

## YIN AND YANG

These are two cosmic forces of energy, which are opposite yet complementary as there is no balance in the universe for one without the other. Yin is the force of earth and yang is the force of heaven. Upward force is Yin and downward force is Yang. When there is perfect balance, there is harmony. They constantly interact.

Yin is the dark, cold, female introvert, passive side of life, shown as the black area. Yang is the light strong, male extrovert, active aspect shown as the white area.

This Tai chi symbol means that everything in this universe contains both-light and dark and good and evil. They are complementary aspects rather than conflicting. The two small dots within each area indicate that Yin contains the seed of Yang and Yang contains the seed of Yin. This cosmic energy forces are further influenced by the five elements operating within these forces of Yin and Yang. The five elements are Fire, Soil, Metal, Water and Wood.

The following list of six categories gives the examples of Yin and Yang.

<u>General</u>	<u>Yin</u>	<u>Yang</u>
	Dark	Light
	Female	Male
	Passive	Active
	Moon	Sun
	Earth	Heaven
	Winter	Summer
	Cold	Hot
	Water	Mountain
<u>Activity</u>	Relaxing	Heat Generating
	Intellectual	Physical
	Passive	Aggressive
<u>Work</u>	Creative	Responsible
	Ideas	Attention to detail
	Concepts	Leadership
<u>Weather</u>	Humid	Dry
	Still	Stormy
	Cold	Hot
<u>Food</u>	Cold	Hot
	Vegetable quality	Animal food

## Décor

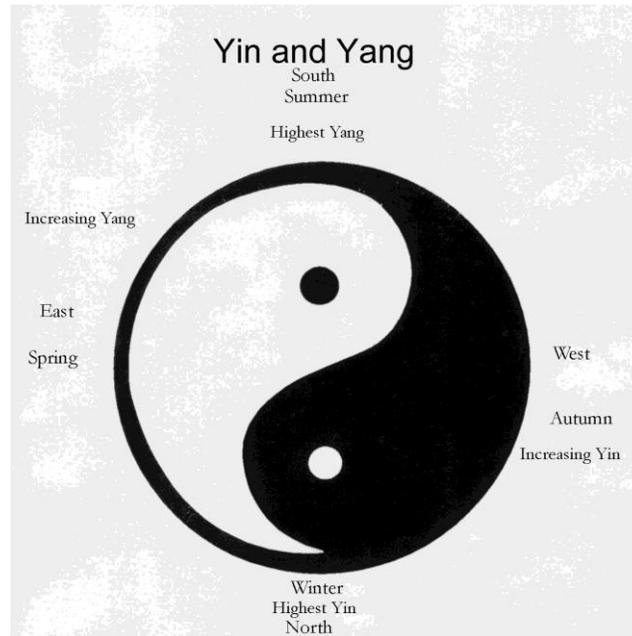
**Sweet**

**Plant  
Chair  
Flowers  
Fountain  
Blue**

**Salty**

**Sculpture  
Desk  
Vase  
Statue  
Red**

## The Cycles of Life



The Taoist philosophy is based on the principle that everything goes in cycles. The years, the months, the seasons, days and time. The circle of the Tai chi represents these cycles and the flow of time is indicated by the way the yin and Yang areas increase and decrease as they progress round the symbol.

## The Seasons

**Spring-** is the time of new growth increasing Yang  
**Summer-** is the time of greatest heat and highest Yang  
**Autumn-** is period as the year cools increasing Yin  
**Winter-**the coldest time and the highest Yin

## **The Chinese Compass Directions**

**The Chinese compass is based on the four main directions-North, South, East and West. Each direction is linked to a season**

**East to the spring**

**South to the summer**

**West to the autumn**

**North to the winter**

**In china, the south is considered the main direction and is shown at the top of the compass unlike the western countries where North is placed at the top of the compass and the maps.**

## **Concluding comment**

**The Yin and Yang symbol represents unity of diversity in this universe and also the influx of constantly changing forces as the time passes. This symbol gives us the clear understanding of Feng Shui that in order to bring balance and harmony in and around us, we need to make adjustments. The**

**Chinese scholar Lao Tzu once said that:**

**'If you realise that everything changes, you will not want to hold on to anything'.**

**Aroon Ajmera**