LifeMD Inc LFMD under CEO Justin Schreiber



6	Т	Т	Т	2	2	2	6
5	Ι	Т	Т	З	2	2	7
4	Н	Н	Т	3	3	2	8
3	Н	Н	Т	3	3	2	8
2	Н	Т	Т	3	2	2	7
1	Н	Т	Т	3	2	2	7

HEXAGRAM 60 - Chieh - Limitation

Above K'AN THE ABYSMAL, WATER Below TUI THE JOYOUS, LAKE

• A lake occupies a limited space. When more water comes into it,

it overflows.

Therefore

limits must be set for the water.

The image shows

- water below and
- water above,
- with the firmament between them as a limit.

The Chinese word for limitation really denotes the joints that divide a bamboo stalk.

- In relation to ordinary life
 - o it means the thrift that sets fixed limits upon expenditures.
- In relation to the moral sphere
 - o it means the fixed limits that the superior man sets upon his actions the limits of loyalty and disinterestedness.

THE JUDGMENT

LIMITATION.

Success.

Galling limitation must not be persevered in.

Limitations are troublesome,

but

they are effective.

Ιf

- we live economically in normal times,
- we are prepared for times of want.

To be sparing saves us from humiliation.

Limitations are also indispensable in the regulation of world conditions.

In nature there are fixed limits for

- summer and winter,
- day and night, and

these limits give the year its meaning.

In the same way,

economy,

by setting fixed limits upon expenditures,

acts to

- preserve property and
- prevent injury to the people.

But in limitation

we must observe due measure.

If a man should seek to impose galling limitations upon his own nature,

it would be injurious.

And

- if he should go too far in imposing limitations on others,
 - they would rebel.

Therefore

it is necessary to set limits even upon limitations

THE IMAGE

Water over lake: the image of LIMITATION.

Thus

the superior man

- Creates number and measure, And
- examines the nature of virtue and correct conduct.
- A lake is something limited.
- Water is inexhaustible.

A lake

- can contain only a definite amount of the infinite quantity of water;
- this is its peculiarity.

In human life too

the individual achieves significance through

- discrimination and
- the setting of limits.

Therefore

what concerns us here is

the problem of clearly defining these discriminations,

which are, so to speak,

- the backbone of morality.
- Unlimited possibilities are not suited to man;
- if
- they existed,
- his life would only dissolve in the boundless.

To become strong,

a man's life needs the limitations

- ordained by duty and
- voluntarily accepted.

The individual attains significance as a free spirit only

- by surrounding himself with these limitations and
- by determining for himself what his duty is.

THE LINES

Six at the top means:

Galling limitation.

Perseverance brings misfortune.

Remorse disappears.

If

- one is too severe in setting up restrictions,
- people will not endure them.
- The more consistent such severity,
- the worse it is,

for in the long run

a reaction is unavoidable.

In the same way,

the tormented body will rebel against excessive asceticism.

On the other hand, although

- ruthless severity is not to be applied persistently and systematically, there may be times when
- it is the only means of safeguarding against guilt and remorse.

In such situations

- ruthlessness toward oneself
- is the only means of saving one's soul,

which otherwise

would succumb to irresolution and temptation.

MOVING HEXAGRAM

HEXAGRAM 41 - Sun - Decrease

Above KEN KEEPING STILL, MOUNTAIN Below TUI THE JOYOUS, LAKE

This hexagram represents

- a decrease of the lower trigram
- in favor of the upper,

because

- the third line, originally strong, has moved up to the top, and
- the top line, originally weak, has replaced it. 1
- What is below is decreased to the benefit of
- what is above.

This is out-and-out decrease.

If

- the foundations of a building are decreased in strength and
- the upper walls are strengthened,

the whole structure loses its stability.

Likewise,

- a decrease in the prosperity of the people
- in favor of the government

is out-and-out decrease.

And

the entire theme of the hexagram is directed to showing how this shift of wealth can take place without causing the sources of wealth in

- the nation and
- its lower classes

to fail.

THE JUDGMENT

DECREASE combined with sincerity Brings about supreme good fortune Without blame.

• One may be persevering in this.

It furthers one to undertake something.

How is this to be carried out?

One may use two small bowls for the sacrifice.

Decrease does not under all circumstances mean something bad.

Increase and decrease come in their own time.
What matters here is

- to understand the time and
- not to try to cover up poverty with empty pretense.

If a time of scanty resource brings out an inner truth, one must not feel ashamed of simplicity.

For simplicity is then the year, thing peeded to provide inner

For simplicity is then the very thing needed to provide inner strength for further undertakings.

Indeed, there need be no concern if the outward beauty of the civilization, even the elaboration of religious forms, should have to suffer because of simplicity.

One must draw on the strength of the inner attitude to compensate for what is lacking in externals;

then the power of the content makes up for the simplicity of form.

There is no need of presenting false appearances to God. Even with slender means, the sentiment of the heart can be expressed. 2

THE IMAGE

At the foot of the mountain, the lake: The image of DECREASE.

Thus the superior man

- controls his anger And
- restrains his instincts.

The lake at the foot of the mountain evaporates.

In this way

it decreases to the benefit of the mountain, which is enriched by its moisture.

- The mountain stands as the symbol of a stubborn strength that can harden into anger.
- The lake is the symbol of unchecked gaiety that can develop into passionate drives at the expense of the life forces.

Therefore decrease is necessary;

- anger must be decreased by keeping still,
- the instincts must be curbed by restriction.

By this decrease of the lower powers of the psyche, the higher aspects of the soul are enriched.