



**I Ching**  
**The Book of Changes**



## I Ching The Book of Changes

For countless centuries emperor and peasant, scholar and unlearned alike have sought to understand the timeless wisdom and eerie divinations of the I Ching, translated, the Book of Changes. Using the simple tools of three coins, one can seek insight from the I Ching regarding whatever question is on one's heart.

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## Using the I Ching

### The Question

There is a question burning in your heart and mind. Think about it and then write it down, privately, on a piece of paper.

Writing the question down helps you to focus on the precise subject being asked about, thereby avoiding ambiguity. Be sure to word your question so that it requires a commentary type of answer... i.e., do not ask a question that requires a 'yes' or 'no' answer. For example, ask "What if..." or "What is this all about...?"

## Casting the Coins

With your mind focused on the question you've written down, gather three coins of the same size into your hands, shake them until they are randomly arranged in your hand, then cast them gently upon the table in front of you. Notice how the coins have landed with either 'heads' or 'tails' facing up.

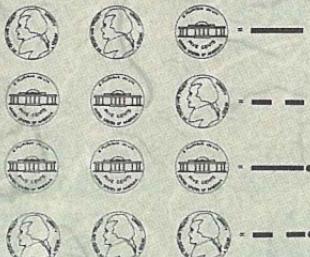
## Building a Trigram

Match the 'heads or tails' pattern of the cast coins with one of the 4 patterns shown in the following table. Make note of the associated line form next to the matched pattern and write it down. (Note that if you cast three-

of-a-kind, the line form will have a dot after it). Repeat this coin casting process 2 more times, each time placing the next line form on top of the previous one. Having done this 3 times, you will have a 3 line figure known as a trigram.

#### Example trigram

3rd cast →     —  
2nd cast →     —  
1st cast →     —



## Building a Hexagram

You need to create 2 trigrams to make a full hexagram. So, create a second trigram using the same process above. When done you will have created a hexagram consisting of a lower trigram (the first one) and an upper trigram (the second one).

#### Example hexagram

6th cast →     —  
5th cast →     —  
4th cast →     —  
3rd cast →     —  
2nd cast →     —  
1st cast →     —

Upper trigram  
Lower trigram

## Finding the Hexagram

Cross reference the lower trigram with the upper trigram using the chart below. For the moment, ignore any dots that may appear beside any of the line forms. Make note of the hexagram number that the two trigrams form, and turn to the page with that number.

UPPER TRIGRAM ▷	HEAVEN	THUNDER	WATER	MOUNTAIN	EARTH	WIND	FIRE	LAKE
LOWER TRIGRAM ▽	☰	☳	☵	☶	☷	☴	☲	☱
HEAVEN	☰	☳	☵	☶	☷	☴	☲	☱
THUNDER	☳	☳	☳	☳	☳	☳	☳	☳
WATER	☵	☵	☵	☵	☵	☵	☵	☵
MOUNTAIN	☶	☶	☶	☶	☶	☶	☶	☶
EARTH	☷	☷	☷	☷	☷	☷	☷	☷
WIND	☴	☴	☴	☴	☴	☴	☴	☴
FIRE	☲	☲	☲	☲	☲	☲	☲	☲
LAKE	☱	☱	☱	☱	☱	☱	☱	☱

## Interpreting the Hexagram

The hexagram you have created contains words of insight pertaining to your question. Seek to apply the words you're given to the question you asked, in a sincere and introspective way. Suspend preconceptions that may cloud your vision regarding the subject under consideration. Your intuition will confirm whether or not you have been enlightened.

Sometimes you may not understand the full meaning of your hexagram, as it relates to the question you asked. Whether or not so, be certain that the question you asked is the question that is truly the

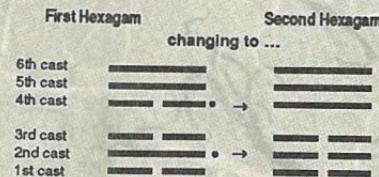
one most on your mind at the time you cast the coins. Since the pattern of the falling coins is determined, in part, by the cosmic vibrations emanating from your mind, it is possible for the I Ching to answer the question that is really on your mind and not the one you wrote down, if the two are not the same.

