



I CHING ADVICE FOR 2025

When you ask a question to the I Ching you have to be prepared to look into the unknown, the hidden side of the situation that is outside your range of conscious view. The I Ching gives weather reports and is up to us to decide what to do. Weather reports sometimes have to warn of raging storms instead of sunny weather. Weather reports shouldn't lie, people can die from painting a sunny picture when stormy weather is already upon us.

For the last four years the I Ching New Year messages have been presenting a disturbing view of how human society is managing the changes in the Iron Era. Some only want to hear beautiful, hopeful messages as a new cycle begins, knowing well that not wanting to see things clearly is a choice to become unconscious.

As 2024 comes to an end the mind of separation continues generating pain and suffering across the world. The internal and external conflicts of previous years, instead of being resolved, have intensified. During our first retreat gathering in five years, the family of practitioners asked advice of the I Ching on the attitude to cultivate in the cycle of 2025.

In 2022 Hexagram 6, "Conflict" was received changing into Hexagram 61, "Inner Truth". The message then was to investigate the nature of conflict so as to access the "Inner Truth", the hidden jewel of perfection in every situation. The resolution of conflict takes place within our mind where conflicts always begin. The Hexagram "Inner Truth" pointed at accessing one's true nature as a point of departure for radically resolving conflict.

In 2023 the answer received was Hexagram 17, "Following", about holding on to a path. Looking at the whole situation, the path being held on fast was a path of "Conflict". The path of unresolved conflict in Hexagram 17 in time changed into Hexagram 47, "Oppression" and "Exhaustion". In 2023 the I Ching indicated that

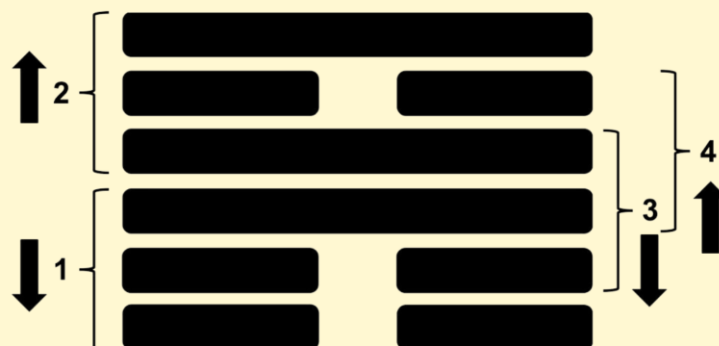
conflict was not being resolved and that humanity was going down a highly destructive path.

Conflicts exist in the world to be resolved. When conflicts instead of being resolved are reinforced, disintegration is the outcome. There is no such thing as health, happiness, peace in the world and wellbeing leaving conflicts unresolved or intensifying them. But intensification of conflict is the trajectory human society has chosen as the grip of ignorance of the Iron Age increased.

In 2024 the answer received was Hexagram 56, “*The Wanderer*” indicating entering into unknown territory. Taking into account the hexagram progression of the previous years, failing to resolve the conflicts generated by the mind of separation, we entered into a space where little control could be exerted over the situation. The traveler has no control over the territory it is moving through. The best it can do is to be conscious, adapt, maintain its clarity and refrain from negativity.

In 2024 Hexagram 56 transformed into Hexagram 23, “*Splitting Apart*”. The unresolved conflict was leading to radical negative changes. As I once heard a Buddhist monk in Thailand say, “*when one goes down the path of negative actions is very hard to stop*”

In an intensely joyous December afternoon retreat in Spain, we asked again the attitude to cultivate in 2025. The answer received was once again Hexagram 56, “*The Wanderer*”. The difference this time was that no changing lines came up indicating being stuck in a degenerating situation.



