



I CHING ADVICE FOR 2024

The year 2023 comes to an end under the dense clouds of ignorance of the furious Iron Age. This is the fourth year that humanity continues crossing the great stormy waters of accelerated radical changes at the social, political, economic and consciousness level. Is customary at the end of the year to wish for better conditions in the coming new cycle. As practitioners on the path of clarity, the most important factor is to see things clearly as they are, instead of how we wish them to be. This is mentioned right at the start because in difficult times is habitual to escape from the present and take refuge in fantasies, distractions, *“being very busy”*, or getting trapped in emotional dramas or illness. Thanks to years of mental programming, the contemporary person is trained to negate the reality in front of its eyes in favor of an imaginary reality that doesn't exist. The annual message begins with this urgent tone due to what the I Ching has to tell us about the condition we are in.

2023 began under the dense clouds of war in Ukraine and a string of sanctions against Russia for crimes against humanity. By the end of 2023 mass genocide (cutting off water, food, electricity, bombing hospitals and refugee camps with 2000 pounds bombs, blocking medical assistance, killing on average 150 children per day, medical ships of several nations parked in front of Gaza denied permission to dock and assist, etc.) is perfectly accepted as the *“right of a nation to defend itself”*. What happened to moral values and ethical principles in just a few months? The voices which loudly sanctioned Russia for crimes against humanity, by the end of 2023 have fallen silent as they quietly supply all the weapons and money needed to continue the genocide. What next in the slide down into the abyss of barbarity, the final solution of global genocide with a nuclear war?

“our lives begin to end the day we become silent about things that matter”
Martin Luther King

The signs of fast degenerating conditions are right in front of our eyes. It is karmically irresponsible to deny what is in front of our eyes or look the other way pretending nothing is happening.

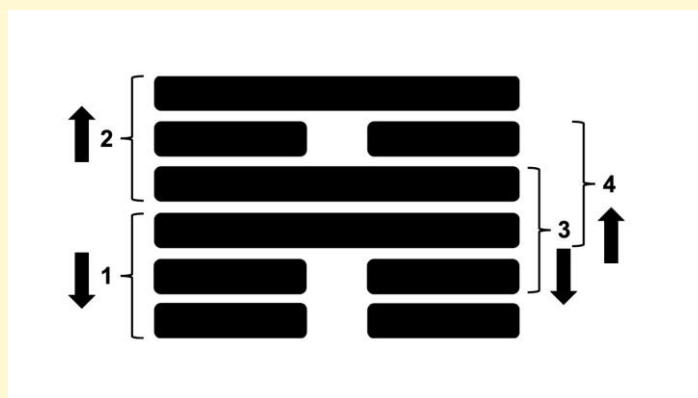
“Truth is not what you want it to be, it is what it is, and you must bend to its power or live a lie” samurai Miyamoto Musashi

In the Tao system all the energy techniques and numerous practices have the single aim of opening the full potential of what is called, *“the kidneys-heart axis”*. The kidneys treasure the inherited Jing Essence for fueling the ascending path of evolution and the heart treasures the power of unity manifested through unconditional love. When the heart is hardened with indifference or closed with hatred and the kidneys get blocked with fear, as is mentioned over and over in the teachings, *“the person loses its way in life”*. The signs in front of our eyes are showing us that humanity has lost its way in life. The first positive news begin when we realize there is a serious problem.

As is always mentioned in the workshops, crisis, adversity, and challenges forces us to put to the test what we have learned at the intellectual level and need to ground it in the depths of our beings as real experience.

As is custom with the family of I Ching Dao practitioners, as a group we have asked the Inner Guide in the form of the I Ching the following question: *“As practitioners, what attitude should we cultivate in 2024?”*

The answer received was Hexagram 56, *“The Wanderer”*

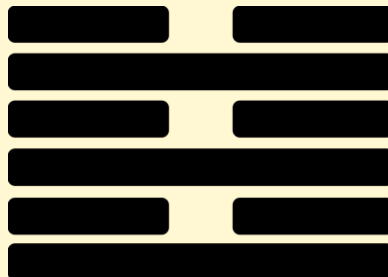


In general terms Hexagram 56 has to do with a person “traveling” through unknown territory. Given the conditions we are in right now, the traveler most definitely is not a tourist taking selfies against pretty backdrops. Taking into account the fast-degenerating condition of “the virtues”, the travels are through the dark underworld of unconscious self-destructive tendencies.

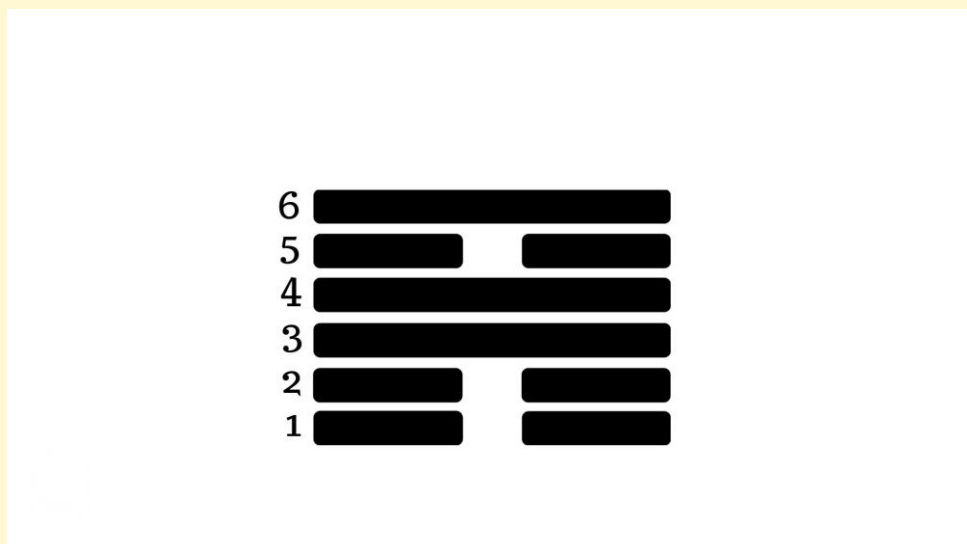
The direction of the arrows in Hexagram 56 gives us the energy pattern of the situation: the arrows in 1 and 2 move away from each other; the arrows in 3 and 4 also move away from each other. It doesn't take a great genius to see that the energy pattern is one of disintegration. The I Ching doesn't paint rosy pictures; it gives us a "weather" report and is up to each one of us to decide whether we take the advice to heart and shape decisions accordingly or ignore the whole thing and go on as if nothing is happening.

