

# YIN YANG

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# BALANCE



**ACHIEVE HEALTH, WEALTH AND BODY BALANCE  
THROUGH YIN YANG MASTERY**

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# Foreword

Cut up on the old stone drums of Republic of China, inscribed in books handed down through thousands of years, traced on ancient saucers and on saucers made today, is a sign and a symbol. It is woven into textiles, stitched into embroideries, emblazoned over house gates, wrought into shop emblems, a circle, locked together inside it yang and yin yang, light, yin, dark, each carrying inside itself the essence of the other, each shaped to the other.

Yin and Yang is a popular ancient Chinese construct of two complementary forces in the universe, which work hand in hand, to produce favorable energy.

Simply put, one force is favorable or differently referred to as masculine while the other is negative or differently referred to as feminine. Neither is preferred or is better than the other, and both are highly desirable factors when it exists in perfect harmony and balance.

# **Yin Yang Balance**

Achieve Health, Wealth And Body Balance Through Yin Yang Mastery

# **Chapter 1:**

## **Intro Yin and Yang**

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### **Synopsis**

This construct of equal balance between negative and positive factors is of course contradictory to most existing fundamentals where good is forever sought in its complete form. The yin and yang concept however advocates the necessity of having both factors present to embrace an ideal balance.

Relating it to a simpler comprehending of hot and cold, where neither extremes are desirable but a combination of both, produces the warmth desired.

Additional basic ways of explaining yin and yang are, yin being soft and yang being hard, yin being stillness and yang being motion, yin being the sun and yang being the moon, yin being day and yang being night and so on.

## **The Start Point**

The cycle duplicates itself. Where one leaves off the other begins and vice versa. This opposite attracts and binds well concept is reflected in many ancient Chinese sciences and philosophies. Traditional Chinese medicine, Chinese martial arts, exercises are just a few that follow this concept.

A more romanticized description of yin and yang use the sunlight over a mountain scene. It's explained as when the dark side of the mountain changes into a brightly lit up side, this simultaneous movement that seems to “melt” into each other is depicted as yin and yang infused and moving comfortably to accommodate each alteration harmoniously.

The most popular pictorial display of yin and yang is the two tadpole like drawings that imply the uninterrupted cycle of each flowing into the other in harmony. The colors used are also significant in its choice, which are black and white. Two really distinct and contrastive shades.

## **Chapter 2:**

# **Why You need To Be Balanced And Love Life**

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### **Synopsis**

Did you know that nutrition deficiencies can be caused by too much stress? How can you avoid such fate? You can start by simply loving yourself and loving life and being balanced.

It sounds easy. But many people are finding it hard to keep everything simple. There are lots of factors that this can be attributed to. First, everything nowadays seems to be happening so fast. People feel like if they will not do anything in order to keep up with the pace of the world that they live in, life may be tougher in the long run.



## **Simplicity is Beauty**

Does anybody still believe in the meaning of this old saying? If you want to maintain a balanced and healthy lifestyle, you have to first understand what you may and can't do. You can't keep on acquiring items that you can't even afford. You can't venture into various adventures that you might not even have time for or your wellness have to not risk doing.

There are items that may spice up your life even if you keep on living by your means and according to what you may only afford. You just have to be creative and share your passion and dreams to the people whom you care about. This way, you are maintaining a healthy attitude and likewise, you are not risking your wellness unto any untoward scenes.

If you are concerned about stress and how it might affect your wellness in the long run, here are some actions that you have to look deeply into. If you are guilty of doing the following, maybe it is time for you to think items over and start on the actions that will make you more productive however at the same time healthy.

1. If you are distressed out, your way of coping is to resort to the wrong foods. You tend to eat treats with high levels of fat, salt and sugar. This is caused when the levels of your cortisol or your stress hormone increase. Other people tend to gulp a whole gallon of ice cream after a stressful day. Imagine what it may do to your body in the long run. You might want to rethink items and consider the harmful effects of these actions before resorting to them.

2. Distressed out people also resort to coffee to increase their energy level. This might be a good morning starter. However if you become too much

addicted to caffeine, this will cause your wellness trouble in the long run. You have to not depend on coffee to keep you alert throughout the day. When a minute-long walk or a quick exercise may do the trick, then do such before you start going for another refill of your caffeine addiction.

