

i ching coin method

i ching coin method is a traditional and widely recognized technique used for consulting the ancient Chinese divination text known as the I Ching or Book of Changes. This method involves tossing coins to generate hexagrams, which are then interpreted to gain insight into various life questions or situations. The i ching coin method is favored for its simplicity, accessibility, and the depth of wisdom it can offer. It combines chance with symbolic meaning, making it a practical tool for decision-making and self-reflection. This article explores the origins, process, interpretation, and practical applications of the i ching coin method. It also discusses the advantages of using coins over other methods and how to effectively incorporate this practice into daily life.

- Understanding the I Ching and Its Significance
- The Origins and History of the I Ching Coin Method
- Step-by-Step Guide to Performing the I Ching Coin Method
- Interpreting the Hexagrams Generated by the Coin Method
- Advantages of the I Ching Coin Method Compared to Other Techniques
- Practical Applications and Tips for Using the I Ching Coin Method

Understanding the I Ching and Its Significance

The I Ching, also known as the Book of Changes, is one of the oldest Chinese classical texts, dating back over 3,000 years. It serves as a philosophical and divinatory system that provides guidance based on the concept of change and balance in the universe. The text is composed of 64 hexagrams, each representing different states, principles, or situations. These hexagrams consist of six lines that can be either broken (yin) or unbroken (yang), symbolizing dualities such as light and dark, active and passive, or male and female.

The significance of the I Ching lies in its ability to offer wisdom and clarity through symbolic language. It encourages users to reflect on their circumstances, consider the dynamics of change, and make informed decisions. The i ching coin method is one of the most accessible ways to engage with this ancient system, enabling individuals to generate hexagrams through a simple, repeatable process.

The Origins and History of the I Ching Coin Method

The i ching coin method developed as a practical way to consult the I Ching text without requiring extensive knowledge of more complex techniques like the yarrow stalk method. The coin method gained popularity during the Qing Dynasty and has continued to be a prevalent means of divination to this day. It involves tossing three coins simultaneously to determine the lines of a hexagram, where the combination of heads and tails corresponds to yin or yang lines, either moving or static.

This method reflects a blending of ancient Chinese philosophy with accessible tools, making the wisdom of the I Ching available to a broader audience. Its historical development underscores the adaptability of the I Ching, which has been used by scholars, mystics, and everyday people alike for guidance and insight.

Step-by-Step Guide to Performing the I Ching Coin Method

The i ching coin method uses three coins, often traditional Chinese coins or any coins with distinguishable heads and tails. The process involves repeated coin tosses to build a hexagram from the bottom line to the top. Each toss generates one line, with the outcome determining whether the line is yin or yang and whether it is changing or stable.

1. **Formulate a clear question or focus:** Concentrate on a specific issue or inquiry to guide the divination process.
2. **Prepare three coins:** Use identical coins to ensure consistency in results.
3. **Toss the coins:** Toss the three coins simultaneously and observe the outcome.
4. **Assign values to heads and tails:** Typically, heads are assigned a value of 3 and tails a value of 2.
5. **Calculate the sum of the toss:** Add the values of the three coins to determine the type of line:
 - 6 (three tails): old yin (changing broken line)
 - 7 (two tails, one head): young yang (stable unbroken line)
 - 8 (two heads, one tail): young yin (stable broken line)
 - 9 (three heads): old yang (changing unbroken line)
6. **Record the line:** Draw the corresponding line starting from the bottom of the hexagram.
7. **Repeat five more times:** Continue tossing coins to complete all six lines of the hexagram.

Once all six lines are determined, the resulting hexagram can be looked up in the I Ching to find its meaning and interpretation.

Interpreting the Hexagrams Generated by the Coin

Method

Each hexagram produced by the i ching coin method represents a unique situation or state of change. The lines themselves may be moving (changing) or static, which adds a dynamic aspect to the reading. Moving lines indicate transformation or development, suggesting that the situation is in flux and may evolve.

To interpret the hexagram effectively, one must consider:

- The overall hexagram and its traditional meaning within the I Ching text.
- Any moving lines and their specific interpretations, which can modify or add nuance to the main hexagram.
- The context of the question posed, which influences how the symbolism applies to the individual circumstances.

Interpretation often requires consulting the text of the I Ching, which provides poetic and philosophical guidance for each hexagram and its changing lines. Through this process, the i ching coin method offers a reflective tool for understanding complex situations and gaining clarity.

