

A SELECTION OF DIFFERENT PAGES FROM MODULES 2 & 4

Because the nothingness is full of possibilities. Out of nothing comes everything. It is the foundation of the duality of everything in life. When two opposites meet, a transformation takes place and something is created from this transformation.

The single entity, Wu Chi, divides and forms the two primal universal energies, **yin and yang**.



Yin is the dark part of the Tai-Chi

Yin is earth, feminine, passive, the contracting qualities of nature and life, winter, dark, cold, wet, quiet, inactive, resting, retiring, still, soft, gentle, calm, nurturing.

Yang is the white part of the Tai-Chi

Yang is heaven, masculine, active, the expanding qualities of nature and life, summer, light, hot, dry, noisy, moving, upward, hard, energetic.

Yin qualities are not better than yang qualities. Yang qualities are not better than yin qualities. They need each other and are always changing into each other. This changing state is represented in the Tai Chi by the white dot inside the black section and the black dot inside the white section.

When there is an excess of yang, the beginning of yin is always there waiting to take over. With an excess of yin, the beginning of yang is always there waiting to take over. Whenever one force becomes too strong, its energy begins to diminish and the other force gains strength and influence.

Yin and yang attract each other. As you become more yin, you attract things, people and situations that are more yang and vice versa.

In relationships for instance, a quiet retiring person may choose a partner who is lively and outgoing.

Another example is the type of food one prefers in winter or summer. In winter, which is a yin season, people tend to prefer yang foods which are warm or hot, such as hot soups and casseroles. In summer, which is a yang season, they prefer colder foods such as salads and cold drinks.

When we are in tune with our feelings, we will instinctively choose what is right for us. We will naturally create a situation of balance. This is one aspect of going with the flow of nature. We are allowing our natural instincts to guide us back into a balanced state.

Examples of this constantly changing situation in life:

- night (yin) always changes to day (yang)
- winter (yin) always changes to summer (yang)
- in a dark sky (yin) there is always a star (yang)
- laughter (yang) sometimes turns into tears (yin)
- if you eat very salty food (yang), you will crave liquids (yin)
- after working really hard (yang), the body needs rest (yin)

In feng shui practice, a balance between yin and yang is essential. Without a balance of yin and yang in a property, there could be emotional and physical effects on the occupants.

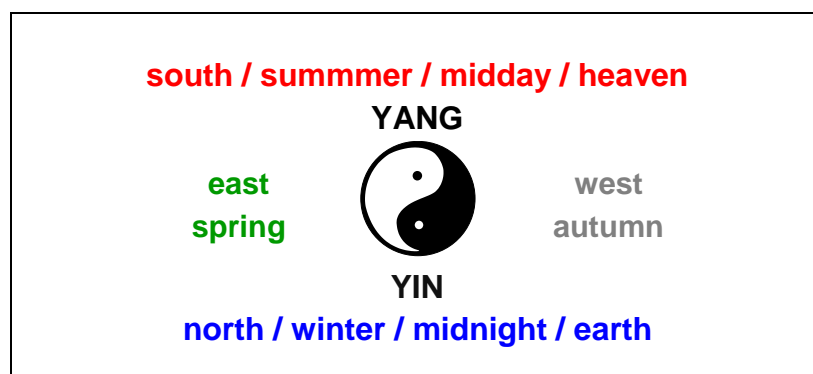
For instance, people who live in dark places could feel depressed, lethargic, lacking motivation. If their homes are too bright and noisy, they could feel tense, stressed, unable to relax.

In a dark area, we aim to bring in more light. In an extremely bright area, we aim to bring in softening features. If a room is too cold, we introduce warming features. If it is too hot, we introduce cooling effects.

Any object or structure could provide yin or yang, depending on its location. A mountain is a yin structure. But if the mountain behind your property is bathed in sunshine, it provides a yang environment for your property. The man-made structures around your property may be made of concrete, bricks or glass (yang) or wood (mainly yin).

Which way should the Tai Chi be placed?