Hexagram 56

The arrows pulling away from each other in all four trigrams indicate a situation of intense selfishness where everyone is out for itself. The arrows pulling away from each other indicate lack of communication. The lack of changing lines points at stagnation. The situation is not flowing, everyone is holding on to their position unwilling to do anything to resolve conflicts. We can see this level of disagreement between countries of the West against the East. We can see this disagreement between political parties of the right against those of the left. We can see this disagreement at the personal level in conflicts between family members and we can see this disagreement within the family of cells in our body. Since the year 2000 Cancer has replaced heart disease as the number one cause of death in the world. Since 1950 the incidence of Cancer has increased by 44 percent. Looking into the behavior of Cancer cells we can see in miniature what is happening in the world.

8 CHARACTERISTICS OF CANCER CELLS

1-Self-sufficiency in growth signals: Normal cells require growth signals to start dividing. The dependence on external signals helps ensure proper behavior of the different types of cells within a tissue. Tumor cells become selfish generating their own growth signals and operate independent of stimulation from outside the cell.

2-Insensitivity to anti-growth signals: anti-growth signals in normal cells prevent uncontrolled division. Normal cells are sensitive to signals to grow or stop growing. Cancer cells become selfish and evade regulation; they keep growing out of control, becoming insensitive to anti-growth factors.

3-Tissue invasion and metastasis: Normal cells are local to an area of the body and have a programmed death which kills the cell and then is consumed by other specialized (phagocytic) cells. Cancer cells become selfish disregarding the signals to stay in one area and spread to other areas of the body.

4-Indefinite replication potential: Normal cells have a limited replication potential of around 60 to 70 doublings and then they die. Cancer cells alter the DNA to allow them to keep on dividing.

5-Formation of new blood vessels from other vessels: Normal cells have a limited capacity to turn on the formation of new blood vessels, such as with a wound. Cancer cells not only disregard the signal to stop growing, but they also don't limit the formation of new blood vessels which sustains growth and spread.

6-Evading programmed cell death: Normal cells have a limited life and in time are eliminated. Cancer cells turn off this process and keep on reproducing and spreading.

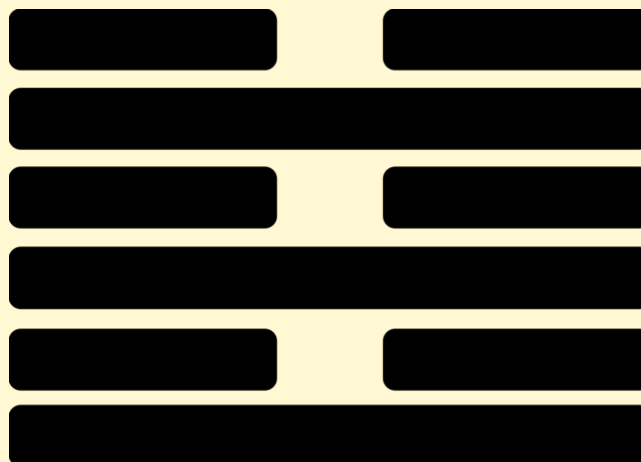
7-Speeding up metabolism to grow rapidly: Cancer cells on their own increase metabolism and growth, multiplying rapidly.

8-Strategies to evade the immune system: There is a mechanism to detect and destroy malignant cells. Cancer cells develop ways of evading being detected and destroyed.

Every cell has a heart and a central channel. Every cell has a purpose in life. Every cell is a unit of consciousness. All eight characteristics of Cancer cells indicate a state of intense selfishness where every cell decides, oblivious of others, to do whatever it wants. What we see in the world is a reflection of what is going on inside our bodies at the cellular level. The I Ching warnings are about the cancerous trajectory human society is “Following” (Hexagram 17) and is unable to extricate itself (Hexagram 56).

