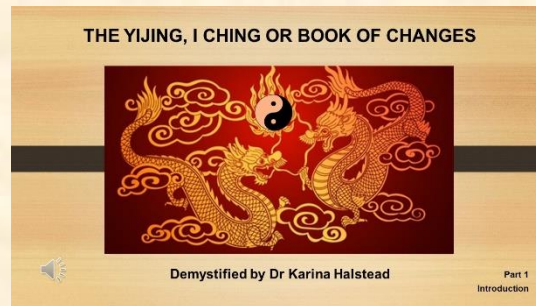


Course outline

Once you sign up to this information packed course you get instant access to:

- Six audio-video tutorials (Total 2 hours).
- Nine Pdf handouts, five quizzes, plus exercises in readings.
- Organised information in digestible amounts in a logical sequence.



The I Ching, Yijing or Book of Changes

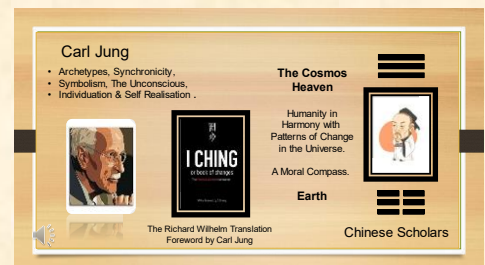
Demystified by Dr Karina Halstead

P1. Introduction. Video 1 (9:00)

Welcome and introduction.

- Why the Yijing is **'one of the most important books in the world's literature.'**
- Different approaches to the Yijing. West versus East.

PDF handout - Video slides, transcript, more information and further reading.



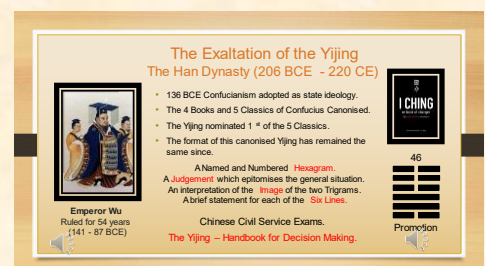
P2. The History of the Yijing. Video 2 (24:00)

Getting a feel for the Book before trying it out.

- Ancient Origins, Canonisation & Confucianism. A handbook for Decision Making.
- Philosophical Schools of the Yijing. Enormous Scriptural Authority.
- Use by the Imperial Dynasties. A Mandate from Heaven.
- Modern China and a Question to the Yijing.

PDF handouts - Expanded history and reading list. Confucianism outlined.

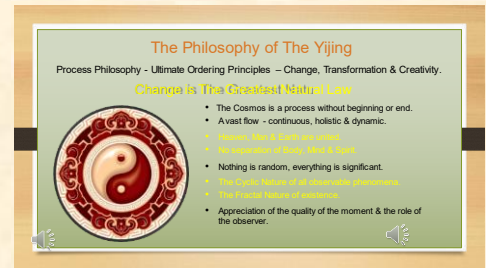
Test your knowledge in the Yijing History Crossword Puzzle.



P3. The Philosophy of the Yijing. Video 3 (18:00)

Explaining the Yijing's world view.

- Process Philosophy & Change as the Greatest Natural Law.
- The emergence of the 8 Trigrams.
- The Yijing as a coding system
- Fate & Free Will.
- The Path of the 'Superior Man,' the Enlightened person.
- A tool for self-reflection and improvement.
- A Sacred Martial Art of the Mind & Spirit.



PDF handouts - Expanded philosophy and further reading. Getting to know the family of Trigrams.

Test your understanding in the Yijing Philosophy Quiz & Word Puzzle.

P4. The 64 Hexagrams. Video 4 (18:00)

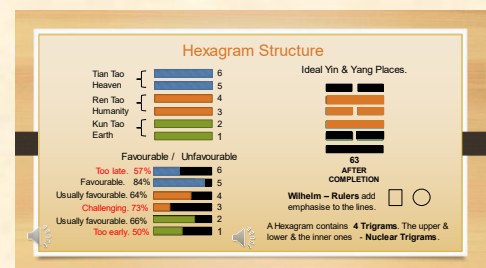
What you need to know about Hexagrams.

- Creating a Hexagram.
- The structure of Hexagrams.
- Hexagram Names.
- The Moving lines.

PDF handouts - The 64 Hexagrams. The Hexagrams and lines in a spreadsheet. Suggestions of Non-Action, Waiting, Retreating, Danger, Problems, Warnings & Reprimands.

Test your knowledge in the Yijing Hexagram Quiz & Word Puzzle.

Practise what you've learnt so far with real-life questions and answers.



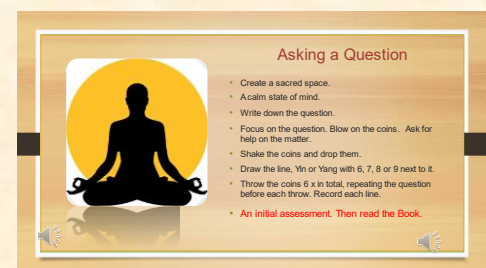
P5. Consulting the Yijing. Video 5 (15:00)

The Yijing as a personal oracle.

- What to expect from a Divination.
- Orientating the human world to the sacred.
- What questions can we ask?
- How to ask questions.
- How to interpret answers.

PDF handouts - Consulting the Yijing.

A Contemplative Exercise.

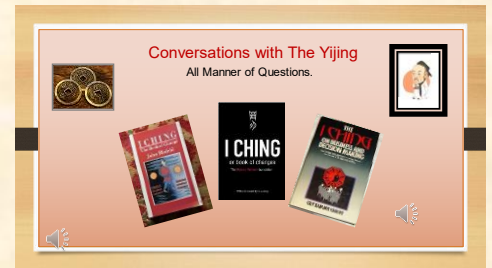


P6. Examples of readings.

'Conversations with the Yijing.' Video 6 (40:00)

All Manner of Questions.

- Apprenticeship Period - buying a flat
- A Meeting and a Purchase.
- Third-Party Readings - A Travel Question.
- Advice on a Legal Case and a Roof Leak.
- Business & Decision Making.
- A Life Changing Question.



PDF handouts - Video slides and transcript of the interpretations. More comments on answers.
More follow up questions and answers.

Recommended books and links.

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