

## The Yin & Yang, The Principles and Beauty of Duality

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The Yin & Yang, The beauty of Duality

In Chinese philosophy, the concept of yin and yang is used to describe how contrary forces are interconnected and interdependent in the natural world, and how they give rise to each other in turn

The concept lies at the heart of many branches of classical Chinese science and philosophy, as well as being a primary guideline of Oriental Medicine principle and theories. The relationship between many inseparable, natural dualities around us is

explained easily through yin-yang principles. For example: night and day, darkness and light, female and male, low and high, cold and hot, sickness and health, poor and rich, short and tall, moon and sun — are viewed in Chinese thought as manifestations of yin and yang (respectively).

Yin and yang are complementary opposite existence within a greater whole. There is nothing simply yin or yang. This is a state of comparison to help understand the given condition. If there is no yin, there is no yang. If there is no yang, there is no yin. Everything in the world or life has two aspects: yin and yang aspects, although yin or yang elements may manifest more strongly in different objects or at different times. Yin and yang constantly interact, never existing in absolute stasis. The concept of yin and yang is often symbolized by various forms of the Taijitu symbol.

The Yin/Yang symbol is one of the oldest and best-known life symbols in the world, but few understand its full meaning. It represents one of the most fundamental and profound theories of ancient Taoist philosophy. At its heart are the two poles of existence, which are opposite

but complementary. The light, white Yang moving up blends into the dark, black Yin moving down. Yin and Yang are dependent opposing forces that flow in a natural cycle, always seeking balance. Though they are opposing, they are not in opposition to one another. As part of the Tao, they are merely two aspects of a single reality. Each contains the seed of the other, which is why we see a black spot of Yin in the white Yang and vice versa. They do not merely replace each other but actually become each other through the constant flow of the universe.

In Taoist philosophy, yin and yang arise together from an initial state of emptiness and continue moving forward until the quietness is reached again. For instance, dropping a stone in a calm pool of water will simultaneously raise waves and lower troughs between them, and this alternation of high and low points in the water will radiate outward until the movement dissipates and the pool is calm once more. Yin–yang, thus, are always opposite and equal qualities. Further, whenever one quality reaches its peak it will naturally begin to transform into the opposite quality: grain that reaches its full height in summer (fully yang) will produce seeds and die back in winter (fully yin) in an endless cycle.

It is impossible to talk about yin or yang without some reference to the opposite, since yin–yang are bound together as parts of a mutual whole. A race with only men or only women would disappear in a single generation; but men and women together create new generations that allow the race they mutually create to survive. The interaction of the two gives birth to things. Yin and yang transform each other: every advance is complemented by a

retreat, and every rise transforms into a fall. Thus, a seed will sprout from the earth and grow upwards towards the sky – an intrinsically yang movement. Then when it reaches its full potential height it will fall. Yin is usually characterized as slow, soft, insubstantial, diffuse, cold, wet, and tranquil. They are generally associated with Femininity, birth and generation, and with the Night.

Yang, by contrast, is characterized as fast, hard, solid, dry, focused, hot, and aggressive. They are associated with Masculinity and with the bright daylight, full of vibrant energy. We would be lost in the world without the understanding of the yin and yang principle.

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