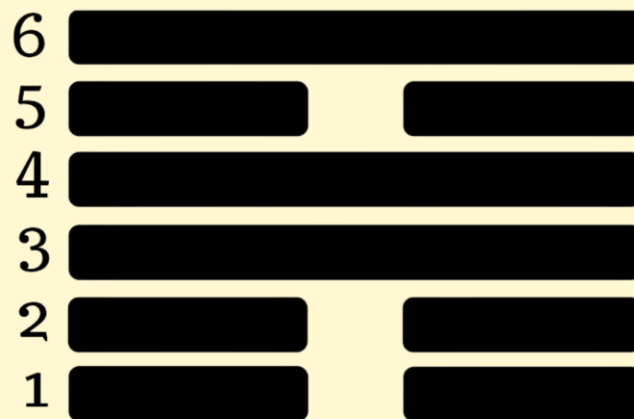
The signs of fast deteriorating conditions are right in front of our eyes. It is karmically irresponsible to deny what is in front of our eyes or look the other way pretending nothing is happening. The arrows in Hexagram 56 not only show the energy pattern of the situation we are in but also the level of instability.

One basic principle in the I Ching is that in every situation there is always an absolutely perfect way of doing things and every other choice has a degree of imperfection. The perfect energy situation is represented by Hexagram 63, “After Completion” where a Yang line occupies the first-place alternating with a Yin line until the sixth line on the top:



Hexagram 63

To have an idea of how instable is the energy situation in Hexagram 56 all we need to do is compare the lines of Hexagram 63 with those of Hexagram 56.



The progression of lines from 1 to 6 represents the development of a situation from its beginning to its transition in the sixth line.

-In Hexagram 56 the first line is Yin where it should be Yang indicating a weak, difficult start in 2025 where no effort is being made to remedy the conflicting situation.

-The second Yin line is correct for the position but given the weak start of 2025 it can indicate further inaction resolving conflict.

-The third Yang line is also correct for the position but given the stagnation of the situation it could indicate a forceful, inflexible attitude toward the middle of 2025. We are in a stagnated situation and lost in unknown territory.

-The fourth line should be Yin but is Yang indicating a negative forceful attitude passed the middle of 2025.

-The fifth line is the position of maximum power and should be Yang but is Yin indicating a weak attitude resolving conflict toward the fall of 2025.

-The sixth line should be Yin but is Yang indicating another negative, inflexible attitude toward the end of 2025.

The I Ching doesn't predict; it only gives energy tendencies at work the same way a weather report does. Only two lines are in the right place, indicating a very unstable situation, especially from the middle part of 2025 till the end of the year. The stagnation of Hexagram 56 by not having any changing lines indicates that "The Traveler" is not only stuck in a conflicting place but conditions keep degenerating. The Cancer is spreading.

In 2024 the I Ching warned that toward the second half of 2024 the intensification of conflict was in the horizon. In the Ukrainian war between Western powers against Russia (arrows going in opposite ways) for the first time the idea of using nuclear weapons against the people of Russia began to be entertained in the dark minds of those bent on continuous wars (Korean war, Vietnam war, Kuwait, Iraq and Afghanistan war, Ukraine war, Israel war, war with China).

The unknown territory humanity is lost wandering could refer to the irresponsible idea of using nuclear weapons to "win" the conflict against Russia. Never before in the darkest days of the Cold War was ever floated the idea of 'winning' a nuclear confrontation.

On the second half of 2024 as the I Ching indicated, the war expanded against the people of Iran, Lebanon, Yemen and Iraq. The Cancer keeps spreading. The dark force giving power in exchange for the blood of over 35,000 children of Gaza continues its ferocious rage. Since last year's I Ching reading, over 60,000 Palestinian women have been sacrificed; more than 100,000 Gaza children have been traumatized losing arms, legs, eyes or have been paralyzed for life. Over 12,000 children have been left orphans without any relative to care for them. The statistics continue to worsen day by day. There has never been a war on record which has killed so many children and women in proportion to the size of the population. The Western powers complicit in the holocaust place keep silent providing the instruments of war. ¿Would you be indifferent if your children and grandchildren were starved, denied clean water and medical care, traumatized and offered as sacrifice to a dark entity? By the end of 2024 the war against women and children spread to the children of Lebanon and Syria. The Cancer keeps spreading. The more separate we feel from other beings, the less inclined we are to help them in their time of need. This is the stagnation Hexagram 56 is pointing at. Humanity has gone down a path of intense selfishness and is indifferent to stop it.

