

Slow and Fast: The nature of the yin within healing

As spoken about in previous articles what we can say is that the yin principle can be called the principle of healing, the yang is the principle of catharsis. Both can be broadly termed healing mythologies but in fact yang-catharsis is only a precursor or symptomatic resolution whereas yin-healing is the root.

The nature of treatment associated with each of these principles very much has to do with speed. As with a fast and vibrant piece of music the yang quality of energy is an excitatory experience, an explosion or passion, a powerful and masculine expression, there is usually speed involved, fast and rhythmic, deliberate, with an edginess or punch to it. This is the kinesthesia of the yang quality in all art forms, be it music or medicine or other expressions. It is cathartic, it makes you move, makes you exhilarated and makes the mind go wild, pertaining to explosive images and movement. This is the nature of the yang. This therefore is a catharsis, something that makes one move and express, an expression or a using up of energy, it is not about storage but essentially about a tasty, salty, pungency of life, a vibrancy, it is a visual spectacle.

The yin however is utterly different. This is soft and tender, slow and calming. It draws one inward into the emotional tension. Because it is soft and slow it opens up and connects, it is a lullaby, an intimate love-song, or a ballad of some kind. It is also the warmth of a hand, the calming of the touch, and the feeling of being held and connected to deeply. This is the yin expression and it is to do with healing. The slower the rhythm the more it enters the body rather than the head, fast goes upwards whereas slow goes downwards. It is therefore sexual more than lyrical, deep rather than superficial healing and less immediate in its effect.

Of course there is a mixture in all things, a mixture of speed and slowness, in a day, in seasons of the year, in everything, even a breath or heartbeat. But the point here is that slowness and calmness are the principles of healing, and speed and immediacy are the principles of catharsis. While this seems obvious it is actually a key point as to whether a person can be a healer by nature. Often healers who are trying to be what they are not attempt to engage with being slow by exhausting their body, through exhaustion they manage to slow down, yet by nature they are actually fast. There are four kinds of expression of male-female energetics:

Yang male

Yin male

Yang female

Yin female

Put in order of speed of nature the following is true:

1. *Yang male*
2. *Yang female*
3. *Yin male*

4. *Yin female*

This expresses the actual nature of a person's personality. By nature the expressions of 1 and 2 will find it very difficult to be still or quiet, they will find their meditational stillness through actual physical activity and action, there will be stillness in movement. The Yin male is 3rd and he too will have difficulty being still but will be naturally closer to a healer's touch than the 1 and 2 expression. The Yin female, 4, is a pure natural healer. Her expression is such that it will be slow, soft and calming and this is the fundamental core of healing. Conversely, the yang male will be the best at catharsis and the yin female the least effective. The yang male will be the most expert at emergency medicine, the yin female best in chronic situations...and so on.

It is very important to be what one *is*, not try to be that which one is not. Even if there is a complete knowledge of something cognitively this makes no difference to the nature of what is being expressed from Centre without trying. If society is to ever be free it has to come to natural realization of the natural ways of being within the bee-hive of humanity. Without this realization there is always the pretence of being something or someone that actually one isn't. A yang male attempting to be a yin female is as ludicrous as a yin female trying to be a yang male, it is best to allow things to be done by the people who do them best. This realization helps society as a whole, it moves it to a natural state of order, not an imposed ideological order which is divisive and will eventually collapse under its own weight.

When we are considering the healing touch it is important always to understand the principles of the yin. The Yin female's touch is intimately healing from the outset. It is deep and calming and yin-building/nourishing. It is useful for all and fundamental to the yang catharsis but it is also true that the yang catharsis has its place, especially if there is blockage and stagnation that is reaching an acute phase and needs removal.

As a general rule the whole of the healing arts are held within the yin female and yin male. The yin female is the healer the yin male acts as healer but also for cathartic treatment. The yang female and yang male hold different more expressive roles in society and as such need to focus their effort externally rather than internally. This is best for the whole not for the individual, because through this it is seen that no such entity called "me" really exists.

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