Shifting Beyond the World of Duality

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Abstract

This world is made up of two polarities. These polarities often represent opposing qualities that exist in harmony. In the academic realm, the concept of duality can be found in a variety of disciplines, and the exploration of the duality can lead to a more complex understanding of the world and can assist researchers to explore the complexities of human nature more profoundly. Many problems nowadays in the real world are multifaceted and cannot be tackled by a single discipline. In particular, the 21st century is characterized by rapid technological progress such as data-driven technologies, and global challenges, and interconnected systems, the importance of interdisciplinary research has never been more pronounced. Transdisciplinary approaches function like a set of tongs to stair spaghetti with ragu sauce to make a perfect pasta dish. It surely symbolizes a concept like a Chinese symbol of the light and dark. To comprehend the strength of the opposing side, researchers should delve deeper into both poles. When it comes to interdisciplinary studies, this interplay of yin and yang can be likened to the relationship between science and metaphysics. The characteristics of each becomes defined, and then the perfect transdisciplinary process shall appear. More specifically, science and metaphysics can be marinated as a unity of the polarities. It is now time to merge one polarity with the other to make a concept of wholeness.

Keywords: *alchemy, duality, transdisciplinary, yin and yang, polarities, complexity, emerald tablets, knowledge, science and metaphysics, polarity.*

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1. Introduction

The idea of dualities is a common theme in many spiritual traditions, reflecting the human experience. It can be said that this world is made up of opposing qualities that generate both unity and contrast. The study of duality and transdisciplinary research in the global societies offer a fascinating way to understand the complexities that define our reality.

Indeed, as Emerson Brian and Lewis Kelly state in *Navigating Polarities: Using Both/And Thinking of Leading Transformation*, the brain is capable of functioning 'either/or thinking, and it does not like to be ambiguous being 'both/and'. The brain yearns for predictability whether to 'do it now' or 'do it later', which does not allow individuals to choose between the two. As they argue people often discuss various things in opposition such as 'stability vs. change,' 'structure vs. flexibility,' 'candor vs. diplomacy', while many problems cannot be solved by choosing a side. However, the best possible solution to complex problems is to comprehensively grasp conflicting perspectives[1].

However, people frequently struggle to express the harmonious coexistence of contrasting elements necessary for achieving success. Interestingly, in recent years, many scholars and researchers who study adult development theory argues many grownups see the world in a way of black/white mindset. According to Emerson and Lewis, transitioning from predominantly 'Either/or thinking' to incorporating more of a 'Both/and thinking' is a substantial cognitive growth that typically occurs in later stages of development[2]. In other words, in a broader sense, it can be said that humanity must live in an era where they are required to adopt a mindset of the 'and/both', as humanity is continuously evolving, as the author will discuss in detail later.

In transdisciplinary research, dualities play a crucial role in enhancing our understanding of the world and humanity. However, it is essential to recognize that these dualities are often simplified and can be fluid rather than rigidly fixed[3].

The human experience is multifaceted, and individuals tend to navigate a spectrum of experiences that may not fit into these binary categories.

In the academic realm, the use of clear-cut definitions of study fields can serve as a framework for understanding complex concepts. At the same time, it is also crucial to cultivate a nuanced and critical perspective that recognizes the limitations of these dichotomies. Ultimately, embracing the interconnectedness

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[1] Emerson, Brian, and Kelly Lewis. *Navigating Polarities: Using Both/And Thinking to Lead Transformation*. Washington, DC: Paradoxical Press, 2019, p. 15.
[2] Ibid, p. 17.
[3] Roux, D.J., Nel, J.L., Cundill, G. *et al.* „Transdisciplinary research for systemic change: who to learn with, what to learn about and how to learn". *Sustainability Science for Meeting Africa's Challenges* 12, 711–726 (2017). https://doi.org/10.1007/s11625-017-0446-0.

of all facets of existence can lead to a richer understanding of the world and promote a more integrated approach to knowledge and wisdom.