The Iron Era is characterized by the search for power through the ego instead of development through the spirit. To gain powers the negative ego is willing to

compromise all its values and principles and make deals with the darkest forces if they offer powers in return. The dark entities are the ones offering powers in exchange for the soul and spirit of the greedy. This is a constant theme in the Iron Era.

WHAT TO DO?

Hexagrams not only indicate the energy pattern of a situation, but also the four basic attitudes to work with the situation. In Hexagram 56 the four individual trigrams indicate the four attitudes for staying on the path fulfilling destiny no matter how intense the stormy winds of ignorance blow.

ADVICE 1: MOUNTAIN TRIGRAM: Signifies stability, firmness, grounding, reliability. Mountain Trigram is the opposite of the fluctuations of the ordinary mind shaken by the stormy winds of karma. Negative actions without fail generate negative reactions. The strength of the actions determines the strength of the reactions. There is no such thing as “bad luck” or “bad fortune”, there is negative actions ripening in time, into negative reactions. The stagnation and collapse of values and integrity of character that has resulted in genocide in the Western world, is the result of a massive accumulation of negative actions-initiated centuries back.

The I Ching is advising that great effort at grounding and stability are needed given the long-range unstable situation we have created for many years now. We received the Mountain Trigram for the year 2022 (Hexagram 61 “Inner Truth”), 2023 (Hexagram 17, “Following”), 2024 (Hexagram 56, “The Wanderer”) and now again with Hexagram 56. The same advice is repeated because we are not listening. We are too busy with things more important than learning how to live and coexist.

The I Ching advice is for staying on the path fulfilling destiny no matter what happens. The grounding and stability of the Mountain Trigram especially applies to not taking sides in the raging conflicts tearing apart human society. Taking sides includes hating anyone the propaganda machine decides one should hate. The moment you hate anyone you become attached to what you hate and a negative karmic link pulling you down is established. Rejecting is attaching. The last thing in the world you want is forming negative links with those trapped at the bottom of the lower astral dimension. Assist to illuminate ignorance and open communication with the Inner Guide, but without making negative links of hate.

Every experience we have is met with either “I want”, “I don’t want” or “I don’t care”. Attachment and karmas are generated by all three responses especially “I don’t care”.

Mantra is the main practice of the Iron Era. You don’t need any especial setting or state of mind to practice mantra purification. The easiest way to purify negativity is with mantra. The instant you encounter anything terrible you contact the experience with mantra before attachment with “I don’t want” starts. The instant you encounter anything wonderful you contact the experience with mantra before attachment with “I want” starts. Training in purifying attachments with mantra has to be done to create a positive Sanskars (pathway of reaction). There is a long-established habit of reacting to conflict by taking sides. Intense practice to remain firmly established in clarity is one way the Mountain trigram is made real in your life.

The confusion of the Iron Era is the best training ground for, *“controlling anger and restraining the instincts”* (Image of Hexagram 41, “Decrease”) and *“in the middle of the multitude the superior person maintains its individuality”* (Image of Hexagram 38, “Opposition”).

Negativity is not purified with ignorance. Not wanting to know what is happening in the world (your mind, your family, society) is attachment to negativity through fear and rejection. Grounding takes place in the absolute present, there is no such thing as grounding out of fear. Fear paralyzes; the absence of moving lines in Hexagram 56 includes paralysis through fear. The conflicts we see in the world have fear at their core. Open your eyes and look at what happened to the people that decided to be ignorant of what was really happening in the world and fell for the experimental injection out of fear. The death rate has increased by 40% in North America and Europe compared to the time before the injection. That 40% is among the ones which were ignorant of what was happening in the world. Ignorance can be fatal.

