

# Project

Ancient Thoughts  
*Modern Applications*

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**As you're reading what I am typing consider the fact that each time one of my fingers touches a computer key I'm verifying something conceived thousands of years ago. That theory, which has been recently rediscovered by many Western physicists, is called Yin/Yang.**

**Over the centuries other civilizations have also espoused this duality, especially in the area of reproduction. Both sexes were represented in most religions and in their most basic forms they worshiped the genitalia of males and females. Such was the homage of the Phallus/ Kteis of the Greeks and Egyptians, the Lingam (Shiva) / Yoni (Shiva's goddess) of Indian Hindus, the Woden/ Friga of the Goths, the massebasher of Syria, the Yoseki/ Inseki of Japan, and Baal/ Peor of the Canaanites in the Holy Scriptures.**

**These two universal opposites and their subsets can describe all phenomena. The binary code is only one example of this easily observed process. All computers are based on zero and ones. The zero to the Chinese is represented by female genitalia. Since zero is an even number the number two (also Yin) is appropriately represented by a women's breasts. The breasts produce milk which is concentrated from the mother's blood/Yin.**

**The number one in Chinese energetic philosophy represents the male penis (yang) but it is interesting to note that Man was created with two testicles to produce the very yin substance we call sperm and the Chinese call Jing (essence). The yang penis serves only as a conduit for this concentrated blood. Just as TCM doctors say that the yang keeps the blood in the vessels, it also leads the blood through the body.**

**Ah, I'm starting to get way ahead of myself so let's go back to the beginning. We'll regress to the origins of Taoist philosophy. The terms Tao, Yin, Yang are images fashioned by the ancient Chinese sages to describe their insights into reality both seen and unseen.**

**In the Taoist tradition the word Tao is used to demonstrate the all embracing first principle. That principle being the eternal primary universal source also called the Void ( wu wei). Its interesting here to note that all substances come from what seems to be nothing.**

**Just as the recent discovery of black holes/ dark matter (yin/dark/dense) attracting stars and pulling them past their "event horizon" and later calving new solar systems may mean an end to the "Big Bang" theory. Astronomers now believe that at the center of each galaxy reigns a colossally compressed mass of dark matter with all the stars (syng in Chinese) elliptically dancing around them. Just as a massive black hole governs the movements of a galaxy of stars so to homopolar Ceo's administrate global corporations.**

**Lao-zi, the ancient Taoist sage stated, " The Tao begot the one, the one begot the two, the two begot the three, and the three begot the ten thousand things. These 10,000 things are an understated(a Yin character trait) metaphor for an infinite number of things. Those "things" include you me, the earth, the stars, everything.**

**The Tao is also called Wu Wei(the void) and the One is the Tai Ji(the supreme ultimate). This One gives birth to the Two (yin/yang). It is the 'Two' that we will be concerned in this narrative.**

**The Tao is scientific without being a science and is religious without being a religion. True science is trying to understand the objective world without any prejudice or prior conclusions. A scientist who is a devout Catholic, Hindu, Moslem cannot be a true scientist. Why, because there exists the possibility that the codified prejudices of their organized religion will inadvertently fluoresce their scientific method.**

**If Galileo remained a Christian he could not have discovered that the sun did not move around the earth. If Ben Franklin had been a devout Baptist then he may not have not explored the hinterlands of electricity, meteorology, oceanography, economics, and democracy.**

**A scientist is someone who asks a profound question and then sets about searching for the answer. Science is the search for truth in the objective world and religion is the search for truth in the subjective world. Just as there is a world outside of us there is also a world inside of us.**

**In the outside world we are much more mature than the inside sphere. If we hear of some new discovery that antiquates another theory we immediately embrace the modern conclusion. Consequently, we are advanced in our approach to the outside but comparatively primitive when examining our inner geography.**

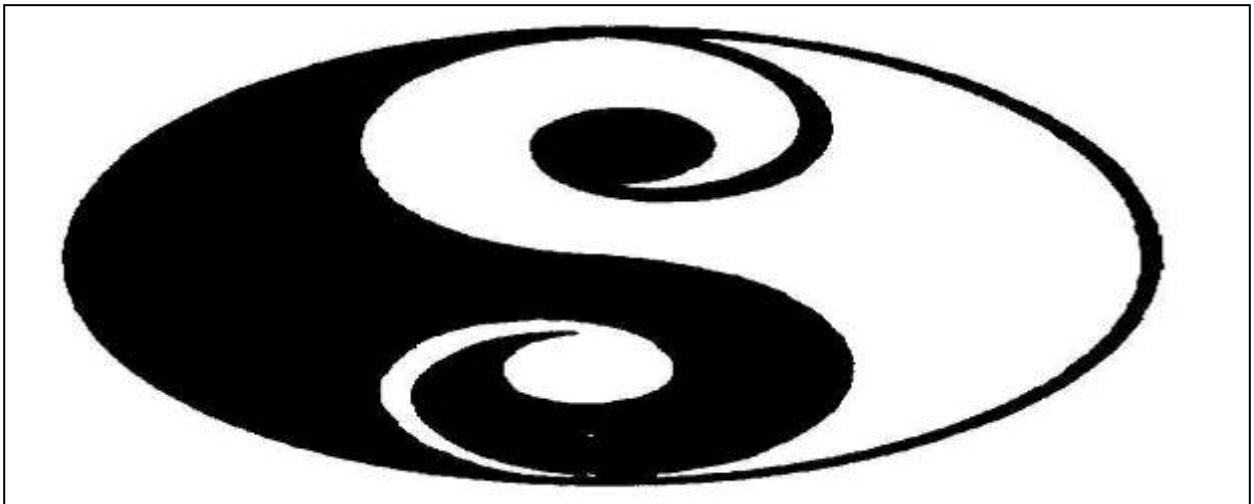
**So, should we use religion to further explore the inner? We could but because religious dogma clings to the lenses of our subjective microscope its almost impossible to trust our deductions. However, the Tao takes a radical but simple approach to the inner being. Let's just call the Tao the science of the subjective or the "science of Being". One of**

**the tools the Taoists used to plumb the depths was Tai Chi. Its dispiriting to realize the Tai Chi taught in these modern times is but a shadow of its former self.**

**The Taoists were the first to be enlightened to the fact that existence is polar. No other religion has ever been explicit about this tremendously significant fact. Saying that existence is polar, basically reveals that existence is not logical but dialectical. Lao-tse stated that if the foolish man hears the Tao he laughs because it would not be the Tao if no one laughed at it.**

