Theoretical Soul creation

And yes, I found the basics on Yin and Yang, mantra's, and spirituality! Here’s a quick summary:

1. \*\*Yin and Yang\*\*: This concept from Chinese philosophy represents dualities and balance, like light/dark, active/passive, and masculine/feminine. The idea is that everything has an opposite, and harmony is found in balancing these forces rather than eliminating one.

2. \*\*Mantras\*\*: Mantras are words or sounds repeated to aid concentration in meditation. They have roots in Hinduism and Buddhism and are used to focus the mind, calm emotions, or bring certain energies to the forefront, like peace or strength.

3. \*\*Spirituality\*\*: Spirituality broadly relates to seeking a connection with something greater than oneself, like the universe, nature, or inner purpose. It can include practices like meditation, mindfulness, and self-reflection to foster personal growth and understanding.

Let me know if you’d like more depth on any of these or if there’s a specific angle you’re interested in for embedding into the training!