



6		H	T	T		3	2	2		7
5		H	H	T		3	3	2		8
4		H	H	T		3	3	2		8
3		H	T	T		3	2	2		7
2		H	H	T		3	3	2		8
1		H	H	T		3	3	2		8

**HEXAGRAM 52 – Ken - Keeping Still, Mountain**

Above KEN KEEPING STILL, MOUNTAIN  
 Below KEN KEEPING STILL, MOUNTAIN

The image of this hexagram is the mountain,  
 the youngest son of

- heaven and
- earth.

The male principle is at the top,

- because it strives upward by nature;

the female principle is below,

- since the direction of its movement is downward.

Thus

there is rest

- because the movement has come to its normal end.

In its application to man, the hexagram turns upon

the problem of achieving a quiet heart.

It is very difficult to bring quiet to the heart.

While Buddhism strives for

rest through an ebbing away of all movement in nirvana,  
the Book of Changes holds that

- rest is merely a state of polarity that always posits movement as its complement.

Possibly the words of the text embody directions for the practice of yoga.

## **THE JUDGMENT**

KEEPING STILL.

Keeping his back still

So that he no longer feels his body.

He

- goes into his courtyard And
- does not see his people.

No blame.

True quiet means

- keeping still when the time has come to keep still, and
- going forward when the time has come to go forward.

In this way

- rest and movement are in agreement with the demands of the time,  
and thus

- there is light in life.

The hexagram signifies the end and the beginning of all movement.

The back is named because in the back are located

all the nerve fibers that mediate movement.

If

- the movement of those spinal nerves is brought to a standstill,
- the ego, with its restlessness, disappears as it were.

When

a man has thus become calm,

he may turn to the outside world.

- He no longer sees in it the struggle and tumult of individual beings,  
and therefore

- he has that true peace of mind which is needed
  - for understanding the great laws of the universe and
  - for action, in harmony with them.

Whoever

- acts from these deep levels
- makes no mistakes.

## **THE IMAGE**

Mountains standing close together: The image of KEEPING STILL.  
Thus the superior man  
Does not permit his thoughts To go beyond his situation.

1The heart thinks constantly.

This cannot be changed,  
but the movements of the heart - that is,  
a man's thoughts -

should restrict themselves to the immediate situation.  
All thinking that goes beyond this only makes the heart sore.