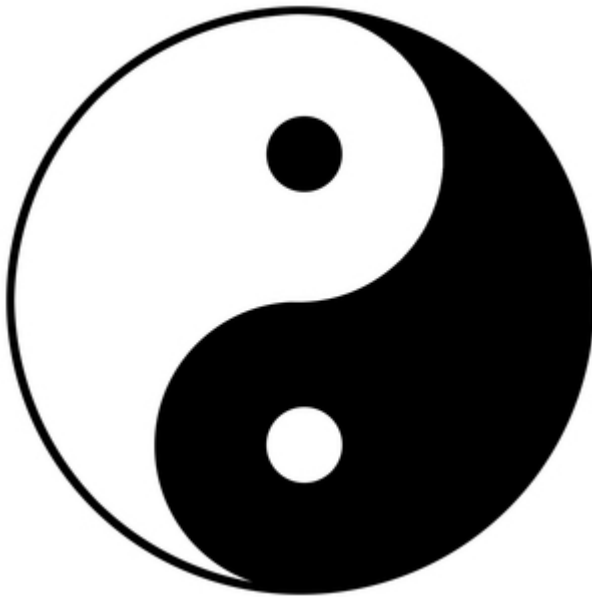


What does the Yin/Yang Symbol Mean? ...



Millions upon millions of Americans know this symbol. It has become incredibly common to the point that no words are needed to explain what it is. But how many people truly understand it? Learning about Yin and Yang is day 1 in acupuncture school. Yin/Yang is the entire basis of acupuncture. When I began my practice, I spoke about it as if people knew exactly what I was talking about yet I still got funny looks when I described it.

Starting at the beginning: What do the Chinese Words Mean? ... There's no better place to start than looking at the Chinese words. The symbol for the word Yang means "the sunny side of the mountain" and for Yin it is "the shady side of the mountain."

Yin and Yang are relative to each other? ... Precisely. You can't have one without the other. They **NEED** each other. More on that later. So any object, person, activity, etc will always be yin in nature AND yang in nature when compared to something else. That is the key element to the picture above. The black (yin section) and the white (yang section) are not only next to each other but also within each other. They are created in comparison to and from each other.

This is where you mention a fractal, yes? ... Of course! Yin and Yang are a fractal. No matter how you slice something there will always be both. Let's use the example of a party. If I throw a party at my house, that will be Yang in comparison to sitting on the couch and watching a movie. The party requires more energy and is more upbeat than the movie watching; but the party will be more Yin in comparison than going for a hike because the hike is outdoors, exploratory, and in a way requiring more energy.

So what's up with the small dots in the middle of each section? ... This is where each of Yin and Yang are created within each other. Look at the white (yang) section in the symbol above. When doing activity you never hit your peak immediately, and that's why it starts as just

a small portion. You wake up (more yang than sleeping) and it takes some time to get the gears turning. Over time, your energy will peak and so will your activity; but only when you hit that peak of energy usage will the smallest bit of exhaustion start to build inside of you. What this means is that a true yin activity like sleeping can only be properly built by the right usage of yang. If you are too restful (yin) throughout the day, you will not be tired at the end of the day. If you are too energetic (yang) through the night, you will not have the proper energy the following day. YIN AND YANG NEED EACH OTHER.

How does this apply to Acupuncture?... Certain symptoms can arise when yin and yang are out of balance. The classic yin deficiency symptom is night sweats. The classic yang deficiency symptom is called a "bright white face." Yin excess symptoms which all have to do with being too cold, weak, and tired. Yang excess symptoms all have to do with being too hot, energetic, and inflamed.

Want to read more about Yin/Yang and how it applies to your health? ... Please order my book, Fractal Energy Balancing. There's an entire chapter about the relationship of Yin/Yang and also much more information about how it applies to the organs and overall health of the body, mind, and spirit.