Remember the I Ching is a training manual for fulfilling destiny; it advises the "superior person" on the ascending path opening the full potential of the kidneys-heart axis. The advice of "The Traveler" hexagram applies to the person negotiating the obstacles on the path fulfilling destiny and moving from the first cauldron of the selfish mind to the second cauldron of the altruistic mind and on to the third cauldron of Original Mind.

Another hint on the energy situation of 2024 is presented by the sequence of lines in the hexagram. The perfect structural sequence of lines would begin with a Yang, straight line and be followed by a Yin broken line, and continue alternating that way to produce the perfectly balance hexagram (63):



However, Hexagram 56 has:



The first line is Yin where it should be Yang indicating a weak, difficult start in 2024.

The second Yin line is correct for the position.

The third line Yang line is also correct for the position.

The fourth line should be Yin but is Yang indicating another weakness.

The fifth line is the position of maximum power and should be Yang but is Yin indicating another weakness.

The sixth line should be Yin but is Yang indicating another weakness.

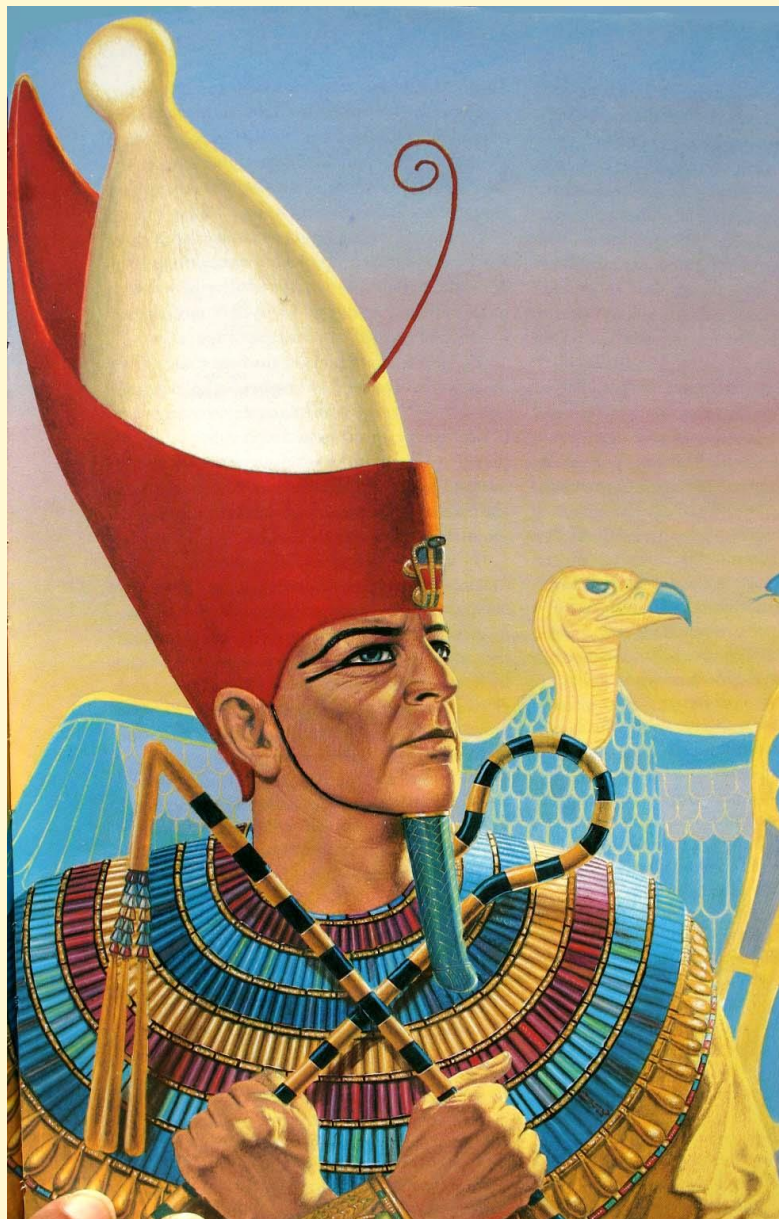
Only two lines are in the right place, indicating a very unstable situation, especially from the middle part of 2024 till the end of the year. The instability gives more information on the nature of “The Traveler”; it is moving through unstable and difficult territory.

Hexagrams not only indicate the energetic pattern of the situation, but also the four basic attitudes to work with the situation. In Hexagram 56 the four individual trigrams indicate the four attitudes for staying on the course fulfilling destiny no matter how unstable or intense the stormy winds of ignorance blow.

ADVICE 1: LINE 1-MOUNTAIN TRIGRAM: Signifies stability, firmness, grounding, reliability. Mountain Trigram is the opposite of the fluctuations of the ordinary mind shaken by the stormy winds of karma. The I Ching is advising that great effort at grounding and stability are needed given the long-range unstable situation we have been going through for many years now. We received the Mountain Trigram for the year 2022 (Hexagram 61 “Inner Truth”), 2023 (Hexagram 17, “Following”) and now in 2024.

