

I Ching - Juan Li (Big Indian, NY - 7/2/98)

In 6000 BC *Fu Hsi (Fu See) (Hermit Sage)* created the system of *I Ching*; while living in the forest through his observations and meditations of nature. He created a system of *Hexagrams (Language of I Ching)* which are *Trigrams of Energy Movements (Rising or Descending)*; & their *Negative (Yin) & Positive (Yang)* relationships. The *8 Trigram* appeared in his mind. *Fu Hsi was Son of the Thunder God, product of Heaven and Earth born in Thunder Lake.*

In 600 BC the *1st Book of I Ching* was created for the affairs of the government from their ancestors. The people who worked for the government were Oracles of *Deviation* based on the *Belly Shell of a Turtle (Fire & Water)* by reading the lines or cracks after a hot rod was placed on the Turtle Shells. When the turtles disappeared the government used *Shoulders of the Water Buffalo* & these cracks (lines) started Chinese Writings from those Deviations. In 1920 an Archeologist discovered animal bones with 2,000 years old writing (*Dragon Bones used in Chinese Medicine*) from the *Chou (Joe)* people. *King Wen (When)*, leader for the Chou people wrote first *Commentary of I Ching* on silk while he was in jail & became the *1st Commentary Book of I Ching Written on Silk* in 600 BC. Then Confucius comes in with his Commentary followed by over hundreds of Commentaries. King Wen wrote about the *Trigrams, 3 Lines of Opposites Yang (+) & Yin (-)* & their relationship to each other.

Book of Deviation (External) - Book of the Spirit (Internal- Highest Potential)

Basic principles: ***Operating manual for Energy using correct timing & minimum effort & maximum benefit.*** *I Ching* is a guide for ordinary people to become Divine. The hexagrams are used as a progression for an ordinary person to evolve into the Divine (*Immortal*). Working with *Hexagrams 50-64* an ordinary person works toward a high frequency (*Kan & Li – Immortality*). With the final *Hexagram 64* the *Superior Person* then goes across the river to the other world (Another Dimension). In the Original *I Ching* there were no words, just principles. You will learn to read the *I Ching*, the *Language of Wisdom (Journey into Wisdom)*, which are energy practices in each hexagram, but to know them you must feel the hexagrams.

Root of I Ching of these 2 lines Yang __ & Yin __ & their Trigrams:

(3rd) Upper Line _____ Heaven Dimension (Stars)
(2nd) Middle Line _____ Human Dimension (Atmosphere)
(1st) Bottom Line _____ Earth Dimension (Foundation)

Each line has equal power; they just have different functions. *Human Line (Mind) affects Heaven & Earth.* The combination of the *3 Lines of Yin & Yang*, only have *Eight Combinations*, which form opposites of *Trigrams* or *Attitudes* in the *Pa Kua* (*Pa = Eight & Kua = Symbol*). *All Hexagrams are pairs of opposites. 32 Opposites of Heaven & Earth, Fire & Water, Mountain & Thunder, Lake & Wind*; and they only appear in the *I Ching Progression*, when they are opposite each other.

I Ching 64 Energy Patterns:

(1)Heaven, (2) Earth, (3-8) Water, (9-14) Heaven, (15-27) Mountain & Thunder, (29) Water, (30) Fire, (28, 31-34) Heaven, (34-40) Water & Fire, (41-42) Mountain & Thunder, (43-44) Heaven, (45-50) Lake, (51-60) Fire & Water, (61-62) Wind & Lake-Mountain & Thunder, (63-64) Fire & Water