### If your Hexagram contains any 'Dotted' line forms

You may have cast one or more "three-of-a-kind" patterns (3-heads or 3-tails), resulting in a 'dotted' line form in your hexagram. If so, there remains further information for you from the I Ching. The dotted line means that

your hexagram is soon to undergo a change. To learn how it is going to change, you must transform the current hexagram into its future form. You do this by converting the dotted line forms into their opposite forms, that is solid lines become dashed lines and dashed lines become solid lines.

For example...



Using the procedure described above, look up the meaning of the second hexagram, realizing that this

second hexagram is predicting a likely future condition regarding the question that you've asked.



## **Hexagram 1: Heaven above Heaven below. Yielding.**

The universe is united in power. So too the wise person executes his actions with power and creativity. Exceptional progress comes by correct persistence.



## **Hexagram 2: Earth above, Earth below. Yielding.**

The receptive earth is in power. The wise person follows the natural path of calmness and correct persistence. Others may lead while you support their goals.



### **Hexagram 3: Water above, Thunder below. Confusion.**



Thunderclouds indicate profound disquiet. Undertake no distant goal, but organize support. Concern yourself with the problems of the moment.

### **Hexagram 4: Mountain above, Water below. Inexperience.**



As spring water collects at the base of the quiet mountain, the enlightened person finds his level through learning, decisiveness, and correct persistence.

### **Hexagram 5: Water above, Heaven below. Waiting.**



Clouds of anxiety rise. Do not be anxious, but wait with confidence. The moment will arrive when correct persistence brings progress.

### **Hexagram 6: Heaven above, Water below. Conflict**



Heaven and water, strength and profundity, conflict. Avoid confrontation, yield with caution, persist not against obstacles.

## **Hexagram 7: Earth above, Water below. Cooperation.**



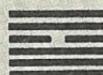
The receptive earth holds the water, and the wise person will find strength in the company of many fellows. With leadership there will be correct persistence and good fortune.

## **Hexagram 8: Water above, Earth below. Unity.**



The receptive earth beneath, with profundity above, indicates the need for unity and collective awareness of the goal. Do not procrastinate. Join with others and return to the plan.

## **Hexagram 9: Wind above, Heaven below. Restraint.**



The winds of gradual change, supported by the strength of Heaven, show that restraint brings progress and satisfaction. Make minor changes and conceal all actions.

## **Hexagram 10: Heaven above, Lake below. Correct conduct.**



The excessive beneath, the strong above. Discriminate between the inferior and superior to achieve progress. Change gives way to stability.

### **Hexagram 11: Earth above, Heaven below Prosperity.**



The strength of Heaven mingles with the receptive earth. The wise leader benefits from this harmony. Good fortune approaches.

### **Hexagram 12: Heaven above, Earth below. Stagnation.**



The strong and the receptive do not meet. Strong persons give way to the inferior. The enlightened person remains reserved to avoid misfortune. No advantage in persistence.

### **Hexagram 13: Heaven above, Fire below. Community.**



Strength of heaven, dependence of fire. Recognize the dependence of all upon their fellows. The wise person seeks the collective flow to gain advantage.

### **Hexagram 14: Fire above, Heaven below. Sovereignty.**



The strength of heaven holds a fiery intelligence, the maker of an enlightened ruler. Resist evil; exalt good. Proper Leadership brings great progress.

### **Hexagram 15: Earth above, Mountain below. Moderation.**



The tranquil mountain amid the receptive earth indicates great progress through the reduction of excess. Progress comes by equality of extremes.

### **Hexagram 16: Thunder above, Earth below. Harmony**



From the receptive earth comes the loud thunder. So from harmony with supporters does the wise person gain advantage.

### **Hexagram 17: Lake above, Thunder below. Flexibility.**



In the midst of excess, growth and persistence produces progress. The enlightened person adapts, and leads the way from darkness to comfort.

### **Hexagram 18: Mountain above, Wind below. Repair.**



Winds of gradual change wear away the mountain. Cultivate action in others to bring about repair and great progress. If starting, meditate on the future.