This paper approaches how the idea of dualities can fit into transdisciplinary research in the age that is filled with many complex problems around the world. It is about opening infinite possibilities for a rewarding future. Yet metaphysics is something that has not been scientifically proven. Yet many complex problems cannot be solved without inspiration and gut feelings.

Thus, it is important to transdisciplinary expand every aspect of any academic field of study. By recognizing the interconnectedness of opposing or different forces or ideas, we can strive for unity in a world that often seems divided.

2. Complexity of Duality

Duality is the concept of two things that are opposite to one another but also are closely intertwined. Light and dark are opposites, and yet they illuminate each other first like cell division, which is the first step of the evolution of life.

The divining line of the Chinese symbol of yin and yang not only symbolizes light and dark but also inspiration and expiration. Yin is a phenomenon that tries to expand from the inside out, while Yang is a phenomenon that tries to contract from the outside in. Christine Page in her *Frontier of Health: How to Heal the Whole Person* points out that one talks about 'inspiration' because they acknowledge 'expiration', which symbolizes life itself[4]. Both contain the potential for transformation into the opposite force – the differing two circles literary indicate the 'potential of transformation'[5], as Aristotle's famous proverb says: 'It's during our darkest moments that we must focus to see the light'[6]. The proverb indicates the global concept of truth, because in the East there is the concept of 'yin and yang', as mentioned above, while in the West, Aristotle also stated that the universe is composed of opposites.

There are 'two parts of one whole for everything,' which seems to be the 'law of the universe' that esoteric teachings reveal[7]. However, as humanity or human life evolves, the environment becomes more complex and unpredictable. Furthermore, the concept of duality also indicates that when a problem becomes complex, so does the solution, because there is no standardized or effortless way to solve it.

One facet of such complexity can often be created by the opposing force to highlight the relationship between light and dark. The depth of the problem is not acknowledged until the bright light is shed on it. Further, when one extreme

[4] Page, Christine. *Frontier of Health: How to Heal the Whole Person.* London: Random House, 2005, p. 30.
[5] Ibid, p. 31.
[6] Aristotle Onassis Quotes.' BrainyQuote. Accessed June 5, 2022. https://www.brainyquote.com/quotes/aristotle_onassis_119068.
[7] Page, Christine, *op. cit.,* p. 32.

is significantly stronger than the other, finding an optimal solution becomes challenging.

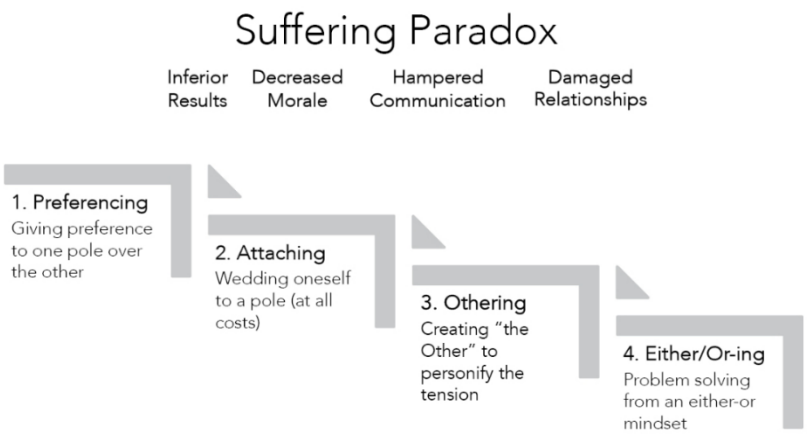

Figure 1. *Suffering Paradox*
Source: Emerson, Brian, and Kelly Lewis[8].

For instance, when an individual discusses a problem with someone who has the 'opposite' perspective, they often protect themselves to adapt their opinion as part of their identity[9]. Based on the research conducted by Emerson and Lewis, individuals in groups are faced with a polarity without a framework for understanding it as an interdependent duo, they go through a series of stages 'Preferring,' 'Attaching,' 'Othering,' 'Either/or-ing' as shown in **Figure 1**[10].

This phenomenon indicates that individuals soon enter their 'Preferring' stage in which they 'place more value on one pole over the other,' even if they acknowledge the other one is also as important as their pole[11].

