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# Table Of Contents

Foreword

Chapter 1:

***Introduction To Yin And Yang***

Chapter 2:

***Yin And Yang Can Be Used In Medicine***

Chapter 3:

***Practicing Yin And Yang***

Chapter 4:

***Yin, Yang And Physical Illness***

Chapter 5:

***Emotional Healing***

Chapter 6:

***Mental Healing***

Chapter 7:

***Spiritual Healing***

Chapter 8:

***Yin And Yang Healing Sessions***

Chapter 9:

***Getting Information***

Chapter 10:

***The Drawbacks To Not Understanding Yin And Yang***

Wrapping Up

# Foreword

Yin and Yang is a popular ancient Chinese concept of two complementary forces in the universe, which work hand in hand, to produce positive energy.

Simply put, one force is positive or otherwise referred to as masculine while the other is negative or otherwise referred to as feminine. Neither is preferred or is better than the other, and both are highly desirable elements when it exists in perfect harmony and balance.



## ***Yin and Yang Polarities***

Learn About The Healing Art Of Yin and Yang

# Chapter 1:

## *Introduction To Yin And Yang*

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### Synopsis

This concept of equal balance between negative and positive elements is of course contradictory to most existing fundamentals where good is always sought after in its complete form.



## **The Basics**

The yin and yang concept however advocates the necessity of having both elements present to encompass an ideal balance. Relating it to a simpler understanding of hot and cold, where neither extremes are desirable but a combination of both, produces the warmth desired. Other basic ways of explaining yin and yang are, yin being soft and yang being hard, yin being stillness and yang being movement, yin being the sun and yang being the moon, yin being day and yang being night and so on.

The cycle repeats itself. Where one leaves off the other begins and vice versa. This opposite attracts and binds well concept is reflected in many ancient Chinese sciences and philosophies. Traditional Chinese medicine, Chinese martial arts, exercises are just a few that follow this concept.

A more romanticized description of yin and yang use the sunlight over a mountain scene. It is explained as when the dark side of the mountain changes into a brightly lit up side, this simultaneous movement that seems to “melt” into each other is depicted as yin and yang infused and moving comfortably to accommodate each change harmoniously.

The most popular pictorial display of yin and yang is the two tadpole like drawings that imply the uninterrupted cycle of each flowing into the other in harmony. The colors used are also significant in its choice, which are black and white. Two very distinct and contrasting shades.

# Chapter 2:

## *Yin And Yang Can Be Used In Medicine*

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### Synopsis

A simple Taoist philosophy, this concept originated from ancient china. Following the never ending illusion, each force enfolds the other in perfect harmony.

The two forces involved are yin also known as the feminine element and yang as the masculine element. Both these elements are essential parts of the yin and yang concept as neither element can exist in complete isolation from the other; rather they coexist to complement each other.



## **A More In Depth Look**

The yin and yang concept is applied in many areas with successful results. One such area is in the practice of the Chinese classic medicine field. The harmonious energies and functioning of the various organs and body parts working together is the reason optimum health is achieved. Loosely explained the right balance of negative and positive must achieve the psychic equilibrium in the quest for good health and longevity.

Thus learning and practicing the concept behind the yin and yang term is most beneficial to the perfect co existence of any entity. In pursuing this concept, the ability to blend and use everything in moderation is learnt and practiced to great advantage.

Using the yin and yang concept, illness are seen as a disturbance in the balance of the body which are caused by emotions, heat, cold, or other influences, thus in making a diagnosis and recommending treatment is done with the specific intention of restoring this balance.

Even basic elements like water and fire have the yin and yang connection. The reasoning that one cannot work without the other is the basis of these forces. Too much of either or too little of either will result in the imbalance of the yin and yang. Similarly light and darkness is referred to in the same manner. Each complimenting the other but neither overpowering is the way to keep the ideal balance of yin and yang.



# Chapter 3:

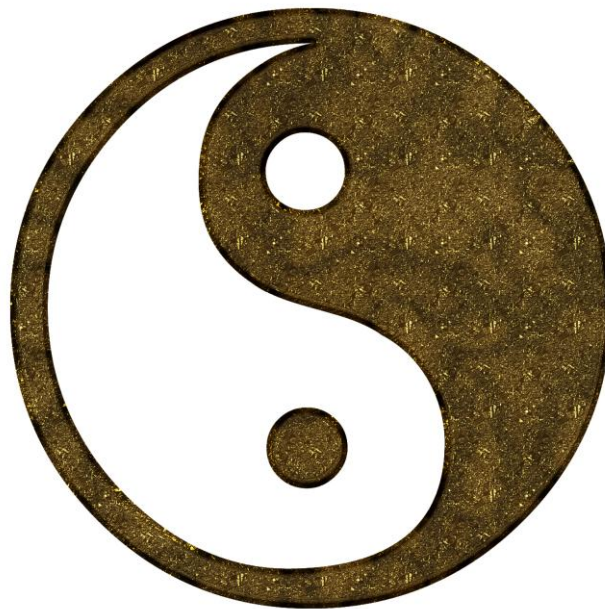
## *Practicing Yin And Yang*

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### Synopsis

Understanding the concept of yin and yang is most important before deciding to venture further into this art form. The basic concept, put plainly would be that the vital energy flowing through everything is somehow intertwined.

