

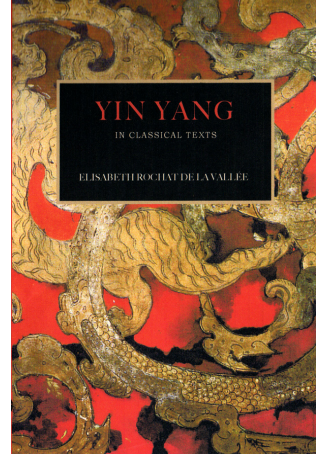
YIN YANG

IN CLASSICAL TEXTS

ELISABETH ROCHAT DE LA VALLÉE

Elisabeth Rochat de la Vallée continues her study of the Chinese classical texts with an exploration of the concept of yin yang. Guiding us through the early writings of the Spring and Autumn Annals, the Daoist classics of Laozi, Zhuangzi and Huainanzi, and the medical texts of the Yellow Emperor, the Neijing Suwen, she explains the development of these ancient ideas which provide the basis for Chinese philosophy and medicine.

‘There is no way to have yin without yang or yang without yin. They are always a double facet of every living being and every phenomenon. And they are fertile, sustaining life only by their deep harmonious alliance.’



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