To purify ignorance with mantra there has to be a background of clarity capable of instantly recognizing what is happening. Daily training in clearing and purifying the mental space with the Foundation Sequence is one way you can maintain integrity in the middle of the multitude.

Karmas are generated in the mind and in the mind is where they are purified. All four arrows in Hexagram 56 moving away from each other indicate the mind of separation. *“Counteract the negative by increasing the positive”* is a basic teaching on the path fulfilling destiny.

ADVICE 2: FIRE TRIGRAM: Is the attitude of bringing clarity to everything you do. There are 7 basic clarity attitudes to cultivate:

1-The Fire Trigram is cultivated by recognizing the true nature of what is happening in the world: Realize that clarity is at its peak in the Golden Era. The forces of darkness increase by 25% in the Silver Era and to 50% in the Bronze Era. In the Iron Era the forces of darkness are 75% stronger than the forces of clarity. Ignorance is the prevailing state of consciousness in the present Era. The forces of darkness are anything increasing unconsciousness, generating negative emotions and pulling down the unaware to the bottom of the lower astral dimension. These forces can be identified by their continuous wars, great destructive powers and the capacity to generate chaos in the world. Anything closing the heart-kidneys axis of spiritual development with fear or hate, forces to establish a negative link pulling the consciousness down from the second cauldron of the heart to the first cauldron of the mind of separation.

The forces of darkness are not enemies; there are no enemies in the creation. The forces of darkness are the ones forcing practitioners to develop clarity and complete awareness. In nature when Yang reaches an extreme, Yin starts to increase and when Yin reaches its peak, Yang starts to increase. Extreme situations of chaos and confusion are the prelude to balance and clarity.

The dark forces always announce, sometimes years ahead, what they intend to do. If you are aware, conscious and paying attention you can identify the trends of the dark energies. If you choose to be unconscious, busy with more important things and living in fantasy you will be taken by surprise and suffer as a result. The forces of darkness in essence are the best assistants of those on the path fulfilling destiny; they force to have clarity and presence in the midst of stormy weather. Thanks to the forces of darkness the practitioners gain control over time and space. In the middle of the Iron Era the practitioner can attain the clarity of the Golden Era.

The karmas of having incarnated in this Iron Era come together with the karmas for mastering the purification of negativity in great scale. In addition to mantra reinforce the Fire trigram of clarity by asking, "*what is this situation forcing me to do?*" As a practitioner it is forcing you to intensify clarity. 'Samsara', the messy world of conflicts, is the stagnant swamp from where the lotus of clarity and integrity grows. The lotus is the base upon which the Buddha images rise from the stagnant, polluted waters. Buddhas in training do not run away from or ignore the messy Samsara swamp.



THE BUDDHA IN STEADY ONE-POINTED MIND AS THE FORCES OF NEGATIVITY TRY TO DISTRACT HIM JUST BEFORE ENLIGHTENMENT. SITTING ON A LOTUS SIGNIFIES TRANSFORMING NEGATIVITY INTO CLARITY. THE TIPS OF ARROWS AND SPEARS SHOT AT HIM ARE TRANSFORMED INTO FLOWERS. AS IN THE TAO PRACTICES, THE BUDDHA DOESN'T REJECT, IT TRANSFORMS.

2-The Fire Trigram is cultivated by being conscious of what you are experiencing: the Iron Era is defined by the high degree of unconsciousness the majority is trapped in (at least 75% unconscious). The main practice in the Iron Era is being clear, being conscious and being aware. The clarity of the Fire trigram consists of being conscious of what you are experiencing. In the Tao practices the first step for being conscious and present is feeling the totality of the body with the Inner Smile.