Also noted are the presence of two contrasting elements which to complement each other rather than to overpower the other. Everything living contains this energy, which to reach its optimum must always strive to stay in perfect balance.



## **Healing**

Practicing healing through the yin and yang concept has long been around. The healers or sages focus mainly on getting back the right balance of the elements in any given scenario.

Identifying which force is dominating and in fact causing the imbalance to occur in the first place is the first step. Illnesses are deciphered this way too.

The weakness, coldness and under activity of an elements will be classified as yin, while the forceful movements, heat and over activity are termed yang. As the end goal is to regain the fundamental principal balance of the elements, identifying a suitable style of treatment is also just as important.

Some of the treatments involve the use of acupuncture, some herbal medicine treatments, or concoctions, some using the cupping style therapy, exercises like qigong, to name a few.

Therefore understanding the fundamentals of the body system is a definite prerequisite for a healer or practitioner of this art form of healing.

The breathing patterns and how each system intertwines with the others to work as one entity must be fully understood before a healing session is started.

As in everything discovered and tried, there are bound to be some divinations. One such divination is the practice of exploring the psychological patterns by the seemingly simple act of coin or yarrow stalks tossing. The fall of the objects determine the advice given.



# Chapter 4:

## *Yin, Yang And Physical Illness*

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### Synopsis

There are many ways to treat a negative physical or mental condition today. The holistic approach, the scientific approach, the traditional approach and of course the ever present exploitation approach.

Hence in order to find the best and most suitable style to appeal to the individual's circumstances, spending some time doing a little research is well worth the time and effort.



## **About Health**

The yin and yang way of approaching the healing issue or process has been around for a long time. Originating in ancient china this art form of healing and generally keeping a balanced and happy existence was very common.

Today more and more people are seeking such forms of treatment when faced with problematic physical and mental conditions, as these present a new approach, as opposed to the medical methods available.

Simplifying the explanations regarding the processes or treatment styles, allows the individual with limited prior knowledge on yin and yang to gain more insight into this art form.

By applying the principles of yin and yang effectively, many aspects like nutrition, complementing medications, life style practices, metabolic rates all play an important part in creating the balance for the healing process to begin and end successfully.

Most of the imbalances are centered around the negative energy it carries, thus commencing programs like detoxifications are also recommended.

Another recommendation is to keep the attitudes and mindset always in check in favor of balancing the mental harmony of an individual.

Some advocate balancing yin and yang by reducing stress levels through regular exercise routines, spiritual development, removal of toxic metal and chemicals build ups from the body system regularly.

All these elements, when corrected or kept in check, should translate to a more balanced yin and yang scenario, thus creating the perfect harmony existence.



# **Chapter 5:**

## ***Emotional Healing***

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### **Synopsis**

When the topic of health is discussed, most references are made to the physical body conditions. Illnesses, ailments, and diseases are almost always thought of as a “body” medical problem.

Of late however, a lot of research done has pointed to or focused on the fact that the mental state of an individual directly impacts the physical state.

Meaning that if the mental state of an individual is not at its optimum relaxed state of mind, the unsettling conditions effects the chemical balance in the body system which eventually filters down to the existence of many negative elements that cause the medical problems in the first place.

## **Healing Within**

The negative emotional state of mind actually directly affects all levels of the physical state of the body. Tense muscles are also a very yin and yang thing. The tension is like a compressive force – yang, and this eventually changes to yin when the tension causes the blood flow to be effected.

To counter effect this, certain breathing exercises are done. These breathing exercises are meant to bring the tense muscles back to a more relaxed state, creating a balanced emotional state, thus restoring the yin and yang balance.

Stress is also another by product of emotional problems. These emotions are scientifically described as electronic pulses – energy, that connects to the human brain. It has also been scientifically proven; that these thought processes are linked to the chemical balance or energy balance in the body.

Negative emotions are considered yang, which, through chemical changes produces the negative destructive energy referred to as yin. By practicing techniques such as meditation and hypnosis, the spiritual awakening can be invoked and thus the brain learns to send messages to the body to calm itself. The brain has the necessary positive energy thoughts to remove all negative emotions and replace it with relaxed energies.