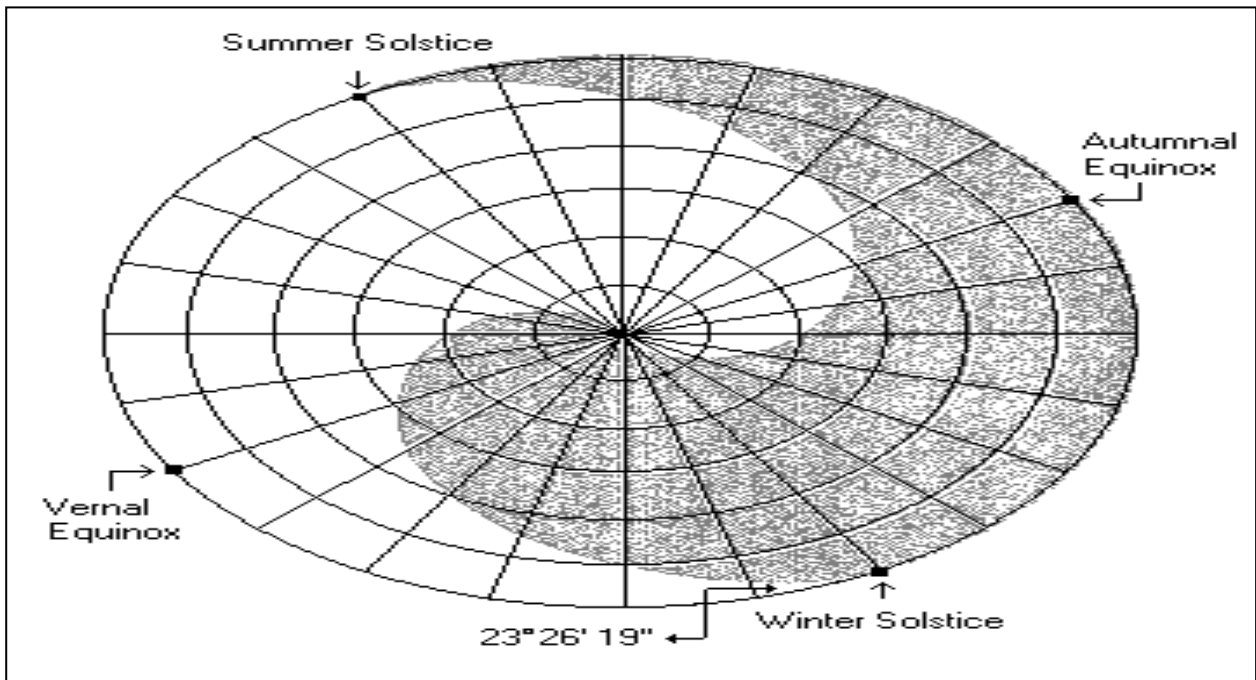
**Logic is linear and simple but the Tao is more complex because dynamic existence is only possible if the opposite is also involved in it. For example, electricity(Yang) and its twin magnetism(Yin) could not exist without two poles ; positive and negative. Electricity is not logical it is utterly illogical.**

**For that matter humanity could not exist without the masculine and the feminine. Without opposites there is no conflict. These opposing forces, stated Aristotle, have Dunamis(potential to create change) but without conflict there is no Kinesis(movement/ yang) or Energeia (actuality/Yin).**



**Hegel espoused thesis opposed by antithesis without which you have harmony quickly evolving into stagnation. Now think, what Hegel discovered with his “Unity of Opposites” a few hundred years ago was common knowledge to the Taoists 5,000 years ago.**

**The earliest origins of Yin/Yang probably came from the common people’s observation of the cycles of day and night and the seasons. The characters for yin and yang, whose chinese etymological roots refer to the dark and lighted sides of a mountain respectively, were gradually extended to make reference to the principle of duality inherent in all manifestations.**

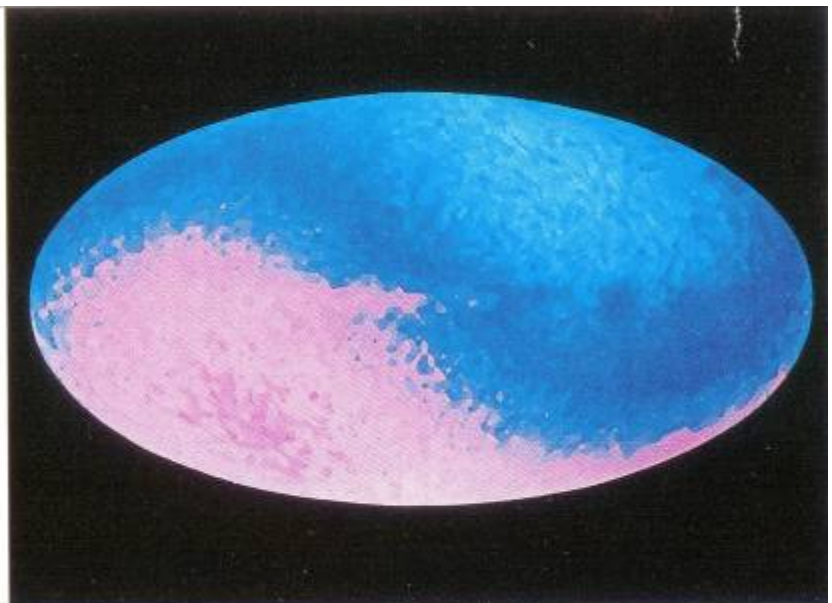


**The following photo is of the author and his Makko-Ho(Japanese stretching exercise) sensei in a physical demonstration of Yang (the teacher pulling) and Yin the student submitting to the stretch. My muscles are noticeably in a lengthened state and hers are in a power generating condition of contraction.**



**The next picture is from New Scientist magazine (Oct./02) and is a four year map of the large-scale variation in temperature of Earth's cosmic microwave background. Its been inserted here to give the reader a chance to see how science usually and often unwittingly (notice the lack of commentary that this map amazingly resembles the yin/ yang symbol) gives flesh to the principles of Taoist thought.**