3-The Fire Trigram is cultivated by being conscious of how you are interpreting your experiences: Every experience is met with a response. You either want more of what you experience, you want to get away from what you experience, or you are indifferent to what you experience. The three responses to experience come from habits and tendencies (Sanskars) reinforced through lifetimes of unconsciousness. The clarity of the Fire trigram consists in being

aware of how you are interpreting your experiences. Your interpretation of experiences determines the decisions you make. Your interpretation is shaped by previous experiences, habits of reacting (Sanskars) and unconscious programming from social and corporate mass media. If you want to reinforce the Fire trigram you need to change the Sanskars of unconscious reacting. In the Tao practices unconscious reacting is brought under control by meditating at the cauldron in witness state for as long as possible.

4-The Fire Trigram is cultivated by being conscious of the unconscious factors influencing your interpretation of experiences: Become aware when the mind is being led to hate, paint somebody as the enemy, wishing a country to be destroyed or depersonalized with labels of “terrorist”, “jihadist”, “anti-Semite”, “conspiracy theorist”, “anti-vax”, “negationist”, etc. Labels are made so you don’t have to think for yourself, you don’t need to investigate and reach your own conclusions. Labels take away your freedom to decide. When you label someone, you no longer have access to the real person (divine seed), all you see is the label. In 2023, as revealed in the U.S. Senate, the United States spent one and a half billion dollars on propaganda against China. How much was spent on propaganda against Russia? How much against Muslims? How much was spent painting a picture of being the good guy? Propaganda is designed to alter the way your mind and emotions work. Propaganda takes possession of the two greatest instruments of creation, which are your mind and the capacity to decide. The purpose of Propaganda is to paint a reality that doesn’t exist. Fulfilling destiny takes place by gaining control of your mind, your emotions and your spiritual destiny. When we ask advice from the I Ching we are given the opportunity to awaken from the spell of unconscious living.

5-The Fire Trigram is cultivated by being conscious if your interpretation is being influenced by media propaganda, prejudice or emotional factors
In the Iron Era the greed for power through the ego is more attractive than spiritual development. Whoever controls the information control your thinking, control the decisions you make, control your emotions and the karmas you generate. The karmas you generate determine whether you widen your path fulfilling destiny or get stuck in confusion. Nobody is to blame for the decisions you make or the karmas you assume by deciding to remain unconscious. Are you a free thinker as you assume, or have you become a robot repeating labels? Are you the owner of your own mind and thoughts or have you surrendered your mind and spiritual destiny to the forces resisting spiritual evolution? The dark forces are everything that is unconscious and lives in the dark where the clarity of the Fire trigram cannot reach.

