

## Figuring Out Your “Y” Factor

And you thought Feng Shui was just about  
moving furniture!



There are lots of books on Feng Shui. Let’s face it – you probably find it challenging to sift through all information for advice. So, before deciding what color to paint your front door or how to position your bed, there are some basic Feng Shui tenets you need to know before proceeding with any changes.

Today, I want to tell you about the “Y” Factor© and why it’s so important; so important that the largest professional Feng Shui organization, considers it one of the key *Universal Topics* of Feng Shui. The “Y” Factor© is:

- Part of the organic pattern found in nature
- Expressed in your personality
- Affects your work habits and relationships
- Influenced by your surroundings

### **Awareness**

Awareness of the “Y” Factor is the first step in accepting who you are. If you don’t know what your “Y” Factor is, there is no way you can address it, adjust or remedy it. Let’s explore your “Y” Factor. Here we go.

## The “Y” Factor – Your Yin/Yang Nature



*One of the most important tenets of Feng Shui is the concept of Yin/Yang: interconnected opposites. They complement, complete and depend on each other for their existence. For example, day (Yang) turns into night (Yin) and night (Yin) turns into day (Yang) on a continual basis. They cannot be separated. Both are needed for completeness.*

Even though yin/yang are part of a whole, each has their own qualities.

Here are some traits of each.

YIN	YANG
Quiet, calm	Lively, active
Inner	Outer
Dark	Light
Cool	Warm
Gentle/soft	Strong/hard

Every cycle found in nature, every human being and activity or process has both Yin/Yang aspects. Yin/yang are parts of a whole in reciprocal interaction with each other.

In nature, we see Yin/Yang expressed as it constantly transitions through cycles.

- Sun setting (Yin) followed by the sun rising (Yang)
- Low tide (Yin) is followed by high tide (Yang) and repeats
- Plant life moves from dormancy (Yin) to full bloom (Yang) and so on.

## Yin/Yang in our Living and Work Spaces

Yin/Yang is evident in our dwellings as shown below.

YIN	YANG
Dim lighting	Bright lighting
Small, cozy rooms	Large, open spaces
Dark colors	Bold colors
Curving paths	Straight paths
Private, intimate areas	Public, active areas
Soft surfaces	Hard surfaces

The most important lesson we learn from nature is that we need a balance of both Yin and Yang in our environments; otherwise it will feel one-sided and out of sorts. Can you imagine if all your rooms were painted red or if all your rooms were dim and dark?

**In summary,** Yin/Yang is the concept of complementary opposites that: function in relationship to each other; are part of a whole; have their own unique traits; are evident in nature, our homes and work spaces, in stages of activity and in our personalities. **Yes, that's right, Yin/Yang is part of your personality. That's your "Y" Factor®!** Once you know your "Y" Factor, you can start making impactful changes to your life by implementing Feng Shui remedies to your living and work spaces.

### Your "Y" Factor: Are you more Yin or more Yang?

*People can be described as being more Yin or Yang based on their personality traits.* Even though you have both Yin and Yang tendencies, you tend to lean more one way than another.

Take the following assessment to determine if you are more Yin or more Yang.

1. I am commanding, confident and capable \_\_\_\_\_
2. I enjoy working alone in my home when it's quiet \_\_\_\_\_
3. Once I decide to do something, I jump right in \_\_\_\_\_
4. I need to do some research, collect my thoughts and facts before I begin a project \_\_\_\_\_
5. Most people would say I'm an extrovert \_\_\_\_\_
6. I prefer attending a business function where I can network with a few, business contacts in order to get to know them better as opposed to talking with as many new acquaintances as I could \_\_\_\_\_
7. I am seen as enthusiastic and a high energy person \_\_\_\_\_
8. I'm really good at taking complex ideas or concepts and explaining them in easy to understand terms \_\_\_\_\_
9. My friends would say I am creative, strategic and persistent \_\_\_\_\_
10. I am open and conversational in social situations \_\_\_\_\_

If you checked off numbers 1, 3, 5, 7 and 10 then you are more Yang. Likewise, if you checked numbers 2,4,6,8 and 9 then you are more Yin



*Someone with yang tendencies is energetic, socially active and likes to be on the go. They are quick to take action. Occasionally, they might say something or act before thinking. For balance, they need some down time, such as seeking refuge in a quiet room reading a book. Ask yourself where your "yin" sanctuary is located in your home or work space.*



*Someone with yin tendencies is more of a thinker, enjoys less strenuous activities; they are more laid back. They give thought before acting. Occasionally, they are slow to act. **For balance**, they need to get active. They could turn their kitchen into a party zone by hosting a holiday party with friends. Ask yourself where your “yang” hot spot is in your living or work space.*



**Word of Caution:** *Westerners tend to think Yang characteristics are preferred compared to Yin. Please don't get caught up in this way of thinking. Remember, they are both part of the whole. Too much of one over the other means we are out of balance.*

## **Adjusting Yin/Yang with Feng Shui**

Simply put, if you exhibit too much of one and too little of the other, you most likely will have health issues, find that your relationships are not what you want or experience work related problems.