Eight Trigrams: Names (Numbers) Elements

- (1) ----- (Firm) Represents strong Yang persistence Heaven (7) Metal +
----- (Firm) Take the firm intellectual
----- (Firm) Leader
Ascending
- (2) --- --- (Flexible) Represents strong Yin persistence Earth (2) Earth -
--- --- (Flexible) Flexibility to follow something
--- --- (Flexible) Follower
Descending
- (3) ----- (Firm) Represents clarify Fire (9) Fire -
--- --- (Flexible) Inside fire there is nothing
----- (Firm) Outside fire there is substance
Ascending
- (4) --- --- (Flexible) Represents precarious persistence Water (1) Water +
----- (Firm) Inside water there is substance
--- --- (Flexible) Outside water there is nothing
Descending (Appears to be soft but inside it's firm)
- (5) ----- (Firm) Represents well rooted or stable Mountain (8) Earth +
--- --- (Flexible) Outside is firm
--- --- (Flexible) Inside is flexible
Descending
- (6) --- --- (Flexible) Represents playfulness Lake (7) Metal -
----- (Firm) Outside is flexible
----- (Firm) Inside is firm
Ascending (Like Birds or Fish movement on top of a Lake)
- (7) ----- (Firm) Represents penetrating deeply Wind (4) Wood -
----- (Firm) Outside is firm
--- --- (Flexible) Inside is flexible
Descending (Go into the subject deeply introducing new energy)
- (8) --- --- (Flexible) Represents the Neutral Force Thunder (3) Wood +
--- --- (Flexible) Inside & outside flexible

----- (Firm) **Harmony of Heaven & Earth creates Calmness**

Ascending (Very important force when Heaven & Earth meet Electrically)

All hexagrams come together or marry having **64 Combinations-64 Attitudes**.

Lines Hexagram (28)

--- --- 6} 2nd Trigram - Upper} Playfulness- **Lake**

----- 5

----- 4

----- 3} 1st Trigram - Lower} Penetrating- **Wind**

----- 2

--- --- 1

----- 4} 3rd Trigram - Lower Neutral } Intensive- **Heaven**

----- 3

----- 2

----- 5} 4th Trigram -Upper Neutral } Intensive- **Heaven**

----- 4

----- 3

Commentary on Hexagram 28: Energy movement with great growth

Lines Hexagram (16)

--- --- 6} 2nd Trigram - Upper} Introduce New Energy- **Thunder**

--- --- 5

----- 4

--- --- 3} 1st Trigram - Lower} Following- **Earth**

--- --- 2

--- --- 1

----- 4} 3rd Trigram - Lower Neutral } Rooted- **Mountain**

--- --- 3

--- --- 2

--- --- 5} 4th Trigram -Upper Neutral } Cautious - **Water**

----- 4

--- --- 3

Commentary on Hexagram 16:Follow a new energy rooted with caution

Lines Hexagram (30)

----- 6

--- --- 5

(4th Trigram) ----- 4 } (2nd Trigram) Clarify - **Fire**

Lake- Playful } ----- 3

(3rd Trigram) } --- --- 2

Wind-Penetrates ----- 1 } (1st Trigram) Clarify - Fire

Commentary on Hexagram 30: Clarify but playfully rooted with growth

Symbol of Core Channel is Fire (^) & Water (v) as a Star: Balance of Yin & Yang

The Three Pure Ones are also the Three Thrusting Channels.

The **Combination of 4 attitudes** makes a **New Attitude**. **King Wen** sat down in jail & wrote his interpretation (**Commentaries**) of each attitude for 64 Hexagrams. The **8 Attitudes** to open **64 New Attitudes** for the development of the human spirit. Reading Commentaries on any situation is based on how the situation develops from the **6 Hexagram Lines**:

6th : Go into next situation - extreme

5th : Researches the peak or maximum

4th : Resolution- Transcends the conflict

3rd : Conflict enters

2nd : Further the situation

1st : Beginning of the situation

Direction of movement for a Trigram:

(^) Ascending: Heaven, Fire, Lake, Thunder

(v) Descending: Earth, Water, Wind, and Mountain

Lines Hexagram (6) (Example)

----- (2) (^) **Heaven** - Going intensive

--- --- (4) (v) **Wind** - Penetrate deep attitudes

----- (3) (^) **Fire** - Clarify

--- --- (1) (v) **Water** - Caring

**Commentary on Movement in Hexagram 6: Conflict between 1 & 2 –
Energy pulls apart, but Harmony between 3 & 4 – Energy comes together**