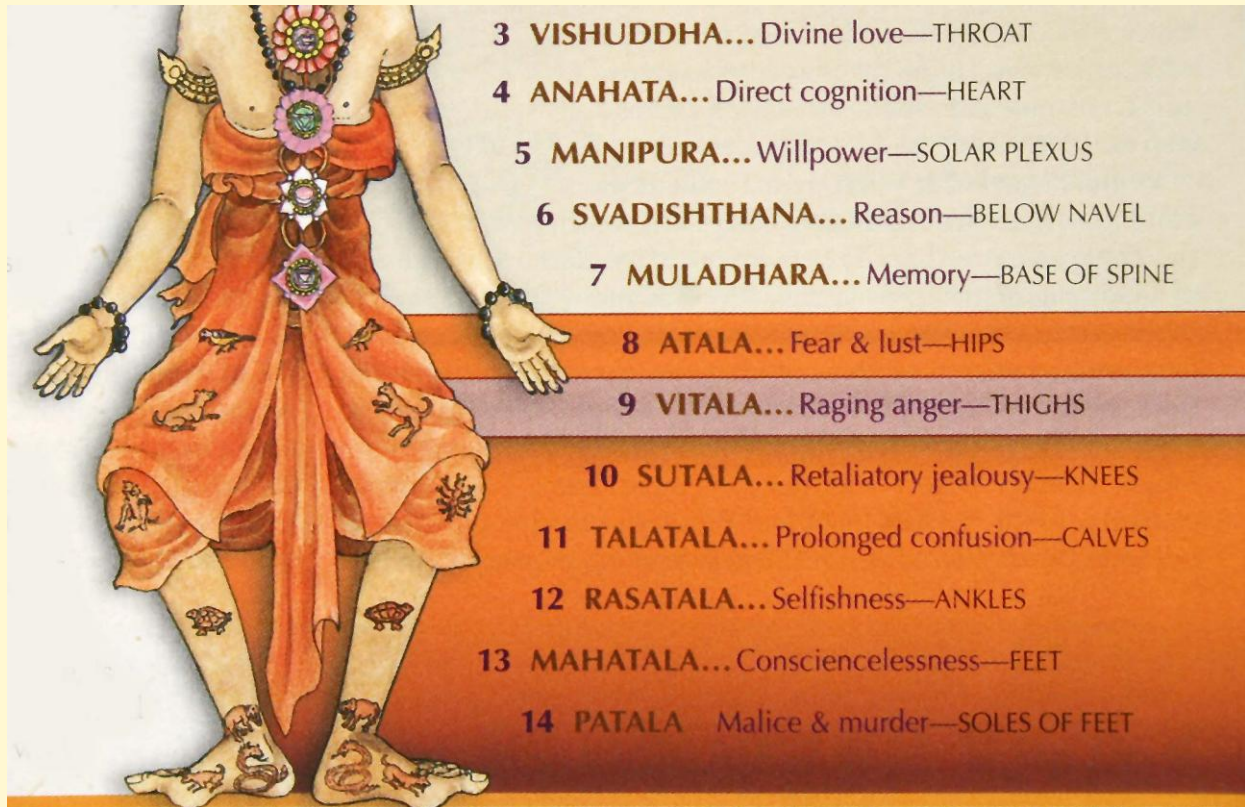


NEFERTARY WIFE OF PHARAOH RAMSES II BEING CONSECRATED AS QUEEN BY HORUS THE POWER OF LIGHT (ON THE RIGHT) AND SETH THE POWER OF DARKNESS (ON THE LEFT).

The silent teaching in this relief from the temple of Abu Simbel in Egypt; shows the powers of darkness are not ignored, rejected, fought, suppressed or denied, they have to be transformed into assistants of the journey. To transform anything you have to be fully conscious of what you are transforming. The forces of darkness are like a high tension electric wire, if properly handled it can illuminate a whole city, if mishandled it can kill you.

6-The Fire Trigram is cultivated by being conscious of the decisions you make as a result of your interpretation of events

Decisions coming from labels are coming from the unconscious outside the reach of your conscious mind. Labels are repeated over and over to create a deep Sanskars that the unaware follows blindly. Sanskars always take you to the same place and the same state of consciousness. All labels pull you down to the lowest dimensions of the first cauldron where selfish mind is at its most intense. If the label generates intense negative emotions, it pulls to the lowest levels of criminal action of the first cauldron. As the ongoing genocide is clearly showing us, the label, “*the right to defend themselves*” pulls down to the lowest Patala state of pleasure in murder.



IN ORANGE ARE LISTED THE SEVEN LEVELS OF CONSCIOUSNESS BELOW THE PERINEUM. THE LEVEL OF SELFISHNESS INTENSIFIES THE LOWER YOU GO.

7-The Fire Trigram is cultivated by being conscious of the potential karmic consequences of the decisions you make: Every action generates a reaction. The quality of the action determines the quality of the reaction. Doing actions based on labels pulling down to Patala state generate the worst kinds of karmas no matter what anybody says, believes or assumes. Karmas are outside the control of anyone, including the gods. There is no exemption from karmas by being a “chosen people”. *“Not even Shiva can interfere with the laws of karma”*. The belief the creation operates from the mind of separation is characteristic of the Iron Era.

