I Ching

The I Ching is also referred to as The Book of Changes and is most likely the oldest book on the planet. It is an ancient work completed by the wise King Wen, in the last generation of the Shang Dynasty. (1766-1121B.C.) He wrote his commentaries while imprisoned by the tyrannical Emperor Chou Hsin. During his confinement, he saw a vision so profoundly moving that he spent his sentence translating the images into words. Finally, King Wen was rescued from his incarceration when his son, Wu led a rebellion to overthrow Chou Hsin. King Wen took the throne, and his son, now the Duke of Chou, completed his father's work by writing commentaries on each of the six lines within the 64 hexagrams.

The system of hexagrams, which we call the I Ching, was one of the first great successes in ancient man's attempt to find the laws which regulate all phenomena, including human nature. The most significant discovery was that the laws of nature are also the laws of humanity.

What is needed now is the discovery of the inner light, which enables human beings to see through the confusion of the mind and discover where the truth of life resides. King Wen deeply understood the influences that were corrupting people. Wishing to restore the ancient pure virtue, he dedicated himself to the further explanation of the I Ching, which contained ancient knowledge about human behavior. King Wen successfully started a new epoch, the Chou Dynasty (1122-249 B.C.). Toward the end of the Chou Dynasty, however, the corruption of human nature resumed. At that time, many other sages came forth to respond to the situation and restore the pure virtue of life. Lao Tzu, Confucius and Mo Tzu were three of these, and they each demonstrated the way of ancient unspoiled people in their own lives. Lao Tzu did this through his love of nature and awareness of universal spirit; Confucius through the value of self-restraint in all human relationships and Mo Tzu through selfless sincerity to Heaven. The essence of the I Ching is to bring together these three, representing the harmonious virtue of pure, original human nature and provide a healthy direction for society to follow. The I Ching has been used throughout time to study the present moment and view the future.

Yin and Yang

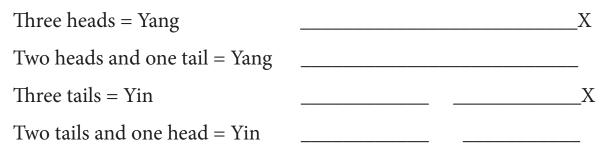


Yin and Yang represent the negative and positive dualism exiting within all things, from the protons and electrons of the atoms, to the conscious and subconscious of the human psyche. This duality is a profound fundamental in both ancient Chinese and modern scientific thought. In the I Ching, both are represented by yin and yang lines.

How to Use the I Ching

- 1. One needs three coins that are the same, three nickels, quarters, pennies or there are I Ching coins.
- 2. Any book version of the I Ching

The broken line represents the yin and the unbroken line represents the yang.



X means that an X is needed to know that this hexagram will change into another hexagram. So when one gets three tails, a yin line becomes a yang line and when one gets three heads, a changing yang line becomes a yin line. All others remain the same.

Think of a question and then throw the coins. Starting from the bottom up create the hexagram.

Example:		
Two heads	the new hexagram would become	
Three tails	X	
Two tails		
Two tails		
Three heads	X	
Two Heads		

There are many different versions and present day authors to the I Ching. One can use the perspective of the I Ching to peer into the future, while experiencing the immediateness of the situation.

Messages of the Sixty-Four Hexagrams

1. The Creative Power



The masculine principle/ strength/ assertive/ making something happen/ positiveness/initiator/ primary mover/ fortitude/ hard work

2. The Receptive Power



The feminine principle/ supportive/ obedience/ patient/ search for truth/ correctly centered/ natural in responses/ a refined receptivity

3. Difficult Beginnings



Inexperience/ growing/ vulnerable/ uncertain/ obstacles/ chaos/ disorder/ confusion/ opportunity to develop oneself/ transition

4. The Undeveloped One



Inexperienced/ the foolhardy/ immaturity / ignorance / reckless/ youthful folly/ learn what to do and what not to do/ recruit help

5. Calculated Waiting



Perseverance/ restraint/ hesitate/ look for right timing/ patience/ sincerity/ needs more intricate understanding/ affront difficulty

6. Conflict



Dispute/ hostility/ jealousy/ competitiveness/ controversy/ litigation/ danger/ difficulty/ stay on truth/ discomfort/ no superficiality

7. Leadership



Mobilize forces/ exert authority/ create strategy/ strict discipline/ function like the army/ leadership must be high thinking and equipped

8. Unity



Fellowship/ union/ solidarity/ teamwork/ cooperation/holding together/ do not be lofty/ good fortune/ harmonious union

9. Taming By The Small



Be generous/ self-restraint/ careful preparations/ resourcefulness/ adaptability/ preparatory action/ refine impulses and desires

10. Conduct



Self-awareness/ proceed with caution/ correct behavior/ act responsibly/ firmness and creative strength/ inoffensive/ awareness

Harmony/ balance/ a sense of well-being/ favorable conditions/ good opportunities/ complimentary forces unite/ cooperation/ prospering

12. Stagnation

Misfortune/ a standstill/ alienation/ grinding to a half/ counter forces are at work/ much is given-little is received/ adversity/ disorder prevails

13. Community

Friendliness/ mutual respect / shared goals / strengthening bonds/fellowship/ uniting with people/ equals working together

14. Sovereignty

Wealth/ good fortune/ success/ material possessions/ gratitude/ good harvest/ great provision/ prosperity/ cosmic ideal/ beautiful and blessed

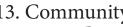
Moderation/ humility/ keep it simple/ sincerity/ earnestness/ respectability/ egolessness/ benefits go to the humble/ no pretenses

16. Enthusiasm

Inspiring others/ self-confidence/ a positive response/ joyfulness / totality/ comfort/ a favorable time for expansion/ harmonization

17. Adapting

Loyalty/ compliance/ reliability /receiving guidance/ service/ faithful to the highest principles/ acceptance/ following/ goodness/ easygoing













18. Repair Decay



Correct past mistakes/ clean-up/ restore balance/ healing/ correcting corruption/ thorough inspection needed/ disorder/ improper actions

19. Promotion



Advancing/ a warm reception/ prosperous conditions/ increased influence/ rewarding moments/ beneficial timing/ripe blossoming

20. Contemplation



Studying points of view/ detached observation/ reflection/ understanding/ reacting appropriately/ following the cosmic law

21. Biting Through Hardship



Reform/ restore order/ tenacious devotion/ justice/ decisiveness/ cutting through negative influences/ using correct and sound judgment



Beautification/ elegance/ charisma/ inner reflection/ simplicity/ adornment/ proceeding with small matters is profitable/ tranquility



Splitting apart/ decline/ eliminate the old/ let go/ disintegration/ surrender/ collapse/ erosion/ advancing negative forces/ little hope

24. Returning



Renewal/ the turning point/ regeneration/rejuvenation/ steady improvements/ a new cycle/ revival/ restoration/ good fortune

25. Innocence



simplicity/ a trusting nature/ spontaneity/ open-heartedness/ the unexpected/ remaining virtuous/ accommodating attitude/ guiltlessness

26. The Taming Power of the Great



Great Amassment/ realizing potential/ clarity/strengthening character/ potential energy/ undertake far reaching endeavors

27. Nourishment



Health/ well-being/ providing for others/ nurturing the body, mind and spirit/ self-cultivation/ correct thoughts/ quality and quantity of growth





Stress/ overload/ exhaustion/ obsessiveness/ worries/ burdens/ breaking point/ instability/fruitless situation/ caution advised

29.The Abyss



Danger/ insecurity/ overwhelm/ hazardous conditions/ dark emotions/ mental stability is needed/ conflicts/entrapment/ caution required

30. Radiant Synergy

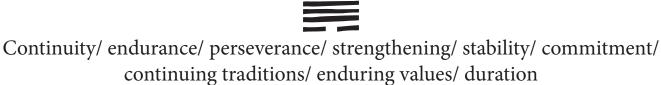


Illumination/ inspiration/ devotion/ regeneration/ spirituality/ virtue/ enlightenment/ brightness/ progressive/ act accordingly/ shining

31. Mutual Attraction



Courtship/ genuine affection/ natural magnetism/ connection/ a relationship advancing strength and development/good influence



32. Constancy

33. Retreat



A timely departure/ letting go/ withdrawal/ re-evaluation / walk away/ being firm/ misalignment of ideals/ evil forces at play/unfavorable odds





Strength/ authority/ dignity/ influence/ self-confidence/ leadership/ potency/ true test of character/ correctness/ correct moral action



Advancement/ gaining recognition/ appreciation/ achievements/ acceleration/ increased clarity/ honor/ prosperity/ interior illumination

36. Darkening of the Light



Time of darkness/ caution/ maintain low profile/ self-protection/ censorship/ watch responses/oppressive forces/firm yet flexible

37. Family

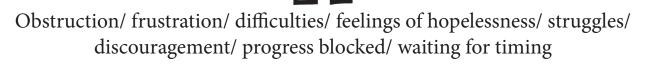


Heredity/ blood bonds/ kindred spirits/ ancestry/ home life/ community/ human family/ sense of responsibility/solid foundation

38. Contradiction



Disharmony/ opposition/ personal differences/ misunderstandings/ estrangements/ opposing viewpoints/ downward spiral/ division



39. Obstacles



Dissolution of the problem/ release/ relief/ a fresh approach/ finding a solution/ exhilaration/ deliverance/ free from past tensions/ purification



Decline/ cutting back/ frugality/ less is more/ resourcefulness/ reduce that which is excessive/ sacrifice for later benefits/ many restrictions



Benefits/ reaping rewards/ expansion/ flowering/ fertile ground/ abundance/ engage in adventurous tasks/ improvement/ growth

43. Resolution



Determination/ no compromises/ unwavering focus/ inner resolve/ integrity/ a test of character/ the true mind/ a great breakthrough

44. Temptation



Opposites attracted to each other/ unruly magnetism/ seduction/ passionate encounter/ there will be trouble/ oppose unjust forces

45. Gathering Together



Converging/ unifying/ assembling/ combining forces/ members unite/ congregating/ the sum is greater than the parts/ stronger together

46. Advancement



Steady progress/ gaining confidence/ promotion/ receiving recognition/ rising/ pushing upward/ higher self-esteem/ ascending/ tenacious



Restriction/ exhaustion/ depression/ depleted resources/ confinement/ oppression/ entrapped/ great difficulty/ great distress/ forced growth



Seeking truth/ wisdoms/ insight/ intuitive knowing/ return to source/ getting to the bottom of things/ commitment/ inexhaustible supply.

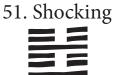


Transformation/ a radical change/ giving up the old/ a quantum leap/ reformation/ proper timing/ correct implementation/ egolessness





Inner alchemy/ mastery/ spiritual renewal/ rejuvenation/ discerning wisdom/ stability/ the cauldron of success/ nourishing the virtuous



Upheaval/ awe inspiring/ dramatic power shifts/ unpredictability/ a shake-up that's a wake-up/ a force of thunder/ crisis/double force

52. Keeping Still



Meditation/ self-renewal/ detachments/ equanimity/ serenity/ internal stillness/ quietude/ time to get centered/ clearing the mind/ tranquillity

53. Development



Gradual progress/ continuity/ slowly but surely/ adaptability/ a timely approach/ natural unfolding of events/ roots must be firm/ flexibility





A compromising situation/ subordination/ succumbing to seduction/ manipulation/ no benefit to this relationship/ sincerity/ patience



Abundance/ plenty/ fertility/ inner riches/ reaping rewards/ harvest/ sense of satisfaction/ knowing how and when to act



Adventure/ movement/ coping with unfamiliarity/ a pilgrimage/ broadening horizons/ collecting information/ wandering/ finding

57. The Gentle



A soft approach/ faith/ moderation/ a subtle but deep influence/ understanding/ penetrating force of gentility that accomplishes goals



Happiness/ delight/ open communication/ goodwill/ friendly persuasion/ be joyous, but firm in principles/ encouraging/ stability

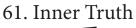


Diffuse negativity/ restore harmony/ circulate/ revitalize/ dissolve divisions/ dissipation of ill implied factors/ break down separation

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60. Limitations

Practice/ introspection/ cultivate patience/ maturity/ self-discipline/ self-restraint/ limits on impulses and desires/ unselfishness



Wisdom of the heart/ insight/ clarity/ purity/ intuitive knowing/ penetrating illusion/ faithfulness/ invisible forces have visible effects

62. The Preponderance of the Small

Find the extraordinary in the ordinary/ use discretion/ slow down/ tend to details/ conscientiousness/ limit spending/ be a bird on the ground

63. Completion

performance/ perfect equilibrium/ confusion becomes order

64. Before Completion

Uncertainty/ doubt/ hesitation/ loss of faith/ unstable conditions/ be extra cautious/ opposites that do not integrate/ prudence is needed

To know more, there are many books and in-depth information concerning the I Ching or The Book of Changes. There are also different I Ching packages available for personal use. This is just a simple and easy way to spark awareness of this ancient treasure.