I Ching 64 Hexagram Cycle Progression of Energy Movement

Part I Part II

1-30 Action (Yang) 31-64 Reaction (Yin)
 (1-8 Basic Training) 31-34 Internal Alchemy of Kan & Li (Heaven Marriage)
 1-2 Yin & Yang 35 - 40 Kan & Li Water & Fire Cycle
 3 Beginning (Raw) 40-49 Birth-Immortal Fetus(Revolution of New Emperor)
 4 Starting 50-54 Process of traveling in soul of body
 5 Waiting 58-64 Subtle practices for body transformation in Spirit
 6 Conflict 63-64 Hexagrams (Yang & Yin)-Final Alchemy
 7 Discipline (Army) All possibilities that could happen, Superior Man
 8 Working with others persists through Central (Core)Channel, Mideye,
 15-29 Fusion of 5 Elements Throat, Heart, Solar Plexus, Navel (M.O. Pts)
 29-30 Water/Fire(Kan & Li) Crystal Structure-Ascension dissolves into Light
 (I Ching is the Whole Taoist Meditation from Inner Smile to Kan & Li)

In 1200 AD the *I Ching Calendar Wheel* was created by **Shao Yang**, who was rich & well educated. In a retreat he papered the **walls of a cabin** with hexagrams as installation, and throw a jade pillow at the wall to **kill a fly broking it** finding a note in the pillow and **got the formulas of the Wheel using numerology**. The Wheel has **six circles of Yin (Black) & Yang (White)** being divided by 2 outwardly and shows how the **energy moves throughout the year**.

Wheel Cycle:	Thunder	Fire	Lake	Heaven
	12/23-1/24	1/25-3/21	3/22-4/30	5/1-6/21
Wind	Water	Mountain	Earth	
	6/22-8/7	8/8-9/23	9/24-11/2	11/3-12/22

Energy moves in cycles or rhythms, never in a straight line, which is how you learn to think and act using Wisdom (Thinking in Rhythms).

I Ching - Principle of Changing and Refining your Energy
 (Opens up the Universe generating a Reaction from the Universe)

Deviation is a **weather report of chances** that could happen (**Forecast of Possibilities**).

I Ching is a weather report on the **energy movement & advise (Commentaries)** forecasting of various things that can happen based on your **Attitudes**, but not the principle of accumulating energy, which is limited. **Conserving Energy** is a (Δ) **closed pyramid** and to **Refine Energy** is to **open up to the Universe** as an **open pyramid (v)**. I Ching is everything that is inter-connected as an expression & we could connect with energy patterns at that moment. Ancient people (**21000 BC**) used **3 coins & throw them into the air (the moment)** & they come down and you see energy patterns which is based on a number system. We know only **One fraction of the Universe**, so answers from the unknown can come.

Chances:

1 st :	Throw	2	3	3	=	8
2 nd :	Throw	3	3	3	=	9
3 rd :	Throw	2	2	2	=	6
4 th :	Throw	2	2	3	=	7
5 th :	Throw	2	3	3	=	8
6 th :	Throw	2	2	2	=	6

(Book of Changes/Chances) (2 = Heads; 3 = Tails)

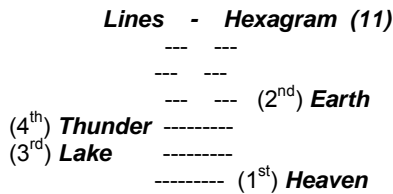
Key: How to ask a question to the I Ching.

1. Ask the effect?
2. No- Yes & No Questions
3. What would be the reaction of the effect?
4. Are your actions at the correct (right) Time?
5. Is this the right time to ask the question to I Ching?

Determining your Pattern of Behavior and How to Develop your Life:

Key is to **write down date, question & answer in a Log Book** for review & you will **discovered the language**. I Ching gives you the **Power to Decide** and which **Guidelines for that Particular Situation**. I Ching empowers you to decide. I Ching does not make decisions, it gives you a **forecast of what could happen** or choices for your decision. Always when a **Thunder Trigram** is in the hexagram we have a formula to **Introduce a New Energy** & the opportunity for evolution of the human spirit; when heaven and earth come together (Thunder) a new dimension is created. Stillness or silence is

the presence of Thunder at the meeting of Heaven & Earth afterwards enters calmness, and the key is how to awaken the Thunder Energy.
In I Ching any situation always leads back to the origin.



