

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 existing 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.

Three heads = Yang _____X

Two heads and one tail = Yang _____

Three tails = Yin _____X

Two tails and one head = Yin _____

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

11. Peace



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

15. Modesty



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

22. Grace



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

23. Deterioration



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

28. Critical Mass



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



Continuity/ endurance/ perseverance/ strengthening/ stability/ commitment/
continuing traditions/ enduring values/ duration

33. Retreat



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

34. Great Power



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

35. Progress



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



Obstruction/ frustration/ difficulties/ feelings of hopelessness/ struggles/
discouragement/ progress blocked/ waiting for timing

40. Liberation



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

41. Decrease



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

42. Increase



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

47. Adversity



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

48. The Well



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

49. Revolution



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

50. The Cosmic Order



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

51. Shocking



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

54. The Subordinate



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

55. The Zenith



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

56. Traveling



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

58. The Joyous



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

59. Dispersion



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

60. Limitations



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

61. Inner Truth



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



Final attainment/ victory/ a crescendo/ a job well done/ perfection/ peak
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.