

7.13 Answering the Question “Who Am I?” with a Personality Profile

The follow exercise integrates Dr. Michael McDonald’s work at the intersection of personal therapy and the I Ching.¹ His Personality Profile counseling system helps begin to shed light on the question, “Who am I?”, utilizing the concept of archetypes and principles in transpersonal psychology.

You will be casting a set of six hexagrams, one to answer each of the questions set forth in Table 7.21 from *I Ching, The Oracle*, pages 368 - 369. Before you begin, turn to the text and read through the additional guidance provided for this Practicum 7.13.

This is a journaling exercise. Through writing, extrapolate an interpretation of the hexagram lines for yourself, based loosely on what’s provided in this text. Read the text provided as merely offering core themes and general concepts, which you then need to refine and fully develop to arrive at how the Tao is answering your questions.

This set of six Personality Profile hexagrams become a lifelong handbook to help you become self-aware of your strengths and weaknesses. So of all the practicums in this workbook, this is one where you’ll want to take your time and be diligent. Do it the “hard” way. Take the long route. Pull out all the stops to ritualize this divinatory experience.

FOR THE GENERAL “AUSPICIOUS TO PROCEED” VS. “INAUSPICIOUS” pithy statements typically found in an Oracle message, adapt it by interpreting “auspicious” as someone born with certain privileges and dumb good luck, while “inauspicious” reveals someone born with certain setbacks or weights.

Those born with such setbacks and weights have a special mission in life assigned to them from the Divine. To accomplish the great, you must be great, and greatness is not something you can be born with, because good luck does not set us up to be resilient.

Setbacks are necessary to cultivate the degree of strength needed for heroism. “Inauspicious” messages in a Personality Profile reading are explanatory of the inner alchemical transformations necessary for you to undergo before you become gold, become the philosopher’s stone of the gods.

Ever notice how loving parents tend to devote more attention and care to their children born with the greater obstacles in life? Whereas they tend to leave alone their independent and well-adjusted kids? I observe a similar approach from a sentient Divinity toward their human children.

Start by approaching the divinatory session fully cleansed and well-groomed. Dress for success to demonstrate that you are approaching this session with sincerity. Light incense and prepare your work space.

¹ Michael McDonald, *I Ching Self-Change: Ancient Oracle, Modern World*. (self-pub., 2019).

1 WHAT IS MY NATURE?

As McDonald puts it, “The purpose of this question is to highlight the potentials, talents, abilities, and also limitations with which you were born.” What facet of fundamental human nature is most dominant in you? This is a composite profile of your inner resources.

<i>Yao</i>	<i>Casting</i>	X	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6					
Line 5					
Line 4					
Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you about your essential nature, including your innate talents, abilities, but also limitations.

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

	Lower (Lines 1, 2, 3)	Upper (Lines 4, 5, 6)
Trigram		
Wu Xing		

2 WHY WAS I BORN THIS WAY?

You were born into an environment, with family, and with certain qualities well beyond your control, some of which have become a major source of the challenges you face in life. Also, some of it has left you luckier than most. If the previous hexagram reveals your nature, then this one is commentary on your nurture. This is a life review of the events and circumstances of your early childhood.

<i>Yao</i>	<i>Casting</i>	X	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6					
Line 5					
Line 4					
Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you the karma of why you were born into the environment you were born into, the family you were born into, and your general lot in life that was beyond your control.

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

	Lower (Lines 1, 2, 3)	Upper (Lines 4, 5, 6)
Trigram		
Wu Xing		

3 WHAT IS MY DESTINY?

McDonald describes your destiny as “the overall shape of your life.” The resulting hexagram for this question will reveal how to live your life to its fullest and how to achieve happiness. This hexagram reveals insights into the driving force in your life path. This hexagram will serve as a lifelong compass for finding your own true north.

<i>Yao</i>	<i>Casting</i>	X	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6					
Line 5					
Line 4					
Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you your destiny, or Heaven’s Will for you.