As the process of the stages in the figure 1 proceeds, the ego strengths of groups grow, indicating a manifestation of 'yin and yang' as illustrated in **Figure 2**. Individuals with too much ego strength may become too rigid to destruct a harmony, while too little ego strength may become too dependent on others to neglect their own opinions.

In other words, the significance of the 'yin and yang' above not only represents the interconnectedness of all existence but also illustrates the concept of 'cause and effect'. People make choices, and their choices have consequences in

[8] Emerson, Brian, and Kelly Lewis, *op. cit*., 2019, p. 20.
[9] Ibid, p. 20.
[10] Ibid, p. 19.
[11] Ibid, p. 20.

this world. With the arrival of the new era, there is a possibility that various problems await humanity in the future.

Figure 2. *Yin & Yang (Implicitly & Explicitly)*
Source: https://hinohikali.com/yomoyama/taikyokuzu/[12]

Yet humanity has evolved by diving into the unknown. As the divining line of Yin and Yang shows, dark and light circulate, indicating that things will never stay the same. For instance, data-driven technologies, which symbolize modern society, will affect various fields in the future. It will be important to generate new knowledge and approaches to problem-solving. Emerson and Lewis note when the individual in their research understands polarities, their 'dynamic' could transform into a 'creative force' instead of a 'destructive one'[13]. When they finally understand a situation with a polarity mindset, they acknowledge their problem is 'solvable'. They begin to accept one another to 'synchronize' and 'better understand' that both views are necessary if they wish to accomplish their goal. A 'both/and perspective' is the way to find the 'sustainable third way'. This 'Both/and perspective' is the way to merge both yin and yang poles to harness the benefits of both poles, which illustrates how transdisciplinary research comes into a picture. The balance between structure and flexibility is crucial for any success. The stronger our preference for one extreme, the more inclined we are to accept the consequences of its excessive use, possibly overlooking the possibility that we may lose some of the benefits we originally sought[14].

Interestingly, Paul Gibbs notes in 'The Struggling Towards a Transdisciplinary Metaphysics' in that 'emergence' is the crucial aspect of human life, and

[12] The Tai Chi Diagram at the Heart of Japan | The Encyclopedia of a Wonderful Life (Lucky Life and Happy Living). 2024. https://hinohikali.com/yomoyama/taikyokuzu. Accessed June 5, 2024.
[13] Emerson, Brian, and Kelly Lewis, *op. cit.,* p. 20.
[14] Emerson, Brian, and Kelly Lewis, *op. cit.,* p. 22-23.

all knowledge development which is concerned with human beings and their activities in the world might be triggered from a 'transdisciplinary metaphysic contingent'. He also points out a 'whole integration', or 'genuine transdisciplinarity' is now required[15].

A new solution can be created when seemingly contradictory things unfold. Sue L. T. McGregor notes in 'Transdisciplinary Logics of Complexity' that 'high level of expertise' can be advantageous, but that is not 'sufficient' to solve the complex problem. She argues that complexity is 'nonlinear', which indicates that the 'interwoven strands' are characterized in relation to 'what they are connected'[16].

When such 'interwoven strands' are unwoven, an innovative approach can be formulated as a solution – that is being 'knowledge'. Humanity must strive to create a better future, as it leads them to live better. Joe Dispenza writes an insightful forward in Dawson Church's *Mind Matter: The Astonishing Science of How Your Brain Creates Materials* that when one learns something new, they start failing to 'see things the way they were'[17]. That is called 'knowledge', which literary makes new synaptic connections, allowing the learner to initiate it to into a new knowledge[18]. When humans are undergoing in the current age result in numerous complex challenges such as the emergence of AI technologies in everyday life, climate change and social diversity, a thoughtful and new approach to change the global communities to shed a light on to the challenges to make see things the way they were.

As Javier Collado notes in 'Transdisciplinary Education as Ethic of the Diversity Reform in the World-Society of the 21st century,' transdisciplinary is defined as: Research or education that brings integration of different disciplines, where 'religions and science are complementary'[19].