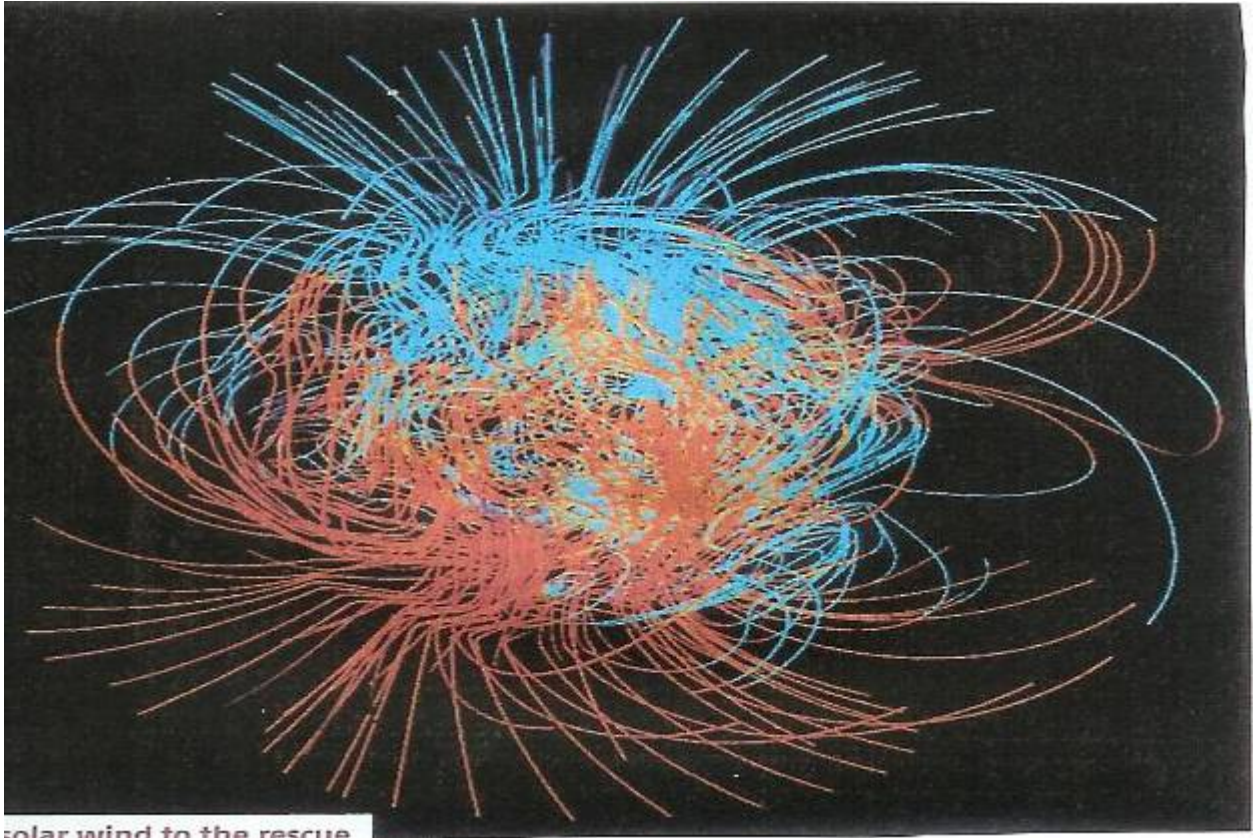
*Top:* At Cerro Tololo Observatory, 2km above the Atacama desert in Chile, astronomers are able to observe the light from supernovas  
*Left:* In 1929 Edwin Hubble observed galaxies apparently moving away from one another  
*Right:* This coloured infrared all-sky map shows the large-scale variation of temperature in the cosmic microwave background (CMB). The data for this image were gathered by the COBE satellite over four years



is baffling, and it is the target of intense research into the other new window on the universe: the Cosmic Microwave Background. In 1965, astronomers discovered

**This companion photo is also from New Scientist magazine. It demonstrates how the solar wind (1 million kph stream of hydrogen-yin/ helium-yang..the only gas that does not liquefy at absolute zero) wraps itself around the earth**

**and induces a magnetic protective field in the ionosphere. By all appearances its another lost opportunity for modern scientists to vindicate the ancient Taoists.**



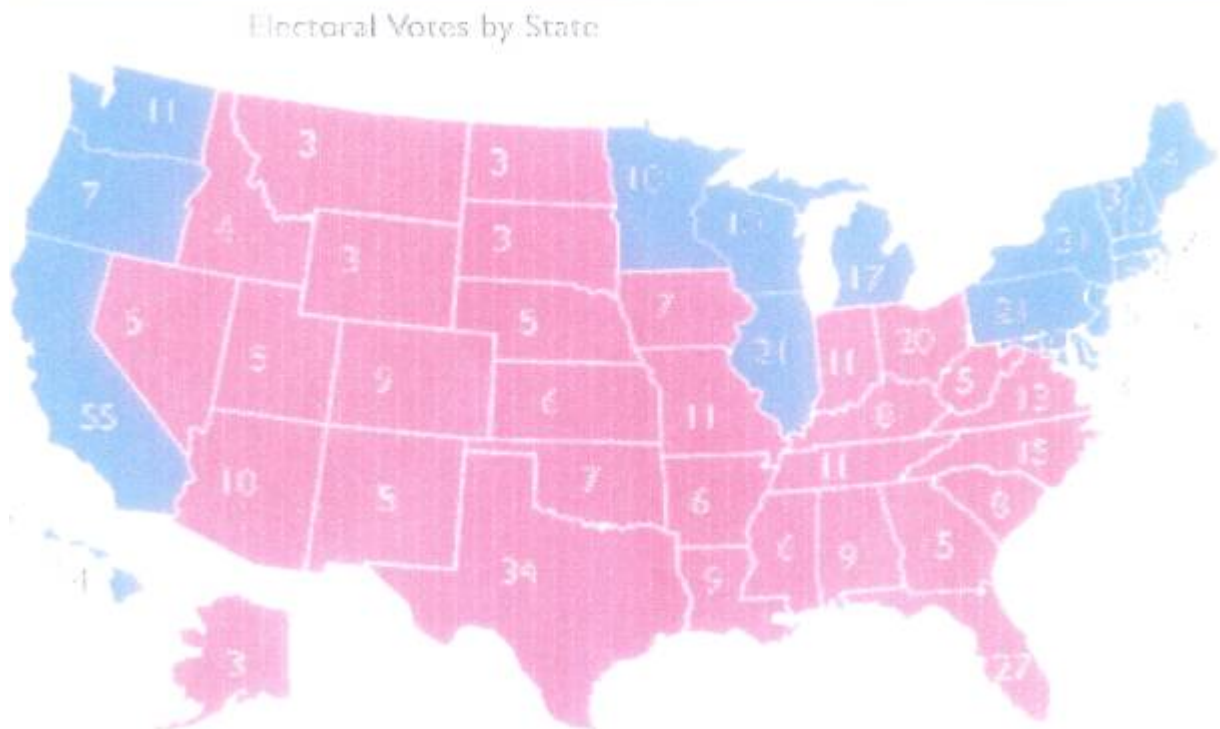
**Both the above photos are living-color examples and so the graphics are dynamic and don't feel as two-dimensional as the tattooed representations we have by chance gaped at statically scrawled on a lower lumbar peek-a-boo.**

