

## Yin Yang Couple

*Success/Support*

*I have all that I need*

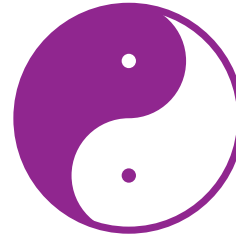
### OVERVIEW

The concept of yin and yang is likely the most important concept in the theory of Chinese Medicine. It uniquely expresses the ebb and flow of life and life force and all of nature. Yin and yang are considered opposing yet complementary forces, which profoundly express the interdependence of everything in the context of positive and negative. In this concept of movement from light to dark; from sunshine to shadow; from the rising and falling of tides; and the changing of the seasons, there is the simple explanation of all of life. One of the dualistic forces does not exist without the other. As the day moves into night there is always a glimpse of light as in the moon of the night.

Yin and yang are complementary and interdependent aspects of the single unifying aspect of *chi*. These natural forces are always moving, constantly transforming and forever changing. *Chi* is another word for life force which is a reflection of our health and vitality. By promoting physical health in the body through the use of homeopathy and sound, we will also promote the vitality in our *chi*. Our ultimate goal is to achieve balance physically, emotionally, and spiritually. Sometimes we are too yin and sometimes we are too yang. The yin force is seen as passive, cold, receptive, feminine, internal, constantly working, solid, and dark. The yang force is active, hot, productive, masculine, external, intermittently working, hollow and light. Both of these forces contain a small amount of the other. These opposite forces interact in order to create balance in the body. Balance is the primary message derived from the yin and yang theory. The balancing factor in the body doesn't just pertain to organs and meridians systems. It also helps to explain

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MERIDIANS & FIVE ELEMENTS  
YIN YANG COUPLE



ASSOCIATED MERIDIANS

### CENTRAL AND GOVERNING

PHYSICAL COMPONENT

Brain and Spine

EMOTIONAL COMPONENT

Success/Support

METAPHYSICAL COMPONENT

Central Meridian – Proper creative expression in all avenues

Governing Meridian – Ability to govern life

**“The Essence of Sound”**  
**“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”**  
by Evelyn Mulders

our moods and mood swings. If joy and sorrow are opposite yet complementary emotions then one could not experience joy to its fullest if one had never experienced sorrow and the reverse is true. Today in society we try not to express our negative emotions yet there is great value in negative emotions as they play an integral role in keeping us emotionally healthy. The purpose of experiencing a negative emotion is to make us aware of what we are doing and thinking and to assess whether we are congruent with our life's purpose. Emotions play a large role in the state of our health, finding the balance of yin and yang emotions is another component in maintaining a healthy *chi*.

The fundamental cause of distress or imbalance in the body comes from our resistance to the natural flow of universal energy. This resistance results in stagnation and depletion of life force energy, which causes sickness and distress. We need to constantly monitor our sense of being in sync with the rhythm and flow of life.