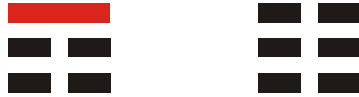


# Gen and Kun



If winter's trigram, Kan, represents a time of contraction, spring's trigram, Zhen and Xun, is about expansion and growth and summer's trigram, Li, is about consumption at the height of the year, then Gen and Kun represent a time of transition unique in the sequence of seasons. The I Ching, the Book of Changes, uses these symbols to give us an image of our source, of receptivity and of connection to all other phases. The trigrams, Gen and Kun or Mountain and Earth, represent the transitory time not only at the end of summer and winter but between all seasons. These trigrams can instruct us both personally and in our traditional medical practice.

The trigrams, Gen and Kun, are the last in the Shao Yong sequence.

Heaven Qian	Lake Dui	Fire Li	Thunder Zhen	Wind Xun	Water Kan	Mountain Gen	Earth Kun
Du + Metal Early Winter Night 1	Lu - LI - Metal Fall Evening 2	Ht - SI Fire Mid Summer Mid Day 3	Pc - SJ + Wood Spring Mid Morning 4	GB - Liv - Wood Early Summer Late Morning 5	UB - Kid Water Mid Winter Mid Night 6	St - Sp - Earth Late Winter Early Morning 7	Ren + Earth Late Summer Afternoon 8

You can see the progression of the lines also called yao from the sixth position, Kan, where the middle yang line moves to the top position in Gen, number 7. Gen continues the transformation, and the last yang line changes into a yin broken line and becomes three yin lines and absolute yin. Both images for Gen and Kun instruct us as to their nature found within.

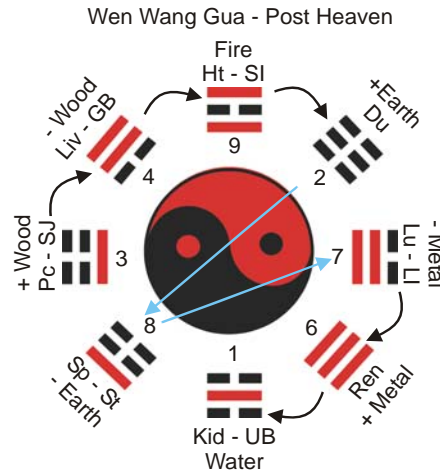
Gen in English is translated as Mountain. You can see this image with a solid yang line at the top third position as you read the trigrams from bottom up. It is the strong and firm roof of the mountain. The first and second lines are broken yin lines. They form the legs of the mountain. It is the image of a cave deep within the mountain. By extension, we can see the geology of the mountain that was formed by extreme forces pushing upwards to the surface.

Kun is translated as Earth. This is our source, our home. This trigram is made up of three broken yin lines. It is hollow from bottom up to the last line. It is receptive. It holds. It is the complete opposite of its partner, Qian or Heaven, with three solid yang lines.

You will notice something immediately about these two trigrams if you read the corresponding seasons. Gen, Mountain, is late winter, and Kun, Earth, is late summer. These represent the major transitions between the seasons. There is no greater change than what happens at the end of summer and beginning of fall and the end of winter and beginning of spring. Don't we all enjoy these times of the year most of all. There is a sense of movement, of change in the air that happens at these times. There is anticipation of what will come next.

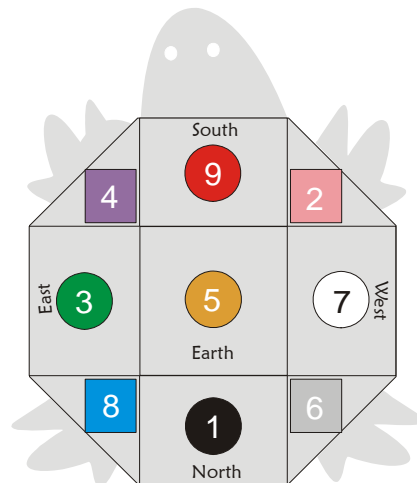
# Gen and Kun

We can see how these seasonal designations happen in the post-heaven sequence, the Wen Wang gua.