Advantages of the I Ching Coin Method Compared to Other Techniques

The i ching coin method offers several advantages over other traditional methods such as the yarrow stalk technique. It is faster, simpler, and requires minimal preparation. This accessibility makes it suitable for beginners and those seeking quick but meaningful divination results.

Additional benefits include:

- **Portability:** Coins are easy to carry and use anywhere at any time.
- **Objectivity:** Randomness in coin tosses reduces bias in the generation of hexagrams.
- **Clarity:** The clear numeric values assigned to heads and tails simplify the process.
- **Versatility:** Suitable for a wide range of questions, from personal to professional matters.
- **Tradition:** Respects and preserves the historical and spiritual aspects of the I Ching divination system.

Practical Applications and Tips for Using the I Ching

Coin Method

The i ching coin method can be applied in various contexts, including decision-making, personal growth, and problem-solving. It encourages mindfulness and introspection, helping users to view challenges from different perspectives and discover hidden opportunities.

Effective use of the method involves several best practices:

- **Set a clear intention:** Formulate specific and focused questions to receive relevant guidance.
- **Create a quiet environment:** Minimize distractions to enhance concentration during coin tosses.
- **Record results:** Keep a journal of hexagrams and interpretations to track patterns and insights over time.
- **Study the I Ching text:** Develop familiarity with the meanings and symbolism for richer interpretations.
- **Reflect on outcomes:** Integrate the guidance into practical decision-making and personal development.

By following these tips, the i ching coin method can serve as a powerful tool for navigating uncertainty and fostering deeper self-awareness.

Frequently Asked Questions

What is the I Ching coin method?

The I Ching coin method is a traditional way of consulting the ancient Chinese Book of Changes by tossing three coins to generate hexagrams, which are then interpreted to provide guidance or insights.

How do you perform the I Ching coin method?

To perform the I Ching coin method, you toss three coins six times, recording the results each time. Each toss corresponds to a line in the hexagram, either broken or unbroken, based on the combination of heads and tails. After six tosses, you form a hexagram to interpret.

What do the coin toss results represent in the I Ching coin method?

In the I Ching coin method, each coin toss can result in heads (3) or tails (2). The sum of the three coins determines the line type: 6 (old yin), 7 (young yang), 8 (young yin), and 9 (old yang). These lines build the hexagram used for divination.

How do you interpret changing lines in the I Ching coin method?

Changing lines, represented by the values 6 and 9 in the coin toss, indicate transformation or movement within the reading. These lines suggest dynamic elements in the situation and lead to a second hexagram that provides further insight.

Can the I Ching coin method be used for daily guidance?

Yes, many people use the I Ching coin method daily to gain insights into personal decisions, challenges, or to reflect on current situations, as it encourages mindfulness and deeper contemplation.

Are there any digital tools available for the I Ching coin method?

Yes, there are numerous apps and online platforms that simulate the I Ching coin method, allowing users to toss virtual coins and receive hexagram interpretations conveniently on their devices.

Additional Resources

1. *The I Ching Coin Method: A Practical Guide to Divination*

This book offers a comprehensive introduction to the I Ching coin method, explaining its history, symbolism, and step-by-step instructions for casting and interpreting hexagrams. It includes practical examples and tips for beginners to develop intuition and deepen their understanding of this ancient divination practice.

2. *Unlocking the Wisdom of the I Ching with Coins*

Focusing on the coin method specifically, this title explores the nuances of coin casting and how to accurately record and analyze results. The author blends traditional interpretations with modern insights, making it accessible for both newcomers and experienced practitioners.

3. *Mastering the I Ching: Coin Casting Techniques for Insightful Readings*

This book delves into advanced coin casting techniques, discussing variations in coin selection, question framing, and timing for optimal readings. It also covers how to integrate personal reflections with the I Ching's guidance to make informed decisions.

4. *I Ching Coin Divination: Ancient Wisdom for Modern Seekers*

Designed for contemporary readers, this guide bridges classical I Ching philosophy with practical coin divination. It includes exercises to enhance one's connection to the oracle and case studies demonstrating the coin method's effectiveness in everyday life.

5. *The Art of I Ching Coin Reading: Symbols, Meanings, and Applications*

This book provides an in-depth exploration of the symbols and meanings behind each hexagram generated through the coin method. Readers learn how to interpret the dynamic interplay of yin and yang lines and apply these insights to personal growth and problem-solving.

6. *Coins and Hexagrams: A Step-by-Step Approach to I Ching Divination*

A beginner-friendly manual that breaks down the coin method into easy-to-follow steps, this book emphasizes clarity and practice. It includes sample readings, troubleshooting tips, and guidance on developing a daily divination practice.