**Yin and yang's relationship to each other is one of a vital, not static, duality. It has been said, "In motion they separate; in stillness they fuse." Therefore, to the Taoist the fundamental principle of a long and fulfilling life was the balancing of yin/ yang in everything.**

**This Yin/ Yang interplay has become more evident in the political arena. In the latest presidential race many were amazed at the polarization of the voting public. As one can**



**see from the chart below, the blue areas that are cool or cold are also near large bodies of water (Pacific/ Atlantic/ Great Lakes).**



**These bastions of intellect are situated in megapolitan communities and are dominated by Yin /Liberal/ More Government thought. The areas outside metropolitan congestion (rural towns) have more Conservative/ Freedom-oriented/ Less Government/ Yang ideas.**

**Even the colors chosen by the news media tell a Taoist tale. Red has always been a symbol for fire and Yang. Blue is a universal metaphor for water and has also represented Yin in Chinese culture and art. Therefore its not surprising that the spyinmeisters unwittingly follow the “Way”. Another way to look at the map would be to continue the blue into Canada and if you use your Yimagination you can visualize the Yin/ Yang with Canada being the Yin(blue) with the West coast as the tail and the remainder of the US (rural/ warmer states) as the Yang/ Red.**

**Concluding this sub-theme, The author would like to make clear that it's his observation that the majority of politicians are yin (Yes, that means Bush) it's the Yangs surrounding him(Rove, Rumsfield, and Cheney) that took us to war. Yins get elected because they find it easy to spin the truth and guard government secrets from the forlorn masses. It struck many Yangs funny that John Kerry recently chided the "rich Republicans" for their policies to help the "well-off" but forgot to mention he was married to a multimillionaire.**

**The few Yangs that get elected (Gov. Jesse Ventura/ Arnold) usually get elected because of their "Fresh" platforms but fail in their precarious post because they try to shrink government and red tape, eradicate spin by speaking their mind, create jobs vs. robbing citizens of their self-worth by handing out free money (yet be conscious of the environment), and work hard at their duties despite being sabotaged at every turn by the yinocracy.**

**Thus the development of all phenomena in the universe is a result of the interplay of these seemingly polar opposites. Most situations which portray conflict are nothing more than an imbalance in that specific social group of yin/ yang energies. One ancient stated that change was violent only if one opposed the Tao.**

**These conflicts have been accepted as an unavoidable part of life and even generate monstrous ad and box-office dollars when properly packaged by soap operas, sit-coms, talk shows, and Hollywood movies. This Celluloid CIA(CCIA Corporations for Conflict Induced Addiction) continues to brainwash armchair adrenalin junkies.**

**To discover more about these primordial forces and better use them in a positive manner, which in theory should reduce conflict significantly and rebalance our day to day existence, we will start by listing the obvious manifestations of “the Tai Ji”.**

**This list is by no means complete but can continue growing in your sphere of life as it opens your mind to identifying which side of the “the Golden Mean/Middle way” you fall on. Remember just as with the Tai Ji symbol both opposites have a bit of the other in them.**

**Keep in mind the key thought is to ascertain which side you feel attracted to or which side predominantly describes your character. The list below is divided into 4 categories...General, Somatic, Diagnostic Cues(for TCM professionals), Personality:**

## **General**

### **YANG**

**Light  
Fire  
Sun  
Heaven  
Masculine  
South  
Hot  
Energy  
Left  
Time  
Outside**

### **YIN**

**Dark  
Water  
Moon  
Earth  
Feminine  
North  
Cold  
Solid  
Right  
Space  
Inside**

**Round**  
**Thick**  
**Odd(in number)**  
**Destructive**  
**Open/Honest**  
**Fast**  
**East**  
**Spring/Summer**  
**Warming/Protective Qi**  
**Hard**  
**Light**  
**Activity**  
**Turmoil**  
**Confusion**  
**Forceful**  
**Particles**  
**Centrifugal force**  
**Spirit/ Air nourished**

**Square**  
**Thin**  
**Even**  
**Constructive**  
**Hidden/Secret**  
**Slow**  
**West**  
**Fall/Winter**  
**Nutritive Qi**  
**Soft**  
**Heavy**  
**Stillness**  
**Peace**  
**Serenity**  
**Yielding**  
**Waves**  
**Gravity**  
**Body/ Sense nourished**

## **Somatic**

**Male**  
**Function/Action**  
**External(muscles)**  
**Large/Agonist muscles**  
**Distal**  
**Lateral**  
**Back of body**  
**Left side**  
**Superior/Upper body**  
**Immaterial**  
**Extension**  
**Ascending**  
**Hot body**  
**Red face**  
**Stiff**  
**Contracted muscles**  
**Sympathetic**

**Female**  
**Structure**  
**Internal(organs)**  
**Small Synergistic muscles**  
**Proximal**  
**Medial**  
**Front of body**  
**Right side**  
**Inferior/Lower body**  
**Material**  
**Flexion**  
**Descending**  
**Cold body**  
**Pale face**  
**Flexible**  
**Relaxed**  
**Parasympathetic**