64 Hexagrams

(1) "Creative" (Continuous Vitality) (^) "Heaven" O

- (6) **Transition** – Dragon to Excess
- (5) **Completion (Peak)** -Flying dragon into the Heavens to seek Council
- (4) **Transcend Conflict** - Neutral" Dragon flying over death
- (3) **Conflicts** – Creating active & at night be mind full & full of care
- (2) **Dragon appearing** in the field with council
- (1) **Hidden Dragon** learn to act with Right Timing getting council (Instructor)
and don't over work and no not go to excess

Commentary on Hexagram (1): Purify with Yang perseveres strong and untracked
Follow introducing a new energy rooted with caution

(2) "Receptive"(Devotion) (v) "Earth" □

- ---- (6) **Excess Completion**-Dragon fights in yard (Blood is black/yellow)
 - ---- (5) **Yellow Underneath** (Royal Power) brings power
 - ---- (4) **Neutral** - Sack tied up
 - ---- (3) **If you do not finish** you can get in trouble & nothing remains undone
 - ---- (2) **Straight square** without purpose; See frost nearby-Read signs from nature
 - ---- (1) **Perseverance** of a mare - don't lead but follow, find friend in area near you
- Commentary on Hexagram (2):** Observing is Yin practice -Wear yellow underneath

(3) "Young Fool's Journey"

- ---- Caring opens many areas
- } (v) **Water** Superior person brings order out of Confusion
- Mountain** (v){---- ---- (**Cautious-Great care**)New energy in air leaving the place better
- Earth** (v){---- ---- than we have formed it.
- (**Flexible**) ---- ----} (^) **Thunder**
- (**New Energy**)

Commentary on Hexagram (3): Conflict at the beginning but further on with Yin persistence you will learn from images of nature silencing to the great man in nature .

(4) "Useful Fool"

- Be attentive and try your very best
- ----}(v) **Mountain** Spring is coming up
- ---- (**Rooted Firmly**)Learn to complete everything thoroughly
- Earth** (v){---- ----
- Thunder** (^){-----
- ----} (v) **Water (Take Great Care)**

Commentary on Hexagram (4): Young fool looking is for a teacher. Teacher and the student- are the key relationship.

(5) "Waiting"

- ---- While waiting you will improve your qualities
- }(v) **Water(Carefully)** Waiting for rain to pass.
- ---- Look up to the Clouds in Heaven joyfully
- Fire** (^) {-----
- Lake** (^) {-----
- (**Playful**) -----} (^) **Heaven (Persistence)**

Commentary on Hexagram (5): Lesson in waiting. Sincerity brings good fortunate

(6) "Conflict"

- Take the lead
- } (^) **Heaven** Go back to the beginning
- Heaven & Water go the opposite way
- Wind** (v){---- ---- Penetrate getting to the bottom
- Fire** (^){-----
- ----} (v) **Water**

Commentary on Hexagram (6): Sincerity and careful hope brings fortune with teacher, family & ourselves. Get advice from the wise or great man. How to deal with conflict.

(7) "Army"
 --- --- To share and be open
 --- --- } (v) **Earth** Middle of earth is water
 --- --- A great man generously receives.
Earth (v) {--- ---
Thunder (^){--- ---
 -----} (v) **Water**

Commentary on Hexagram (7): An Army needs Yin persistence (followers) seeking a leader. An Army develops Discipline working out fear, death or the unknown. Developing discipline, which allows you to work with great unknowns that generate fear.

8) "Holding Together"
 --- --- Working together for support.
 ----- } (v) **Water** Timing this important
 --- ---
Mountain (v){--- ---
Earth (v) {--- ---
 --- --- } (v) **Earth**

Commentary on Hexagram (8): Holding together brings good fortune.

(9) "Taming the Power of Small "
 ----- Wind rides across the Heavens
 ----- } (v) **Wind** Refinement of the outward aspect of your nature
 --- ---
Fire (^){-----
Lake (^){-----
 ----- } (^) **Heaven**

Commentary on Hexagram(9): Look at your conduct. Wait for sign & fortune will come.