Remember the I Ching advice is for staying on the path fulfilling destiny no matter what happens. For some years now as the internal and external conflicts have intensified, we have been advising practitioners not to take sides on any war or political drama taking place. This doesn’t mean ignoring what is happening, on the contrary, the Mountain Trigram means grounding and keeping the feet firmly on the ground. The Earth energy is not only what is beneath our feet, Earth energy especially includes what is happening in the world. Ask the Tibetans if it was a good idea as practitioner to have ignored what was happening around them when the dark clouds of the Communist revolution in 1917 Russia started destroying the spiritual base burning monasteries and killing monks. The Tibetans ignored when the same dark clouds reached Mongolia and the destruction of the spiritual base began from the 1920’s onward. Ignored were the signs when the dark clouds reached their border and in China the spiritual structure began to be destroyed from the

1940's onward. The Tibetans lost their country and were driven to permanent exile by giving all attention to the dimension of the spirit and ignoring what was happening in front of their eyes in the dimension of the terrestrial soul. There is great model of endurance with the ancient Egyptians who developed spiritual power (the White Crown) together, in balance with temporal worldly power (the Red Crown) and were able to endure for over 30,000 years according to their dynastic records at the temple of Abydos. If you ignore what is happening in the world, the world will come to knock at your door no matter where you are hiding with your spiritual practices (or your telephone).



68% of the people that were not informed fell for the mass hysteria of the virus and took the experimental vaccine weakening their immune system or dying as a consequence. By the second half of 2023 it is estimated that around 80 million

people have died as a result of the vaccine, more than from the “virus”. Knowledge is power, ignorance is weakness.

Being informed has nothing to do with taking sides; the moment we take sides in any situation, we fall into the mind of separation of the first cauldron and the kidneys-heart axis closes down either with hatred or fear or both. When that happens, the traveler loses its way.

When situations are rapidly changing the worst choice is to ignore what is happening and take refuge in comfortable ignorance. However, staying informed has nothing to do with listening to the propaganda menu presented through the corporate media inciting fear and hate. Staying grounded takes the form of staying above the sides at war by witnessing the drama from the second cauldron compassionate heart (from the summit of the mountain). The whole Iron Age drama we are experiencing comes from profound ignorance, defined as not knowing how to live, not knowing life has a higher purpose, not knowing that our passage through the dimension of change is very brief and the only thing we take in that passing are the consequences of one’s actions and nothing else. Stay above the dense clouds of conflict by perceiving the whole thing as a display of ignorance in action. Learn what happens when the mind of separation takes over and the kidneys-heart axis closes.

ADVICE 2: LINE 2-FIRE TRIGRAM: Is the attitude of bringing clarity to:

1-The true nature of what is happening in the world (what is behind the corporate news).

2-Being conscious of what you are experiencing.

3-Being conscious of how you are interpreting your experiences.

4-Being conscious of the unconscious factors influencing your interpretation of experiences.

5-Being conscious if your interpretation is being influenced by media propaganda, prejudice, or emotional factors.

6-Being conscious of the decisions you make as a result of your interpretation of events.

7-Being conscious of the potential karmic consequences of the decisions you make.

-These 7 clarity factors are relative to your level of consciousness (cauldron you are operating from).

-From an absolute perspective, the Fire Trigram is the direct, conscious experience of one’s true nature as the true nature of everything and everyone created. From the perspective of Original Mind there are no sides to take.

The clarity of the Fire Trigram is seeing the whole situation in its essence instead of its superficial appearance. The ignorance of the Iron Age is based on taking appearances or what anybody says, as final truth.

- Fire Trigram means that given the condition we are in:
- Great daily effort needs to be done clearing the mind (Foundation Sequence).
- Impartial effort staying above the clouds of conflicts by not taking sides with anyone.
- Steady effort managing where your attention and intention is focused.
- Joyful meditative effort cultivating the witness impartial mind focused at the cauldron.

The clarity of the Fire Trigram has nothing to do with pretending everything is rosy color. Clarity is seeing things as they truly are in their naked simplicity. This point is repeated because it is the most difficult aspect when having to make clear decisions. Clinging to ignorance is a powerful habit in the Iron Age.

ADVICE 3: LINE 3-WIND TRIGRAM: Signifies going deep. How deep? Into the depths of the obscure unconscious where the factors resisting change are hidden. Personal evolution begins when we start to raise vibration from the first cauldron to the compassionate vibration of the second cauldron heart. There is no rising until the unconscious cords pulling back to the past are liberated.

We have been receiving the Wind Trigram for three consecutive years beginning with 2022 (Hexagram 6, “Conflict”), for 2023 (Hexagram 17, “Following”) and now for 2024. What are we being told over and over?

When an important message is repeated is either because one is not doing enough, or the message is being ignored.

We are being told that the karmic ropes pulling down to the unfinished situations of the past need to be liberated, and we are not doing enough. There was an eruption of negativity in Europe with the genocide in the 1940’s; it obviously wasn’t resolved and now it has reappeared with greater force. In the 1940’s the genocide was hidden from view, in 2023, it is open for everyone who cares to look. Blaming others didn’t liberate the unconscious tendencies; playing victim didn’t resolve it, and justifying it now is not going to resolve it either. What are we going to do this time? Situations keep reappearing with greater force until we make better choices. That is one of the hidden ways in which a compassionate universe works; it never gives up providing another chance.

Karmas work independent of what anybody thinks or wants to believe. The karmic scale has on one side the weight of the positive actions and on the other side the weight of the negative ones. When the weight on the side of negative

actions is too much, “*not even Shiva (the divine principle of transformation) can interfere with the consequences*”. In 2023 the side with the negative karmic weight got heavier; what are we going to do in 2024 now that genocide is OK?

ADVICE 4: LINE 4-LAKE TRIGRAM: Signifies a light, easy and positive state contacting all experiences regardless of what they are. There are several ways to do that:

-First is being conscious of the situation one is in.

-Second is being very aware of where the attention is focused. The choice of focusing on negativity and getting stuck in it is not a choice with the Lake Trigram. We have learned that, “*the way to counteract the negative is by increasing the positive*”.

-Third, the way to experience the positive state of the Lake Trigram is by positively framing the negative situations encountered. This is done with the simple question, “*what is this whole situation forcing me to do?*” As practitioners the answer is elementary simple.