**Energy/Qi**  
**Conscious**

**Blood/Body fluids**  
**Subconscious**

## **Diagnostic Cues**

<b>Acute disease</b>	<b>Chronic disease</b>
<b>Energetic</b>	<b>Frequently Fatigued</b>
<b>Fast/shallow breathing</b>	<b>Slow/deep</b>
<b>Hot Torso/Limbs</b>	<b>Cold Torso/Limbs</b>
<b>Cold Hands/Feet(deficient)</b>	<b>Warm Hands/Feet(deficient)</b>
<b>Restlessness</b>	<b>Sleepiness</b>
<b>Insomnia</b>	<b>Listlessness</b>
<b>Throws off Blankets</b>	<b>Likes to be covered</b>
<b>Likes to lie stretched-out</b>	<b>Likes to curl-up</b>
<b>Likes cold drinks</b>	<b>Likes hot drinks</b>
<b>Red face</b>	<b>Pale face</b>
<b>Loud voice</b>	<b>Soft voice</b>
<b>Talks a lot / TMI</b>	<b>Dislikes talking/ listens</b>
<b>“Cast iron” stomach</b>	<b>Frequent stomach px</b>
<b>Constipation</b>	<b>Diarrhea</b>
<b>Scanty/Dark Urine</b>	<b>Profuse/pale</b>
<b>Thirsty</b>	<b>Little thirst</b>
<b>Sweats easily</b>	<b>Little sweat</b>
<b>Dry</b>	<b>Damp/edema</b>
<b>Hard masses</b>	<b>Soft masses</b>
<b>Easy erection</b>	<b>Difficulty Maintaining arousal</b>
<b>Difficult orgasm</b>	<b>Premature ejaculation</b>
<b>Meat-eater</b>	<b>Fruit/Veggie lover</b>
<b>Prefers Alcohol</b>	<b>Marijuana</b>
<b>Prefers sugar</b>	<b>Salt</b>

## **Yin /Yang Personality Breakdown**

**No personal judgement is inferred or presumed**

## Yang

**Extrovert**  
**Likes the morning**  
**Slave mentality**  
**Seeks perfection**  
**Logical**  
**Generous**  
**Night dreams**  
**Sells, throws, gives away**  
**Likes dogs**  
**Non-intellectual**  
**“Monkey-mind”**  
**Muscular /Thick**  
**Loves Meat/Potatoes**  
**Future-minded**  
**Bedroom messy**  
**Communal areas clean**  
**Washes all the dishes**  
**Loves to vacuum**  
**Verbally Thankful**  
**Verbally Loving**  
**Vulgar**  
**Likes to touch/be touched**  
**Dirt Phobic**  
**Police/fireman/military**  
**Entrepreneur/ construction**  
**Takes Risks/ Clumsy**  
**Likes physical labor**  
**Laborer**  
**Spends money**  
**Fashionable**  
**Pain friendly**  
**Likes Rough sports**  
**Watches Football/ Boxing**  
**Wrestling, Fox news**  
**Likes loud music(rock/ rap)**  
**Alert**  
**Physically controlling**  
**Conservative/ Republican**

## Yin

**Introvert**  
**Likes the evening**  
**King/Queen/Royal Mentality**  
**Feels perfect**  
**Intuitive**  
**Thrifty/Stingy**  
**Daydreams**  
**Collects as a hobby(Pack-rat)**  
**Likes cats**  
**Intellectual**  
**Enjoys Meditation**  
**Thin/ Although could be Swollen**  
**Loves Veggies/Fruit**  
**Past –oriented**  
**Bedroom orderly**  
**C/A dirty(except bathroom/kitchen)**  
**Washes 60-75% of the dishes**  
**Dislikes vacuuming**  
**Non-verbally thankful**  
**Non-verbally loving**  
**Politically Correct/ Rarely Swears**  
**Dislikes physical contact**  
**Germ phobic**  
**Politician/CEO/Banker/Accountant**  
**Doctor/Lawyer/Professor**  
**Careful/ Cautious**  
**Likes mental work**  
**Manager**  
**Saves money**  
**Clothes more practical**  
**Afraid of pain**  
**Racquet sports/Board Games**  
**Watches Golf/Tennis/ Baseball**  
**Soccer, MSNBC**  
**Enjoys classical/ jazz/ New Age**  
**Spacey**  
**Financially/Mentally controlling**  
**Liberal/ Democrat/ Green**

**Red state voter**  
**Violent crime**  
**Armed robber**  
**Rapist**  
**Murderer**

**Blue state voter**  
**White-collar crime**  
**Embezzler**  
**Child Molester**  
**Serial killer**

**At this point you may have concluded which side of the spectrum you fall on. It is essential that the reader identifies their personality type so as to better appreciate the remainder of this thesis. One way may be to ask a your partner or a close relative.**

**Presuming you have accomplished the above we can move on to further explore these opposites and by doing so prepare ourselves for solutions guiding us to a balanced life. Remember the Taoists tried to live in the “Pivot”---the center.**

## ***The Yang Personality***

**Have you ever driven to work while eating breakfast, listening to the radio, and maybe talking on the phone? Does multi-tasking come easy for you. Do you work all day and still have energy for other activities when you get home? Do you exhaust other people?**

**Did you dislike writing papers, reading, math in high school? Do you change friends often? Buy items you later realize that you didn't need? Live from paycheck to paycheck? Spending money comes easy to you? If you have the money do you pay the rent early or pay a few months in advance? Are you more generous to others than yourself. Is it difficult to keep money in the bank?**

**Always seem to be a laborer /associate/ assistant and can't picture yourself in management? How about bumps, scrapes, scratches, bruises that appear seemingly without reason. Accidents and their resulting trauma seem to occur with regularity. Your shoulder pain is usually on the left.**

**Like spicy food, fatty foods, coffee, alcohol, meat, sweets? Do you fall asleep easily but feel like a train wreck when you wake up? Like loud music and action movies? Avoid parties where everyone needs to bring a "creative piece", wine is served in the appropriate glasses and discussion topics of interest may include hydroponics by the amateur b/potanists in attendance.**

**Enjoy your sex wild, crazy, and rough but not much for fantasies? Have a difficult time reaching orgasm? Find it easy to speak before you think, get angry, yell, or act out.**

**By this time your neck might be sore from nodding or you've been thinking, "I know someone like that!" Well, if you need a good cervical massage you're probably a Yang. If you can easily recognize Yang in someone else you are most likely Yin.**

**Yang people on the pathological end of their spectrum have recently been labeled dysfunctional by modern psychology with terms such as Hyperactive/ ADD /ADHD /Manic. It is by design that a discussion of the far end of the spectrum may help us better visualize their plight with a true to life exaggeration of the issues.**

**Before the 1960's, functional Yangs may have been called hardworkers, high-energy, intense, creative, talkative,**



**loud, rambunctious, loners, wild, bold, risk-takers, go-getters, movers and shakers, bombastic, funny, crazy, delinquent, spontaneous, heroes.**

**However, since we have become a sedentary society and our ingestion of yang substances(fats, caffeine, sugar, refined carbohydrates) is on the increase its not surprising to Chinese doctors that False Yang excess is on the increase, especially in our young people.**

