

CHEN'S BALANCE

Yin and Yang



Yīn yáng tú, the symbol of Yin and Yang, dark represents yin, light represents yang, the whole nutshell represents perfect balance in nature.



Yīn, yin is characterized as femininity, softness, or tranquility; and is associated with water, earth, and the moon.



Yáng, yang means masculinity, hardness or aggressiveness; and is associated with fire, sky, and the sun.



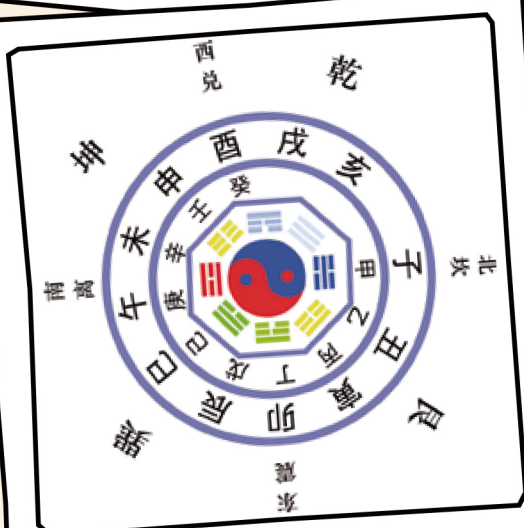
Tàijí quán, a form of martial arts, is often described as the principles of yin and yang applied to the human body.



Yin and yang represent one of the most fundamental and profound theories of ancient Taoist philosophy.



One of the major assumptions inherent in traditional Chinese medicine is that disease is due to an internal imbalance of Yin and Yang; therefore disease can be treated by correcting the Yin Yang imbalance, thereby returning the body to a healthy state.



Yì jīng or **Yi Ching**, is a book that introduces a system to predicate the future based on codes and signs.

Yīn yáng, in Chinese philosophy the concept of yin yang is used to describe how complementary forces rather than opposing forces are interconnected and interdependent in the natural world.