We normally begin with the wood element and can see number 3, + wood, continuing on to number 4, - wood. Fire at number 9 follows. Then, it becomes interesting. Major Earth (+ Earth) which is located in the corner and at number 2 crosses over to minor Earth (- Earth) in the opposite diagonal corner at number 8. This reveals the transitory time of Earth. It is the change over from yang to yin and yin to yang. The sequence continues with - Metal at number 7 and + Metal at number 6, ending with Water at number 1. This explains an important detail. The Earth element touches all elements.

If you notice in the Wen Wang gua, the post-heaven sequence, there is no number 5. However, it is evident in a configuration called the Magic Square. The Magic Square is used in Feng Shui and the methodology of some acupuncture approaches. The Magic Square reveals the location of the number 5 which is the Earth element and shown with a golden color. It is in the center and does touch each of the elements. One way to check the balance within the Magic Square is to add up three numbers in a row. They will all come out to be 15. For example,  $4 + 3 + 8 = 15$ .

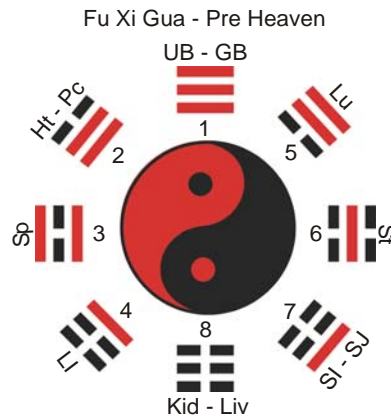


# Gen and Kun

This also explains why the Earth element really acts as a buffer, a transition between each of the seasons. According to some acupuncture systems, there is a 2 week period between each of the seasons designated for the Earth element. You will be able to treat your patients with points to tonify the Earth during this time. You can see this in the calendar below.

Season	Element	Dates
Spring	Wood	Feb. 4 – Apr. 17
	Earth Transition	Apr. 18 – May 5
Summer	Fire	May 6 – July 19
	Earth Transition	July 20 – Aug. 6
Fall	Metal	Aug. 7 – Oct. 20
	Earth Transition	Oct. 21 – Nov. 7
Winter	Water	Nov. 8 – Jan. 16
	Earth Transition	Jan. 17 – Feb. 3

By contrast, when we apply the corresponding meridians and organs to the pre-heaven and circular sequence, we can see another way of how we connect to the earth.



In the bottom last position at number 8 of the pre-heaven sequence, the Fu Xi Gua, we find Kun, absolute yin. This trigram corresponds to the Kidney and Liver meridians. These are the two meridians that start on the bottom of the feet. They are also located according to our medical theory in the lower jiao. These two meridians can be used to nourish yin in the body and ground us to the earth. At number 7, the Small Intestine and San Jiao meridians are assigned to the trigram, Gen. Even within the idea of sometime as solid as a mountain, there still remains a flow of yang energy. Nothing remains static.

# Gen and Kun

The concepts that are associated with each of these two trigrams help to bring this discussion of sequences and relationships into a different arena. They help us to visualize and connect to the trigrams. Gen, Mountain, is associated with a meditative state. The image of the trigram itself leads us to this. We see that the first two bottom lines can be seen as legs. They can be seen as someone sitting in a lotus position meditating. The Mountain implies resting, calmness, standing fast, yoga. It can also signify stubbornness, sleep, the end of life and inactivity. It shows the transition from the old to new beginnings as is true of all cycle in life. Gen, Mountain, is the dog, a watchdog protecting its master's home. It is great resiliency as in the image of a gnarled, strong and knotty tree. It is made up of the earth and gives sweetness to situations. It is the end of winter with silently falling snow and the time just before the dawn. All of these concepts show us the flavor of Gen, Mountain. It is solid and still but ready for the next movement in the cycle of change.

Kun is the receptive. It is yielding and responsive. Simplicity is the outcome. It is night, dark. It is blood. It is a cauldron where all things in life are cooked together until they are done. It acts upon substance and brings things to completion. It knows no partiality. It is the womb, fertility, womanhood. It provides and nourishes. It holds and transports things with ease like a mother carrying her baby. It is the earth that carries all things.

Gen and Kun show us other possibilities in our lives. They deal with transitions in the cycles of life. They also help us to understand more of our symbolic roots in our medicine. Knowledge of the I Ching expands our understanding not only of acupuncture but all Taoist arts including Feng Shui, Tai Qi Chuan, various Qi Gong exercises and the healing arts.

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Additional References:

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