7. Living the I Ching: Using Coins to Connect with Ancient Guidance

This title focuses on integrating the I Ching coin method into daily life, encouraging readers to use it as a tool for mindfulness and decision-making. It combines philosophical reflections with practical advice for cultivating patience and insight through regular practice.

8. The I Ching Coin Method Workbook: Exercises and Interpretations

Structured as an interactive workbook, this resource offers exercises, journaling prompts, and interpretive frameworks to help readers deepen their coin casting skills. It serves as both a learning tool and a personal record for ongoing exploration of the I Ching.

9. Divining with Coins: The Essential I Ching Companion

This concise companion guide distills the core principles of the I Ching coin method into an easy reference format. It features quick tips, common hexagram meanings, and advice on crafting meaningful questions to enhance the accuracy and relevance of readings.

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i ching coin method: The Complete Idiot's Guide to the I Ching Elizabeth Moran, Joseph Yu, Joseph Yu (Master.), 2001 A guide to the ancient Chinese oracle provides a modern interpretation of the sixty-four hexagrams and includes step-by-step instructions for casting using the three-coin and yarrow stalk methods.

i ching coin method: The Magician's I Ching Swami Anand Nisarg, 2015-03-25 The Magician's I Ching is a complete workbook for I Ching study, written in a serious but approachable style, for use from the beginner to the very advanced level, and for anyone who is interested in understanding the I Ching in both Theory and Practice. It includes: The complete core Zhou Yi text of the I Ching, in a new version designed for understanding the I Ching's teachings from the viewpoint of the western esoteric tradition, with commentary and a glossary of common terms and symbols of the I Ching. A format intended to be used as a practical divination tool, with easy-to-understand guidance for using the book as a raw beginner, intermediate, or advanced student. An overview of various methods of casting the I Ching, including a brand new method (the Four Staves method) that matches the probabilities of the traditional system while being easier to quickly apply, for the magician-on-the-go. An explanation of the secrets of how the I Ching understands reality and Time. The revelation of how I Ching is more than just a divination tool, but also works as a system of self-transformation; a handbook for performing the Great Work of embodying the Superior Individual. Study guidelines for how to integrate the I Ching into your spiritual or magical practices. Explanations of how the I Ching relates to western esoteric systems like the Qabalah, the western elemental system, and astrology. An overview of the history of the I Ching from Fu Xi to Aleister Crowley. A complete presentation of Shao Yung's Plum Blossom system

of I Ching numerology, including how to generate an I Ching natal chart. The Magician's I Ching is an invaluable resource to any serious student, providing material for years of practical use.

i ching coin method: The I Ching Handbook Edward A. Hacker, 1993 The 'I Ching' (the Book of Changes) is the Chinese classic that is best known and most widely read in Western civilization. Although it was written nearly 3000 years ago, its wisdom is still applicable to modern issues, and in its multi-metaphorical themes one may find insights and solutions to the personal, social, political and philosophical problems encountered today. Dr Hacker's 'I Ching Handbook' is the best compendium of study aids and state-of-the-art information now available on the ancient Book of Changes. It contains knowledge that allows the reader to achieve a deeper level of understanding of the 'I Ching'. It also provides the reader with a formal presentation of the subject that is not found elsewhere. The Handbook is excellently referenced with footnotes and appendices to meet the needs of the most assiduous scholar. It also contains 2 annotated bibliographies, a concordance to the most often studied Wilhelm/Baynes translation of the 'I Ching', and a glossary of technical terms.

Features: * A comprehensive compendium of study aids to guide the reader through the most popular of ancient Chinese texts * Excellent references and 2 bibliographies for further reading * Gl

i ching coin method: Practical Guide to the I Ching Kim-Anh Lim, 1999 A comprehensive overview of the I Ching's evolution in Chinese history and philosophy. Explains how to cast hexagrams, and includes complete interpretations.

i ching coin method: The I Ching Wu Wei, 2010-04-20 This revised and expanded edition of Wu Wei's well-loved version of the I Ching is unparalleled in its clarity, making this the easiest-to-grasp I Ching ever published. The I Ching is a book of answers that miraculously guides us to success in every possible situation. Yet, if we are to rely with absolute certainty on the I Ching for guidance to our most vital questions, we need answers that are clear and straightforward, leaving no room for confusion or misunderstanding. Wu Wei has guided thousands of people in the use of this great book and knows precisely what you need so you can put your trust in its prophetic guidance. Wu Wei's insightful interpretations of the I Ching's sixty-four hexagrams provide perfectly clear, unambiguous direction while remaining completely true to the ancient writings. You will know exactly what action to take to avoid misfortune and achieve success. The I Ching: The Book of Answers contains everything you need to know about the I Ching and how to use it.