In recent years, the power of such collectivist religions has waned, the concept of diversity has become more prevalent, an era of individual spirituality has arrived, and technological innovations affecting the labor force and job market may threaten the future existence of humanity. While the 20th century was defined by 'conflict' and 'division', the 21st century has seen a greater emphasis on 'cooperation' and 'sustainability' in the face of global challenges[20]. As unity

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[15] Gibbs, Paul. 'The Struggling Towards a Transdisciplinary Metaphysics.' *Postdigital Science and Education*, vol. 4, Issue 3, October 2022, pp. 649–657.

[16] McGregor, Sue L. T. 'Transdisciplinary Logics of Complexity.' *Integral Leadership Review*. July 2020. https://integralleadershipreview.com/17501-7-31-transdisciplinary-logics-of-complex ity/. Accessed June 5, 2024.

[17] Church, Dawson. *Mind to Matter: The Astonishing Science of How Your Brain Creates Material Reality*. Hay House, India, 2018, pp. xi-xxii.

[18] Ibid, p. xi.

[19] 'This vs. That.' *20th Century vs. 21st Century – What's the Difference?* - https://thisvsthat.io/20th-century-vs-21st-century. Accessed June 5, 2022.

[20] Collado, Javier. 'Transdisciplinary Education as Ethic of the Diversity Reform in the World-

may be the key to the 21st century in the age of AI (science) and metaphysics, including religions, will be essential to 'shed light' on one's true nature.

3. Scientific Mindset vs Metaphysical Mindset

If science is a representation of the empirical data of the past, metaphysics is a representation of the possibilities of the future. Man can find his own position when these facets merge. For fixing complex problems in global challenges both analytical (scientific) and metaphysical mindsets may be required, as Church states that he sees certain patterns between 'thought' and 'thing'. He sees that much of one's evidence can be found when they are simply 'aware,' which he defines as the simplest state of consciousness. He notes: the way we use that consciousness – the way we direct our awareness – produces profound and immediate changes in the atoms and the molecules of our bodies. Sciences also show us that our consciousness affects the material reality around us. As our consciousness changes, so changes the world[21].

The scientific mindset can be viewed as a discipline of 'thing' or concrete evidence in three-dimensional reality such as 'atoms' and 'molecules'. It navigates a researcher to give a profound impact to his scientific research. The accumulation of data leads to significant research results. Such a 'linear' process is effective for those decisions with 'relatively less ambiguity', such as placing 'measurement devices' for pollution monitoring or budgeting to set regulation. However, in the case of the growing interconnectedness of 'social and environmental' problems, such as 'climate change and pandemics like COVID-19', metaphysics is the single discipline that cannot address the unpredictable and nonlinear phenomena[22].

Research often shows that with the scientific minds, used deliberately, one can create things beyond the ordinary[23]. They can create material form out of their subconscious minds, even if there are times that they fail to manifest their thoughts[24].

Interestingly, Ihoko Kurokawa in her *Maemukini Ikirunante Bakabashii*: *Noukagakude Kokoronokoriwo Hogusuhouhou* [Thinking Positively and Living Optimistically Is Foolish*:* How Brain Science Relieves Mental Tension] states there is a phenomenon in psychology called the 'cocktail party effect'. It refers to one's ear ability to notice their name being called in a softer voice amidst the 'noisy background chatter', which may sound like just a 'murmur'. At the hustle

Society of the 21st Century.' *Global Education Magazine*, June 20, ISSN 2255-033X, https:// globaleducationmagazine.com/transdisciplinary-education-ethic-diversity-reform-world-society-21st-century/.

[21] Church, Dawson, *op. cit.,* 2018, p. xxii.

[22] Lawrence, Mark G., Stephen Williams, Patrizia Nanz, and Ortwin Renn. 'Characteristics, potentials, and challenges of transdisciplinary research.' *One Earth*, vol. 5, no. 1, 2022, pp. 44–61.

[23] Church, Dawson, *op. cit.,* 2018, p. xxi.

[24] Ibid, p. xxi.

and bustle of an airport, for instance, one can turn around if their name is called out. Amidst all the announcements at the check-in counter, they may only hear to urge them to board their bullet train as soon as possible[25].

