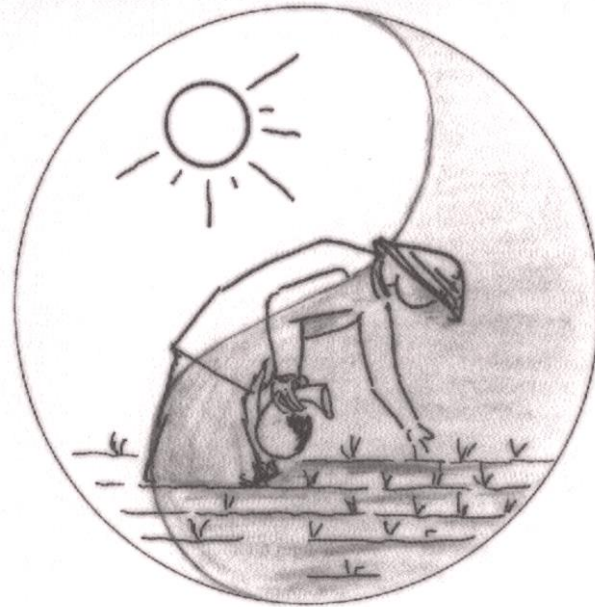


## Yin and Yang

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The original symbol for Yin and Yang was a farmer bent over tending his crop (like the picture above). When the farmer bends over his cool shadow lies over the plant nurturing it. When he stands back up the sun warms the plant and stimulates growth.

The Yin and Yang represents two COMPLEMENTARY forces in the Cosmos. The Yin is the feminine principle. Yin is nurturing, cool, soft and holds the seed of life. Yang is the masculine principle. Yang is protective, warm, firm and protects the seed of life.

There are 12 major meridians in the body. 6 are feminine and 6 are masculine. There are 3 Yin meridians that run inside the arms and 3 Yin meridians that run inside the legs. The 6 Yang meridians run on the outside of the arms and legs protecting the feminine. I find that very interesting. There is an Ayurvedic saying, "The Universe is as close as the veins in your neck." In other words, the patterns of the Universe (one song) repeat over and over. By studying one thing you can begin to understand it all.

Mistakenly, some look at the Yin and Yang and say it represents duality...good and bad. This is not true! This leads people to think that we need dark to have light...bad to understand good...illness to be healthy. What most people call duality. FALSE, FALSE and FALSE!!!

Yin and Yang complement one another and are a small representation of the two main forces/aspects that ALL life springs from. They are two forces of one substance. Looking at them as whole and they represent **God** aka the **Natural Order of Things** aka **Nature** aka the **TAO**. It is when we stray from God/the TAO that a 2<sup>nd</sup> pseudo force is generated. That 2<sup>nd</sup> false force is EVIL, but it is not a life-giving force. It lives outside of a balanced mind, body, heart, system and life. If you turn the word EVIL around backwards it spells LIVE, which gives a hint to what EVIL is all about. EVIL is generated when we LIVE backwards, in other words when we live out of balance with Yin & Yang/God/the TAO.

Since evil arises from being disconnected from Source/God it has no true power. EVIL has to feed off of others. Let's use AC/DC as an example. Not the group, even though an AC current is a sure fire "Highway to Hell." AC means Alternating Current and DC means Direct Current. When we are disconnected from God/Spirit/TAO (our DC) we have to rely on AC to feed us, which means we have to rely on other people to give us energy. The AC is never constant and is always fluctuating. People's moods are always changing. You can't rely on other people to be fed. If you do, you will be let down. BUT if you know how to control people, you have a pretty reliable reservoir to draw from. More on this later!

Duality only resides outside a connection with God/the TAO.

Duality: Mankind and God are disconnected.  $1$  (human) +  $1$  (God) =  $2$  / Separation

Unity: Mankind and God are connected. No separate parts =  $1$  / Oneness

This separation is a mental state, as there is no real physical way to be separated from God. Nothing can live outside of God/the Natural Order of things forever, so a false system of Karma based on a pseudo force is created to bring people back to God/Spirit/TAO.

The problem with the false system of Karma is that it is never ending. You can't get back to God by following that path to the end. You have to wake up and see what is going, which I explained above, and disconnect from it.

There is a popular Zen say that goes like this, "Don't mistake the finger pointing at the moon for the moon." My translation is, "Don't get caught up in the false system pointing the way. The finger pointing at the moon will NEVER touch the moon. Eventually you have to take your eyes off the finger and place them on the moon. Then the real truth will begin to reveal itself!"

## Systems

Your body is made up of systems. One or more of those systems can be sick and yet your body still operates all be it to varying degrees of dis-ease. With sick systems your body begins to give you physical feedback as to where you got off track (lost balance).

You can say that everything happens for a reason because it is true, BUT certain things don't have to happen at all not even for a "for a reason." A popular belief in life is God put us here to learn to be good people, which usually entail suffering through some horrific thing or another. He wants us to choose Him over the Devil aka Good over Bad. I finally see that we are not here to 'learn lesson' in this way, and that 99.9% of us have NO freewill with which to be able to make a choice of Good or Bad.

For example, let's say there is a woman who has been stuck in an abusive relationship for years. We can look at that and say "What is wrong with her? Why isn't she getting out of that situation? She isn't learning her lesson." How arrogant! The truth is she doesn't have the freewill to make the choice to get out. As a matter of fact, she probably has at least three beliefs/perceptions that are holding her there. Beliefs/Perceptions that she developed based on her early childhood experiences.

If we look at her early childhood, we may find a string of abusive encounters with her father...a man. As a result of those experiences, she developed low self-esteem, and beliefs around men being abusive. So when and if she winds up in an abusive relationship she doesn't see it as a bad relationship until it is too late. She is then stuck in a cycle like her childhood. She is stuck in a repetitive cycle until the beliefs and perceptions that got her there are Illuminated and Cleared. This breaking of limiting beliefs and perceptions usually takes a lot of pressure. Unfortunately, that breaking point can be a visit to the hospital or worse.

So now she is a situation where she needs to learn to have enough self-esteem...self-respect to get out. This didn't have to be!!! It is a false lesson. It is CRAZY!!! Really, she has to UNLEARN the belief/perception she developed based on her experiences as a child. Experiences she had with her father that gave her the false perceptions. A father who had experiences of his own that turned him into the abuser he was that didn't have the freewill to stop. God didn't give her those lessons.

All of us to varying degrees are going around attracting this unneeded pressure and strain to break limiting beliefs and perceptions that we don't and didn't need to begin with. They are the result of a sick system that keeps turning out sick minds which leads to sick bodies and a sick earth.

There is no need to live life like this! There is no need to learn lessons especially if don't have the freewill to choose correctly. Times are a changing and this old paradigm of karma (unlearned lessons) and lessons to learn has to be transcended.

Any system whether it is your circulatory system, the eco system or our solar system strives for balance. Like our bodies, God/Spirit/Uni-verse makes the best of any situation, and what was meant to be a healthy thriving system works to put us back on track...put us back in balance. For me, that is so much wasted energy on something that we don't need to be wasting our energy on. We should be thriving...ALL of us!!!

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Where are you plugged in?

Chakras – CONSCIOUSNESS PORTS:

