

## Komplexe Emotionen



<https://pixabay.com/de/illustrations/kunst-gesichter-maske-kopf-2174145/>

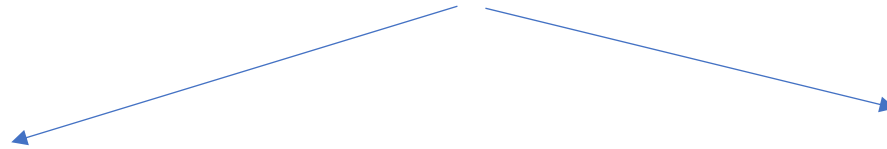
**AUS DER EINHEIT**



**IN DIE TRENNUNG**



# Schock



## STARRE



Erde



Wasser

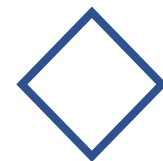


Äther

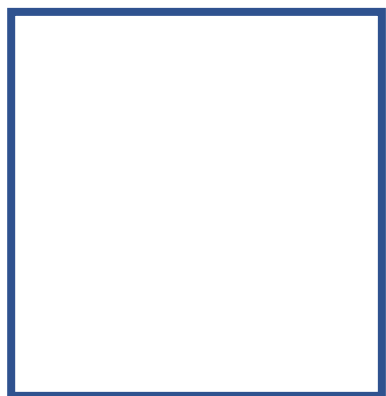
## FLUCHT



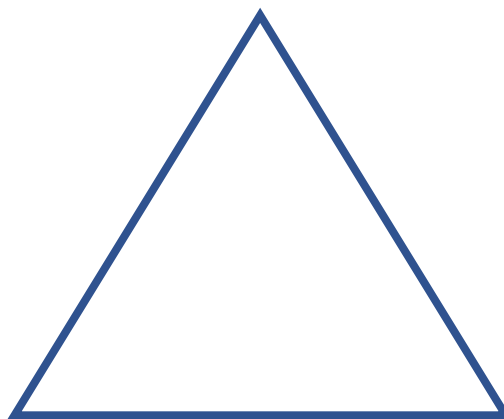
Feuer



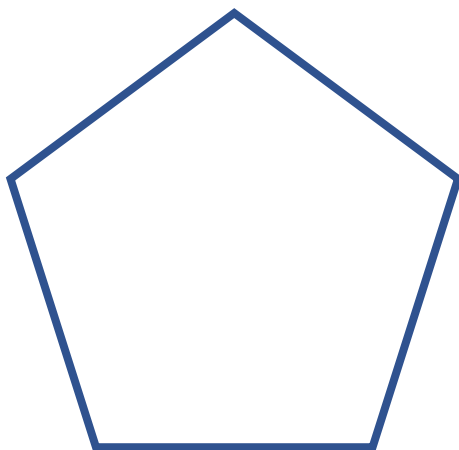
Luft



+



=





TRENNUNG

**YIN**

Trauer (bewegte Starre)

Schwermut (Starre)

**NACH INNEN**

**YANG**

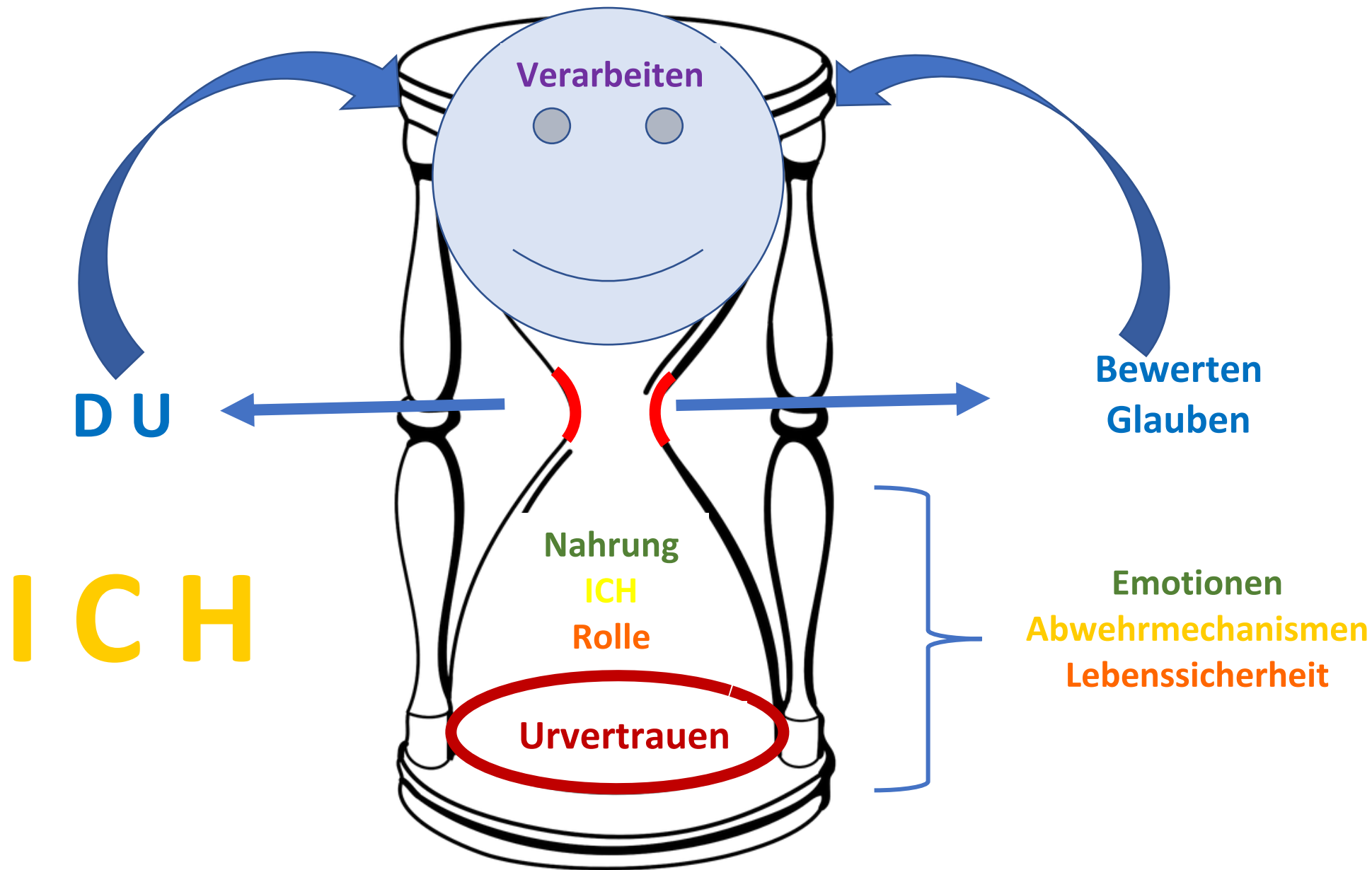
Wut (Äuß. Bewegung)

Mentalüberlastung

(Innere Bewegung)

**NACH AUSSEN**

# W I R



## Komplexe Emotionen



<https://pixabay.com/de/photos/fr%C3%B6sche-pilze-figuren-gruppe-1176188/>