This is made possible by the fact that the subconscious mind can 'perceive all kinds of information from background noise' and 'selectively relay only the necessary information' to the conscious mind. The subconscious mind captures 'tens of times more information than the conscious mind' does and filters out unnecessary information[26].

In academic research, numerous researchers avoid metaphysical concepts, as they are often vague and experimental. To them, metaphysics is something that has not scientifically been proven. As stated before, when a light sheds onto darkness, one can no longer see things the way they were. Louise Dalingwater argues metaphysics shows a 'substance of reality' that cannot be found by observing and experimenting in a 'scientific' way[27].

A substance of reality indicates the basic material that makes up physical reality. Indeed, the nature of complex reality remains a complex and ongoing philosophical and scientific inquiry. Human beings are not only made of matter, and it is significant to acknowledge what they carry beyond matter by living in a three-dimensional reality. Everything that exists in this world is made up of 'people,' 'objects,' 'places', and 'time', as Joe Dispenza argues in *Becoming Supernatural. How Common People are Doing the Uncommon*. He further notes that in the three-dimensional reality, people cannot experience them without their 'five senses'[28], which can be said as a dimension of 'particles and matter'[29]. Through their senses, humans experience these things as density. In the realm of the quantum, 'mind' and 'matter' are indivisible. As a body, Humans use their senses to define this present moment we live in.

Traditional Newtonian discipline is the world of the predictable or known, allowing people to reach outcomes, whereas quantum is the world of the unpredictable or unknown. In three-dimensional reality, the more we experience separation and scarcity. As individuals move their attention away from the outer world and toward the inner world, into the present moment, our consciousness aligns with its unconsciousness. This may be a 'third way' to find a solution to complex problems using transdisciplinary approaches.

Bill Dennison notes in his blog, *Transdisciplinary Literacy: Seven Prin-*

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[25] Kurokawa, Ihoko. *Maemukini Ikirunante Bakabashii* [*Thinking Positively and Living Optimistically Is Foolish: How Brain Science Relieves Mental Tension*]. Magazine Haus, 2018, p. 54.
[26] Ibid, p. 54.
[27] Dalingwater, Louise. 'Challenges in Transdisciplinary Research: Response to "The Struggling Towards a Transdisciplinary Metaphysics" (Gibbs 2021).' *Postdigital Science and Education*, vol. 4, 2022, pp. 671–675. https://doi.org/10.1007/s42438-022-00292-6.
[28] Dispenza, Joe. *Becoming Supernatural. How Common People are Doing the Uncommon.* Carlsbad: Hay House, 2017, p. 48.
[29] Ibid, p. 219.

ciples That Help Define Transdisciplinary Research, transdisciplinary approaches are 'best used for problems that are the most complex', to resolve. As he notes there are a few good reasons as to why transdisciplinary research can be useful for difficult problems. First, it consumes more 'effort', more 'resources', and more 'time' than traditional research, so that problems can be tackled more 'quickly' with less intensive means. Second, transdisciplinary approaches help to structure problems in a way that makes them 'resolvable' with the 'available resources' and 'people involved'. Finally, the 'co-design' of the research program and the 'co-development' of strategies and products, which are essential to address complex problems, allow for the development of trusting relationships so that the solutions developed by the research program are owned by all partners, enhancing the implementation of solutions[30].

The **Figure 3** below shows how the unity of both binaries can equally merge into each other in transdisciplinary research, without any boundaries. When the analytical mind of science merges with the non-analytical mind of metaphysics, it can be said that there is coherence between the outer world and the inner world. When the analytical mind of science merges with the non-analytical mind of metaphysics, there is coherence between the outer world and the inner world.

By using the analytical mind, humans can analyze their problems based on their past experiences and can predict their future at the same time. The analytical mind, as Dispenza argues, can be defined as a world of 'matter', which is based on 'predictable known'[31]. Complex problems can be solved by finding solutions through innovative approaches based on past data or experiences.

