

YIN/YANG

The Yin/Yang symbol represents perfect balance. Yin represents femininity, passivity, dark, cold, etc. Yang represents masculinity, activity, light, heat, etc. Yin and Yang are not opposites, but work in harmony. True harmony in one's life requires embracing both sides.

Do more research on your own to discover the meaning of the Yin/Yang symbol. Write down anything you learn. Use the rest of the space provided to write about how you can further embrace the spirit of the Yin/Yang and approach a more harmonious, balanced, and peaceful life.

