

Zhen and Xun

The basic assumption underlying the I Ching or the Book of Changes is change. In this issue, we will discuss how water transforms into wood. From this transition, we can see that nothing is permanent, no situation however difficult will last. It is only momentary.



The element, wood, is represented by two trigrams, gua, - Zhen which is Thunder and Xun which is Wind. Zhen occupies the 4th position in the Shao Yong linear sequence, and Xun occupies the 5th position.

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

These two images are the inverse of each other. Zhen is thunder with two yin broken lines (yao) over a yang solid line (yao). It is the image of clouds from which a powerful yang thunderbolt strikes the ground. This force arouses and shocks. It is active, moves and grows. It allies itself with fire, and it is said that the divine reveals itself through thunder.

Zhen is the beginning of new things. It is a young and restless child. It is expansive and blossoming. It is the first born son taking over for the father. Zhen is represented by green, by bamboo, spring, morning and the East. It corresponds to the foot since the first line is the unique line and occupies the first position.

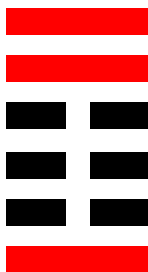
Xun, the inverse of Zhen, is the image of two yang solid lines over one yin broken line. It represents the movement of the wind churning up the heavy waves of a sea. It too shows the quality of spring. This is the vegetative power of wood as it penetrates, advances and persists. It is variable just as wind. It is gentle like a breeze. It can be tamed by a sail or rip through, beaching a boat up on the shore. It shows relationship, love and understanding. It is the oldest daughter in this position, but also the gray haired old man who looks out with intense eyes.

Xun is the later morning, a time at the end of spring, the southeast as the sun gets ready to take up its highest position in the south during the summer.

Both Zhen and Xun are represented by wood. Zhen is yang wood and corresponds to the Pericardium and San Jiao meridians. Xun is yin wood and corresponds to the Gall Bladder and Liver meridians. Together they form the Shao Yang and Jue Yin meridians in the Six Division paradigm.

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When Zhen and Xun are combined together, they form the hexagram, number 42, Increase.



This is a very fortunate time when new projects can be started. It is a time to prioritize, and set in motion new endeavors. Xun above is seen to cooperate with Zhen below. It is the symbol of a wooden boat driven by the wind placed over the symbol of thunder and active force. King Wen's decision on this hexagram indicates that it is a favorable time to cross great rivers and have somewhere to go. It is a time to expand, grow and enter into the stream of life.

The following are other ideas associated with Zhen:

- Music used as a healing modality, tension released by tears, birth, reappearance from hidden places

The following are other ideas associated with Xun:

- Air, breath, odors, the thighs, riches and gain, knowing when to advance and when to retreat

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Additional References:

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The I Ching, Wilhelm and Baynes

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The Numerology of the I Ching, Alfred Huang