

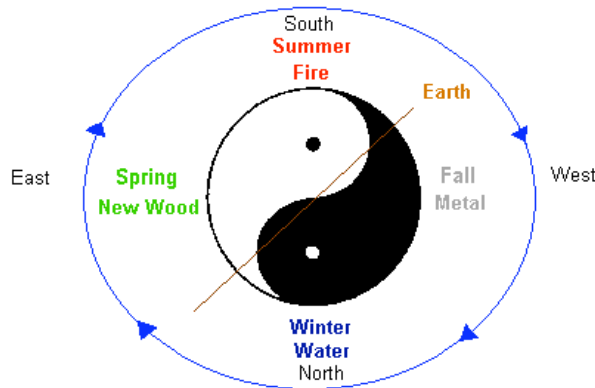


YIN & YANG ... the opposite sides of the hill

The concept of Yin and Yang is one of the most fundamental and profound theories of Feng Shui and supports the [Five Elements](#) and the Environment. Instead of looking at things as black "or" white, right "or" wrong, etc. having separation and not relating, Feng Shui views opposites as evolving and cycling.

It is the Chinese perspective of balance, harmony, continual change, and the interdependency of all things. As a [Feng Shui Practitioner](#) I work to balance the Yin and Yang in your spaces and in your life.

I just recently learned that the words "Yin" and "Yang" actually translate to mean "the opposite sides of the hill". You can see this in the TAI CHI symbol ... the black or the "shady" side represents 'Yin' which is cool and passive energy; and the white or "sunny" side represents 'Yang' which is hot and active. It's the idea is that everything has at least two aspects to it.



In addition, the two continually interact ... one always replacing the other. In the symbol you can see that Yang grows but at its height, Yin emerges. Then Yin grows and at its height Yang appears and the [cycle](#) repeats itself.

Furthermore, within Yang, there is a small piece of Yin. Within Yin, there is a small piece of Yang.

Just as in the heart of winter, a seed lays in wait to become life, so is Yang waiting within Yin for its turn. In a hot desert summer, a sudden rain storm brings coolness ... Yin found in Yang. So you see, there are no absolutes ... just [cycles](#).

The TAI CHI symbol above shows a seasonal orientation with Yang, representing heat, rising on the left (East and [Spring](#)) and reaching its peak at the top (South and [Summer](#)). Yin representing coolness descends on the right (West and [Fall](#)) and reaches it's maximum at the bottom (North and [Winter](#)).

Winter gives way to Spring, only to return in a matter of months - night follows day, which re-emerges after some hours of darkness - without hot, there is no cold - without life, there is no death. To me, there is such a sense of wholeness in the ever-flowing movement of Yin and Yang. This interaction creates the essence of life around us.



As your home needs harmonious energy in order to support you, it is important to understand the application of the Yin Yang theory on a practical level. How to design the perfect environment for yourself so that your lifestyle and your environment are united. Your home needs to support you for both rest and rejuvenation AND creativity and action.

YIN (passive energy) is the energy of silence, darkness, slow and relaxed movements, soft, luxurious, ornate, etc.. Yin energy is the predominant energy at night when you go to sleep, when you need to relax and replenish your energies ... anywhere where you want to take time.

YANG (active energy) is the energy that is characterized by strong, vibrant sounds and colors, bright lights, upward moving energy, hard surfaces, plain design, etc. You experience Yang energy almost constantly in a busy office, at a great party, driving on the highway. Anywhere you have a blast ... get crazy ... need space to move!

One cannot exist without the other, just like the day will lose the essence of a day without the presence of a night; sound without the silence that precedes it, and hot temperature without the cold one. ***The Yin Yang energies cannot exist in isolation; they define each other, as one is the condition for the other's existence.***

In today's hectic lifestyles we tend to experience an imbalance of feng shui energies. We live in a constant flow of the very active, busy, Yang energy and often weak, or even missing the energy of Yin ... the relaxed and nourishing one.

Creating a home that reflects a Yin Yang balance is very important in Feng Shui. There will always be one quality of energy that is stronger depending on your use of the space, but remember you need to represent both.

YIN ENERGY IN YOUR HOME - Your bedroom needs relaxing Yin energy in order to heal you, so it is crucial to let go of



all the dominant Yang elements in the bedroom, such as the TV, exercise equipment, or office items. While the Yin energy needs to be the predominant energy in your bedroom (think relaxation, cocooning, sensuality, sleep); you also need a slight presence of Yang for balance ... think candles, a light color to balance the deep colors, live plants.

Yin-based rooms have an anchor, a primary piece of furniture that locks down the energy ... like your bed in

the bedroom, the fixtures in your bathroom, and the table in your dining room.

Speaking of the dining room, it is becoming “endangered” more often than not strewn with stacks of papers, hobbies, home office ... a catch-all. Pay attention that you take in your food in a place that is nurturing .. a Yin place ... not one of Yang chaos !





YANG ENERGY IN YOUR HOME - On the other hand, the family room, the living room and the kitchen are definitely spaces that will benefit from a stronger presence of Yang energy. Go for vibrant colors, lively decor, and lots of natural light. A variety of feng shui elements will contribute to an active quality of energy (for example family photos, books, games, television).

Yang-based rooms need to have space to move around ... have flexibility in the furniture arrangement.

Though the Yin, or relaxing element, is not the dominant one in these spaces, you still need to have it for balance. Think some deep colors, relaxed and comfortable seating, artwork with soothing energy...

Having a harmonious balance of both Yin and Yang energies in your home will create the fabulous “dance of energy” you need to live a healthy and fulfilling life.

Think like Goldilocks and...mix a little bit of Yin and a little bit of Yang until it is Just Right!



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