**Its my guess that our medical society(Yin managed) had to label the more “out of control” Yangs so they could chemically restrain them. Doctors discovered a few decades ago that Ritalin/ Cylert (speed) had a reverse effect on children with ADD/ADHD. They purport it helps sufferers to focus more.**

**When users take the medicine it speeds them up for a short period and then “burns them out” so the individual becomes more passive and docile(Yang +Yang = False Yin). This is a principle in Taoist medicine as when something becomes extremely Yang it will then by nature have to revert to Yin.**

**The only problem is that the Yin produced is a false Yin and is only temporary and insubstantial and may require ever increasing doses to achieve the same result. This assures physical and finally social dependency resulting in a pathologically yang pharmacological incarceration. Alcohol (yang energetically) has the same effect in quantity and as a result some stressed-out people have abused it to rest or relax. Marijuana, although it also has obvious dependency issues and damages kidney yin, would be an ill-advised but better choice.**

**However, from my personal observations Attention Deficient Disorder is a misnomer. These people would be better served with the moniker Attention Focus Syndrome.**

**It appears that those afflicted can focus very well when the topic is something they are interested in. Just as a laser beam is composed of pure concentrated condensed yang. So too someone with ADD can only put their beam on a precise area. They are able to take in information from a broad venue(Yin/ crystal/solid water) compress it and use that to focus their attention on a sometime miniscule area of interest or perplexity. The “noise” around them is their condenser and serves little practical purpose except as a convenient device for alembicated thought.**

**Often their beam of yang has already illuminated and solved the problem mentally and they are unwilling to wait for the others to catch up and have already moved onto another issue. So, they may appear in the classroom or staff meeting as though they’re not paying attention to the subject at hand. Actually in my case the more Yin (philosophical/ anti-pragmatic) the discussion the easier it is to render fission level thought temperatures.**

**Sadly, few bother to ask them to share as they could probably give more than a few creative solutions to the problem on the table and also quickly point out the strengths and weaknesses of what had been discussed. Some of those solutions may not be conceivable at that moment but with the proper resources would probably be feasible.**

**The technique of “brainstorming” in meetings didn’t embed in corporate culture due to the fact that most of the**

**employees in the upper management are Yin and incapable of instantaneous creative problem solving. If the opportunity affords, pay attention to recent TV spots produced by an anti-smoking organization which apes an actual cigarette corporation's marketing meeting. The brainstorm session is a yinsaster in progress.**

**During all the confusion, articulation, and spin at the first space shuttle disaster hearings I watched as Professor Richard P. Feynman put a small O-ring into his glass of ice-water. He then pulled it out at the "teachable moment" to show its lack of flexibility under frigid conditions. This simple act demonstratively derailed the high-tech double-yin discussion with a fundamental but poignant exhibition. He elicited a long pause from the group by asking if anyone had tried his simple experiment in the lab. The silence was deafening. Obviously they had not!**

**If you read his books you'll immediately recognize Dr. Feynman was a Yang instructing and surviving in a highly intellectual Yin world. He also worked on the A-bomb project at Los Alamos in his early 20's. Most of the universities he taught at relegated him to teaching the mandatory basic science courses the other professors despised. Despite his death a few years ago one can still buy his recorded lectures on the basic sciences at book stores everywhere. He was that great of a teacher! What a shining example of the balance between energy and intellect.**

**Next we find the true purpose of multi-tasking. The yang spreads out their beam by doing many tasks at once and can therefore evade the boredom factor, stay on the required but not desired task and finish the project. This author often played loud music, drank coffee, and watched**

**TV while doing high school and college writing projects. The distractions served to diffuse my focus and allow for a decrease in my yangness to be able to accomplish a yin task.**

**Before medication most of these exceptional citizens were placed in mental institutions or jail. Gladly, the institutions are closed but now the jails are full of “out of balance” Yangs (violent criminals). The government rehabilitation consists of overcrowded quarters, little exercise(except weightlifting), smoking cigarettes, high carbohydrate(refined)/ fat/ sugar foodstuffs and TV as the major intellectual stimulation.**

**These prisoners would better benefit from a yin environment which could be intensified or reduced as appropriate to each individuals position on the Yin/Yang spectrum.**

**Their diet would have to be predominantly a yin /Eastern diet which would include little meat, spices, dairy but incorporate large portions of fish, cooked vegetables, white rice, soy milk, and cooling fruits. Their basic medical complaints would more economically and efficiently served by chinese medicine and hypnosis (esp. addictions).**

**Mental stimulation could come from art, literature, music, philosophy, finance, meditation, relaxation, massage, and cooking courses. Recreation would focus on Yin tonifying exercise and sports (Tai Chi, Yoga, Pilates, golf, tennis, ping-pong, badminton, bowling, soccer).**

**It order for the change to be permanent, a strict minute to minute schedule would be needed to fill-out the daily routine of any Yang prisoner. Finally, inmates would be required to retire and wake early so as to afford them proper dosages of sleep (yin) and discipline.**

**Now that we've looked at the more extreme (pathological Yang) lets explore a more middle of the road variety. Yangs have some vocations that they can do well in. Some of those are military, police, EMT, ER Doctor, fire person, salesperson, sports pro, trainer, coach, high school/ jr. college teacher, construction worker, mechanic, truck driver, trader, entertainer, entrepreneur, etc.**

**The energetic frequency of the above jobs gives well with the yang personality. The only problem is that without the yin balance they need; these jobs can only move them farther away from the pivot(center) and further exacerbate their inability to mainstream with the majority.**

**Although in order to survive well at one of the above jobs, it is important that there are fair but strict rules, deadlines, and time management. The typical Yang does poorly in a corporate laissez-faire milieu. A Yang in one of the above jobs really needs a dedicated Yin diet, exercise, and proper relaxation program.**

**One of the best careers for a Yang is self-employment. This allows them to make their own hours, create without committee, and break out of the 'box' . However, it's always helpful to balance that Yang with a Yin accountant or business manager.**

**For the average Yang the best rule of thumb to follow would be “If it feels good don’t do it!” Most folks, whether they’re Yin or Yang, usually are attracted to things that have their similar energetic frequency. However, in order to balance themselves they need to eat, drink, play, make friends, sometimes work, in the opposite frequency.**

**For example, lets consider how many yangs would consider the shy, quiet, sedentary, intellectual, sometime pot-head, their friend. Therefore, if high schools had a “buddy system” where football and basketball players, wrestlers, martial artists and cheerleaders determined by social services(possibly during junior high or after puberty) to be yang would strongly be encouraged their freshman year to bond with at least one Yin student (who easily get good grades, join chess, computer, year book, or photography club, dress out of fashion, and rarely cause trouble).**