Transdisciplinary research allows researchers to discover an innovative path by creatively addressing the inherent contradictions within a polarity. A unity of polarities allows to 'merge' or 'transcend' disciplinary boundaries that lead to the solution of a complex problem, it is essential to approach it from a broad perspective, which may be something that science has overlooked. As mentioned before, if the transitional third way is the key to resolve the complex problem, it requires individuals to 'get out of their heads' to eliminate old beliefs, social, and past experiences to represent their EITHER/OR mindset. Third way requires, as Emerson and Lewis point out, a more 'intuitive' or metaphysical way of knowing to experience the reality of being with both 'this' and 'that'[32].

[30] Dennison, Bill. 'Transdisciplinary Literacy: Seven Principles That Help Define Transdisciplinary Research.' *University of Maryland Center for Environmental Science Integration and Application Network*, March 6, 2017, https://ian.umces.edu/blog/ transdisciplinary-literacy-seven-principles-that-help-define-transdisciplinary-research/.
[31] Dispenza, Joe, *op. cit*., 2017, p. 238.
[32] Emerson, Brian, and Kelly Lewis, *op. cit.,* p. 69.

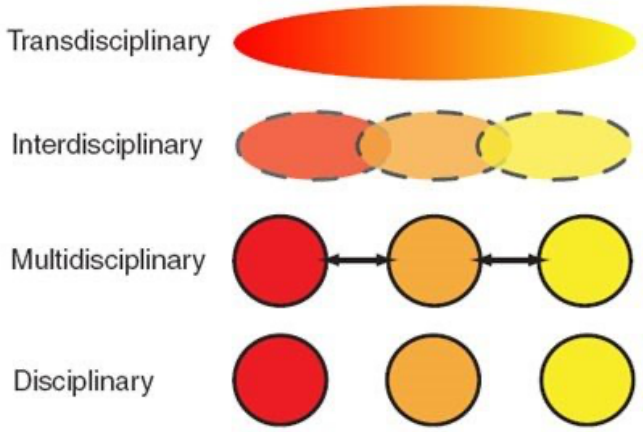

Figure 3. *Diagram of Transdisciplinary Process*
Source: http://www.nature.com/nchembio/journal/v4/n9/fig tab/nchembio0908-511 F1.html[33]

Experiencing and acknowledging BOTH/AND (scientific/metaphysical) mindset reveals that separation is an illusion; they are merely varied expressions of a common aspect. As a circle of the yin and yang represent unity and the wholeness, the third way of BOTH/AND mindset can be viewed as a pole that is shown in the middle of a circle as shown in **Figure 4**. The pole can show the wholeness that represents the divine perspective.

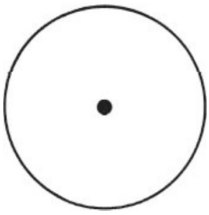

Figure 4. *Unity and Divine Perspective*
Source: Page, Christine. *Frontier of Health: How to Heal the Whole Person.* London: Random House, 2005.

As the figure shows the divine perspective can reveal a transcended solution to a complex problem. Interestingly, Page describes this solution as a 'common principle' that can look from the side like a shape with 'two sides' and a central pole like a 'tepee'[34]. The 'common principle' is like a mountain peak,

[33] Schneider, Jay W., Zhengliang Gao, Shijie Li, Midhat Farooqi, Tie-Shan Tang, Ilya Bezprozvanny, Doug E. Frantz, and Jenny Hsieh. 'Small-molecule activation of neuronal cell fate.' *Nature Chemical Biology*, vol. 4, no. 9, 2008, pp. 408–410.
[34] Page, Christine. *op. cit*., 2005, p. 30.

which allows climbers to see the whole view of the scenery. To find such a magical solution, there must be chemistry between opposite disciplines such as science and metaphysics. A chemical reaction only occurs when multiple molecules collide with the right orientation and sufficient force to form unity. The holistic perspective approach highlights the transdisciplinarity of microcosm (earthly) and macrocosm (universe): that is being a new alchemical product of the data-driven technologies.

