

Taboola.com Ltd TBLA under CEO Adam Singolda



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	H	H		3	3	3		9
2		T	T	T		2	2	2		6
1		T	T	T		2	2	2		6

**Click below to view the interpretations and cases:**

<https://icic.com/?p=8999>

### **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.

## THE LINES

Six at the beginning means:  
Keeping his toes still.  
No blame.  
Continued perseverance furthers.

Keeping the toes still means halting before one has even begun to move.  
The beginning is the time of few mistakes.  
At that time  
one is still in harmony with primal innocence.  
Not yet influenced by obscuring interests and desires,  
one sees things intuitively as they really are.  
A man who halts at the beginning,  
so long as he has not yet abandoned truth,  
finds the right way.  
But  
persisting firmness is needed to keep one from drifting irresolutely.

Six in the second place means:  
Keeping his calves still.  
He cannot rescue him whom he follows.  
His heart is not glad.

The leg cannot move independently;  
it depends on the movement of the body.  
If a leg is suddenly stopped while the whole body is in vigorous motion,  
the continuing body movement will make one fall.

The same is true of  
a man who serves a master stronger than himself.

- He is swept along,  
and even though he may himself halt on the path of wrongdoing,
- he can no longer check the other in his powerful movement.

Where

- the master presses forward,
- the servant, no matter how good his intentions cannot save him.

Nine in the third place means:

Keeping his hips still.  
Making his sacrum stiff.  
Dangerous.  
The heart suffocates.

This refers to enforced quiet.

The restless heart is to be subdued by forcible means.  
But fire when it is smothered changes into acrid smoke  
that suffocates as it spreads.

Therefore, in exercises in meditation and concentration,  
one

- ought not to try to force results.

Rather,

- calmness must develop naturally out of a state of inner composure.

If

- one tries to induce calmness by means of artificial rigidity,
- meditation will lead to very unwholesome results.

## **MOVING HEXAGRAM**

**Click below to view the interpretations and cases:**

<https://icic.com/?p=8966>

### **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 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.