**This social contract would have great rewards, as the Yang may not be so entwined in Yang cliques(harassing the nerds/ burn-outs) thereby spending less time with those who are sabotaging his/her growth. Thereby, being able to better foment an energetic balance and achieve a deeper understanding of the Yin culture.**

**I am quite resolute that the murder of Yangs (Columbine) and the high degree of conflict we see on high school campuses is do to our lack of any energetic perspectives by the judicial system, schools systems, faculty, parents and students. The issues of conflict are noticed less in college and even more absent in graduate school due to the fact Yangs do not typically attend and**

**complete a university degree except on a sports scholarship or to prove a point.**

**Most Asian countries have horrendous college entrance exams which conveniently single out the Yangs and adjudicate them to a life of labor. This is especially true in Asia where the Yang population is much lower than in the West. Yangs in Asia typically become construction workers, small business owners, gangsters, prostitutes, or a “lifer” in the military.**

**The issues of violence and drug abuse (self-medication due to imbalance and ignorance) would quickly decline if the aforementioned buddy plan was implemented. One side-effect may be the decline of aggressive sports programs, which could foster contractual sabotage by staff and alumni due to the loss of income from less aggressive athletic programs.**

**A positive result of this buddy system would be that Yin students would also see an increase in physical activity, become more aware of their bodies, and heighten their self-confidence.**

**Another way to promote the balance would be health classes covering Taoist energetic tenets of physical self-care. Also, foods in the cafeteria could be labeled as hot, warm, neutral, cool, or cold energetically. Students would then have an informed choice as to what food could better serve their needs in the quest of balancing themselves energetically.**

**Its interesting to note here that up until a few years ago judges were strongly urging young Yang criminal offenders**

**to join the “armed services” as a way to avoid future collisions with the law. In the 60’s and 70’s when these impressionable teens returned from Violent-nam(my generation) and were spit on and mocked by Yins (hippies/ Yippies/ peace-niks) at the airports it is no wonder to me some resumed their Yang tendencies(now sharply honed by Uncle Sam) and became a so-called tripwire burden to society.**

**Where was the emotional support, diet counseling, energetic medicine(chiropractic services were recently cancelled by the military), and re-education for those young Yang minds so ravaged by their horrific experiences? Africa now has over 2 million child soldiers and I predict the next wave of terrorists has already been planted and fertilized in the “Dark Continent” by the blood of innocent victims from countless civil wars.**

**These wars are often neglected by the US press and swept under the rug by the Ynited Nations. Why, because Africa is one of the yangest nations in the world. The U.N. wants to avoid not embrace that inherent yangness.**

**Many Vietnam soldiers became law enforcement officers(about 60% of cops are now vets), postal workers(‘going postal’), construction workers, mechanics, truck drivers, small business owners, or disappeared into the unforgiving streets. We shook our heads in defeat and disillusionment back then. Maybe a second listening of Rambo is in order.**

**Listen to what he really wanted (respect, a job, fairness, to be understood and be left alone). It’s still not often we’re**



**able to see a ‘Nam vet portrayed in a positive light. It would be interesting to take a select group of Iraqi War vets and rehabilitate their fractured and disbalanced personalities with a full regimen of energetic medicine.**

**For the socially functional Yang it is extremely important that they see a Chinese doctor versed in energetics, nutrition, massage, and exercise in order to get their energetic baseline set. This baseline is a valuable tool in directing the seeker toward the proper program for energetic balance.**

**Remember, its very difficult for individuals to self-treat due to our proclivity for foods, exercise, music, friends, etc. which match our own energetic frequency. As a general rule the foods we avoid, because we don't like the taste or texture, are usually the foods we need to balance our existence.**

## ***The Yin Personality***

**The best description I once gave for an unhealthy Yin was “Money manacled in a Prison of Perfection”. You might not immediately understand the metaphor so let me ask some probing questions to help convince you you're not a Yang. Do you consider yourself an intellectual? Do you often guide conversations to topics that you feel competent in? Do you have a guru or are you attracted to those who claim to have the magical cure, the answer to life's questions, or enchanting solutions to your chronic problems?**

**Do you ask questions of confident people and teachers not for the purpose of learning but to find the holes or**

**weaknesses in their presentation? When you hear information on a subject unknown to you, do you respond to the presenter with the quasi-complement, “Hmmm, that’s interesting”.**

**Do you feel uncomfortable around “high energy” folks? Do you avoid parties where participants are loud, sloppy, vulgar, rowdy, sports fanatics, and engineering topics include beer bong design and lab tested “come-on lines”. Does alcohol scare you because you may drink too much and then “lose control”?**

**Do you have a difficult time meeting others (initiating conversation) or answering questions during a first encounter. When you tell a story do you avoid scenarios about yourself? Do you consider yourself an artist or fantasize you could easily become one if you tried?**

**Do you enjoy reading, classical/ jazz/ grunge/ techno music, money management, all types of art, and collecting valuable items as a hobby (ex. action figures, baseball cards, antiques, magazines, art, postage stamps, etc.)? Do you prefer fish, cats or small dogs as pets?**

**Do you feel more comfortable with a certain amount of money in the bank. Have you ever told someone you’re broke even though you have thousands of dollars in the savings? Do you have stocks and bonds? Can you read the stock page?**

**Do you frequently close the blinds or draw the curtains in your domicile? Are you constantly locking doors and windows? Is your place orderly and neat but doesn’t get *cleaned* very often?**

**If you live with someone, do you only wash most but never all the dishes? Do you pay the rent just before overdue fees take effect? Do you often find yourself discussing important matters with your partner/ roommate in the kitchen or bathroom.**

**If you share an apt. with someone do you often secretly use their shampoo, laundry soap, snacks, or alcohol? Do you faithfully feel like you can go days without a shower or wear your clothes numerous times before washing them?**

**Can you walk by a discarded piece of paper or other garbage without picking it up? Is it a challenge to take out the garbage? Would you be mortified to be asked to scrub the floor? Do you try to avoid physical labor(esp. housework) by waiting for someone else to do it?**

**If you've found yourself answering yes to most of the above and answering in the negative to the former questions identifying a Yang you may have to admit to your Yin predominance. In my experience this is very difficult for most Yins as their nature precludes direct admissions or sharing personal details.**