3. Another thing that happens more often when a person is distressed out is that they skip the important meals. They do their best in order to keep up with a deadline and finish all their tasks. However they no longer think about their own wellness in the process. Such bad behavior will take its toll on your body as you get older. This might cause more problems in the end. It will be better if you will learn to finish your tasks however be mindful of eating the right meals in between.

This way, you are loving life and loving your obligations at the same time maintaining Yin and Yang. And both might prove to be rewarding in the process.

## **Chapter 3:**

# **Treating The Body With Yin Yang**

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### **Synopsis**

A simple Taoist philosophy, this construct originated from ancient china. Abiding by the never ending fancy, each force enfolds the other in perfect harmony.

The two forces involved are yin also known as the feminine factor and yang as the masculine factor. Both these elements are essential parts of the yin and yang construct as neither factor can exist in complete isolation from the other; rather they coexist to complement each other.

## **Altering Actions**

The yin and yang construct is applied in many areas with successful results. One such area is in the practice of the Chinese classic medicine field. The harmonious energies and functioning of the various organs and body parts working together is the reason optimum wellness is achieved. Loosely explained the right balance of negative and positive must achieve the psychic equilibrium in the quest for good wellness and longevity.

Thus learning and practicing the construct behind the yin and yang term is most beneficial to the perfect co existence of any entity. In pursuing this construct, the ability to blend and use everything in moderation is learnt and practiced to great advantage.

Using the yin and yang construct, illness are seen as a disturbance in the balance of the body which are caused by emotions, heat, cold, or additional influences, thus in making a diagnosis and advocating treatment is done with the specific intention of restoring this balance.

Even general elements like water and fire have the yin and yang connection. The reasoning that one cannot work without the other is the basis of these forces. Too much of either or too little of either will result in the imbalance of the yin and yang. Similarly light and darkness is referred to in the same manner. Each complimenting the other but neither overpowering is the way to keep the ideal balance of yin and yang.

# **Chapter 4:**

## **Goals For Yin and Yang Principals**

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### **Synopsis**

Consider your life story today. Is it where you want it to be? Think in terms of your relationships, your habits, your finances, your spiritual welfare, your work. All these things affect on the individual you see yourself as being and the direction your life story path is taking.

Remember, if you don't take charge of your life story, somebody or something else will take charge of it for you. As youngsters we were frequently asked the question "what do you wish to be when you grow up," teens dream about their perfect relationship and young adults plan their next overseas holidays.

Many individuals take a course because it looks intriguing, or make resolutions at the beginning of each New Year and wonder why they find it hard to complete the course or to stick to the resolutions.

## **Getting There**

As maturing adults, we need to recapture that desire to recapture that ability to ask ourselves questions about our life story, and dream about creating the best relationships and plan for those special trips and moments in our life story.

Why not take a life inventory and write down every area of your life story that is crucial to you. Search the internet, make enquiries to local community groups and look in your local library, for opportunities to develop new skills or new knowledge in those arenas you want to grow in. Ask yourself these questions...

- What are my goals and dreams?
- How do my goals and dreams fit into the circumstances of my life story at this moment?
- What arenas do I need training in to accomplish my goals?
- Who will be the best source of advice to take control of arenas that are out of control now?
- Where might I discover resources to help me accomplish my goals and if I might discover any myself?
- Where might I go to discover the information I need in order to start my progress towards achieving them?
- What things in my life story need to change so I have time to accomplish my goals?
- What attitudes in my life story need to change so I have the intention to accomplish my goals?
- With whom might I share these goals with so that I have someone to be my cheerleader as I embrace my goals?

Each of these questions helps you to prepare insights into yourself and your ambitions and goals and to create a practical ways to work towards achieving them and embracing the life story you want for yourself and your family.

Comprehending the concept of yin and yang is most crucial before deciding to venture further into this art form. The basic concept, put plainly would be that the vital energy flowing through everything is somehow intertwined.

Practicing healing through the yin and yang concept has long been around. The healers or sages focus mainly on getting back the right balance of the factors in any given scenario.

Identifying which force is dominating and in fact causing the imbalance to occur in the first place is the first step. Illnesses are deciphered this way too.

The weakness, coldness and under activity of factors will be classified as yin, while the forceful movements, heat and over activity are termed yang. As the end goal is to regain the fundamental principal balance of the factors, identifying a suitable style of treatment is also just as crucial.

