

Yin & Yang

- 1) Yin is feminine and dominates the right side of your brain – creative, sensitive and intuitive qualities
- 2) Yang is masculine and dominates the left side of your brain – logic, assertiveness and practical qualities.
- 3) Too much Yin – you are creative but have no drive
- 4) Too much Yang – your assertive and pragmatic but you cannot relax to listen to your intuition
- 5) When you operate from both Yin and Yang your energies flow easily, your mind, body and emotions are in sync with one another.
- 6) Balanced Yin & Yang allows you to deal with problems on conscious level with control and awareness, you are more sensitive and kind
- 7) Imbalanced Yin & Yang you react through your mental state of fear, insecurity, depression
- 8) Balancing your Yin and Yang energies you increases your intuition / psychic powers because you are allowing the your creative side to flow but are keeping yourself focused
- 9) Yin and Yang energies often become unbalanced due to events in our lives and how we respond to them.
- 10) Rebalancing your energy is an ongoing process, which can be done by Meditation, Reiki or Crystal Healing

Yin and Yang Personality traits revealed

- 1) You go to your favourite restaurant and find the special dish you always order is not up to the usual standard. Do you send it back?
 - a) Definitely – after all you are paying for it.
 - b) No – it's easier to eat it
 - c) Possible – but you'd rather not make a fuss.
- 2) You have an interview for a highly paid new job. How successful a candidate do you feel you will be?
 - a) You feel it's unlikely you'll get the job. But your going out of interest
 - b) You want the job and you'll prove that you're what they're looking for.
 - c) It could go either way.
- 3) What exercise are you most interested in doing?
 - a) You are interested in more gentle forms of exercise like yoga, walking or t'chi.
 - b) Active competitive sports
 - c) You love all types of sport and exercise

- 4) Do you remember your dreams clearly?
 - a) Sometimes, depending on how quickly I wake up.
 - b) Nearly always, sometimes even in colour
 - c) Not aware that you even dreamed.
- 5) If asked to organise a function for thirty people - arranging food, venue etc – how confident would you feel about doing it?
 - a) You would immediately get on the phone and start organising.
 - b) Act flustered and panic
 - c) Relax, do your best and enjoy the experience
- 6) When reading about astrology, reincarnation or things that can't be easily proved, are you:
 - a) Open-minded? The universe is a strange place and you are fascinated by it.
 - b) Cynical? You believe on in the scientific approach.
 - c) Total open? You have often felt you have psychic abilities yourself.
- 7) In a group discussion do you sit back and let other say their piece?
 - a) Yes, if everyone's talking you'd rather not interrupt.
 - b) Definitely not, if you have a point you'll make it. That's what discussions are fore
 - c) You say something if it's necessary
- 8) In a dilemma would you follow your gut feelings or hunches?
 - a) What feelings? You just think things through
 - b) You try to listen to your feelings. They're often more accurate than your logical views.
 - c) You're aware of your feelings, but you don't always trust them and prefer the logical approach.
- 9) If asked to work a computer that you'd never seen or used before, how would you react?
 - a) Confidently – look at the manual and follow the instructions
 - b) Not confidentially – but if in doubt you'd ask for help.
 - c) You wouldn't know what to do, computers make you nervous
- 10) When you feel emotional or upset, do you bottle things up?
 - a) No, you need to talk to get things off your chest
 - b) Your volatility makes you say things you eventually regret
 - c) You'd rather forget about it. Discussing it opens up more problems.

- 11) Do People often tell you that you're pushy or dominant?
- a) Yes, all the time. Bu that's how you get things done.
 - b) No, they have no reason to
 - c) Depends on your mood
- 12) Have your partners generally been outgoing, assertive types who take control?
- a) Definitely not. You tend to attract analytical, unambitious types
 - b) No, you attract calm but assertive types.
 - c) Yes, most of the people you have attracted have been outgoing and assertive.
- 13) How would you feel about attending a mediation class?
- a) You like the idea, it would calm you down a bit.
 - b) Not interested. You wouldn't be able to sit still.
 - c) You'd consider it
- 14) Would you describe yourself as easy-going and laid back?
- a) Yes, nothing worries you too much
 - b) No, you are a born worrier and prefer to be in control
 - c) Sometimes you can appear calm to others but inside you panic
- 15) Do people describe you has having a fun-loving personality?
- a) No, you are serious and can be introverted
 - b) Yes, most of the time you are extrovert and gregarious
 - c) It depends on your mood.

Scoring

1)	a 10	b 0	c 5	
2)	a 0	b 10	c 5	
3)	a 0	b 10	c 5	
4)	a 5	b 0	c 10	
5)	a 10	b 0	c 5	
6)	a 5	b 10	c 0	
7)	a 0	b 10	c 5	
8)	a 10	b 0	c 5	
9)	a 10	b 5	c 0	
10)	a 5	b 10	c 0	
11)	a 10	b 0	c 5	
12)	a 10	b 5	c 0	
13)	a 5	b 10	c 0	
14)	a 0	b 10	c 5	
15)	a 0	b 10	c 5	

What your score means

0-45

You are very Yin orientated (right side brain). You tend to be dreamy, sensitive, and hide your feelings rather than express them. You may be creative and intuitive but find it hard work to put your ideas into practice. You may lack energy and have no inclination to exercise because you are living more in your head and not feeling grounded in your own body. You could find it hard to mix socially in large crowds, preferring your own company or that of a few close friends. This will depend on how yin and your energy is.

The lower the score in this category the more yin you will be.

You need to focus on your logical pragmatic thoughts, as well as your feelings. They are equally important. If you have a creative idea for a book or a whacky invention, make sure you do something about it. Learn to be more assertive when asking for what you want. Make a point of expressing yourself clearly, so you can feel you are being heard. Assertiveness classes could be useful and more active sports such as Tennis or running may invigorate you.

50-75

You are fairly balanced with a good measure of yin and yang energy. This means that you can combine logic and intuition in equal measure and are not extreme in introversion or extroversion. You will be able to develop your abilities easily and use them wisely as you have a good understanding of people and come across as an easy person to communicate with. You may find that you lean to the yin or yang more predominately according to the stress or circumstances in your life. Become aware of your reactions at that time. Relax and if you feel you can't solve a problem tune into your intuition.

80-150

You are very Yan (Left side brain). You tend to be extrovert, logical and ambitious, even dynamic. Of course, you still have the yin right-brained qualities of intuition, but your overall energy is the forceful yang that can override your sixth sense at times. How can you listen to your inner voice when you are rushing through life, barely pausing for breath?

You need to balance yourself to bring more harmony into your life and access your potent power. You must find time to relax. Meditation, Reiki therapies, Yoga, t'ai chi, etc will help you to become more centred. Try not to be too dominating in your relationships at work or home. Make a point of turning in to what you feel rather than what you think and be more aware of others' responses to things you say. Creativity is also very balancing bringing out the yin intuitive side, so take up a hobby that helps you such as painting, cooking, writing etc. The key to becoming more yin is to go with the flow, whereas extreme yang energy will manipulate and try to control.