate himself.

Psychological balance means not overdoing, not extreme, not comparing, doing what you can, and being content and happy. The balance and stability of the mental state and the health of the body and the mind are important factors for a happy life. The problem of the world is the problem of man; the problem of man is the problem of the man's soul. To solve psychological problems is to solve the problem of psychological balance.

1.7 The balance in the field of art

Architectural art: architecture and sculpture belong to the art of shaping. From ancient to present, no matter where for each country and dynasty, when constructing a building, it must first design whether its structure is reasonable, balanced and stable. This is a centennial plan and a millennium plan. Then they consider whether the shape of the building is beautiful and its style. This structure of stability and appearance reflects the ubiquitous sense of balance of the building.

Literature art: In the most basic writing or literary creation, there must be the theme, structure and content of the article, and the order of writing: beginning, connecting (transition), and ending; foreshadowing, echoing from the beginning to the end, emphasize the theme; this is a kind of balance.

Painting art: in the application of composition and color, there are cold colors series and warm colors series and intermediate colors series; different colors series need to be combined, and different color series need to be transitioned. The contrast and agreement of the picture must be considered, the color contrast and agreement, this is a kind of balance.

Music art: four sections are a musical sentence, eight sections are a piece of music, and sixteen sections are a song. From the numbers of music section, all neat and symmetrical, which is a kind of balance.

When music is on the move, the rhythm's upbeat and downbeat are alternately used, and the fast and slow speeds of the music passages are compared, which is a kind of balance.

In the musical form of A+B+A1, A and A1 are the reproduction and return to the theme; if it is a large musical work, such as the presentation part and the reproduction part in the sonata style, it is a greater reproduction and return to the theme, which is a kind of balance.

In polyphonic music, contrast, imitate, change, unify of musical motives or phrases between two voices, three voices, and four voices are to make multi-voice music on the move maintaining change and balance.

1.8 the balance between humans and nature

Human beings will never be able to conquer the powerful power of nature. For example: human can't change the position and rotation direction of the cosmic planets; human can't change the alternation of day and night; earthquake and volcanic eruptions cannot be changed; human can't change floods, hurricanes, tsunamis, landslides, avalanches, land subsidence, etc all natural disasters.

It is foolish saying that Man can conquer nature. Humans can only adapt and transform nature. While transforming nature and building homes, we must pay attention to protecting the environment and maintaining ecological balance.

Humans and the animal world live in peace, and humans and nature coexist in harmony, so that humans can survive better. If you only want economic benefits, violate the laws of nature, destroy the ecological balance, and fight against the laws that must be followed by people and nature, you will definitely be punished and unable to survive.

2. CONCLUSION:

In my opinion, the basic forces of the universe: universal gravitation, strong interaction and weak interaction force, electromagnetic interaction force, quantum gravity, dark matter, etc, maintains the balance and stability of the universe; the sun, air, water and plants maintain the balance and stability of the living space of life; the economic, cultural and military development of the world maintains the balance and stability of the world; the balanced development of economy and culture maintains social balance and stability. People to people, this relationship should: be respectful, moderate, selfless and humble; maintains the balance and stability of the group; Personal physiological balance and psychological balance, maintain the balance and stability of life; the laws of various arts include balance and stability. The harmony between man and nature maintains the balance and stability between man and nature. Balance is all the laws the operation of nature and human society, this law is the balance.

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Profile:

艾佩莹 Ai Peiying , female, was born in Guangzhou, China in May 1960. Graduated from Guangxi Art Institute, working in Guangxi Theater, senior professional title, has retired. Interested in philosophy.

Published "Essay", "Fragment of Time" and "Pei Ying's Little Poem". the magazine article "Balance Theory" won the first prize in《Science Herald》in May 2020 China.