-Fourth, the positive attitude of the Lake trigram is for flowing with changes with maximum adaptability. Is a bad choice to focus on the negative, exaggerate its negative qualities and on top resist it. Everything that is resisted is reinforced and where you focus your attention the energy concentrates. The corporate media specializes in magnifying negativity as the absolute truth. The Lake Trigram is attained by keeping the will under your control. The way to do it is by cultivating the clarity of the Fire Trigram and the grounding of the Mountain Trigram combined with the resolve to intensify consciousness of the Wind Trigram.

-Fifth, the ultimate lightness of the Lake Trigram comes from identifying with the unaffected bliss of one’s true nature instead of the fluctuations of the ego. The Lake Trigram invites us to liberate the clouds of ignorance obscuring the sunlight of Original Mind. Ignorance is persisting in identifying with the ego, the physical body, chaotic thoughts, and the ego dramas we have accumulated as who we are. As long as ignorance prevails the Lake Trigram is a nice idea not a reality we can experience. The trigrams are not ideas or symbols on paper; they are states of consciousness to experience.

The four attitudes in Hexagram 56: grounding (Mountain Trigram) + clarity (Fire Trigram) + going deep into the unconscious (Wind Trigram) + staying positive (Lake Trigram), gives us the formula for not only maintaining integrity in the

middle of stormy weather, but also continuing the ascending path fulfilling destiny. The extensive menu of powerful energy practices we have learned are the means for negotiating the coming changes. The empowering I Ching training doesn't depend on miracles from saints or politicians, neither on planetary alignments or blessings from gurus, lamas, or swamis. Any being carrying the divine seed of perfection in its heart can, in the words of Hexagram 1, *"work sublime success...through perseverance"*.

ADVICE 5: THE JUDGMENT IN HEXAGRAM 56

*"The Wanderer. Success through smallness.
Perseverance brings good fortune to the wanderer"*

First of all, the Judgment tells us that we are no longer on familiar ground, we are "wanderers" through unknown territory and that the way to proceed is by mindfully (not unconsciously) taking one step at a time. The Judgment also tells us that giving up, falling in despair or helplessness is not an option, *"perseverance"* is the option that can get us through the present situation.

The Judgment tells the family of practitioners that little steps taken with the daily practice is the magical formula (how many times have you heard that?). To better understand the potency of the advice we can invert the words *"perseverance brings good fortune to the wanderer"*, for, *"abandoning effort brings misfortune to the wanderer"*.

Examine (Wind Trigram) the excuses interfering with your perseverance. Unconscious resistance to positive change hides behind the powerful shield of, *"I am too busy"*.

ADVICE 6: THE IMAGE OF HEXAGRAM 56:

The Image in Hexagram 56 elaborates on the Fire Trigram:

*"Fire on the mountain: The Image of the Wanderer."
Thus the superior man is clear-minded and cautious in imposing penalties,
and protracts no lawsuits"*

The Image presents the urgency of the situation by telling us that we are lost wandering through a mountain on fire; it then gives advice on how to find the way out:

“the superior man is clear-minded and cautious in imposing penalties and protracts no lawsuits”.

The perseverance in the Judgment is for being very clear of the decisions made. In a mountain on fire every decision is critical:

-The Wind Trigram is presented as not being dragged down by unresolved issues from the past, *“protracts no lawsuits”*.

-The Image warns about being judgmental and assuming we are seeing things clearly; *“the superior man is clear-minded and cautious in imposing penalties”*
We say it again, do not fall prey to the propaganda of corporate mass media inciting fear and hate by taking sides between aggressors and victims. Inform yourself of what is happening in the world, not to take what is being said as truth, but to identify the moment when you are being led to block your kidneys-heart axis.

-The Lake Trigram tells us to stay positive no matter what you perceive through the fog of ignorance.

ADVICE 7: THIRD LINE OF HEXAGRAM 56

“The wanderer’s inn burns down. He loses the steadfastness of his young servant. Danger”

The third line usually deals with the inherent difficulties in a situation. In this hexagram it warns of potential loss. The fire in the mountain has reached one’s home and it burns down. Everything is lost, even those assisting you. Bad choices can bring disastrous consequences in fast changing times.

Investigate what supports you and could be lost by making bad choices. Through ignorance, the value of what supports often is not recognized until is lost. This third line is a warning-not a prediction. The I Ching doesn’t predict, it gives a weather report and leaves it up to you to make the right choices. The practices you have learned are your greatest support and refuge: they always open the way no matter the situation you are in. They always work no matter how many times you have abandoned them.

What are you doing with the precious energy formulas received from the ancestors?

In our training we keep reminding the “wanderers” that periodically everything we are learning is put to the test by facing a good challenge. Crisis is a form of

initiation ritual into the next stage of the path. Without facing challenges, we never know the capacities we have developed through the little steps taken with the daily practices. One form of grounding of the Mountain Trigram comes from the certainty the results of the practices bring.

The Lake Trigram whispers in the ear, “do not panic, stay clear and positive and you’ll find the way through this mountain on fire. This crisis is your initiation ritual. You are facing it so you grow in certainty and devotion to the path you have chosen and with your certainty inspire others lost and in danger of perishing in the burning mountain of unmitigated suffering”

ADVICE 8: FOURTH LINE OF HEXAGRAM 56

“The wanderer rests in a shelter. He obtains his property and an ax. My heart is not glad”

The fourth line is the start of the second trigram, so it often marks a transition beyond the difficulties of the third line. Here it suggests that if the four attitudes suggested by the four trigrams are brought to fruition, a safe and secure refuge is found within the raging mountain on fire. Obtaining “an ax” in ancient China was symbolic of acquiring a measure of power and clarity born out virtuous living:



Chinese ceremonial ax, 4000 years old

“Virtue acts like a canopy to shield one from calamity. One sided prejudice, however, leaves the individual open to disaster. For this reason, the wise ruler protects himself and his people by his equitable treatment.”