(10) "Conduct" (Treading)
 ----- Treading on a tiger's tail but not dangerous
 ----- } (^) **Heaven** How we behavior
 ----- See what is above and below
Wind (v) {--- --- See what is important and what is not.
Fire (^){-----
 ----- } (^) **Lake**

Commentary on Hexagram (10): Draw down heaven and draw up earth in the Core Channel creating peace.

(11) "Peace"
 --- --- Do this in meditation
 --- --- } (v) **Earth** Thunder benefits everyone
 --- --- Thunder receives gifts for the people
Thunder (^){----- Image of Peace
Lake (^) {----- Ruler completes course of Heaven and Earth
 ----- } (^) **Heaven**

Commentary on Hexagram (11): Heaven and Earth meet creating peace and awaken the Neutral Force, Thunder. The Small departs and the Great appears. Learning how to develop inner peace through alignment with Heaven and Earth.

(12) "Standing Still"
 ----- Fall back on inter worth overcoming conflict
 ----- } (^) **Heaven** The Great departs and the small appears
 ----- How to behave when things are not moving
 ----- because of great obstacles
Wind (v) {--- ---
Mountain(v){--- ---
 --- --- } (v) **Earth**

Commentary on Hexagram (12): Evil people cannot overcome Superior People.

(13) "Fellowship with Men"
 ----- You can change friends & environments
 ----- } (^) **Heaven** What is useful or not useful, or good or bad
 ----- Choose carefully your company from now
Heaven (^){--- --- on so it supports your coming changes
Wind (v) {-----
 ----- } (^) **Fire**

Commentary on Hexagram (13): Uniting with people will allow you to do great things and organize the situation in order.

(14) **“Progression of Great Measure”**

 ----- } (^) **Fire** With no harm or blame quality is controlled

Lake (^) {-----
Heaven (^) {-----
 -----} (^) **Heaven**

Commentary on Hexagram (14): All things are really moving upward utilizing controls & multiples Fusion I & II in your energy practices (Inner Smiles, Healing Sounds, M.O.)

(15) **“Modesty”**

 ----- } (v) **Earth** Rooted & grounded in Iron Skirt & Tai Chi

 ----- } (^) **Mountain**

Thunder (^) {-----
Water (v) {--- ---
 -----} (v) **Mountain**

Commentary on Hexagram (15): Within earth is a mountain creating success. The key is to be modest about your modesty. Harmonize things by reducing excess and nourishing what is deficient.

(16) **“Enthusiasm”**

 ----- } (^) **Thunder**

Water (v) {--- ---
Mountain(v){--- ---
 -----} (v) **Earth**

Commentary on Hexagram (16): Activating the energy.

(17) **“Following”**

 ----- } (^) **Lake**

Wind (v) {--- ---
Mountain (v){--- ---
 -----} (^) **Thunder**

Commentary on Hexagram (17): Success is to Persistence, Rest & Regroup.

(18) **“Work on what as been soiled”**

 ----- } (v) **Mountain**

Thunder (^) {-----
Lake (^) {-----
 -----} (v) **Wind**

Commentary on Hexagram (18): Wind blows low in the Mountain.

(19) **“Approach”**

 ----- } (v) **Earth** Earth above lake is inexhaustible to teach us

Earth (v) {--- ---
Thunder(^){-----
 -----} (^) **Lake**

Commentary on Hexagram (19): Flexibility to awaken new energy (Teaching).

(20) **“Completion”**

 ----- } (v) **Wind** Offerings to the gods

 ----- } (v) **Earth** Teaching & being grounded

Water (v){--- ---
Mountain (v){--- ---
 -----} (v) **Earth**

Commentary on Hexagram (20): Wider view of expansion.

(21) **“Breaking Through”**

 ----- } (^) **Fire** Create harmony with justice laws

 ----- } (^) **Fire** Checking the elements

 ----- } (^) **Mountain** Generating harmony (Thunder, Heaven & Earth)

Water (v) {--- ---
Mountain (v){--- ---

-----}{(^) **Thunder**

Commentary on Hexagram (21): Let justice be administrated which is the formulation for overcoming difficulty.

(22) **“Grace & Beauty”**

----- Look at appearances but see deep into the person
---- } (v) **Mt.** Don't make important decisions on appearances

Thunder (v){ -----
Water (v)} ---- } (^) **Fire**

Commentary on Hexagram (22): Grace has appearances in small things and how we deal with appearances & beauty will determine our success.

