

Terminology Guide To Principles

The Three Principles concept is a vast, universal idea. It is found in ancient and modern sources from both East and West, including science, philosophy and religion. This table summarizes the uses of the idea in many of these fields.

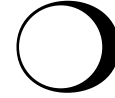
Field	Fire	Water	Air
Electrical charge	+	-	0
Direction	Out	In	Neutral
Pulsation phase	Centrifugal	Centripetal	Transitional
	Involutionary	Evolutionary	
Oriental	Yang	Yin	Balance, Qi
Ayurveda	Pingala	Ida	Sushumna
Sanskrit	Rajas	Tamas	Satva
Current Movement	Umbilical	Bi-Polar	Transverse
	Back to Front	Top -Bottom	Side to side
	Steady, rhythmic	Cyclic, changing	Stillness
	Push, Time	Pull, Space	
Brain/Body Dimension	Back-Front	Top-Bottom	Left-Right
	Focusing	Centering	Laterality
Body Zone	Top	Below, Outside	Middle, Inside
	Right, top, back	Left, bottom, front	Transitional zones
	Motor	Sensory	Diaphragm, Joints
Embryo	Mesoderm	Endoderm	Ectoderm
Developmental phase	Action/Expansion	Reaction/Contraction	Blueprint
Quality	Light, Hot	Dark, Cold	"No thing"
Breath	Inhale	Exhale	Rest, transition
Physiology	Feelings & Motives	Body	Mind
Nervous system	Sympathetic	Cerebro-Spinal	Parasympathetic
	"Fight or Flight"	Creates action	"Rest & Repose"
	Thoraco-Lumbar	Extremities	Cranio-Sacral
Blood Vessels	Arteries	Veins	
Muscles	Flexion	Extension	Rest
Gender, Essence	Male, sperm	Female, egg	
Brain area	Usually Left, Logic	Usually Right, Reflex	Midlines
	Intellect, Either/Or	Intuition, Both/And	
Relationship role	Creative, Directing	Receptive, Yielding	Neutral
Challenge	Responsibility, Doing	Contentment, Being	
Imbalance archetype	Tyrant, wimp	Doormat, witch	
Yoga	Ha (Sun)	Tha (Moon)	
Astrology	Cardinal	Mutable	Fixed
Time	Beginning, Day	End, Night	Transitions
Seasons	Spring, Summer	Fall, Winter	Transitions
Temperature	Hot	Cold	
Bodywork	Stimulates	Changes	Soothes, balances
Star pattern	Interlaced Triangles	5 pointed	
Religious archetypes	Father	Son	Holy Ghost
	Vishnu	Shiva	Brahma
	Creator	Destroyer	Sustainer
Lifestyle protection	Avoid promiscuity	Vegetarian diet	Avoid intoxicants

YANG & YIN

Understanding the Essential Polarities Within Everyone



Creative: The Sun
Yang
Fire Principle
Rajas



Reflective: The Moon
Yin
Water Principle
Tamas

Action, Time, Outgoing, Fire, "getting involved," talk	Key Words	Reflection, attraction, space, water, "letting go," Mother Nature, listen
Male Sperm: many, active, determined, competitive, goal oriented, aggressive, persevering, constant, self-propelled, concerned with timing & direction, adaptability	Essence & Essential Qualities	Female Egg: one, still, waiting, cyclic, attracting, selecting, receiving, nurturing, patient, subtle
Self-realization through involution	Purpose	God-realization through evolution
Action, impulse, spark of movement, concentration	Strengths	Attraction, reflection, scope of vision, sensing, seeing whole
"Response-ability:" to be open & responsive to yin feedback and the results of its actions; admit mistakes & be vulnerable	Challenges	Contentment: to be true to self while accepting yang imperfections; to give effective and appropriate feedback
Parent, Teacher, Boss, etc.	Situations	Child, Student, employee, etc.
That it will obviously overwhelm the yin, or become paralyzed by the yin	Danger	That it will block yang energy, or distort or withhold reflection
Tyrant: Arrogance: accepts little feedback Wimp: Denial, won't look at reflection or, gets lost in illusion	In Failure	Doormat: Martyr, enabling or Critic: Nagging, judging
...aholic, avoiding reflection, compulsive, exhausted/depleted, addict	Pain	Waiting, feeling alone; love addict
Heart, eyesight and back problems	Body problem areas	Digestion, lymphatics, cancer
To act & make mistakes, be open & vulnerable to criticism, be recognized, see its reflection	Needs	To empty, to express feelings & be heard, to seek larger meanings
To know itself - Understand relation to world through projects, challenges, adventure, accomplishment	Desires	To have union, to fill space, know higher power, share love
Physical, Action	Language	Non-physical connection, words

*"Health is about attunement with Purpose."
 --Barbara Brennan*

*"The sex of the child is the challenge of the parents"
 --Japanese proverb*

The Languages of Yang and Yin

Yang



Self-knowledge

To manifest; project

Yin



Longing & Expression

Companionship

ESSENCE

Looking to manifest

Push

Full

Strength

Physical

Passion

Action

Logic

Intellect

Left Brain

Steady

Fear of limits & criticism

Wants to see itself reflected

-to be recognized

-to be reflected in world

-to have a safe place to relax

-physical intimacy

Looking for Essence

Pull

Empty

Endurance

Emotional

Romance

Words

Feelings

Intuition

Right Brain

Cyclic

Fear of Loneliness

Wants to be filled

-to be valued

-to be fulfilled by higher quest

-to be safe from attack

-to experience emotional intimacy

DISEASE

Shutting down; avoidance; denial

-Controlled by fear
of emotional reaction

-Reacts by being too forceful
or indecisive, paralyzed

Emotional; emotional pressuring

-Fear of being shut out

-Reacts by being perfect,
trying to please

-Critical, distorting, vengeful

When the want becomes a weapon:

Hurts physically

Hurts emotionally

HEALING

1. Act

-be decisive

2. Watch for effect

-ask for reflections

-be open, say yes

FACE CRITICISM & LIMITS

3. Listen

-hear truth, stay neutral

-don't defend, 'active listening'

4. Respond

-Learn & Adjust

GIVE: TIME & ATTENTION

1. Attract

-be aware of what you attract

2. Select and choose your "arena"

-recognize your power & value

-say no when necessary

FACE LONELINESS

3. Reflect

-clear statement of feelings

-no blame or demand for immediate solutions

4. Support the positive

-See mistakes, but continue to reflect

GIVE: A SAFE PLACE