



Yin and Yang

What does the yin/yang symbol represent? The symbol itself dates back to ancient Chinese philosophy and represents the meeting of two forces in the universe in perfect balance. Everything is in cycles, while one force may dominate our life a complimentary force always finds a way to bring everything back to a state of harmony. Hectic days, restful nights. And every piece of the symbol has a meaning!

The outer circle represents everything in the universe. The two halves combine to make us whole. The black yin section and the white yang section are the opposing forces in our life.

Yin forces are:

- Feminine
- Passive
- Moon
- Night
- Stillness
- Cold
- Soft

Yang forces are:

- Male
- Active
- Sun
- Day
- Activity
- Hot
- Strong

The blending of the sections is the constant flux and movement of the two energies to find balance.

The small circle of opposing color in each section means that there is always a little yin in our yang and yang in our yin.

There are clouds in the day that block the sun and a moon in the night to give us light. A cool drink in the daytime to cool the heat and warm cup of tea to warm from the cold.

We invite you to create your Yin/Yang balance in our studio. Step in, look up, reach beyond and find your harmony.