Journal Entry - #1 Ibianka Rivera

Heraclitus of Ephesus was a man of great wisdom, who was also a brilliant being and a man of self taught. He was known as a philosopher of nature, who sought all forces that were composed that of nature. No Greek philosopher as closely as creative or as of a rational thinker as this man was. His mind sought that “everything is a Flux,” meaning as everything is in a sort of connection to one another. Like a circuit of some sort.

“Opposition brings concord: Out of discord comes the fairest was harmony.” This contradiction was one of Heraclitus’s great aspects on life. He means that with many things; that they must both have a negative and a positive “harmonies,” if I may, in order for there to be any form of harmony. There must be one and the other, two of the opposites for there to be a rhythm of harmony. This concept exists by one subject, or object, in some cases doesn’t even have to be visual but something of two, pushing up against one another. Like a circuit, they connect by needing the other to work, but bounce back off into another direction for another current to access. Heraclitus uses a “shooting a arrow with a bow” as an example of his aspect of discord and cord. The arrow cannot be shot without the pulling of the bow, but without the bow there is no need for an arrow, in other words the bow is useless. The two feed off another to be useful, creating harmony.

This concept of needing the two in order for there to be one rhythm of harmony features in multiple experiences of my own. They have been simple situations but hard decision that always their own pros and cons. One prime example of a major situation I encountered, that I believe is a real life mirror of Heraclitus’s harmony quote, was when I had to make the decision on becoming a mother much quicker than expected. I was caught on going against my own beliefs and values versus being looked down on by all of humanity. None the less I choose to go up against all mans odds and taking responsibility for my own mistakes. Without this exstrodinaire (discord, negative) I wouldn’t have gained my most valuable spirit (concord, positive). And in my every day I thank god I took that chance to create harmony in my life.