(23) **“Splitting Apart”**

----- Super Grounding
---- } (v) **Mountain**

Earth (v) { ----
Earth (v) { ----
---- } (v) **Earth**

Commentary on Hexagram (23): Rapid transgression going many changes but hold on to a stable position.

(24) **“Turning Point”**

---- } (v) **Earth** Allowing the baby to grow.
----- Going out without error
----- Do not move (Winter Solstice)
Earth (v) { ---- How to behave at the energy junctures
Earth (v) { ---- of the solstices when power is great

-----}{(^) **Thunder**

Commentary on Hexagram (24): The dawn of a brand new energy. New energy coming in from the bottom into the earth, which is beginning of a new baby.

(25) **“Innocence”**

----- Action reacts to reaction.
-----}{(^) **Heaven**

Wind (v) { ----
Mountain (v){ ----
-----}{(^) **Thunder**

Commentary on Hexagram (25): All things return back to innocence.

(26) **“Obtaining the Power of the Great”**

----- Rooting (connecting with the past)
---- } (v) **Mountain** Use your background to direction & support.

Thunder (^){ -----
Lake (^){ -----
-----}{(^) **Heaven**

Commentary on Hexagram (26): Use history (Ancestors) to strength your character.

(27) **“Nutriment”**

----- Turn to Summit for nutriment
---- } (v) **Mountain** Study I Ching when hungry in the morning
----- Control quality of food with your mouth

Earth (v) { ----
Earth (v) { ----
-----}{(^) **Thunder**

Commentary on Hexagram (27): For Spiritual & Physical food be flexible but stable. Open mouth for all substances (Body, Mind, Emotion & Spirit).

(28) **“Preponderance of the Great”**

---- Life isn't more important than principles.
-----}{(^) **Lake** Transition of changing the structure
----- New structure is needed

Heaven (^){ -----
Heaven (^){ -----
---- } (v) **Wind**

Commentary on Hexagram (28): Big change in old structure, which is no longer useful.

(29) **“Water”**

---- Water follows on continuously.

----- } (v) **Water**

----- } (v) **Water**

----- } (v) **Water**

----- } (v) **Water**

Commentary on Hexagram (29): When you are not sincere, there is no success. Sincerity is success of the heart.

(30) **“Great Clarity” (Fire)**

Spirit (Sun) illuminates from within.

----- } (^) **Fire**

Lake (^) {-----

Wind (v) {---- --

----- } (^) **Fire**

Commentary on Hexagram (30): Lights the 4 corners of the world create super clarity where brightness arises twice.

(31) **“Influence”**

Yang persistence

----- } (^) **Lake** Receptive, Wooing & Attraction

Heaven (^) {-----

Wind (v) {---- --

----- } (v) **Mountain**

Commentary on Hexagram (31): Only things you fix your thoughts on will happen.

(32) **“Duration”**

Going deep you have rising your power.

----- } (^) **Thunder**

Lake (^) {-----

Heaven (^) {-----

----- } (v) **Wind**

Commentary on Hexagram (32): Yang persistence does not change your direction.

(33) **“Retreat”**

Pilgrimage - traveling on retreat

----- } (^) **Heaven** Retreat could be in the middle of conflict.

Yang persistence

Heaven (^) {-----

How to carryout a Retreat

Wind (v) {---- --

----- } (v) **Mountain**

Commentary on Hexagram (33): Keep ordinary man at a distance to cultivate energy.

(34) **“Power of the Great”**

Cultivate the Inner quality and condition.

----- } (^) **Thunder** Doesn't work with power only Inner power.

Lake (^) {-----

Heaven (^) {-----

----- } (^) **Heaven**

Commentary on Hexagram (34): Do not walk on a path without order.

(35) **“Progress”**

Sun rises over earth

----- } (^) **Fire**

Water (v) {---- --

Mountain(v) {---- --

----- } (v) **Earth**

Commentary on Hexagram (35): Mixing of fire and water (practice).