The Canon of Supreme Mystery. Michael Nylam translation of T'ai Hsuang Ching

The virtues (*KIDNEYS*: trust, gentleness; *LIVER*: generosity, kindness; *HEART*: love, happiness, respect, gratitude, patience, care; *SPLEEN*: opportunity, infinite possibilities, empathy; *LUNGS*: optimism, courage, clarity, balance, justice, integrity. *ALL TOGETHER*: compassion, equality, friendly attitude with all beings, unconditional benefits to the world, mutual support) associated with each organ and season are called in India the “*Paramitas*” which in Sanskrit means “to go across” in the sense of crossing the sea of pain and suffering.

In ancient China or India, the virtues are the correcting mechanisms for the five elements. For example, if the Wood Element is out of balance expressing anger, then the virtue of patience overcomes the anger. If Earth weakens and manifests as worry and anxiety, it is balanced through generosity. Obtaining “an ax” implies the power of the virtues to take us across the mountain on fire. We are in a precarious situation from having taken selfish living to the limit.

The I Ching and all the ancient classics hinge on the full development of the virtues as the fuel for the ascending path fulfilling destiny:

“When there are virtues, there is discipline, where virtues are deficient, confusion prevails. With the disciplined the path is invariably prosperous, but in disorderly associations affairs are forever in chaos” The Classic of Documents, Shu Ching, more than 2000 years old.

The virtues give us the ability to perfectly match external events with internal ethical principles.

The virtues are cultivated by setting up a series of goals and personal rules to shape one’s practice, these are called, “*the precepts*”. The precepts are the self-discipline demands one places on oneself. Precepts make high quality practice possible. If we don't make demands on ourselves, we won't get anywhere with the practices. Self-discipline brings us to the point of being able to cope with any situation, including the most dangerous ones in which life could be in peril.

The phrase, “*My heart is not glad*” is the hidden gold in the whole advice. What the I Ching calls “*the superior man*”, knows that success contains the seed of its own destruction, for success tends to breed arrogance and recklessness. The

superior man is superior because it never assumes that virtuous living is ever complete or perfected. It always thinks that virtue is always incomplete and can always be refined further. Daily self-renewal and persistent rededication to higher goals is the main motivating force so in this way the superior man lives a good life that culminates in a good death.

What is the weather report the I Ching is giving us with Hexagram 56?

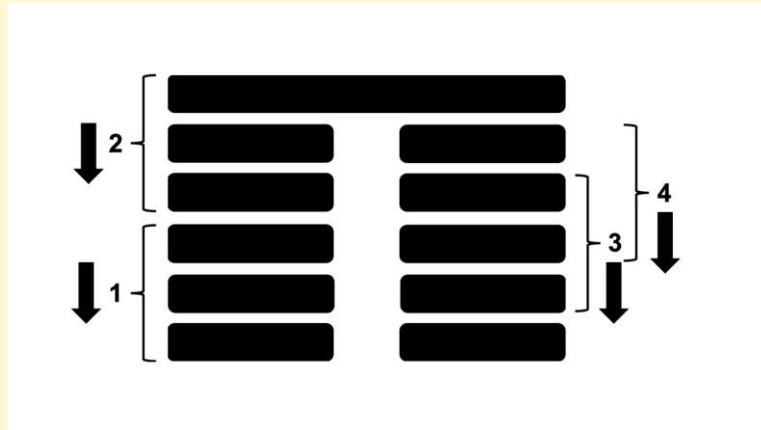
-That we are living through a period of very precarious and dangerous situations. The karmic scale is heavily weighed down on the negative side and each day more weight is being added to it.

-Falling into despair will not assist in any way in making good decisions. Much clarity is needed to get through the times ahead. Clarity doesn't come from heavenly miracles. Clarity comes from realizing we have to change the way we are living and relating to each other. We are lost trying to find the way out of a burning mountain.

-To stay clear and grounded perseverance in goodness can take us through. Laziness, making excuses or postponing can bring us to greater pain and confusion. Is not a good time to make excuses with, "*I am too busy*".

-To persevere we need to look deeply into the self-destructive unconscious tendencies manifesting at the personal and collective level. Suffering will only increase, and negative karmas intensify if nothing is done about the destructive tendencies playing out. The great psychologist Carl Jung wrote extensively about the warnings of impending doom all around in the early 1930's that were ignored. Killing anyone is never justified; killing two and a half million people in a most horrible way will never be justified, no matter what the president of any nation says. As recent history shows, genocide has a heavy karmic weight of guilt and shame on the individual and collective consciousness/soul of a nation, that time is incapable of erasing no matter how many generations pass.

In time the changing lines 3 and 4 in Hexagram 56 results in Hexagram 23, "Splitting Apart". The second hexagram gives a hint on how situations can evolve in time in 2024.

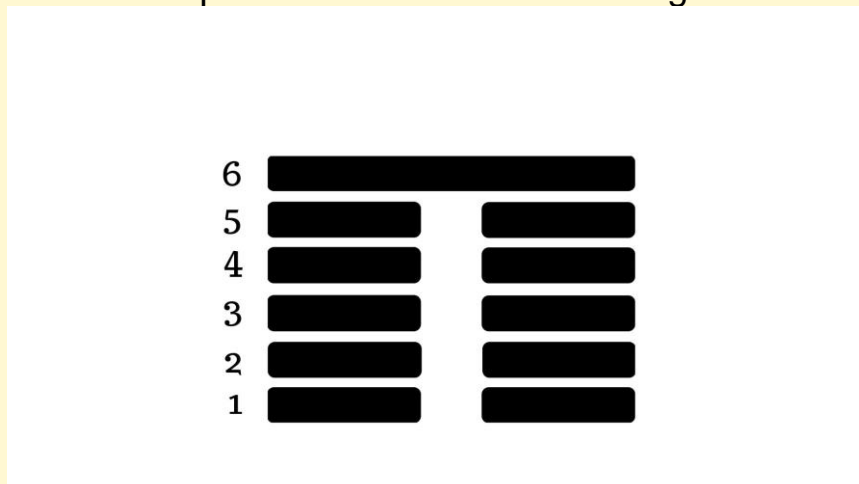


A hexagram is the energy pattern of a situation. The movement of energy in a hexagram is from the first line at the bottom toward the top. In Hexagram 23 the sixth line on the top is about to be displaced by the rising Yin lines, this is why it is titled, “Splitting Apart”. Very important to note that this hexagram is connected with the time just before the winter solstice (Hexagram 24) when darkness reaches its peak. The darkness in the situation we are in is not only in terms of sunlight, the darkness has to do with the energies at play.

