

e-lesson: Principles of Yin & Yang

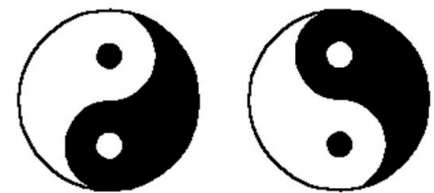
The Tai-Chi--Yin/Yang Principle

The concept of the yin/yang is one of the most essential principles of feng shui.

The yin/yang symbol or also known as the tai chi symbol is a representation of constant change. All things and events are in continual state of change, including us. The yin/yang is a pictorial expressing the constant interaction of this energy exchange. Even though the tai chi symbol is thousands of years old, it is no less important and extraordinary. The symbol, as well as feng shui itself, has its roots in Taoism (pronounced Dow-ism). The ancient Chinese believed that the Tao is the source of all things and that eventually all things return to the Tao. A good foundation for truly understanding feng shui is in the basic concept of yin/yang. In understanding the concept it is important to know that nothing is either completely yin or completely yang. This is appropriately represented in the symbol itself with the white half holding a black dot and the black half holding the white dot. That's why there is wisdom in the saying, "it's not all black or all white". This would be limited understanding and we have all experienced the many of shades of gray.

In general terms, the symbol is represented by its polar opposite—black/white, positive/negative, male/female and so on. And, as with polar opposites there is an exquisite pull and attraction. Yin and yang compliment each other and bring a state of balance. Let us imagine a room that is totally white—white walls, white furnishings, white carpet. No drapes or blinds with very large windows. This would not be a comfortable room to be in for very long. It is so yang with no "tension" of its opposite. Introduce just one element, a black table, and the pull or attraction is there. All elements in the room now have a point of reference and are conversely more outstanding and visible. Add some window blinds and a few other elements to the room, and the space suddenly becomes quite balanced and pleasing.

How can we use the yin/yang principle in achieving the appropriate balance of energy or good feng shui? Generally, bedrooms need a more *yin* atmosphere. It is a time of rest and a time for our bodies to regenerate. These spaces can be a little darker or the ability to make dark with drapes or blinds. The family gathering spaces and kitchens work best if the energy



The correct orientation of the Tai Chi symbol is the white half at the top, as positioned on the left. The symbol on the right hand side is also positioned with the white at the top, but this is considered going in the counter-clockwise direction.

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- 1) Correct orientation of the Tai Chi symbol as shown on the left figure.
- 2) Bedrooms need a more "yin" interior.



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Master Hua-Ching Ni, Yellow Emperor

All beings and things are in a dynamic state of change and transformation; nothing in the universe is absolutely static or completed; all is in unceasing motion because polarization, the source of being, is without beginning and without end.

- 1) Retail spaces need a yang environment.
- 2) Family kitchens need yang.
- 3) The same is true for office spaces.

and décor is more *yang*. The same holds true for office spaces. These rooms should be geared for activity and human interaction. Retail stores need very yang environments (open space, plenty of lighting, music or videos etc.) to stimulate prospective buyers.

The energy of our spaces can be significantly altered by just employing this one tool. If you find your self unmotivated in work or life, the spaces you occupy or frequent may be too yin. If you're suffering from nervousness, insomnia, or headaches your space may be too yang. Both of the energies of yin and yang are essential to achieve balance in any given room. Look around your rooms and see if you could adjust the energy to meet your needs better. Have a room that feels dead? Remove the drapes and paint the walls & ceiling a pale yellow or soft cream and watch the room come alive with energy and vibrancy!

The following are the twelve principles of Yin and Yang by Master Hua-Ching Ni (Yellow Emperor 2698-2598 BC):

1. That which produces and composes the universe is the Tao, the undivided oneness or ultimate nothingness
2. Tao polarizes itself: Yang becomes the active pole of the cosmos, Yin becomes the solidified pole
3. Yang and Yin are opposites, and each accomplishes the other
4. All beings and things in the universe are complex aggregates of universal energy composed of infinitely varying proportions of Yin and Yang
5. All beings and things are in a dynamic state of change and transformation; nothing in the universe is absolutely static or completed; all is in unceasing motion because polarization, the source of being, is without beginning and without end.
6. Yin and Yang attract one another
7. Nothing is entirely yin or yang; all phenomena are composed of both yin and yang
9. The force of attraction between yin and yang is greater when the difference between them is greater, and smaller when the difference between them is smaller
10. Like activities repel one another. The closer the similarity between two entities of the same polarity, the greater the repulsion
11. At the extremes of development, yin produces yang and yang produces yin
12. All beings are yang in the center and yin on the surface.



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