

UpWrite Words

Offering online and print writing services to the Personal Growth Community

Love Letter — “Yin Yang Energy”

My Dear, I just wanted to say ~

It seems to me you've been giving too much of the Yang energy, lately. It's a wonderful energy. The daily thing. The People. The Praise. The Interaction. The Money . . .

But maybe you're giving too much. I believe there are ways to use that time and energy, giving in a more effective and artful way. You can maintain and even build on the money without having to give quite as much of that Yang energy.

Both energies have much to offer: that outside, busy Yang energy, where you're cranked and going and dealing and maintaining. But you also need the calmer Yin energy where you're tending to the things that are important to you. Taking good care of yourself. Getting the time you need. The spaciousness.

True, at one time you may have had too much of that Yin energy. Too loose, too slow and sluggish. Now, it's hard to sit still.

Just find some balance, a comfortable harmony between the two. As it should be.

*All My Lovin,
A.*