4. Conclusion

A broad concept of transdisciplinarity can be figuratively interchangeable with that of alchemy, which is defined as 'a form of chemistry studied in the Middle Ages that involved trying to discover how to turn ordinary metals into gold like the expression: 'As above, so below.' Paul Gibbs argues that many researchers who are seeking the definition of transdisciplinary research are not willing to jettison their disciplinary positionally, to seek something which cannot be acknowledged from what we now refer to as 'knowledge'[35].

When the transcended solution to create gold from base metals, for instance, there must be some chemistry between those substances. Hermes Trismegistus states: 'That which is below is like that which is above, and that which is above is like that which is below, to accomplish the miracles of one thing' on the Emerald Tablet, which is interpreted that what happens in the universe affects individuals to show the world of duality.

The concept of light and dark is more focused on that of the duality itself, while Hermes's concept on alchemy is more focused on what happens after the boundary between the two transcend, and the magic happens when the substances merge. Alchemy is known as a form of thought that tried to transform 'base metals' such as copper into 'gold'[36]. Even if it is 'speculative', there is a certain truth to the universal law that anyone could relate themselves to.

The specialization of subjects extends even to the naming of university chairs. The ability to think within a larger scientific unit, let alone to study beyond it, is declining. This indicates that the boundaries between subjects and disciplines increasingly threaten to become not only institutional boundaries, but also the boundaries of knowledge.

Mark G. Lawrence et al. argue in 'characteristics, potential, and challenges of transdisciplinary research' that academic research across various disciplines has consistently offered 'valuable insights'[37] into these obstacles. This

[35] Gibbs, Paul, *op. cit*., 2022, pp. 649–657.
[36] 'Alchemy.' Wikipedia. Last modified August 2, 2022. https://en.m.wikipedia.org/wiki/Alche my. Accessed June 5, 2024.
[37] Lawrence, Mark G., Stephen Williams, Patrizia Nanz, and Ortwin Renn. *op. cit.,* 2022, pp. 44–61.

knowledge has frequently played a crucial role in assisting the policymaking process by creating 'regulations', providing 'incentives', and implementing 'other mechanisms' to tackle these problems.

Additionally, it supports social advocacy efforts that aim for broader political and societal responses to predictable challenges. For instance, one of the greatest social challenges now for the humanities in modern society is to define what makes humans human, as data-driven technologies such as AI may soon manipulate the physical world. As noted above, to understand the strength of the other, individuals or researchers must have a deeper focus on one pole and the other.

By defining what makes humans human, and what makes human evolve, individuals can reaffirm the value of human existence. Acknowledging the strength of humanity can create the 'common principle' to find the 'third way' to solve unpredictable problems.

As Dispenza notes in *You Are the Placebo: Making Your Mind Matter,* the analytical mind measures what an individual does not know to assess the 'greatest chances of survival'[38] that allow individuals to learn from experience and apply to future outcomes. Such data-driven technologies will gradually change human life. Based on past experiences and patterns, man explores the unknown using what inspires him. Being creative means: Having the ability to ask questions based on concrete data.

Transdisciplinary approaches harmonize to allow humans to get the benefits of both poles in any situation. The scientific minds serve them to build coherence their outer worlds. There is a harmonious relationship between the different planes of reality, with structures, patterns, and phenomena found in the higher levels mirroring those in the lower levels. As mentioned above, the expression 'As above, so below' symbolizes the macrocosm (the universe) and the microcosm (individuals) resonate with each other. Interestingly, astrologically, it is often said that an astrological age affects humanity. It can influence the currents of cultural trends. The 'Age of Wind' will represent the world beyond boundaries, as Aquarius (water flowing boundlessly) will dominate philanthropy. The 'Age of Earth' had represented the world of duality for 240 past years, as Pisces (two fish swimming in opposite directions) has dominated it. We are now moving beyond it by exploring and merging various aspects that take us into the world of wholeness – that is being the world of transdisciplinary.

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The authors declare that she has no conflicts of interest with respect to the research, authorship, and/or publication of this article.

[38] Dispenza, Joe. *You Are the Placebo: Making Your Mind Matter.* Carlsbad: Hay House, 2014, p. 139.

Any errors or omissions are her own.

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