Change is a continuous process, in 2024 potential radical change-not superficial, is indicated as events unfold in time. In nature radical change is the way that stagnation, decay, and negativity is broken up; it is also the process through which new possibilities open up. Radical change becomes painful when holding on to anything in the past, including holding on to ignorance, the worst thing to hold on to.

All the arrows pointing down can be viewed either as negative or positive; it all depends on whether we are resisting change from a state of ignorance or supporting change from a state of clarity. One thing for sure is that the five Yin lines point at great flexibility and disponibility to flow with changes. In fast changing times suffering arises from resisting change

When contrasted with the perfect order of lines of Hexagram 63 we find:



The first line is Yin when it should be Yang, indicating overall weakness as 2024 progresses.

The second line is Yin in a Yin position.

The third line is Yin in a Yang positions indicating weakness when firmness is needed.

The fourth line is Yin in a Yin position.

The fifth line, the position of power, is Yin in a Yang position indicating further weakness or inaction when firmness is needed.

The sixth line is Yang in a Yin position indicating too much force/violence toward the second half of 2024.

The four attitudes for flowing with changes as 2024 progresses are:

ADVICE 9: LINE 1-EARTH TRIGRAM: simply means being very flexible, open, receptive to what life brings, not in a passive way as is mistakenly assumed with Yin perseverance. The Yin perseverance is working hard to stick to something, following instead of leading. To follow someone leading the way one needs to be fully present, aware and available putting ego self-importance aside and sticking 100% to what leads. At the essence of the Earth Trigram is unconditional trust in what is leading you. There is no Earth trigram if one is constantly held back by doubts, questioning and suspicion. The key question here is, “*what are you following?*”, “*who is leading the way?*” Are you following the insecure ego with constant doubts or the certainty of the Inner Guide who knows the way?

ADVICE 10: LINE 2-MOUNTAIN TRIGRAM: the grounding advised in the first hexagram is repeated here. As suggested, in fast changing times one needs to be fully conscious, present, aware of what is going on from your own perspective working with the Inner Guide instead of what others with different interests are trying to tell you. The grounding of the Mountain Trigram has to do with the certainty you develop as the trust in the path you have chosen increases day by day. There is no grounding if you are stuck in doubts, unable to see situations clearly or incapable of connecting the practices you have learned with the situations you encounter.

ADVICE 11 and 12: LINES 3 and 4-EARTH TRIGRAM: In the I Ching as in energy practices, anything that is repeated is reinforced, intensified, and made dominant. As 2024 unfolds we are advised to be extremely flexible and grounded. We are given these obvious teachings because in the characteristic ignorance of the Iron Age, advice is disregarded in favor of egotistical self-importance, “*I know*

what to do, “*I know what I am doing*”, “*I Ching advice is good, but I like to do it my way*”, etc.

The Earth Trigram repeated three times, given the conditions we are in, can also mean lack of drive, initiative or being too passive to do anything to counteract negativity.

ADVICE 13: THE JUDGMENT OF HEXAGRAM 23

“Splitting apart. It does not further one to go anywhere”

In the Richard Wilhelm translation, the commentary for the Judgment has,

“These pictures a time when inferior people are pushing forward and are about to crowd out the few remaining strong and superior men.”

Not going anywhere in terms of the mind means being present without longing for the past or fearing the future. The grounding of the Mountain Trigram is the dominant factor in the fast-changing situations we can experience in 2024. Find out what the powers controlling the world have predicted for the coming two years. The powers of darkness are identified by their announcement, way ahead of time of what they intend to do. They announced the “pandemic” in 2015 and 2017 and not too long ago, they announced we would “*own nothing and be happy*”. Historically the ones owning nothing has been the slave class, they don’t even own their own bodies and this time will includes not owning your own mind.

Remember, there are powers of light and powers of darkness, and we are in the Iron Age where we are mostly unconscious (75% unconscious and 25% or less of clarity). The timing of Hexagram 23 is just before the winter solstice when darkness is at its peak.

ADVICE 14: THE IMAGE OF HEXAGRAM 23:

*“The mountain rests on the earth:
The image of Splitting Apart.
Thus those above can ensure their position
Only by giving generously to those below”*

“The mountain rests on the earth: The image of Splitting Apart” is based on the structure of Hexagram 23 looking like an extra tall Mountain Trigram with three extra Yin lines below.

In the I Ching the Image teaches how to read and interpret the processes in nature as a source of ultimate wisdom. The Image teaches to learn from nature instead of guessing, improvising or running wild with ego-reasoning.

The Image reveals the nature of the four arrows pointing down. Deep grounding is the fundamental way in which great changes are experienced. The four arrows are telling us that deep changes are not contacted with panic, fear or resistance. The formula is total receptivity, openness and a welcoming attitude born out of unconditional trust in the essential nature of the Creation. We are not living in a cruel universe out to punish and condemn in eternal hell those who make mistakes. If curious about this last point, investigate (Wind Trigram) the nature of the ancient Middle Eastern “gods” who punish in eternal hell the beings of their own creation and demand human blood sacrifices to forgive errors. To follow that line of inquiry you have to go back several millennia to the origin of human contact with those, so called, “gods”. You may come close to determining from where the “powers of darkness” are coming from and the reason for continuous wars, genocide and blood sacrifice of hundreds of children each day.

*“Thus those above can ensure their position
Only by giving generously to those below”*

Once again, the I Ching advises us to assist others in need. In the long list of ignored advice, compassion practice is at the top of the list. Everybody is too busy being a telephone operator to lift the eyes even for a second to look around at others in need. To get a clearer view of what the Image is telling us, if we invert the message we get:

*“Thus those above can lose their position
Only by ignoring the needs of those below”*

The classic T'ai Hsuang Ching enlarges on ignoring the needs of others and how we got into the predicament we are in.