(36) **“Darkness of the Light”**

Fire inside the earth

----- } (v) **Earth** Water & Fire mix and Thunder raises

Thunder(^) {-----

Water (v) {---- --

----- } (^) **Fire**

Commentary on Hexagram (36): Yin Light (Inner Light) is nurturing the Inner Light. How to nurture a new inner power that is just developing.

(37) **"Family" (Klan)**
 ----- Inner relationships
 -----} (v) **Wind** How one support one another
 ----- Wind comes forth from fire
Fire (^){-----
Water (v){-----
 -----} (^) **Fire**

Commentary on Hexagram (37): Yin persistence with Inner Power or Family of the Organs.

(38) **"Opposition"**
 ----- You cannot lose your individuality
 -----} (^) **Fire** Core channel is maintained

Water (v){-----
Fire (^){-----
 -----} (^) **Lake**

Commentary on Hexagram (38): Maintain your energy integrity or your individual ability to feel, think, or sense.

(39) **"Obstruction"**
 ----- Water on Mountain- conflict comes from within
 -----} (v) **Water** Which molds your character

Fire (^){-----
Water (v){-----
 -----} (v) **Mountain**

Commentary on Hexagram (39): Consult Allies relationship for direction. How to behave as one encounters obstacles when in a position of power.

(40) **"Deliverance"**
 ----- Freedom to the situation with vitality
 -----} (^) **Thunder** Fire & Water Cycle Ends

Water (v){-----
Fire (^){-----
 -----} (v) **Water**

Commentary on Hexagram (40): Clear up energy excess completing affairs quickly & returns for success.

(41) **"Decrease"**
 ----- Small Refinements (41-44)
 -----} (v) **Mountain** Quick Energy moving in your directions.
 ----- Decrease falters and brings in assistance
Earth (v){----- Simplify actions to open up to something new
Thunder (^){-----
 -----} (^) **Lake**

Commentary Hexagram (41): Sincerity brings success. Decrease to fill up lighten' the load. How to deal with energies that appear unimportant but threaten the whole structure in the long run; how to introduce a new element in an old situation in order to break it down & move on.

(42) **"Increase"**
 ----- Good fortune
 -----} (v) **Wind**

Mountain (v){-----
Earth (v){-----
 -----} (^) **Thunder**

Commentary on Hexagram (42): Work done before brings results

(43) **"Break Through"**
 ----- Yang persistence (3x)
 -----} (^) **Lake** Speak out & something breaks through

Heaven (^){-----
Heaven (^){-----
 -----} (^) **Heaven**

Commentary on Hexagram (43): Make the matter known with honesty; but your Inner Circle could be dangerous.

(44) **"Come to Meet"**
 ----- Either soil it or improve it
 -----} (^) **Heaven**

Heaven(^){-----

Heaven(^){-----

---- ----} (v) Wind

Commentary on Hexagram (44): By introduce a new little element it could change everything.

(45) "Gathering Together"

---- ---- New emperor goes for council
-----} (^) Lake To explain something unclear

Wind (v){---- ----

Mountain(v){---- ----

---- ----} (v) Earth

Commentary on Hexagram (45): Work with an Advisor that you trust.

(46) "Punishing Upward"

---- ----} (v) Earth

Thunder (^){-----

Lake (^){-----

---- ----} (v) Wind

Commentary on Hexagram (46): For success seeks council & their support to achieve something great.

(47) "Oppression"

---- ---- Just remain cheerful which leads to success.
-----} (^) Lake Times of trouble can be times of success.
----- Bring fortune but someone is not listening.

Wind (v){---- ----

Fire (^){-----

---- ----}(v) Water

Commentary on Hexagram (46): Don't be destroyed by exhaust, but be strong within using few work.

(48) "The Well"

---- ---- The weather can change but not the water well
-----} (v) Water Contact the water of life (Center)
---- ---- The Well is clean, but not being used.

Fire (^){-----

Lake (^){-----

---- ----} (v) Wind

Commentary on Hexagram (48): Stability is located at the center.

(49) "Revolution"

---- ---- Fire is in the lake
-----} (^) Lake Regulator of time
----- Spiritual Religious Calendar

Heaven (^){-----

Wind (v){---- ----

-----} (^) Fire

Commentary on Hexagram (49): Old emperor is gone & new emperor comes to control calendar.

