
FRONT COVER:

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Wrapping Up

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.

Yin Yang Balance

Achieve Health, Wealth And Body Balance Through Yin Yang Mastery

Chapter 1:

Intro Yin and Yang

Synopsis

This construct of equal balance between negative and positive factors is of course contradictory to most existing fundamentals where good is forever sought in its complete form. The yin and yang concept however advocates the necessity of having both factors present to embrace an ideal balance.

Relating it to a simpler comprehending of hot and cold, where neither extremes are desirable but a combination of both, produces the warmth desired.

Additional basic ways of explaining yin and yang are, yin being soft and yang being hard, yin being stillness and yang being motion, yin being the sun and yang being the moon, yin being day and yang being night and so on.

The Start Point

The cycle duplicates itself. Where one leaves off the other begins and vice versa. This opposite attracts and binds well concept is reflected in many ancient Chinese sciences and philosophies. Traditional Chinese medicine, Chinese martial arts, exercises are just a few that follow this concept.

A more romanticized description of yin and yang use the sunlight over a mountain scene. It's explained as when the dark side of the mountain changes into a brightly lit up side, this simultaneous movement that seems to “melt” into each other is depicted as yin and yang infused and moving comfortably to accommodate each alteration harmoniously.

The most popular pictorial display of yin and yang is the two tadpole like drawings that imply the uninterrupted cycle of each flowing into the other in harmony. The colors used are also significant in its choice, which are black and white. Two really distinct and contrastive shades.



Chapter 2:

Why You need To Be Balanced And Love Life

Synopsis

Did you know that nutrition deficiencies can be caused by too much stress? How can you avoid such fate? You can start by simply loving yourself and loving life and being balanced.

It sounds easy. But many people are finding it hard to keep everything simple. There are lots of factors that this can be attributed to. First, everything nowadays seems to be happening so fast. People feel like if they will not do anything in order to keep up with the pace of the world that they live in, life may be tougher in the long run.



Simplicity is Beauty

Does anybody still believe in the meaning of this old saying? If you want to maintain a balanced and healthy lifestyle, you have to first understand what you may and can't do. You can't keep on acquiring items that you can't even afford. You can't venture into various adventures that you might not even have time for or your wellness have to not risk doing.

There are items that may spice up your life even if you keep on living by your means and according to what you may only afford. You just have to be creative and share your passion and dreams to the people whom you care about. This way, you are maintaining a healthy attitude and likewise, you are not risking your wellness unto any untoward scenes.

If you are concerned about stress and how it might affect your wellness in the long run, here are some actions that you have to look deeply into. If you are guilty of doing the following, maybe it is time for you to think items over and start on the actions that will make you more productive however at the same time healthy.

1. If you are distressed out, your way of coping is to resort to the wrong foods. You tend to eat treats with high levels of fat, salt and sugar. This is caused when the levels of your cortisol or your stress hormone increase. Other people tend to gulp a whole gallon of ice

cream after a stressful day. Imagine what it may do to your body in the long run. You might want to rethink items and consider the harmful effects of these actions before resorting to them.

2. Distressed out people also resort to coffee to increase their energy level. This might be a good morning starter. However if you become too much addicted to caffeine, this will cause your wellness trouble in the long run. You have to not depend on coffee to keep you alert throughout the day. When a minute-long walk or a quick exercise may do the trick, then do such before you start going for another refill of your caffeine addiction.

3. Another thing that happens more often when a person is distressed out is that they skip the important meals. They do their best in order to keep up with a deadline and finish all their tasks. However they no longer think about their own wellness in the process. Such bad behavior will take its toll on your body as you get older. This might cause more problems in the end. It will be better if you will learn to finish your tasks however be mindful of eating the right meals in between.

This way, you are loving life and loving your obligations at the same time maintaining Yin and Yang. And both might prove to be rewarding in the process.

Chapter 3:

Treating The Body With Yin Yang

Synopsis

A simple Taoist philosophy, this construct originated from ancient china. Abiding by the never ending fancy, each force enfolds the other in perfect harmony.

The two forces involved are yin also known as the feminine factor and yang as the masculine factor. Both these elements are essential parts of the yin and yang construct as neither factor can exist in complete isolation from the other; rather they coexist to complement each other.



Altering Actions

The yin and yang construct is applied in many areas with successful results. One such area is in the practice of the Chinese classic medicine field. The harmonious energies and functioning of the various organs and body parts working together is the reason optimum wellness is achieved. Loosely explained the right balance of negative and positive must achieve the psychic equilibrium in the quest for good wellness and longevity.

Thus learning and practicing the construct behind the yin and yang term is most beneficial to the perfect co existence of any entity. In pursuing this construct, the ability to blend and use everything in moderation is learnt and practiced to great advantage.

Using the yin and yang construct, illness are seen as a disturbance in the balance of the body which are caused by emotions, heat, cold, or additional influences, thus in making a diagnosis and advocating treatment is done with the specific intention of restoring this balance.

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