**Remember the Yin personality is inherently secret. That serves their self-image (water is the most perfect substance in the universe) very well. We usually only see water in a few natural situations. First, when it's sent to the ground by the Yang heavens, launched to the sky as steam by heat from earth's nuclear (yang)core, or when it gathers on the surface of the Earth as rivers, lakes, and oceans. Anecdotally, Yins prefer to go out in groups. Yangs usually do things alone.**

**So how does a perfect creature ever get medical services when they need them? Since, Yins rarely suffer from acute diseases or trauma, they are plagued by chronic illness. When they do see a physician or alternative care practitioner their main goal is to prove to themselves that the therapist can't heal them and therefore it's the healer's imperfections that keep them sick.**

**Pathology is a unnerving experience for a creature who's been told by parents, educators, relatives, and the media that they're perfect. However, its very difficult to hide a severe illness.**

**Typically, Yin folks are forced to see a health-care worker by their Yang brethren and are usually not compliant with drugs, supplements, exercises, changes in lifestyle, or following a rehab regimen. These 'non-compliance' patient issues do not apply to intuitive or self-taught eclectic healers which promise metaphysical instantaneous recovery without the need for changing any lifestyle patterns (encouraging or pointing out the need for change means something wasn't "perfect" in the first place).**

**These Yin healers to the Yin rarely manipulate the patient but use modalities such as Reiki, CranioSacral, aromatherapy, sound(ex. tuning forks, bowls), dowsing, Applied Kinesiology, color therapy, light therapy, magnetic therapy, meditation, crystals, hypnotherapy, shallow insertion pain-free acupuncture, colonics, Feldenkrais, herbs, Autogenic training, Biofeedback, Yoga, Qi-Gong, aura manipulation, astrology, and Feng Shui.**

**Yangs rarely visit the above “New Age/ Airy Fairy” type of therapist but that is exactly what they should do. Yangs usually have a lack of Yin to balance their Yang and need their Qi stagnation to unknot itself slowly and gently. Yangs don’t need to be given something to do. They’re already doing too much. They need to let go, trust others and allow the practitioner be responsible for taking command of their recovery.**

**Yins on the other hand need strong hands-on work with a Yang practitioner. That is why Asian massage therapies (Tui Na/ Shiatsu) are usually rough in nature and are very painful and stimulating to the body. Asians realized early on that a Yin presentation needed strong stimulation to elicit change.**

**The Yang therapist will also not be afraid to confront the Yin about their non-compliance issues and will hold the patient responsible for their recovery or lack thereof. Yin clients need to stop trying to avoid pain and “intellectualize or figure-out” their healing process and just get to work on their recovery.**

**In a recent documentary on war in Vietnam, a Vietnam POW stated, “Its not like the movies. I never passed out once from the torture. Pain is a great stimulator!” That is why Yins often include sado-masochism in their sexual encounters because they find it contributes greatly to their arousal. The trite adage No Pain/ No Gain was written for the Yin Majority not the Yangs.**

**Yin’s major issue is yang deficiency and this deficiency in the long run leads to a Yin Deficiency because healthy yang eventually births healthy yin. So physical stimulation**

**(Deep Tissue massage) and a change in diet (only yins become vegans) to more high protein-based food sources (esp. meat) is highly recommended. Other foods to eat would be fruits and vegetables that are red in color or strong in taste like onions and garlic. Citrus, bananas, salads, soy, dairy, pork, salt, cold drinks among others would be taboo.**

**As recovery progresses one can move from a 70/30 (meat/veggies-fruit) diet to 50/50 when they feel more balanced. Raw-food vegetarianism could be very detrimental to a Yin's health and could prolong many chronic conditions. Yangs bode well on a 70-80% vegetable diet but in all deficiency cases (yin or yang) foodstuffs, except fruit, should be cooked before consuming.**

**Yins should gravitate to more physically demanding sports that use the gluteus maximus (Yangest muscle of the body), the back, and the lateral sides of the legs. Some suggestions would be thoroughly cleaning their house (not just their bedroom) on a weekly basis, weight-lifting, running, biking, football, hard-style martial arts, hockey, wrestling, etc.**

**Music could also become therapeutic if the Yang deficient would add a healthy heaping of Rock, Rap, Funk, or Dance music to their daily fare. This music will also stimulate body movement which in turn can generate yang in the body. A steady diet of Yanni, Celine Dion, or John Tesh could be energetically poisonous.**

**Alcohol is a better drug of choice for the Yin as it is Yang in nature. Yin people fear drunkenness because they have little experience with being in a Yang state and so**

**usually lose total control when drunk. Many a Yin has been told behavior horror stories after a night of “Fire” water. Have you ever been with a Yin person that just has to have a “few more drinks” before getting on the dance floor.**

**Marijuana is by its energetic signature attractive to a Yin. However, its continued use inevitably robs the body of its Kidney yin and can precurse such pathologies as low back and knee pain, insomnia, dry stools, excessive sexual desire, blood in the urine, dry throat esp. at night, chronic anxiety and worry.**

**Dope smoking energetically opens the sluice gates of our stored yin and floods our being with that hypnotic yin, which in turn gives a relaxed, quasi-creative, and meditative mood.**

**This energetic robbing of the Kidney sets up a deficiency cascade that results in less yang being born in a already yang challenged being. That yin is actually supposed to be held in reserve until old age not squandered during our youth. In reality, alcohol, and marijuana act as false yang/ yin. The spiritual person who is trying to live a balanced life would definitely do better by avoiding both.**

**In conclusion, I would like to leave the reader with an ancient story. One day a rich prince became tired of his fame, fortune, and wild living. He was the most famous sitar player in the East yet he gave it all up to join a monastery. After he joined the other monks noticed he would only eat every other day even though everyone ate once a day. At night he slept under the stars while the others slept under trees. When the monks traveled to some holy places he**

**walked on the sides of the road where the thorns, rocks, and snakes were hiding.**

**This came to the attention of Buddha and he asked the man about his days as a musician. The prince didn't really want to talk about the past but humored his teacher anyway. The teacher asked him if he could play his sitar when the strings were loose and the man answered, "No, it would be impossible to make any sound!"**

**Then the teacher asked him if he could play if the strings were very very tight. "No, the strings would break at my first pluck," he responded. Then the Buddha whispered, "You led the the first half of your life very loose and now you are leading it too tightly." As a musician you don't need a sitar to make spiritual music you only need a properly tuned instrument.**

**The Chinese gave it a name...Jong Yung Jr Dow.....  
(directly translated) The middle way.....Use.....I know.....**



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