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no2DO Worksheet

Hexagram:

Date:

- 1 **What is your concern, what question did you ask the I Ching?**

- 2 **Lower trigram: the starting point of the I Ching's answer**
 - a) The lower trigram is:
 - b) Keywords regarding the lower trigram:
 - c) My comments regarding the lower trigram (what does the trigram refer to regarding my concern 1?):

- 3 **Upper trigram: the I Ching points a path**
 - a) The upper trigram is:
 - b) Keywords regarding the upper trigram:
 - c) My comments regarding the upper trigram:

- 4 **Let's start... the first step on my path**
 - a) The first core character is:
 - b) It is created by adding a
 - YIN line (tendency: soft, receptive, releasing)
 - YANG line (tendency: active, clear, awake)
 - c) Keywords regarding the first core character:
 - d) My comments regarding the first core character (also with respect to 2c):



- e) What possible obstacles I could encounter?
- f) Are these obstacles real – or do they only exist in my thinking?
Eventually useful: examine the obstacle with Byron Katie's four questions:
 1. Is it true? (Yes/No. If no, move to 3.)
 2. Can you absolutely know that it's true? (Yes/No.)
 3. How do you react, what happens, when you believe that thought?
 4. Who would you be without the thought? See also www.thework.com
- g) What strategies come to my mind to overcome these obstacles?
- h) My first step is:

5 Moving on: the second step

- a) The second core character is:
- b) It is created by adding a
 - YIN line (tendency: soft, receptive, releasing)
 - YANG line (tendency: active, clear, awake)
- c) Keywords regarding the second core character:
- d) My comments regarding the second core character (also with respect to 3c):

- e) What possible obstacles I could encounter?
- f) Are these obstacles real – or do they only exist in my thinking?
Eventually useful: examine the obstacle with Byron Katie's four questions:
 1. Is it true? (Yes/No. If no, move to 3.)
 2. Can you absolutely know that it's true? (Yes/No.)
 3. How do you react, what happens, when you believe that thought?
 4. Who would you be without the thought? See also www.thework.com
- g) What strategies come to my mind to overcome these obstacles?
- h) My second step is:



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6 Final straight: the path towards the upper trigram

- a) The upper trigram It is created by adding a
 - YIN line (tendency: soft, receptive, releasing)
 - YANG line (tendency: active, clear, awake)
- b) This results in the following approach:

7 Summary

In order to make progress in (1) _____

I should move from (2c) _____

towards (3c) _____.

In a first step this means (4h) _____.

(In case I encounter difficulties I could (4g) _____.)

The next step includes (5h) _____

(I could overcome possible obstacles by (5g) _____.)

Finally, to achieve (3c) _____

I should (6b) _____.

I wish you success!