

YIN YANG

BALANCE



**ACHIEVE HEALTH, WEALTH AND BODY BALANCE
THROUGH YIN YANG MASTERY**

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Foreword

Cut up on the old stone drums of Republic of China, inscribed in books handed down through thousands of years, traced on ancient saucers and on saucers made today, is a sign and a symbol. It is woven into textiles, stitched into embroideries, emblazoned over house gates, wrought into shop emblems, a circle, locked together inside it yang and yin yang, light, yin, dark, each carrying inside itself the essence of the other, each shaped to the other.

Yin and Yang is a popular ancient Chinese construct of two complementary forces in the universe, which work hand in hand, to produce favorable energy.

Simply put, one force is favorable or differently referred to as masculine while the other is negative or differently referred to as feminine. Neither is preferred or is better than the other, and both are highly desirable factors when it exists in perfect harmony and balance.