This is traditionally the correct way



MY CLIENT EXPERIENCES WITH YIN AND YANG

with names and places changed to maintain confidentiality

Yang needing Yin

John was a high-powered executive in a fast-moving company. He worked long hours. He lived in town so that his commute was short and quick. But when he got home after work he couldn't relax, couldn't sleep, suffered severe stress and was heading for a nervous breakdown.

His house was located in a busy area, with a busy road in front, and the bright lights of his workplace could be seen in the distance.

It was clear that John led a yang life and lived in a yang town house in a yang location. He needed some yin to restore balance in his home, which would eventually create balance in him, because people absorb the energy in their surroundings and it therefore affects them.

We started with the main entrance of energy into the home, which is the main entrance door, or 'front' door. He painted this a more peaceful yin shade of green.....

your property

Chi Flow

Look around your home inside. Can the chi flow around it smoothly and harmoniously, like a meandering stream, or does it get blocked, stuck, confined, restricted? Could it be stuck in corners or in clutter? Does it rush up any long passageways? Is there any sha chi aimed at your favourite chair or at your bed?

Look outside your home. Are there any poison arrows aimed at your front door or at any front windows?

See if you can move things around a bit to enable a meandering flow of chi. How about continuing to deal with any cluttered areas!

Don't forget to write your observations, actions and remedies in your notebook.....

Do you see **yin and yang** balancing forces at work within the seasons? When winter becomes as yin and cold as it can be, then yang enters to create balance, and Spring follows with its energy of growth and energy. When summer becomes so hot, yin enters and starts the process of cooling down towards autumn.

The principle of the five elements can be considered the backbone of feng shui. The interaction of these elements is used to create good chi and correct bad chi. It is the key to enhancing or correcting the feng shui in a property.

Each element has a productive, destructive or draining influence on a property, depending on which of the eight compass areas of a home each element occupies at any point in time.

The sequence of elements is **Water, Wood, Fire, Earth, Metal**

(please note that Wood means plants, trees and greenery)

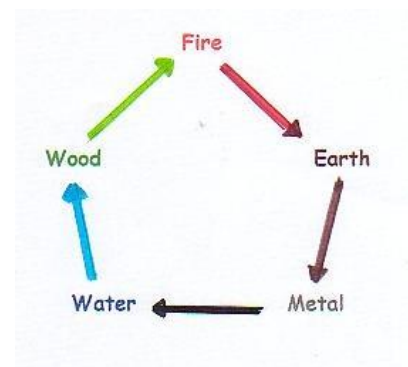
It is important to understand the creative, destructive and weakening cycles of the five elements, otherwise you could destroy the positive energy of an area.

the productive cycle of the five elements

In the creative or productive cycle, each element gives birth to the next element. In other words, it creates, produces, enhances, supports or gives strength to the next element.

The following diagram explains the order of nurturing:

- Water** produces **Wood** - water helps wood to grow
- Wood** produces **Fire** - wood enables fire to burn
- Fire** produces **Earth** - fire burns and forms ash (earth)
- Earth** produces **Metal** - earth gives minerals & metals
- Metal** produces **Water** - melted metal flows like water



It is important to try and make some sense of this in your mind. You may develop your own way of remembering how the elements affect each other.....

the interactions within the elements are shown in the table below

element	supported by	destroyed by	drained by	destroys
water	metal	earth	wood	fire
wood	water	metal	fire	earth
fire	wood	water	earth	metal
earth	fire	wood	metal	water
metal	earth	fire	water	wood

your property

Take your compass, stand by the front of your property looking forwards. See where the compass directions are. The needle always swings to magnetic North. Now turn your compass so that the North marking on your compass face sits underneath the point of the needle. You can now see where all your compass directions are. Make a note in your notebook. This is just an idea of the directions. You will soon learn how to take an accurate compass reading and draw up a floor plan.

Have a look around your home. Spend time looking at your ornaments, books, furniture, plants, their colours and shapes. Identify which element belongs to each item.

Study the colours of your walls. Which elements do the colours represent? What about the colour of the rugs and carpets, and the other furnishings?

Study shapes and identify the element that is linked with the shape.

Now walk around your home and see what objects and colours you have in each of the different sections. Are these objects and colours enhancing the energy of the compass direction, are they draining it or are they destroying it? How could this be affecting your life?