i ching coin method: I Ching Edward Hacker, Steve Moore, 2023-05-31 With over one thousand entries covering a diverse range of sources including books, articles, unpublished dissertations, taped lectures, devices and software, this is the most comprehensive annotated bibliography of English works on the I Ching. This book will be indispensable for all scholars of the I Ching, and an invaluable resource for those interested in this classic Chinese book. Follow this link www.zhouyi.com to editor Lorraine Patsco's massive I Ching web bibliography featuring over 2500 I Ching-related websites

i ching coin method: The Occult I Ching Maja D'Aoust, 2019-12-10 An illustrated guide to the occult history, serpent magic, and practical application of the I Ching • Reveals how the sacred language of the original eight trigrams of the I Ching was discovered by a wisdom serpent known as Fu Xi • Explores how the I Ching formed the basis of the earliest Taoist philosophies, its complex correlation with human DNA, and its relationship with artificial intelligence • Provides new contemporary analysis of each of the 64 hexagrams, their changing lines, and archetypes of the I Ching • Includes original artwork highlighting the serpent magic within the system and tools to help you interpret the I Ching based on your own individual experience One of the oldest books in the world, the I Ching has been used in China for millennia to open a dialogue with divinity, gain insight and wisdom, and pull aside the curtain of reality to reveal the light of the heavens. Yet, despite its popularity over thousands of years, few understand its mysterious origins, symbolism, or occult connections. In this illustrated guide, Maja D'Aoust applies her significant experience as a professional practitioner and scholar of the I Ching to provide a history of the oracle, explain the mechanisms at work behind it, and offer a new experiential approach to its interpretation. The author begins by examining the discovery of the I Ching by the first mythical emperor of China, Fu

Xi, a divine being with the body of a serpent. She reveals how Fu Xi's eight original trigrams, also called the Ba Gua, provided a sacred language of symbols that allowed for communication between the diviner and the spirit world. Using the I Ching's principles of cosmology as a basis, the shamans of ancient China developed the earliest Taoist philosophies of nature, medicine, martial arts, and mathematics as well as ecstatic practices, war strategies, birth and death rituals, agricultural systems, and alchemical studies. D'Aoust further shows how the I Ching relates to the mathematical sequences of biology and human DNA, examining the correlation between the serpent's tail and the double helix. She reveals how the ways the oracle connects with your own inner knowing parallel the ways in which DNA repairs itself. Providing a new analysis of each of the 64 hexagrams and their changing lines and archetypes, the author explores each hexagram's meanings in depth, alongside original artwork highlighting the serpent magic within the system and tools to help you interpret the I Ching based on your own individual experience. Revealing how the oracle holds complex networks of meaning that language alone fails to capture, D'Aoust offers a new understanding of the Book of Changes and its many hidden lessons.

i ching coin method: The I Ching Oracle: A Guide Through The Human Maze Timothy Dowdle, Johanna Dowdle, 2021-09-24 The I Ching Oracle - A guide through the human maze is designed to help the reader find a way through the complexities and challenges of everyday life. Timothy and Johanna Dowdle show the reader how to consult the I Ching oracle and receive clear answers to important questions. They explain the methods used for consulting the oracle and how the oracle responds to the reader's questions. The authors also provide a series of examples from their own consultations to illustrate how the I Ching has guided them through many difficult situations. All of the descriptions of the I Ching hexagrams are based on the authors' lives. These autobiographical narratives can help and support everyone who is living through similar experiences. For those who are familiar with the I Ching and have been consulting the oracle, this book offers new methods for interpreting hexagrams with multiple moving lines and static hexagrams. These methods have proven to give consistently clear and accurate answers to the authors' questions over many years of consultations. Timothy and Johanna Dowdle are an Anglo-Dutch couple who have lived and worked in many different countries and are currently living in the Netherlands. Over the years the authors have studied and practised the art of divination, using divination as a tool for making important decisions. A red thread running through their lives together has been The I Ching or Book of Changes. Their aim is to share the knowledge and wisdom of the I Ching and make it accessible to everyone.

