

The beauty of the shrinking violet: How the energetic background holds everything within it.

When we consider the nature of the yang quality of energy it is clearly visible and “out there” enough to be seen. Whereas the yin quality of energy often requires metaphor in order to gain a notion of it, it is often the shrinking violet and as such cannot be seen.

The yin quality within humans will naturally choose clothes that do not stand out, similar to camouflage, in order to blend in with everything and everyone else around them. They are like the black sky at night rather than the stars around them. The background energy is commonly misunderstood and is often berated for being “lazy” or “too still” by the yang energy which is very active and often draws the yin energy into its own direction and process rather than listening to the yin quality’s requirements. As a general rule the yang is the child and the yin is the mother, the child is therefore always provided for by the mother but when the child becomes aggressively demanding, which tends to be the way with the human condition, then the mother is lost in the demands of the child and simply this cannot be sustained. This is the same for the earth as well as the human, the earth is taken for granted and while the draws of humans form it, at the same time they are totally decimating it.

The male is not necessarily the yang and the female not always the yin. We see this in nature where for example the male lion is the inactive and energy-holding centre of the pride, this is usually the place of the female but in this case he holds it. The female lioness is more yang in comparison, except in mating which is the time where she yields to him and when he is eating. The point is that the male lion is a symbol of masculinity, whereas this is actually less masculine and more feminine. The male lion also symbolizes fire in many ways, this again is a female expression, the flame being yang on the surface but the core being empty and yin. The lionesses encircle the male lion, he is like the queen bee, this is a female position. Another famous yin-male expression in nature is the sea-horse which holds the eggs of its babies till they hatch and his pocket of safety is also used after they hatch whenever there are signs of danger. The female seahorse acts as the yang in the yin. The black widow is also yang, the male being her food after mating with him!

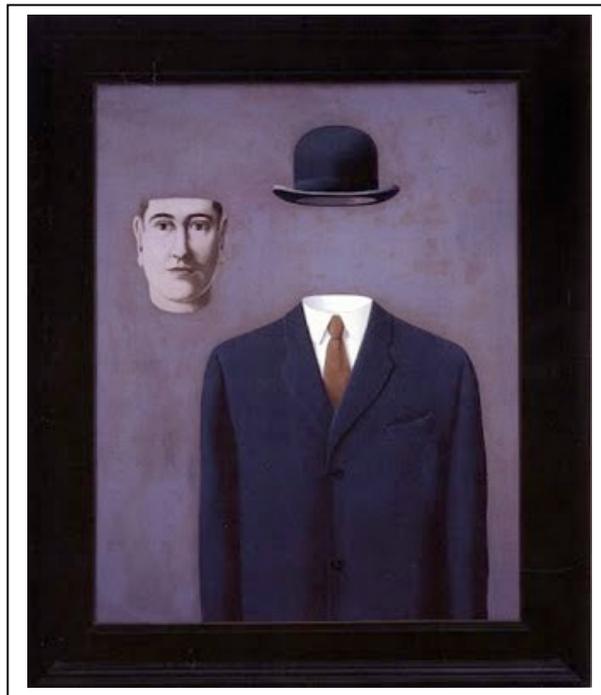
The nature of the collective yin quality is also interesting. In an ant colony a percentage of the colony is usually dormant, this dormancy is constant. If it wasn't and all the ants started to be active together the ant-hill would be left and the whole colony would move out. This is to do with the nature of the stillness portion of the colony. Similarly with the stillness of the queen at the centre of the hive and many other bees deep within it, this relative inactivity allows for a balance to the activity, for an energetic “anchoring” and stability to form a structure or base.

In human expression this is the archetypically female energetic expression of yin [although the yin can be within the male] that is more home-focused, has less ambition, less movement outwards and less activity in his/her nature. This doesn't mean passivity, or stagnation, which can happen to both yin or yang qualities of energy, this is actually a by-nature expression of Stillness. These expressions are the healers and the mothers and the midwives and the food-providers. The whole nature of the yin is to be the background that the yang is within. The problem is always that

this quality is seen as a shrinking violet and ignored, or is dismissed as having no power, use or interest. In most cases society completely dis-regards the nature of the yin and as a result the balance of the yang dominance corrupts completely.

When it is understood that the yin is not only the background but also holds the central position, then the balance is maintained and there is harmony. There is a belief that the lion at the heart of the pride is somehow alpha, but this would be incorrect. The alpha male in a wolf pack is very different to lions, this is an expression of a true yang expression. The alpha wolf is the outer leader and the exterior of the pack, he directs from the outside from whence he leads and protects the inner heart of the pack, the babies and the females. This is the “traditional” ideology seen in nature. Yin and yang are constantly mixing and forming and re-forming, this is the nature of the celebration of life, but to notice all the time that the centre, even of your “self” is utterly empty and “yin” is to realize the true beauty of the shrinking violet which holds all the world within her.

(please see the art of Rene Magritte, and the work of Douglas Harding
<http://www.headless.org>)



David Nassim
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