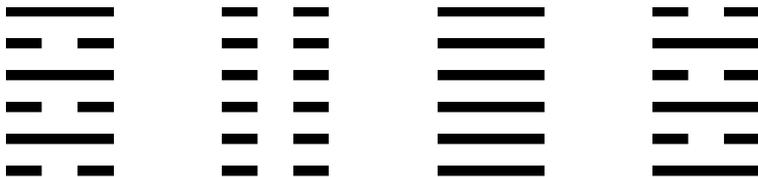


## Why Did I Develop This Method?

The *I Ching* (also known as the *Yi Jing* or *Yi King*) appeared several thousand years ago and was used by the Chinese for advice about what to do. Traditionally, to use the *I Ching*, you would ask a question and generate a hexagram which is made up of a stack of 6 lines. The lines are either continuous (————) or broken (— —) as shown in the four examples below.



After casting your hexagram, you would look up its meaning in one of the many translations of the *I Ching*. If that made no sense, you could consult a professional *I Ching* expert, which would involve additional time and expense.

When I began consulting the *I Ching*, I found that sometimes the meanings and advice of the hexagrams were clear and understandable. But other times the meanings were vague or made no sense to me. I'd get phrases like:

"The horses outside the barn are hungry."

"There are many different birds in the trees."

"Dragons fly over the mountains."

What did these mean? What course-of-action was being recommended? Many hexagrams foretold "prosperity and success" if I took "firm and correct" action. But what was "firm and correct" action when I was planning a holiday or contemplating a career change?

When the *I Ching* was first used in ancient China, there was no written version. I've always wondered how the early users of the *I Ching* were able to figure out what the hexagrams meant. Did they determine the meaning from a set of rules or did they memorise the meanings? This is something that has always puzzled me.

I also started wondering what would I do if I was stranded on an uninhabited island and wanted to ask a question. I knew lots of different ways of generating hexagrams, even if all I had were sticks, stones and seashells! But how would I know what the hexagrams meant without one of the books of translated interpretations?

So, this led me to wonder if originally there were guidelines or rules for interpreting hexagrams. There are often guidelines or rules which we can use to explain or predict events. For example, the law of gravity is a rule that lets us predict the orbits of rockets, satellites or the planets, even if we still aren't sure what gravity is!

Through reading many books on the *I Ching*, thinking and considering my experiences I developed a combination of a few simple rules which gave me consistent interpretations for the hexagrams. The meaning of hexagrams became simple, direct, definite and self-evident without mystery or metaphor. This is what makes this approach different from the traditional *I Ching*. It is this new practical method that you will learn here.