“The petty person in high position is willing to inflict any sort of violence upon others in his ruthless pursuit of profit. In this, he is like the voracious diner who chews even the bones, lest the smallest morsel escape him. By his rapacious demands for taxes, he may even have inflicted famine, or worse—cannibalism, upon his subjects. Before long, the evil consequences of unrestrained greed become evident. Harm inflicted upon others through greed soon comes back to haunt us”.

The I Ching is advising that as 2024 develops, as we are destined to do sooner or later, we need to enlarge the radius of action to include assisting others in need. If we are already saturated with too many things to do, too many things to take care of and too little time, guaranteed there are millions in worse condition than you. Stop for a moment and ask yourself if on the path fulfilling destiny is OK to ignore others in need, to close the eyes and stay concerned only with yourself. Recall the countless times you have been given the formula for happiness during the teachings.

Energetically lack of time to take care of one's need, much less assisting others, is a sign of misalignment between Universal Intent and personal will. Misalignment takes place when personal will is invested in things which seem important and neglecting the truly important things out of being too busy. Mismanagement is the mother of stress. As practitioners, we have energy practices and teachings to deal with any possible situation. Whether we use them or not is up to us.

In Hexagram 23 the lines to read are the first, second, fifth and sixth lines-the ones that did not change in Hexagram 56.

ADVICE 15: THE FIRST LINE OF HEXAGRAM 23:

*“The leg of the bed is split.
Those who persevere are destroyed.
Misfortune”*

The weakness of a Yin line in a Yang position is presented as losing the foundation for rest: *“The leg of the bed is split.*

“Those who persevere are destroyed. Misfortune”, means, is not a good option to continue doing the same which has brought us to the point of barbarity.

ADVICE 16: THE SECOND LINE OF HEXAGRAM 23

*“The bed is split at the edge.
Those who persevere are destroyed.
Misfortune”*

Repeating the same warning as in the first line hints that toward the second half of 2024 there can be negative karmic ripening if there is no change in the way of doing things.

ADVICE 17: THIRD LINE OF HEXAGRAM 23

“He splits with them. No blame”

The third line is the position of difficulty or trouble in a situation. Here a breakup of structure is suggested in the second half of 2024 if conditions and attitudes do not change. Once one goes down the falling path of bad decisions is very hard to stop.

ADVICE 18: FIFTH LINE OF HEXAGRAM 23

*“A shoal of fishes. Favor comes through the court ladies.
Everything acts to further”*

In Chinese symbolism fishes are a symbol of good fortune and abundance. Toward the end of 2024 the I Ching suggests, that if the right changes have taken place, positive results may become possible. Considering the situation, we are in, positive change can manifest as either something pleasant or something very unpleasant but necessary to wake up. In a healing crisis, the symptoms get worse before they get better. Stay open, everything depends on which side of the karmic scale more weight is put on in 2024.

A further positive hint is that, *“Favor comes through the court ladies”*. The court ladies are the ones having access to the king. The king, if a good king, is the one maintaining the communication with Heaven. Perhaps a path of communication opens with higher consciousness (or higher consciousness manifests as an EMP (electro-magnetic pulse) from the Sun which fries all electronics and satellites and brings about the real Great Reset!

“Everything acts to further”

Positive changes are a possibility, not a certainty by the end of 2024. A possibility being available doesn't mean it will happen, the I Ching doesn't predict, it presents the conditions that can be activated if the right decisions are made. If the virtues prevail the positive changes have a chance, if not, *“everything acts to further”* is another lost opportunity.

ADVICE 19: THE SIXTH LINE IN HEXAGRAM 23:

The sixth line in a hexagram indicates either the transition to the next situation or doing something in excess. In Hexagram 23, the sixth Yang line where a Yin line should be, is a warning of doing something in excess.

*“There is a large fruit still uneaten.
The superior man receives a carriage.
The house of the inferior man is split apart”*

“There is a large fruit still uneaten” points at something good that is not being utilized; something nourishing that is not being used.

“The superior man receives a carriage” points at a means of moving out of the situation; but since there is unconsciousness of the resources available, it remains to be seen if the carriage is used to move in the direction of the virtues or the direction of destruction. The opportunities available by the end of 2024 will have to be recognized and used.

“The house of the inferior man is split apart” points at the inevitable outcome of someone who fails to awaken, realize what is happening and take action to advance in its life journey. At any time individually and collectively as a group, there are always a range of karmic results ready to activate. Everything depends on the decisions made. The I Ching gives warnings but if they are ignored then the negative karmic patterns come forward and all other choices are eclipsed. Nothing is predestined, the full responsibility for what we experience always rests with us, therefore, don't blame the spirits, the gods, the government, or your parents.

The I Ching is not fatalistic about the immediate future, is not a system of divination or prediction, it is a weather report system that leaves up to us the choices to be made. The measure deciding the quality of decisions made is the ethical and moral compass one lives by.

“He who lives by his virtues will sustain his supremacy, but if his virtue fails to be constant, though he possess all things he will be devastated.” The Classic of Documents Shu Ching.

In ancient China the Confucian sages established three broad stages for moral, ethical, and virtuous living:

1-First is realizing there is an urgent problem in need of change. The problem is living with a mixture of positive and negative tendencies, as well as moral and ethical values fluctuating all the times.

2-Second stage is when, thanks to strong self-development efforts, positive tendencies begin to increase, and virtuous living stabilize.

3-Third is becoming integrated into a high-principled group of beings through the refinement of the virtues, and harmonious living with family, town and state. Unceasing self-cultivation becomes the means for harmoniously contacting others and bringing benefit to the world. The empowering background to these three stages is the unconditional living by the highest virtues and ethical principles.

AS A GROUP OF PRACTITIONERS WHAT SHOULD WE DO IN 2024?