The good news is, our environments have immense influence on our behavior, mood and overall health. Change your environment and you change your life. Here are some Feng Shui tips that will help you implement yin/yang balance in your living and work spaces.

### **If your Yin needs a Yang boost:**

Open the drapes or blinds  
Use bright colored accent pillows  
  
Listen to fast tempo music  
Add citrus fragrances  
Clear your clutter

### **If your Yang needs a Yin boost:**

Close the blinds  
Add a water feature e.g. small fountain  
  
Listen to slow tempo music  
Add the fragrance of lavender  
Hang an inspirational quote

### **Rooms and their “Y” Factor**

Always consider the main purpose or activity for each room. This will start you thinking. Is the activity or purpose of a particular room, more yin or yang?

#### *Certain rooms are considered “yin”*

- This equates to a space that is quiet and restful, good for reading, sleeping or meditating. Think bedroom or study.
- Soft features, muted colors and dim lighting augment a yin “feel”. These rooms usually contain seating or furniture conducive for intimacy or focused type of activity.
- Still in all, yin still needs some yang, so you might add a little pizzazz by bringing in the Fire element (yang) as expressed in a splash of red, art work depicting people or animals, a desk lamp (task lighting) or zig-zag patterns.



***Word of caution!** Too much “yang” in a yin room goes against the nature of the yin room. You might refrain from painting the bedroom red or hanging a picture of a leopard above the bed. It could cause tension and anxiety. By the way, I’ve seen both!*

### *Certain rooms are considered “yang”*

- This equates to a space that is more action filled and socially interactive, good for conversation, playing games, cooking, etc. Think family room or kitchen!
- Warm colors or a palette with stronger colors along with bright lighting augment a yang “feel”. These rooms usually contain seating arrangements where people can gather.
- A room that is too yang can add tension and strife so yang needs some yin for balance. Try adding the Water element (yin) by using art work depicting a beach or seascape, adding a soft chenille throw, or using a low wattage light bulb in a table lamp.



***Word of caution!** Too much “yin” in a yang room goes against the nature of the yang room. You might refrain from painting the kitchen a dark blue or hanging a picture of a solitary person sitting by a pond. It could dampen the mood. And yes, I have also seen both!*

### *Let's Check it Out ...*

Now that you've learned about the **“Y” Factor - Yin/Yang**, take a look at these two pictures using your newly acquired Feng Shui knowledge. **Check out your response to the family room below. How does it make you feel?**



*Do the dark walls, black shelving and low lighting in this family room encourage fun activities, social interaction and conversation?*

*What's the verdict? Too yin or too yang?*

Now let's check out your response to the bedroom below. **How does it make you feel?**



*Do the red walls, red head board and red bedspread in this bedroom encourage rest, calm and intimacy?*

*What's the verdict? Too yin or too yang?*

**In closing, your “Y” Factor © can be applied to many aspects of your work and personal life. For example, I have helped clients deal with career or work-related challenges such as:**

- Overcoming a writer's block
- Preparing/presenting presentations



- Adjusting personal image to reflect your brand

In most situations, the problem is often rooted in a deficiency or excess of yin or yang. Let me explain a little more.

**Imagine you have to give an important presentation.** Let's give some thought to what's involved in Yin/Yang terms. First, you have to research your topic, give some thought to content and prepare your PowerPoint (Yin activity). Now you are ready to get up in front of your audience and wow them with your presentation (Yang activity). Out of yin comes yang. If your presentations are falling short, ask yourself if you need more time and effort in preparation or in practicing your delivery.

It's important to remember that Yin/Yang work together to produce the whole.

*Hello! I'm Sylvia Watson. I hope you benefited from this lesson. For more information about Feng Shui, inquire about a Feng Shui consultation or a speaker for your organization, please contact me... I would love to talk about my favorite subject and how Feng Shui can change your life.*



Other services I offer include: space clearing, house blessings; personal/brand image consultations; home office make overs; and workshops or corporate retreats. You can contact me at 614-402-5087 or email me at [healenvir@sbcglobal.net](mailto:healenvir@sbcglobal.net)

Thank you,

Sylvia Watson