

6.4 Psychic Health Readings with the I Ching

Historically, a predictive health reading could be done through fortune-telling with the I Ching by referencing the Wu Xing correspondences. According to this wholly unscientific and irrational premise, you can do a psychic divinatory reading on the root cause of a physical ailment.

I share this practicum with a great bit of trepidation because it's controversial and runs the risk of people misinterpreting the point of sharing. No one is saying a psychic health reading can replace the diagnosis of a medical professional. You should never under any circumstances rely on a psychic reading over the expert advice of your physician.

This practicum is a tribute to what I know has been historically a part of my culture and how Taoist mystics in Asia use the I Ching. For cultural reasons, it would seem remiss to leave this out. I'm presenting this section as a practicum in hopes it might offer enjoyable entertainment as you experiment with it for yourself. Do not rely on your I Ching reading results in lieu of getting qualified medical treatment. Everything your doctor says should always override your experimental fortune-telling.

With that said, if there is a physical health condition you've been grappling with and some aspect of it stumps you, try a psychic I Ching reading on your health condition.

Apply any divination method of your choosing, selected from any of the methods from *I Ching, The Oracle*.















If the reading is for yourself, take a moment before you start to focus on the health condition, feel its presence in your body, and pinpoint your focus on the *qi* of that health condition.

If someone has asked you to do this reading for them and on a case specific assessment you've determined it's ethical for you to proceed, set up some photographs and images of the health condition and visualize your concentration perforating through space-time to connect to the *qi* of that person's health condition. The sympathy generated from focusing on the images can really help facilitate this.

Proceed with the divination. There will be space on the subsequent pages to document your reading results.





- **The Oracle message or Judgment will give a general prognosis and summary characterizing the situation.**
- **The changing lines will give practical advice and psychic predictions.**

If there are no changing lines, then look to the hexagram ruler, or Line 5.

| | PRIMARY HEXAGRAM 54 | | WU XING | | TRANSFORMED HEXAGRAM 16 |
|---|---|--|------------|---|---|
| 6 |  |  Thunder | 木 Wood | |  |
| 5 |  | | | |  |
| 4 |  | | | |  |
| 3 |  |  Lake | 金 Metal | |  |
| 2 |  | | | → |  |
| 1 |  | | | → |  |

If you're doing an I Ching reading on a health matter, apply an Image and Number approach and look at the Wu Xing correspondences for the trigrams. Then look at the health correspondences for the Wu Xing. Scry through the table entries and try to formulate a holistic, composite sense of what could be going on, using one part psychic intuition and one part rational induction.

The Practicum 6.4 section of the text provides a sample reading for Jane to demonstrate how to interpret your I Ching reading result for personal health insights. Studying the sample reading may help guide how you can approach interpretation of your results.

| Oracle Bone Script Chinese Character |  木 |  火 |  土 |  金 |  水 |
|---|---|---|---|--|---|
| | Wood | Fire | Earth | Metal | Water |
| Action | Grow Germinate Rising | Expand Assert Up Amplifying | Stability Equilibrium Transforming | Harvest Gather Dividing | Contract Retreat Dissolving |
| Alchemy | Chrysalis Origination | Synthesis Integration | Manifest Fulfillment | Dissolve Divide | Purge Catharsis |
| Strengthened by | Water | Wood | Fire | Earth | Metal |
| Weakened by | Metal | Water | Wood | Fire | Earth |
| Ba Gua Trigrams | Wind Thunder | Fire | Mountain Earth | Heaven Lake | Water |
| Qi Attribute | Windy | Hot; Heat | Dampness | Dryness | Cold |
| Sense | Sight | Touch | Taste | Smell | Hearing |
| Exacerbating Emotion | Anger Stress | Joy Burn-Out | Pensiveness Hunger | Melancholy Rigidity | Fear Lethargy |
| Seeking... | Creation | Warmth | Nourishment | Structure | Fluidity |
| Organs | Liver Gall Bladder | Heart Sm. Intestine | Stomach Spleen, Pancreas | Lungs Lg. Intestine | Kidney Bladder |
| Organ Systems or Functions | Endocrine Metabolism Reproductive | Nervous Cardiovascular Circulatory | Muscular Lymphatic Digestive | Respiratory Integumentary Skin & Hair | Skeletal Urinary Detoxifying |
| Chemical Composition | Carbohydrates | Lipids | Proteins | Nucleic Acids | Water |
| Brain Function | Language | Voluntary Movement | Judgment | Memory | Involuntary Movement |
| Body Part | Tendons | Blood Vessels | Muscles | Skin | Bones |
| Finger | Index | Middle | Thumb | Ring | Little |
| Taste | Sour | Bitter | Sweet | Pungent | Salty |
| Mental | Sensitivity Antagonism Relentlessness Determination | Motivation Happiness Outrage, Cholera Ambition | Clarity Fear, Worry Anxiety, Phobia Endurance | Intuition Melancholy Pensiveness Rebel; Malcontent | Empathy Turmoil, Panic Overwhelm Confusion |
| Tibetan Bön | Wind Horse | Fire | Earth | Sky | Water |
| The Five Aggregates | Awareness | Idea Formation | Physical Form | Sensory Perception | Tone/Feeling |

Log your divinatory results in the below table. Mark any changing lines with an “X” under the “→” column.

| | Primary Hexagram | | | | Transformed Hexagram |
|--------|------------------|---------|---------|---|----------------------|
| | Line Result | Trigram | Wu Xing | → | Line Result |
| Line 6 | | | | | |
| Line 5 | | | | | |
| Line 4 | | | | | |
| Line 3 | | | | | |
| Line 2 | | | | | |
| Line 1 | | | | | |

Primary Hexagram Result:

Transformed Hexagram Result:

Note the Wu Xing correspondences for the Lower Trigram, per the preceding reference table, and free-write what you intuit these correspondences are revealing to you about the inquired health matter, specifically with regard to underlying or root causation:

Note the Wu Xing correspondences for the Upper Trigram, per the preceding reference table, and free-write what you intuit these correspondences are revealing to you about the inquired health matter, specifically with regard to manifested symptoms to address:

What is the Oracle message for the Primary Hexagram? What is it conveying to you about the problem, and identification of the problem?

[illegible]

What is the Oracle message for the Transformed Hexagram? What is it conveying to you about the solution to the problem?

The most difficult part of an I Ching reading is synthesizing the many parts of the Oracle's message and summarizing it into a comprehensible message. Take some time to reflect on your notes here, on the Wu Xing correspondences and the messages received from the line text. Try to transcend the correspondences and line text to be creative and original, but inspired on the revelation received. Write out what you believe the problem is and how you interpret the I Ching's proposal on how to heal.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.