1-First of all, from the I Ching perspective, is realizing that we are asleep on a mountain that is on fire. The first thing is waking up (Fire Trigram) and assessing the situation we are in. Clarity comes from daily clearing the mental space with the Foundation Sequence.

2-In the 64 hexagram sequence, Hexagram 8, “Holding Together”, right at the start of the path fulfilling destiny, advises us to stay connected with other practitioners. Is not a good at time, especially when structures are rapidly disintegrating, to be in isolation. Being alone with one’s thoughts can makes us lose perspective and easily go off in directions we do not want to go. We have created Intention Circles every month and Circles of 8, to stay connected and actively assisting others. No matter how terrible the life situation one is in and the conditions in the world, assisting others always generates instant happiness

3-In 2024 is essential to be fully grounded (Mountain Trigram) in the present, aware that we, as humanity, are in a precarious, dangerous situation-like a hiker lost in a burning mountain.

3.1-The first step for staying grounded is being present. When you clear mental space and Akash comes forward, you are present.

3.2-To stabilize presence, tune to pure consciousness / witness state while focused at the cauldron.

3.3-The Mountain Trigram begins when in witness state anything arising (ideas, images, mental dialogue, physical discomforts, etc.) are experienced as an object separate from the pure consciousness you truly are. Grounding has to do with accessing one’s true Self and expanding identification from, “me the ego” to “me pure consciousness / Original Mind”.

3.4-To establish a pathway (Sanskars) that always takes you to the same place, this 3 steps process is done daily. Give up the habit of practicing only when the mountain fire is reaching your home.

4-Stay informed of what is happening, not by believing everything the ocean of ocean of propaganda is spewing. There are numerous independent journalists and researchers doing investigative work on what goes on behind the propaganda screen of corporate news. Some pointed out more than 30 years ago, the situations we are now experiencing. Some, like Rudolf Steiner, warned a century ago about the rising powers of darkness and precisely how they would influence consciousness. More than 30% of the people of the world were informed enough to resist the experimental vaccine. Knowledge is power; they stayed grounded in their Mountain Trigram despite the overwhelming pressure of the collective hysteria around them.

Don't believe either everything some alternative sources are presenting through the Internet. Discernment is the torch, not blind belief.

4.1-The first step for staying informed is taking control of your focus. Propaganda works by managing where you focus. To have control of your focus you have to be clear (Fire Trigram) and self-aware to realize when someone is trying to lead you down to the pit-bottom of the first cauldron.

4.2-To avoid falling into the mind of separation with anger or rejection, contact the manipulation experience with the trained witness mind: impartially reflect what is happening and take notice, without judging or commenting. The I Ching is warning about judging and "*protracting lawsuits*".

4.3-No matter how intense the winds of propaganda blow, don't take sides between aggressor and victims. Everyone loses when ignorance prevails.

4.4-Train in contacting information about the world with the intuition/feeling/intelligence of the heart, instead of the judgment of the ego. Propaganda closes the kidneys-heart axis with fear and hate and then talks to the fearful or enraged ego. This process has been psychologically perfected for close to a century.

4.5-Don't take as truth the rumors of doom coming from some alternative sources. We are living through a great transition period of breakdown of structures, but breakdown is for opening new possibilities. Frame experiences positively (Lake Trigram) by asking, "*what is this situation forcing me to do?*" and "*what can I learn from this situation that could be of real assistance to others with less resources than I have?*"

4.6-Counteract negative by increasing positive. Make full use of the arsenal of energy practices you have received. In fast-changing times the practitioner thrives finding ways to adapt the teachings to the needs of the moment. The fastest way of increasing positive and become tireless, is by truly assisting others from the heart.

5-If there is light there is also darkness. There are those working to increase the Light and others working for intensifying the darkness. There are no enemies or bad guys in this situation. Negativity exists to put to the test the real capacity for discernment-clarity of those working with the Light. Looking deep (Wind Trigram) negativity is the greatest ally of the superior person on the path fulfilling destiny. Negativity forces us to intensify consciousness or be consumed by the mountain on fire. Everything depends on how deep we can look.

6-To keep the kidneys-heart axis flowing practice compassion starting by perceiving all negativity as the result of ignorance not knowing how to live.

7-Find time to liberate the pending emotional issues pulling you back to the past (*“protract no lawsuits”*). The lack of time comes from mistaking priorities. Priorities are mistaken when ultimate purpose is not clear. The Taoist efficiency of *“minimum effort, maximum result”* comes from your quality of alignment between Universal Intent (the ultimate purpose of existence) and personal will (the goals you choose to focus upon). The greater the alignment between the two, the greater the efficiency and the time you have available. The greater the misalignment, the greater the confusion, mistakes made and frustration with life.

7.1-The first line in Hexagram 56 says, *“If the wanderer busies himself with trivial things, he draws down misfortune upon himself”*. Re-examine all those things you consider so important but in essence are trivial things. Let death be your advisor: ask yourself if those things you consider so important will be useful on the most important day in life, the day of death and transcendence. When in doubt, ask the greatest clarifying power there is. Death speaks more clearly than the I Ching, it uses no symbols or text, only presence. When death shows up, priorities get clear, and situations intensified.

8-Finally, be kind, patient and compassionate with yourself (Lake Trigram) as a means of sustaining compassionate action with others as changes intensify. No matter what happens the formula for happiness always works the same.

Shantideva, one of the greatest yogis of ancient India, has left us this capsule of wisdom:

“Whatever joy there is in this world

*All comes from desiring others to be happy,
And whatever suffering there is in this world,
All comes from desiring myself to be happy.*

*What need is there to elaborate?
Fools apply themselves to their own welfare,
While sages act for the welfare of others.
Just look at the difference between them."*

Well, enough advice for now. We are fortunate the I Ching talks to us at any time and never gets tired of pointing in the right direction no matter how many times we chose to go some other way.

To the entire family of practitioners, we wish "*Buen Camino*" assisting others to find their way out of the burning mountain in 2024!

FROM SANTA GALICIA, TO ALL WANDERERS, BUEN CAMINO!

The I Ching Dao family
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www.ichingdao.org