

YIN-YANG

Yin/Yang is the key to spirituality from the essence of earth, nature and all that is. This theme is about understanding the design of your inner self in relation to yin/yang and how it affects your livelihood. Each article will give you a new perspective on your life, the world and the universe. By bringing more knowledge and wisdom to what you know now, you can enhance your level of awareness and see the limitlessness of our existence.

There are five elements in life known as the forces of nature, which are the causes of everything that happens, of which the true Self is only the observer. They are the sources of attachment and bondage, the causes of birth, death and rebirth in the natural or phenomenal world. They are earth, water, metal, wood and fire.

Earth (yellow) is the source of strength, abundance, and stability.

Water (black) is the source of knowledge, goodness, hearing and flow.

Metal (white) is the source of righteousness, smell and speech.

Wood (green) is the source sight, spring, and new life

Fire (red) is the source of taste, heart, action/expansion and transformation.

These five elements coexist with Yin/Yang where chi, is the breath of life force energy of the body. Yin is "shady, secret, dark, mysterious, cold." It is representative of the shadow or shaded side (south). Yang is "clear, bright, the sun, heat," the opposite of yin and so the light or spark of light (north). From these basic opposites, a complete system of opposites was elaborated. Yin represents everything about the world that is dark, hidden, passive, receptive, yielding, cool, and soft. Yang represents everything about the world that is illuminated, evident, active, aggressive, controlling, hot, and hard. All things in the universe can be identified with either yin or yang. Earth is associated with yin while Heaven is associated with yang.

Yin is feminine
Yang is masculine

The world is a mixture of yin and yang. What may seem yin may actually be yang and vice versa. The external vision could be an illusion to the essence of what the being or object actually represents. When it comes to the five elements earth, water, and wood are clearly to be associated with yin. Fire and metal are associated with yang.

The outer circle represents everything, while the black and white shapes within the circle represent the interaction of yin and yang, which causes everything to happen. These cannot exist without the other and so life is not black and white rather it is full of the intermixing of these elements creating the rainbow of colors. There is flow and a continuation of movement as if it is taking you into infinity with no end.

Our life balance is in direct correlation to of the flow of the five elements and the yin/yang of our system. This includes our emotions, feelings and perceptions. This in turn affects our health and natural way of being. Yin/Yang is the root and source of life and death while yang is peace, serenity and element of light; yin is confusion, turmoil and element of darkness. Understanding how these plays into our daily lives helps to bring the soul and spirit into wholeness.

Those who seek wisdom beyond the natural limits and open their awareness to our connection to a great source will grow spiritually, emotionally and physically. By exploring the balance of yin and yang in your life you can bring harmony to self and the world around you.