i ching coin method: I Ching for Beginners Mark McElroy, 2005 Offering guidance to emperors, generals, and kings for millennia, the I Ching remains a powerful oracle today. However, many seekers find its symbolism and outdated metaphors a challenge to interpret. Mark McElroy strips away obscure references and reverently recasts the I Ching's ancient ideas into everyday terms, making it fast and easy to apply its enduring wisdom to contemporary life. Neither a translation nor a paraphrased interpretation, I Ching for Beginners helps readers consult this remarkable Chinese classic with confidence. For each of the I Ching's sixty-four passages, McElroy provides a summary, study questions, and keywords, and explains how the message relates to relationships, love, work, and projects. Also included are directions for creating and interpreting hexagrams.

i ching coin method: I Ching Today John Rodwell, 2015-03-09 People have been consulting the oracle of the I Ching (Yee King) for guidance on how to deal with the ups and downs of life for over 3,000 years. Amazingly it is just as powerful today as it has always been; perhaps even more so considering the extraordinary changes that affect us today at both a global and individual level. This is a very clear, concise and accessible version of the I Ching that will provide you with practical guidance for today's Western world while retaining the esoteric spirit of the East. This book provides a way of enabling anyone with a receptive mind to see their personal situation reflected in the words and images that the oracle provides. It enables those who look, to see their circumstances in a new light. It provides a truly moral way of going forward, neither too strongly, nor too weakly but in

harmony and balance with the time. The oracle itself has no power. The power comes from the psyche of the reader who can intuitively understand the meaning within the words.

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i ching coin method: *Secrets of the I Ching* Joseph Murphy, 1999-12-01 The classic guide to tapping the practical benefits of an age-old book of wisdom--revised to captivate today's spiritual seekers. Based on the revered Chinese philosophy with a 5,000-year-old tradition, the I Ching, or Book of Changes, is rich in revelations. An eminent expert on the powers of the subconscious, Dr. Joseph Murphy opens the guiding force of this ancient text to anyone with an appreciation of the possibilities. With the help of three coins--ordinary pennies will do-- readers will learn to apply their intuitive abilities to receive the I Ching's answers. With a practical outlook, this hands-on guide presents simple techniques for enlisting the I Ching's aid in everyday problem-solving and decision-making. Murphy explains the I Ching hexagram system, revealing its roots in human psychology and the principle of constant change. Demystifying obscure terms and symbols, the author leads the way to consulting the I Ching for clarity and guidance in times of confusion and crisis. By combining basic mathematical formulas with spiritual awareness, readers will realize the miracle-working potential of their own mind and connect with the I Ching's truths. As a result, they'll gain vital insights into questions about career, family, romance, financial security, and life goals. And they'll discover the wonder of genuine peace of mind. SECRETS OF THE I CHING, does not claim to predict the future. But it does provide the tools to mark any future with the promise of greater personal and spiritual fulfillment.

i ching coin method: *The I Ching Workbook* Wu Wei, 2010-04-20 The I Ching Workbook contains everything you need to know about the I Ching--one of the world's most profound sources of universal wisdom--and how to use it. The I Ching Workbook contains the entire text of Wu Wei's revised and updated edition of The I Ching: The Book of Answers as well as 100 special workbook pages to record your answers, a detailed explanation of how to use yarrow stalks, and a key for identifying the correct hexagram. It describes how you can work with the I Ching, one of the world's most profound sources of wisdom and divination, to receive guidance in every area of your life. This practical and easy-to-use workbook will help you keep an accurate record of every reading you do as well as the results you experience. As the years pass, you will be able to look back over your workbook to gain an invaluable overview of your progress on the path you have chosen for this lifetime.

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i ching coin method: *The I Ching Handbook* Mondo Seter, 2002 The I Ching Handbook introduces readers to the ancient Chinese text and instructs them in using it as a tool for strategizing and decision-making. Mondo Seter's innovative approach to interpreting the hexagram meanings is accessible to both beginners and advanced users. The book also explores the process of

divination through casting. Black-and-white illustrations and charts are provided.

