

Yin and Yang Maturity

Maturity is a level of emotional and mental development (sometimes called wisdom) that is embedded in all areas of an individual's life—emotional, mental, physical, and spiritual—and illuminated by their conduct, their relationships with themselves and others, and their ability to tolerate ambiguity and complexity.

	Yin	Yang
The Physical	<ul style="list-style-type: none"> • Being deeply at home in the body • Maintenance of fitness • Stability, resilience, balance • Willingness to explore • Self-love and self-care • Feeling at home in one's ecosystem • Listening deeply and using one's voice 	<ul style="list-style-type: none"> • Disciplined physicality • At home in one's skin • Active exploration • Building, making • Recognises own impact, and takes responsibility
The Intellectual	<ul style="list-style-type: none"> • Embracing contrasting perspectives • Capacity to connect the dots • Balancing relational and absolute moralities • Feeling wonder • Curiosity • Learning and cooperation • Organic, emergent insight • A different kind of question • A different kind of "more" • Comfort with paradox 	<ul style="list-style-type: none"> • Willing to face reality and ask questions • Focused • Specific • Curious and open-minded • Able to explore questions without needing to push for answers • Leadership as stewardship, not ownership • Pattern recognition
The Emotional	<ul style="list-style-type: none"> • Affiliation with others and the world • Fairness and affection • Analogous to good mothering • Responsibility for others • Ability to hold anxiety without collapsing • Holding boundaries without losing connection • Curiosity about the unseen • Courage to know self intimately 	<ul style="list-style-type: none"> • Capacity for independence • Not afraid of emotions • Kindness and strength • Values presence over size • Takes share of responsibility for healing trauma • Self-aware • Humility • Does not seek "greatness" or domination • Willing to ask for help
The Spiritual	<ul style="list-style-type: none"> • Diffuse, permeable and immanent • Gratitude and compassion • Awareness of invisible fabric of connection • Loving-kindness for everything and everybody as they are • Connection to Source • Gentle infusion of Spirit into all aspects of daily life • Stillness, receptivity • Non-judgement 	<ul style="list-style-type: none"> • Consistent, highly disciplined spiritual practices • Desire for intense experience of the Holy • Seeks balance with Yin • Servant leadership • Surrender of the Ego