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

	Lower (Lines 1, 2, 3)	Upper (Lines 4, 5, 6)
Trigram		
Wu Xing		

4 WHAT IS MY VOCATION? (OR CALLING)

What kind of livelihood, or occupation, would best serve your nature, talents and skills, and your destiny? What professional activities will yield the greatest sense of personal fulfillment? In the hexagram cast for this question, the lower trigram reveals innate archetypes you were born with while the upper trigram reveals aspirational archetypes that will guide you toward actualizing your higher self.

The lower trigram's Wu Xing correspondence will reveal skill sets to hone in the first half of your life, while the upper trigram's Wu Xing correspondence will reveal your calling. This hexagram answers, "How do I interact with others most productively?"

<i>Yao</i>	<i>Casting</i>	X	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6					
Line 5					
Line 4					
Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you the Great Work you were meant to do.

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

	Lower (Lines 1, 2, 3)	Upper (Lines 4, 5, 6)
Trigram		
Wu Xing		

5 WHAT IS MY GREATEST GIFT?

What is your main contribution to society? What is most likely going to be your legacy? What impact are you having on your environment? What impact are you having on the people in your life?

This hexagram will give you food for thought on how you can best let your inner light shine. In what small ways do you contribute to the world? What important mission did the Divine task you with and thus what attributes have you been endowed with so that you can complete that mission? We're not always born with the attributes necessary; perhaps the Divine has set out a path of life lessons so that you can acquire those attributes long the way. If there are hardships for the learning of life lessons to cultivate the necessary attributes, those hardships are reflected in the hexagram result.

<i>Yao</i>	<i>Casting</i>	X	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6					
Line 5					
Line 4					
Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you the ways you are destined to make an impact in this world and the legacy you will leave behind. (Here, also focus on Line 5 of your received Hexagram.)

[illegible]

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

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Trigram		
Wu Xing		

6 WHAT IS MY UNIFIED SELF?

What does you as the junzi look like? What is the personality profile of your higher self? I also read this sixth hexagram as insights into the ways you best commune and connect with Divinity. What does your relationship with the Divine look like? At the end of the day, what is your philosophy of life and sense of religiosity, beyond what you are consciously aware of? What is something from your unconscious that the Oracle can reveal to you at this time?

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Line 6					
Line 5					
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Line 3					
Line 2					
Line 1					

RECEIVED ORACLE | Assess how this hexagram answers the question and reveals to you your current connection to the Divine. This hexagram reveals aspects of your personal spirituality and/or religiosity.

CHANGING LINE(S) | Any changing lines cast from the divination method will direct you to the corresponding Line text of that hexagram. Synthesize and interpret the Line text(s) as supplemental and follow-up insights from the Oracle.

THE TRIGRAMS & WU XING | Use the space provided in the table below to assess both the trigram and its ruling Wu Xing correspondences. The Lower reflects elemental forces that have an impact on the foundation of you. This is the past. The Upper reflects elemental forces that illuminate your higher purpose, aspirational goals, possibilities, potential, and forecasts of what is to come in your life path. This is the future. The trigram and Wu Xing correspondences will reveal to you the karma at play.

	Lower (Lines 1, 2, 3)	Upper (Lines 4, 5, 6)
Trigram		
Wu Xing		

Take Line 6 from the first hexagram you cast for this journaling exercise and draw it into the Line 1 position below. Take Line 6 from the second hexagram and draw it into the Line 2 position below. Take Line 6 from each of the six hexagrams and in the sequential order they were cast per this practicum, draw that final Line 6 of the six hexagrams into the space provided below to cast a seventh Mystery Hexagram.

<i>Yao</i>	<i>Casting</i>	<i>Trigrams</i>	<i>Hexagram</i>	<i>Wu Xing</i>
Line 6				
Line 5				
Line 4				
Line 3				
Line 2				
Line 1				

Cherry-pick passages from The Oracle, commentaries, and specifically the line text for Line 5 and Line 6 and reproduce them in the space below. Reflect on why you picked these passages in particular. What is it about these received revelations that called to you? **What is the Oracle really trying to tell you?**
