# What is Duality?

It's an ontological position on the view of mind and matter. Dualism says that there are two types of things, separate and distinct- mind (beliefs, motivations, emotions, experiences, 'redness') and matter (atoms, quarks, photons, DNA, the bus, etc).

The default human position seems to be dualism. We are born with an intuitive feeling that our minds are separate from our bodies, and that we control our bodies with our minds, and that our minds can continue to exist in some form after death. This position has many, many problems. The most important is: how can something non-physical interact and affect something physical? Which brings us to the "monist" (one thing) positions.

A monist position which used to be popular is 'idealism' in which the world is entirely mental, either yourself only (solipsism) or as a kind of 'consensus reality' between you and others. This idea seems wrong when we look at the terrifying explanatory power of science, which represents out next contender:

Physicalism! This is the view that everything is entirely physical, including your mind. It is highly empirically supported by things like airplanes, vaccines, and drug or electrode induced mental experiences. This is to be expected given that one of the tacit assumptions of empiricism is an unchanging physical world (oh tautology, how I love thee...)

There are other ways to square the circle of mind and matter. There's dual-aspect monism, which is a fancy way of having your science cake and eating it too.

Currently, I'm of the school of WeDon'tKnowShitism which supports continuing our empirical studies into the biology of the brain and the mathematics of information until a solution falls out or we go crazy trying.