A few of the treatments involve the use of acupuncture, some herbal medicine treatments, or concoctions, some utilizing the cupping style therapy, exercises like qigong, to name a few.

Therefore comprehending the fundamentals of the body system is a definite prerequisite for a healer or practitioner of this art form of healing.

The breathing patterns and how each system intertwines with the others to work as one entity must be fully understood before a healing session is started.

As in everything discovered and tried, there are bound to be some divinations. One such divination is the practice of exploring the psychological patterns by the seemingly simple act of coin or yarrow stalks tossing. The fall of the objects determine the advice given.



# **Chapter 5:**

## **Using Feng Shui**

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### **Synopsis**

Is Feng Shui really friendly for all genders? As there's no question to the fact that it can invite some favorable vibes into your home simply by the mere art of rearranging your furniture and the orientations of your surroundings, it might really reveal so much more about culture if one takes a good look at it.

## **Arrange Your Life**

For one thing, the Yin and Yang illustration is a really famous facet of Feng Shui. It merely states that opposites are necessary to be able to appreciate the beauty of things.

You can't appreciate the great without bad, light without darkness etc.. This theory of opposites and balance extends to the elements of the earth: water, wind, fire, wood and earth. These factors are likewise in balance if great Feng Shui is present.

Yin is often characterized with strength, viability and aggressiveness. More importantly, it is attributed to the masculine side of identity. On the other hand, weakness and femininity are interchangeably attributed to the Yang side, the softer side of things. Is this truly a great thing?

While it has been maintained that it is a world for the masculine, the main precepts of Feng Shui are actually more tailored to suit male, establishing them as the strong ones in the spectrum of life.

The Feng Shui concept is already organized in its scope. Any individual you ask about Feng Shui might tell you its symbols: the bagua, the yin and yang diagram and the charms used by Feng Shui experts to cancel bad luck. But, the main concepts are not entirely original. The philosopher Heraclitus from Greece is credited for having first denoted the concept of having opposites. And consequently, psychology on colors and other visual media can likewise state some theories that are resonant with Feng Shui precepts.

Interestingly, there are more women drawn to the Feng Shui habit than men, who might or might not be conscious that they are actually supporting a form of belief system that establishes males as strong and females as weak. But other than the Yin –Yang concept, there's no other outward manifestation of this gender bias.

Is it truly a great thing to believe in Feng Shui and apply it? The answer is relative. It hinges on the individual who is asking and the background under which he or she is raised.

If you are born in an open-minded culture which holds less restrictions on what you can and cannot do, the applying of Feng Shui might be a non-issue. Meanwhile, if you are under a movement that opposes the main beliefs of Feng Shui, you might have to make a more substantial choice of lifestyle changes.

Feng Shui likewise has its own Yin and Yang to speak of. If you are truly intent on ruminating on the deeper aspects of Feng Shui, you might have to dig deeper beyond what you see on promotional materials and even hate literature against Feng Shui.

For the most part, Feng Shui is quite harmless in nature and it does not truly explicitly cause major changes in one's lifestyles or belief systems.

But if in case you choose to be more meticulous, you might discover that analyzing beneath the layers of promotion of Feng Shui that there is more to it than simply rearranging furniture.

# **Chapter 6:**

## **Physical, Emotional And mental Healing**

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### **Synopsis**

There are many ways to treat a negative physical or mental condition today. The holistic approach, the scientific approach, the traditional approach and of course the ever present exploitation approach.

Hence in order to find the best and most suitable style to appeal to the individual's circumstances, spending some time doing a little research is well worth the time and effort.

When the topic of health is discussed, most references are made to the physical body conditions. Illnesses, ailments, and diseases are almost always thought of as a “body” medical problem.

Of late however, a lot of research done has pointed to or focused on the fact that the mental state of an individual directly impacts the physical state.

The basic idea of yin and yang are the principals of harmony and balance. Both these elements combine opposing yet complementary forces to create the balance needed for the optimum functioning of any living entity.

## **All The Areas**

The yin and yang way of approaching the healing issue or process has been around for a long time. Originating in ancient china this art form of healing and generally keeping a balanced and happy existence was very common.

Today more and more people are seeking such forms of treatment when faced with problematic physical and mental conditions, as these present a new approach, as opposed to the medical methods available.