i ching coin method: *When I Ching Has No Text* Alfred Kee, 2021-04-07 If you are looking for an oracle system that can provide direct, precise, detailed, accurate, and straight to the point, no-nonsense answers. This book will serve you well! We will be discussing different examples (with real-life case studies) of questions that can be answered by WWG, such as employment and career, wealth (from personal to business and investment), health (From general health to a professional application that not limited to Chinese and Modern Medicine), relationships (in any kind of relationships), property and feng shui, luck (including those that is intangible), and so much more. Wen Wang Gua is another I Ching practice that has a history of more than a thousand years. The accuracy of this system is extremely high. The designed framework of WWG adopts only the yin and yang to read the hexagrams and this makes deciphering so much easier. (i.e, if it wasn't yin, then it must be yang) Hence, there is no need for text during the entire deciphering process. Please be rest assured you will not need to pick up another translation of the I Ching again. This book simply does not copy just from the ancients. In fact, it has not much to do with the ancient texts. Despite saying this, this book is still using the basic and original designed structure, that was built thousands of years ago. It reveals many secret techniques and explains why some theories are not working. For the first time ever, I am revealing all those privately passed down techniques about this little known system of I Ching. I will lead the reader step by step through this fantastic and rewarding oracle from ancient China. To perform divination, it is absolutely not just about throwing coins and using one's intuition. It is a fully analytical system. That is why everyone can learn to read in the future. This book will guide you step by step with lessons (with proper listing and organising) from A to Z. I can assure you that this book is the one that you have been searching for a long time.

i ching coin method: *I Ching* Michael Drake, 2010-10-22 In this user-friendly interpretation of the I Ching, Michael Drake presents drumming as a revolutionary way to approach the ancient Chinese oracle. A blending of shamanic drum ways and Taoist philosophy, *I Ching: The Tao of Drumming* provides for the first time the rhythmic structure of the 64 hexagrams or potential human situations. Drum patterns derived from the hexagram images conduct the essence of each category of experience into a resonating current, giving it physical, mental, and spiritual impulse. Through the natural law of resonance, the drummer then embodies the qualities necessary to effect change or harmonize with change in any given situation. With clear explanations of each of the 64 hexagrams along with concise instructions and illustrations, the author reveals how fate can be shaped through drumming these simple rhythms. Whether an accomplished percussionist or a total beginner, the drummer can effortlessly create and change experience and help others do the same.

i ching coin method: Foretell the Future with the I Ching and My Calendar of Days James C. Byrd, 2007-08-13 It's not very much, but having that slight advantage over the elapse of time as we will in deed, be moving forward, this slight advantage could in many ways make life that much easier for you. With that thought comes the advent of my book and its perpetual calendar, this book will help you understand many of the upcoming days, and hopefully help to generate less stress as to what a certain day in the present and or futures, will be about, to some extent. It's called, *Foretell the Future with the I Ching and My Calendar of Days*. With this book, you will learn within a short period of time about the origin of the I Ching, and as well as gain some insight into how the I Ching came to influence me to create a perpetual calendar. An old man once told me to go and check a book out of the library and read it, I went one step further as a dowser, I asked what was the most important item in my house at the time as I scanned each room while dowsing, the indicator was that book I had borrowed from the public library, *The I Ching*, that was back in 1976 I believe, if my memory serves me right. Enough said about dowsing, forget about that. My calendar is based on the 64 hexagrams, with the kicker being, the calendar serves as a window into the future and the past, but more importantly, the present scheme of things. The calendar can be used to gain insight into the scheme of past and future events, that way you can self check its accuracy as it might reflect parallels to its references in your life. My main passionate observance with this calendar, one knows when to fast. Also, as stated with hexagram 36, one should fast for three days, and play close

attention to three days before, and three days after peak-ness, start fast at peak-ness. I usually take raw, fresh fruit juice for three days after peak-ness or starting on the day of hexagram 36. In any event, I think that a person needs to fast at least once a week, juice fast, that is. And I will not question why my calendar says four times a year. In all cases, ask your doctor first before applying this method. It is very enlightening to know when to fast, and also knowing when to abstain from a full load of activities, settle back and absorb change. I usually take a vacation from my full load of activities for about three to seven days. This helps me to somewhat purge some, if not all, poisonous thoughts and other health impediments from my system, and this slowing process also helps to keep me out of harm's way as well, because as I do know, given the nature of hexagram thirty-six and the time factor, it does mean Injury in some retrospect. Knowing that, I know not to take any undue chances. Again, this is all due to a general tendency that my calendar presents. Now about hexagram 63, I would like to impart upon you that hexagram 63 as indicated in the I Ching itself, is not necessarily an ending, in a sense it's the advent of a better foot hole as one climbs the mountain of substantiality, so to speak. That's today, Oct. 2, 2014 (63) Once again, try this, look up some great person's birthday and you will be a surprise. A hint..., the greatest person you might know, be it a political leader, or that of your religious leader.

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