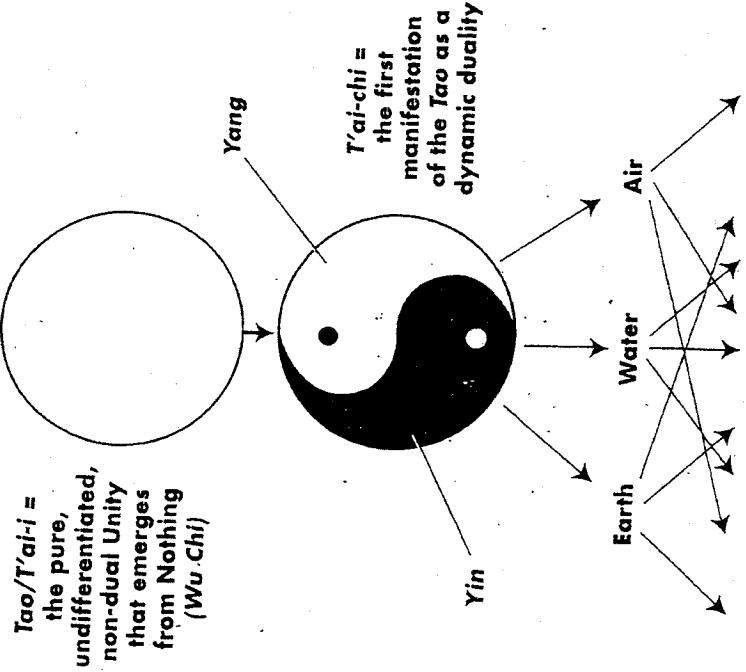


Figure 4-2

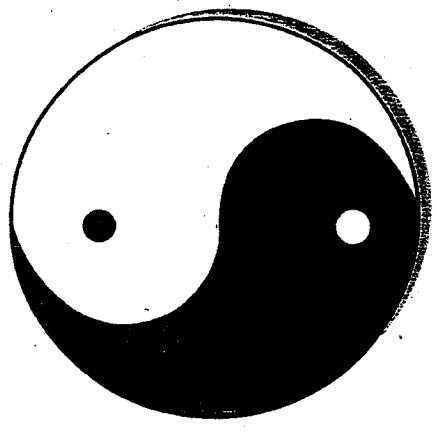
### How the One Became the Many



This ancient Chinese view of reality is referred to in chapter 42 of the *Tao Te Ching*, which declares that the one became two, the two became three (the elements), and the three became the 10,000 (or myriad or countless) things, which is to say, the phenomenal world of everyday, ordinary experience.

Figure 4-3

### Yin and Yang



- |            |            |
|------------|------------|
| Dark       | Bright     |
| Cool       | Warm       |
| Moist      | Dry        |
| Heavy      | Light      |
| Low        | High       |
| *Moon      | *Sun       |
| *Earth     | *Heaven    |
| Humility   | Nobility   |
| Recessive  | Aggressive |
| Compliant  | Assertive  |
| Submissive | Dominant   |
| Female     | Male       |

Even foods are considered yang (e.g., meat, poultry, onions, carrots), yin (e.g., fish seafood, tofu, bean sprouts, eggplant, cucumber, or balanced nuts, grains, legumes, veggies, miso soup).

\*With the notable exceptions of these two pairs, nothing is seen as purely yang or yin.

# Getting Oriented

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 2005  
 Polaris Ridge Press