Simplifying the explanations regarding the processes or treatment styles, allows the individual with limited prior knowledge on yin and yang to gain more insight into this art form.

By applying the principles of yin and yang effectively, many aspects like nutrition, complementing medications, life style practices, metabolic rates all play an important part in creating the balance for the healing process to begin and end successfully.

Most of the imbalances are centered around the negative energy it carries, thus commencing programs like detoxifications are also recommended.

Another recommendation is to keep the attitudes and mindset always in check in favor of balancing the mental harmony of an individual.

Some advocate balancing yin and yang by reducing stress levels through regular exercise routines, spiritual development, removal of toxic metal and chemicals build ups from the body system regularly.

All these elements, when corrected or kept in check, should translate to a more balanced yin and yang scenario, thus creating the perfect harmony existence.

The negative emotional state of mind actually directly affects all levels of the physical state of the body. Tense muscles are also a very yin and yang thing. The tension is like a compressive force – yang, and this eventually changes to yin when the tension causes the blood flow to be effected.

To counter effect this, certain breathing exercises are done. These breathing exercises are meant to bring the tense muscles back to a more relaxed state, creating a balanced emotional state, thus restoring the yin and yang balance.

Stress is also another by product of emotional problems. These emotions are scientifically described as electronic pulses – energy, that connects to the human brain. It has also been scientifically proven; that these thought processes are linked to the chemical balance or energy balance in the body.

Negative emotions are considered yang, which, through chemical changes produces the negative destructive energy referred to as yin. By practicing techniques such as meditation and hypnosis, the spiritual awakening can be invoked and thus the brain learns to send messages to the body to calm itself. The brain has the necessary positive energy thoughts to remove all negative emotions and replace it with relaxed energies.

It should be properly understood that these opposing elements cannot exist without the other; neither can an entity only consist of one element. Acknowledging that the presence of the yin and yang concept is must always be kept in balance, the mind set and emotions must be addressed.

Each entity is said to consist of five very important elements. When all five elements are working in harmony there is a balance of yin and yang. This scenario ensures the mental condition of the individual is at its best.

Usually when an imbalance occurs a diagnosis must be made to isolate and treat the particular imbalanced element, which is now the weak link in the otherwise complete cycle.

When there is free flowing chi energy through all the five elements, then the body is in balance but when the chi energy is blocked, usually brought on by anger, over-excitement, emotional stress, self pity, deep grief and fear, treatment must be sought to recover the balance of yin and yang.

Some of the methods available to help successfully restore the yin and yang balance are acupuncture, massage, meditation, acupressure, or just plain rest.

Using the yin and yang color therapy is also a good way to bring about mental healing. Certain colors can invoke emotions and different mental states. In fact there is a certain energy level that even colors have.

Bright vibrant colors are more yang while the cool, cloudy colors are yin. The right color combination suited to the individual can bring about the yin and yang balance and create the platform for good mental health.

# Wrapping Up

In the ever changing and fast pace of today human existence, individuals are always looking for the next new exciting thing to try. From medications, to exercises, to therapy sessions.

The world is your oyster, so the saying goes. The negative side of this vast array of option is that, individuals tend to jump onto the next thing without giving enough time, energy and concentration to what has already been started on.

Occasionally it's because of lack of any physical progress, occasionally it's due to outside pressure and occasionally there is just not enough mental commitment.

Attempting the yin and yang style therapy is no less different. The commitment needed to see any percentage of results must be taken into consideration. Reading up as such information as possible also help to edify the option arrived at and is a positive contributing factor to the successful of the yin and yang option made.

Making a concerted attempt to thoroughly understand what it involves and how the yin and yang concept works is also mentally helpful in preparing the mind to accept and work with the option made.

A lot of benefits can be derived from practicing any therapy that uses the yin and yang tenants as its basic beginning and ending results. While all this is being researched, one must also understand that the results and impacts



from making a particular option is vast and varied and depends on a lot of inter related aspects which vary from person to person.

Another aspect to be wary about when making the option, is whether or not, the chosen style has an occult elements or not. As with most alternative therapy styles the actual nature of the therapy might be genuine but the practitioner might not be, thus the occult connotations.

Questions should be asked and satisfactory answers should be forth coming before making the option to embark on this venture of holistic healing.

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