(50) "Cauldron"

---- ---- Central Channel
-----} (^) Fire

Lake (^){-----

Heaven (^){-----

---- ----} (v) Wind

Commentary on Hexagram (50): The right position or place for developing your spirit.

(51) "Arousing"

---- ---- Creative power
-----} (^) Thunder

Water (v){---- ----

Mountain (v){---- ----

-----} (^) Thunder

Commentary on Hexagram (51): Shocking Thunder.

(52) "Keeping Still"

---- ---- Focusing of thoughts on its purpose
---- ----} (v) Mountain With harmonizing pulse-Double Breath
---- ---- Outer Breath stops
Thunder (^){----- Subtle Breath start in Spine

Water (v) {--- ---
--- ---} (v) **Mountain**

Commentary on Hexagram (52): Stillness brings the spirit mind (Total Body still). How to carry out the beginning practices for going out of the body. The lines show the progression of dissolving the body from feet to head to ego.

(53) **"Gradual Development"**
----- Maid marries for life
-----} (v) **Wind**

Fire (^) {-----
Water (v) {--- ---
-----} (v) **Mountain**

Commentary on Hexagram (53): Wild Goose nears up the Mountain follows the Sun (Light) from North to South.

(54) **"Marrying Maid"**

-----} (^) **Thunder**

Water (v) {--- ---
Fire (^) {-----
-----} (^) **Lake**

Commentary on Hexagram (54): Understanding what is long lasting.

(55) **"Fullness" (Abundance)**
----- Leaving behind to the unknown
---- ---} (^) **Thunder** Only by an unattached person

Lake (^) {-----
Wind (v) {--- ---
-----} (^) **Fire**

Commentary on Hexagram (55): Bring about abundance only by being a great leader.

(56) **"Wanderer" (Traveler)**
----- Mind & Spirit journey
---- ---} (v) **Wind** Clear minded

Lake (^) {-----
Wind (v) {--- ---
---- ---} (v) **Mountain**

Commentary on Hexagram (56): Out of body experience into the Unknown.

(57) **"Gentle Penetrating Winds"**
----- Powerful situation goes into the Unknown
-----} (v) **Wind**

Fire (^) {-----
Lake (^) {-----
---- ---} (v) **Wind**

Commentary on Hexagram (57): Chance to see the great man give council and advice.

(58) **"Joyfulness" (Playfulness)**
----- Eat, drink & be merry
-----} (^) **Lake**

Wind (v) {-----
Fire (^) {--- ---
-----} (^) **Lake**

Commentary on Hexagram (58): Neutral & favorable - Good cheer in a good mood. How to wait for the final transition out of the 3rd dimension.

(59) **"Dispersion"**
----- Great power going your way
-----} (v) **Wind**

Mountain (v) {--- ---
Thunder (^) {-----
---- ---} (v) **Water**

Commentary on Hexagram (59): Supreme good fortune leads to accomplishment.

(60) **"Limitation"**
----- Observe situation
-----} (v) **Water**

Mountain (v){--- ---
Thunder (^){-----
-----} (^) Lake

Commentary on Hexagram (60): Something is being held back.

(61) "Inner Truth"
----- Moving Immortal Fetus to Spirit Body.
-----} (v) Wind
--- ---

Mountain (v){--- ---
Thunder (^){-----
-----} (^) Lake

Commentary on Hexagram (61): Good fortune.

(62) "Preponderance of the Small"
--- --- Everything is ready
--- ---} (^) Thunder

Lake (^){-----
Wind (v){--- ---
--- ---} (v) Mountain

Commentary on Hexagram (62): Wait until right time.

(63) "After Completion"
--- --- Everything is upside down.
-----} (v) Water
--- ---

Fire (^){-----
Water (v){--- ---
-----} (^) Fire

Commentary on Hexagram (63): Everything is completed.

(64) "Before Completion"

--- ---} (^) Fire Start out great but after confusion

Water (v){--- ---
Fire (^){-----
--- ---} (v) Water

Commentary on Hexagram (64): New cycle as the Little Fox enters the unknown. How to cross over to the other dimensions as a beginner-very carefully without excess pride.