# Chapter 6:

## *Mental Healing*

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### Synopsis

The basic idea of yin and yang are the principals of harmony and balance. Both these elements combine opposing yet complementary forces to create the balance needed for the optimum functioning of any living entity.



## **Healing For Your Psyche**

It should be properly understood that these opposing elements cannot exist without the other; neither can an entity only consist of one element. Acknowledging that the presence of the yin and yang concept is must always be kept in balance, the mind set and emotions must be addressed.

Each entity is said to consist of five very important elements. When all five elements are working in harmony there is a balance of yin and yang. This scenario ensures the mental condition of the individual is at its best.

Usually when an imbalance occurs a diagnosis must be made to isolate and treat the particular imbalanced element, which is now the weak link in the otherwise complete cycle.

When there is free flowing chi energy though all the five elements, then the body is in balance but when the chi energy blocked, usually brought on by anger, over-excitement, emotional stress, self pity, deep grief and fear, treatment must be sought to recover the balance of yin and yang.

Some of the methods available to help successfully restore the yin and yang balance are acupuncture, massage, meditation, acupressure, or just plain rest.

Using the yin and yang color therapy is also a good way to bring about mental healing. Certain colors can invoke emotions and different mental states. In fact there is a certain energy level that even colors have. Bright vibrant colors are more yang while the cool, cloudy

colors are yin. The right color combination suited to the individual can bring about the yin and yang balance and create the platform for good mental health.



# Chapter 7:

## *Spiritual Healing*

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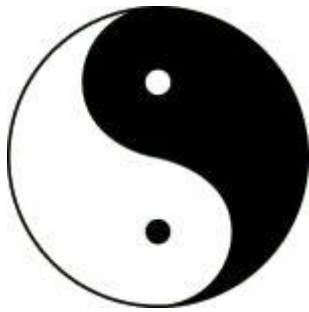
### Synopsis

In order to practice spiritual healing with the help of yin and yang elements, one must first understand the nature of spiritual healing. Spiritual healing, calls for certain techniques, which requires the inner self to connect with the outer self and its surroundings to become one.



## Healing Your Spirit

The spiritual energy derived from the balance of the yin and yang, through the perfect balance of the spiritual and earthly energy, is depicted in this symbol.



There are several types of spiritual healing that can be practiced to restore the balance of yin and yang. Quiet meditations that focuses the attentions of the thymus chakra and breathing into it, is one option.

While meditating, a boost of energy will be felt, whereupon, certain spins must be done to the thymus to achieve the feeling of being right and one spiritually.

Using reiki is also another way to restore the yin and yang balance spiritually. The positive energy emitted in a reiki session coupled with the spiritual awareness can bring about spiritual healing.

This art form of transferring positive energy with the use of one's hands has been practiced since ancient times. Channeling the positive energy to invoke spiritual healing can only be done if all the elements of the higher energy are focused on the thymus chakra.

Repeating mantras has also been known to invoke spiritual awareness due to the concentration and specific chants. This then translates the positive energy into healing.

There is also the belief that spiritual healing is done through calling on a higher being to restore the yin and yang, back into the elements surrounding the individual or within the mind and body of an individual. In some cases the color elements are included in the exercise to create the necessary balance.

In order for all these styles of spiritual healing to have some degree of success, the practitioner must perform the exercise with the clear understanding of the physical, enteric, emotional, mental, and causal elements.



# Chapter 8:

## *Yin And Yang Healing Sessions*

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### Synopsis

Besides understanding the chosen style of therapy to treat a particular condition, it is also prudent to find out a little about how these therapy sessions are conducted.



## **What To Expect**

Finding out things like, who conducts the sessions, where the sessions are conducted, why they are conducted at the particular location. Also knowing what transpires before, during and after the session is a good idea. This is to ensure the individual comes completely prepared and there are no unpleasant surprises.

As there are many art forms of therapy that adopt the basic tenants of the yin and yang concept, the styles of each chosen art may differ. The many art forms of therapy include yoga, traditional medicines, mantras, qigong, reiki, massages, to name a few.

Most sessions usually begin with some primary movements to make the individual comfortable and relaxed. These may or may not include having music played softly in the background.

Once the body is relaxed, the individual will feel the slow release of tension and this will help to further clear whatever other negative energetic blocks at a cellular level.

Some sessions may include deep breathing exercises to settle the otherwise busy mind. It is also not unusual to have some sessions using mantras as the vital energy centers in the body – chakras, are associated with specific sounds which “wake” the body and stimulate these centers.

When using the reiki style to transfer or regulate the chi in the body, sometimes heat pad are used for the warmth.



