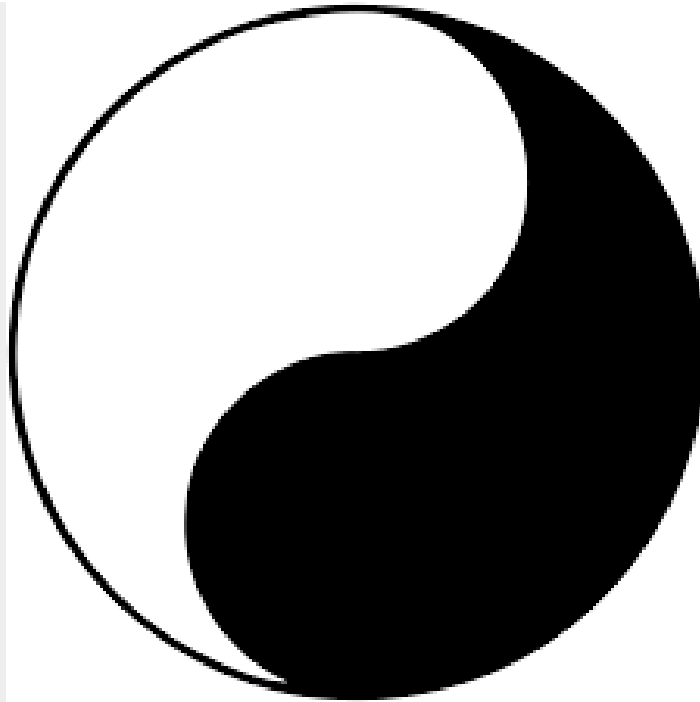


YIN YANG

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The **Yin Yang symbol**, also known as the Taijitu, is a powerful and iconic image that represents the balance of opposing forces in the universe. It is a common symbol in Taoism, but it has also been adopted by many other cultures and philosophies.

The symbol consists of a circle divided into two halves by an S-shaped line. The black half is called **yin**, and it is associated with darkness, femininity, passivity, and receptivity. The white half is called **yang**, and it is associated with light, masculinity, activity, and penetration.

The most important thing to understand about the Yin Yang symbol is that **yin and yang are not opposites**, but rather **complements**. They are two sides of the same coin, and they are constantly interacting with and transforming into each other. This is represented in the symbol by the fact that each half contains a small dot of the opposite color.

The Yin Yang symbol is a reminder that **everything in the universe is made up of both yin and yang**. There is no such thing as pure yin or pure yang. Even in the darkest night, there is always a seed of light waiting to be born. And even in the brightest day, there is always a shadow lurking nearby.

The **Yin Yang symbol** is a powerful symbol of **harmony and balance**. It teaches us that we should not strive to eliminate the things we see as negative from our lives, but rather to embrace them as part of the whole. When we can do this, we can find peace and balance within ourselves and in our relationships with others.

Here are some additional facts about the Yin Yang symbol:

- The symbol is thought to have originated in ancient China around 3000 BCE.
- It is often used in traditional Chinese medicine to represent the balance of yin and yang in the body.
- The Yin Yang symbol has been adopted by many different cultures and religions around the world, including Hinduism, Buddhism, and New Age spirituality.

