

Planet Fitness Inc PLNT under CEO Colleen Keating



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	H		3	3	3		9
1		H	H	H		3	3	3		9

HEXAGRAM 26 - Ta Ch'u - The Taming Power of the Great

Above KEN KEEPING STILL, MOUNTAIN
 Below CH'IEN THE CREATIVE, HEAVEN

The Creative is **tamed by** Ken, Keeping Still.
 This **produces** great power,
 a situation **in contrast to** that of the ninth hexagram, Hsiao Ch'u, THE TAMING
 POWER OF THE SMALL,
 in which the Creative is **tamed by** the Gentle alone.

- There
- one weak line must tame five strong lines, but
- here
- four strong lines are restrained by two weak lines;
- in addition to a minister,
 there is a prince, and
- the restraining power
 therefore is far stronger.

The hexagram has a **threefold meaning**, **expressing** different aspects of the concept Holding firm.

1. Heaven **within** the mountain
 gives the idea of holding firm in the sense of **holding together**;
2. the trigram Ken, which **holds** the trigram Ch'ien still,

- gives** the idea of holding firm in the sense of **holding back**;
3. **the third idea is**
 that of **holding firm** in the sense of caring for and nourishing.
- This last is suggested by the fact that a strong line at the top, which is the ruler of the hexagram, is **honored and tended** as a sage.
 - The third of these meanings also **attaches** specifically to this strong line at the top, which **represents** the sage.

THE JUDGMENT

THE TAMING POWER OF THE GREAT.

Perseverance furthers.

Not eating at home brings good fortune.

It furthers one to cross the great water.

To

- hold firmly to great creative powers and
 - store them up, as set forth in this hexagram,
- there is need of
 a strong, clearheaded man who is honored by the ruler.

- The trigram Ch'ien **points to** strong creative power;
- Ken **indicates** firmness and truth.

Both point

- to light and clarity and
- to the daily renewal of character.

Only through such daily self-renewal

can a man continue at the height of his powers.

- Force of **habit** helps to keep order in quiet times; but in periods when there is a great storing up of energy,
- everything **depends on** the power of the personality.

However, since the worthy are honored,

as in the case of the strong personality **entrusted with** leadership by the ruler, it is an **advantage**

- not to eat at home but rather
- to earn one's bread by entering upon public office.

Such a man is in **harmony with** heaven;

therefore even **great and difficult** undertakings, such as crossing the great water, succeed.

THE IMAGE

Heaven within the mountain:

The image of THE TAMING POWER OF THE GREAT.

Thus the superior man acquaints himself with

- many sayings of antiquity And

- many deeds of the past,
In order to strengthen his character thereby.

Heaven within the mountain points to hidden treasures.

In the words and deeds of the past there lies hidden a treasure that men may use to

strengthen and elevate their own characters.

The way to study the past is

- not to confine oneself to mere knowledge of history but, through application of this knowledge,
- to give actuality to the past.

THE LINES

Nine at the beginning means:

Danger is at hand.

It furthers one to desist.

A man wishes to make vigorous advance,
but circumstances present an obstacle.

He sees himself held back firmly.

If

- he should attempt to force an advance,
- it would lead him into misfortune.

Therefore it is better for him

- to compose himself and
- to wait until an outlet is offered for release of his stored up energies.

Nine in the second place means:

The axletrees are taken from the wagon.

Here advance is checked just as in the third line of THE TAMING POWER OF THE SMALL (9).

However,

- in the latter the restraining force is slight;
thus a conflict arises between
 - the propulsive and
 - the restraining movement,
 as a result of which
the spokes fall out of the wagon wheels,

while

- here the restraining force is absolutely superior;
hence no struggle takes place.

One submits and removes the axletrees from the wagon –
in other words, contents himself with waiting.

In this way energy accumulates for a vigorous advance later on.

MOVING HEXAGRAM

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.