

# What do you find in the space between opposites?

There are a lot of theories floating around on the world and how things work. There are just as many assumptions, which the majority of us live by to varying degrees. Take for instance, opposites. It's the general consensus that everything has an opposite. If I asked you the opposite of dark and cold, you would likely say light and hot, respectively. Have you considered that dark is merely the absence of light, and cold the absence of heat? If you added 10 degrees of heat to -200 degrees, does that make it hot, or just less cold?

Looking at it from this perspective shows us that they are linear graduations on the same line, according to [Dr. David Hawkins](#) in his book [\*I: Reality and Subjectivity\*](#).