Other examples are the fundamentals of the Taoist approach. Here the yin and yang is taught as a system of recognizing how to separate out patterns in our daily life, and its connection to the surroundings, while all the time learning to accept and work with the energies to create the desired balance.



# Chapter 9:

## *Getting Information*

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### Synopsis

In today's world of vast information and the easy accessibility of it, finding out about yin and yang and the various forms it takes in the many different lifestyle approaches is very easy.



## **Gathering Data**

The greatest and fastest way to get any information is from the internet. By just keying in the desired topic or concern, and the answer is yours instantly. Similarly it should be noted here that all information found on the internet is not necessarily accurate or substantiated.

Popularly practiced in Taoism and Daoism, the yin and yang tenants can also be found in most other therapy styles that date back to ancient times. The basis of manipulating the existing energy to produce the balance needed for optimum health and mind conditions is found in almost all.

If one is about to embark on trying to treat one's self with the yin and yang concept as the basic focal point, then some simple ideas can be followed.

If the treatment style chosen includes the use of herbs, the basic principal for guidance purposes would be, any hot disease should be treated with cold herbs, and any cold diseases should be treated with hot herbs.

A simple formula to follow but bearing in mind other corresponding factors should also be studied. Some people actually relate to it this way – a yin disease = a yang cure and a yang disease = a yin cure.

Besides all this, reading testimonial is another good way of assessing the choice made. Most people who have found or experienced good things are more than happy to share it. Likewise the opposite also true and applies, so making a discerning choice is not difficult.

There are a lot of centers and societies dedicated to healing and the enhancement of health. Some are non profit while others are not. The choice lies in the individual freedom.



# Chapter 10:

## *The Drawbacks To Not Understanding Yin And Yang*

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### Synopsis

In the ever changing and fast pace of today human existence, people are always looking for the next new exciting thing to try. From medications, to exercises, to therapy sessions. The world is your oyster, so the saying goes.



## **What You Should Know**

The negative side of this vast array of choice is that, people tend to jump onto the next thing without giving enough time, energy and concentration to what has already been started on. Sometimes it's because of lack of any physical progress, sometimes its due to outside pressure and sometimes there is just not enough mental commitment.

Attempting the yin and yang style therapy is no less different. The commitment needed to see any percentage of results must be taken into consideration. Reading up as such information as possible also help to edify the choice made and is a positive contributing factor to the successful of the yin and yang choice made.

Making a concerted attempt to thoroughly understand what it involves and how the yin and yang concept works is also mentally helpful in preparing the mind to accept and work with the choice made.

A lot of benefits can be derived from practicing any therapy that uses the yin and yang tenants as its basic beginning and ending results. While all this is being researched, one must also understand that the results and impacts from making a particular choice is vast and varied and depends on a lot of inter related aspects which vary from person to person.

Another aspect to be wary about when making the choice, is whether or not, the chosen style has an occult elements or not. As with most alternative therapy styles the actual nature of the therapy may be genuine but the practitioner may not be, thus the occult connotations.

Questions should be asked and satisfactory answers should be forthcoming before making the choice to embark on this venture of holistic healing.



# Wrapping Up

And a final word about balancing your body with food that goes into it to achieve Yin and Yang. The balance of yin and yang in the body is frequently determined by the food one consumes more than any other individual factor. Therefore, a basic understanding of how food bears on one's yin and yang balance is indispensable.

A lot of qualities of a food affect its yin or yang qualities. These include, but are not confined to its freshness, nutrient content, animal or veggie derivation, how it's fixed, how and where it grows, toxins it bears, level of energy, and even such matters as its color, texture and other qualities.

The yin-yang equilibrium in foods has little to do with a “balanced” diet in modern dietetics. The Western thought of a balanced diet is based on balancing assorted food groups like fruits, veggies and grains. This is a different idea.

Toxins, nutrients, fiber and other chemical components found in all foods may be yin or yang, depending upon their chemical nature.

Freshness is a really crucial quality to determine yin or yang. Fresh food is far more yang in just about all cases. Denatured, refined, processed, old, stale, wilted, or spoiled food is much more yin. This has to do with the power of foods, discussed below.



Yang quality and energy. Etheric energy is occasionally likewise called vitality or life energy. A few individuals have instruments to measure it. A food that's higher in etheric energy, or a cooking technique that preserves or enhances etheric energy, will be more yang. Fresher foods have much more etheric energy and are thus much more yang. Old, stale or canned food, have much less etheric power and are more yin.

Frying food really appears to preserve the etheric energy a little more. This is why Asian cooking recommends stir-frying, and it's one reason that organic blue and yellow corn chips might be excellent foods, even though they're made with vegetable oils..

