



Yin Energy

Yang Energy

(This is NOT just about women.)

(This is NOT just about men.)

sensual integration
(relating to sensations)

conceptual abstraction
(relating to thoughts)

perceives through
embodied subjectivity

perceives through
detached objectivity

Being: curious to experience what is
autonomic

Doing: focused on achieving a goal
intentional

surrenders to an experience

intervenes in an experience

responds, follows, flows

moves, leads

nurtures

challenges

grows from acceptance & appreciation

grows from challenge

accommodates

dominates

glandular, emotional

rational, logical

curvilinear

linear

relationship-focused

task-focused

enjoys experiences

orchestrates experiences

collaborative

competitive

wisdom

intelligence

seeks security

seeks freedom

seeks engagement and fullness

seeks completion

personal

impersonal

radiant, aesthetic

functional, efficient

wants to sense or become engrossed
in an experience

wants to steer or control