



Philip Lai Qi Gong Association

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Theory of Yin and Yang

In TCM every object or force in the universe can be described as a combination of two opposites: Yin and Yang.



According to Chinese philosophy, the universe started from nothing: Wu Ji.

From nothing came something: Tai Ji (Tai Chi).

When something exists, it must have two forms, faces or situations such as: up/down, left/right, hot/cold, or male/female. This is the concept of Yin and Yang, that each thing is made up of opposites.

The two degrees of Yin and Yang gave way to four degrees (Si Xiang) and the four degrees created eight degrees (Ba Gua).

Yin and Yang must balance each other in order to exist. There must also be a centre to everything, which is steady and stable.

For example, there is only one nose and mouth at the centre of the face but two eyes and two ears which are not at the centre.

Examples of Yin/Yang Pairs

<u>Yang</u>	<u>Yin</u>
Active	Passive
Heaven	Earth
Outside	Inside
Mind	Body
Masculine	Feminine
Light	Dark
Expansion	Contraction

The Yang principle is considered to be active, while the Yin is passive. Nothing is purely Yin or Yang and

everything contains some of the opposite inside it. Yin and Yang constantly transform into each other, not just in extreme circumstances. Health and happiness depend on the harmonious transformation of Yin and Yang. Disease and emotional upset result when these changes do not happen at the right time or in the right way.

The goal is a “middle path” or state of balance. Correct thinking process, exercises and diet is important in achieving this balance.

Balancing Yin and Yang

A very common Yin situation exists these days in which people are very anxious, worried, sad, fearful and angry. People are feeling depressed, lazy and lack motivation to help themselves and progress in their lives. Some people feel that they have no success or achievement in their lives or that the things they contribute are not recognized by others.

Other people are in a desperate situation such as experiencing severe emotional distress, pain, injury, limited mobility and thus feel hopeless and worthless.

The opposite Yang situation is experienced by courageous people who can deal with desperate situations, rebound from adversity and be able to fully contribute to their family and community with a positive attitude, happiness, confidence and good health.

It is possible for people to pull themselves out of their excess Yin situation and give themselves a boost into a more hopeful future. Learning powerful techniques such as Micro-Cosmic Cycle Meditation (opening up the major energy channels in the body to allow Qi to flow freely), Acupressure massage to treat emotional upset and depression and following a diet which treats Yin/Yang imbalance will help to address most of the above health issues.

I invite you to attend my upcoming workshop to teach these techniques and others: Balance Yin & Yang: Healthy Body, Healthy Mind.

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