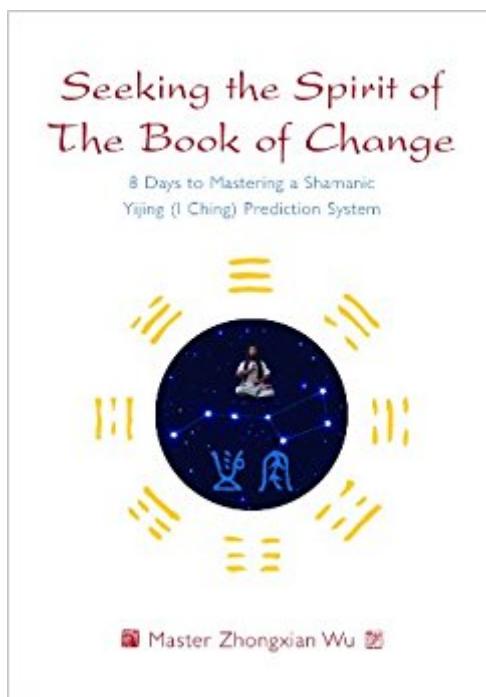


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# Seeking The Spirit Of The Book Of Change: 8 Days To Mastering A Shamanic Yijing (I Ching) Prediction System



## **Synopsis**

The Yijing (I Ching) or "Book of Change" is one of the oldest of the Chinese classic texts and has held a key place in the Daoist tradition for thousands of years. Explaining the ancient Yijing system of prediction based on the Xiang (symbolism) and Shu (numerology) knowledge of Bagua (the eight basic trigrams), which have not previously been written about outside China, this book makes the Yijing accessible to the Western world in a new and fuller way. In the space of just eight days, Master Zhongxian Wu leads the reader towards a deep understanding of the Eight Trigrams of the Yijing and how to apply this knowledge in practical ways in daily life. Master Wu explores the numerology and symbolism of Yijing and clearly explains how the reader can use the Yijing divination system for themselves. This remarkable book provides a user-friendly eight day program that will be a fascinating read for anyone with an interest in learning more about the Yijing or Chinese philosophy and culture as a whole, as well as those who wish to learn how to use the Yijing for practical purposes.

## **Book Information**

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## Customer Reviews

I was surprised by this book, I didn't realize how much intricacy there was in the I Ching method, especially without using the full set of 64 hexagrams and only utilizing the basic eight. Arguably the best description of the spirit of this practice in English.

Master Wu's writing is clear, direct, and a pleasure to read. This is not a book of hexagrams and their meanings, but rather a course that will establish a foundation for deeper study, and help you to understand the place of the YiJing in history and in your daily life. Whether you are new to the YiJing or have a lot of experience with it, I think you will find this book profound.

a little bit too yuppie

This book includes clear tutorials, samples and charts for beginners and insightful information that will give current practitioners a different perspective to hone their skill with.

Very interesting approach to the Book of Changes. A good read, insightful information and wise author. I recommend it!

This book is extremely informative, and gives the type of insight that can only come from a deep knowledge of his subject matter. Wu is a real expert who takes the complicated and makes it understandable. Seeking the Spirit of the Book of Change: 8 Days to Mastering a Shamanic Yijing (I Ching) Prediction System

Meet with the Master, have a cup of tea and begin to receive a direct transmission of the ancient teachings of Taoist wisdom. This is how Master Wu starts his day-one instruction to us which begins after some brief, but very clear explanations of Yijing (book of change) and how it arose from Chinese culture. He graciously invites us to take an inner journey to join him in the Celestial Tea House. He then leads us chapter by chapter, or rather, day by day through the secrets of an ancient system of intuiting the probable outcome of actions that are continually unfolding within the dimensions of time and space within our very lives. For my own journey, I would brew a cup of green tea before beginning each “day” of instruction. Then, he and I would sit in the tea room and begin our study. I am recommending this book because it is unique among the many books that have been published on the yijing. Most books on this ancient system

of divination present the 64 hexagrams, give detailed explanations according to the authors understanding of them, which then leaves one to ponder how the authors interpretation fits your personal question. In Master Wu's book however, he returns us to an earlier version of the ways of change when he introduces us to the original 8 trigrams, which are the 8 three-lined symbols that the 64 hexagrams are based upon. Each trigram represents a different aspect of the operation of the natural world. The way of the universe finds expression in these 8 forms; heaven, earth, fire, water, wood/wind, thunder, lake/marsh and mountain. These 8 energies also comprise and include the 5 elements that govern the cycles of creation, destruction, health and the balance or imbalance of our lives. In later chapters Master Wu paints a verbal picture of each trigram along with calligraphy, photos and energetic practices that describe and attune us to the characteristics of each of these natural forces. He teaches us a simple and intuitive system of determining the trigram that will lead us to the place where we can begin an investigation of our question. So, instead of telling us what our question means or leads to, Master Wu gives us the tools to investigate the answer for ourselves. He allows us to use our innate intuitive abilities to arrive at an answer or direction to our inquiry. He empowers us to understand and master our own destiny. I have worked with many different Yijing books for over 40 years and have found this method to be personally empowering and insightful. Through practice and frequent use, I have become increasingly intuitive with this process. As I become more familiar with the functions of the 8 energies and 5 elements, I quickly arrive at deeper understandings of the ways that patterns and outcomes unfold in my life. At times I can now calculate my trigram and see directly to the conclusion of the question without even referring to the chapter and descriptions Master Wu presents. Whether this is your first introduction to yijing, or whether you are an experienced practitioner, you will benefit from reading Master Wu's deeply insightful book. I predict many of you will find great benefit from these pages of ancient wisdom presented by a contemporary master of the art of divination.

**Fuzzy Wuzzy's Summary:**  
Highly recommended with warm fuzzies! First of all, this book is not a mere pocket reference guide for the casual reader. Master Wu takes the reader through a series of eight lessons presented in a relaxing conversational style that makes it sound like he is sitting right there with you. Philosophical discussions, sometimes touching upon deeply abstract concepts, about tea, trigrams, numbers, the trinity of threes, the Ba Gua, and the Dao are all covered. As such, it covers a much wider scope of topics, along with a different approach to the divination system, than has been covered by previous

books.

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