A negative action coming from unconsciousness becomes the previous cause for another negative action coming from unconsciousness. Moreover, *“everything that is repeated gets reinforced”*. Hexagrams are interpreted within the context of what is happening, especially within the trajectory of hexagrams we have been receiving with the same question over the last four years.

From an absolute perspective, the Fire Trigram is the direct, conscious experience of one’s true nature as the true nature of everything and everyone created. From the perspective of Original Mind there are no sides to take. The

experience of Original Mind begins with steady Akash where you rise above the clouds of the mind of separation, mental dialogues, labels and unconscious programming. Akash is outside all Sanskars. Deeper than Akash, Original Mind is experienced as pure consciousness-witness state that is not affected by experiences and the fluctuations of the mind. Still deeper Original Mind is experienced as self-arising wellbeing and bliss. Any of these experiences is used with SO HAM mantra when balancing the lateral nadis.

In terms of SO HAM mantra, the Fire trigram is the expansion of identification from “me the ego” to “me Original Mind”, not as an idea or concept but as a direct experience.

The clarity of the Fire Trigram is seeing the whole situation in its essence instead of its superficial appearance. The ignorance of the Iron Age is based on taking appearances or what anybody says, as final truth.

The clarity of the Fire Trigram is reinforced by:

-doing daily practice clearing the mind (Foundation Sequence) of the chaotic fluctuations (Vrittis) of different levels of conflict, information and experiences.

-by not taking sides in conflicts with anyone. This is attained by keeping the mind clear and reinforcing the Arcline, the intention laser radiating from the mid-eyebrow of recognition. Vibrating the 81 points on the palate with the ‘M’ at the end of mantra reinforces recognition with the Arcline.

-by managing where your attention and intention is focused. This is done by focusing at the cauldron and meditating in impartial witness state of pure consciousness.

-by purifying with mantra (AUM, compassion mantra, DUM, OM NAMO BHAGAVTE VASUDEVAYA, etc.) any negative or positive experience.

The clarity of the Fire Trigram has nothing to do with pretending everything is rosy color. Clarity is seeing things as they truly are in their naked simplicity. This point is the most challenging when having to make clear decisions. Clinging to ignorance is a powerful habit in the Iron Age.

ADVICE 3: WIND TRIGRAM: Signifies going deep. How deep? Into the depths of the obscure unconscious where the factors resisting change are hidden. The habits of reacting (Sanskars) are hidden in the unconscious and so are the labels reinforced by mass media. The forces of darkness are no other than the tendencies pulling the unaware down into the night of the unconscious.

Personal evolution begins when we start to raise vibration from the first cauldron to the compassionate vibration of the second cauldron heart. There is no rising until the unconscious cords pulling back to the past are liberated. If you keep taking sides with “the good guys” against “the bad guys” the ropes of pain and suffering will keep pulling you down hard.

We have been receiving the Wind Trigram for four consecutive years beginning with 2022 (Hexagram 6, “Conflict”), for 2023 (Hexagram 17, “Following”), and 2024 and 2025 (Hexagram 56, “The Wanderer”). What are we being told over and over?

An important message is repeated because one is not doing enough, or the message is being ignored.

ADVICE 4: LAKE TRIGRAM: Signifies a light, easy and positive state contacting all experiences regardless of what they are. The Lake Trigram is the counterweight to the three previous trigrams. There are several ways to lighten the character:

1-First is being conscious of the situation we, as humanity, are in. Every time you access steady Akash with any practice (breathing exercises or mantra) a high quality positive state is attained.

2-Second is being aware of where your attention is focused. Where you focus determines what you experience. If you focus on the negative, negativity is what you are going to experience, if you consistently focus on the positive (divine seed, Original Mind, your true nature), that is what you are going to experience. Everything depends on the decisions you make. The decisions you make depend on your degree of clarity.

3-Third, the way to transform negative into positive is by positively framing experiences no matter what they are with the simple question, “*what is this situation forcing me to do?*” As practitioners the answer is simple. The stronger the negativity in a situation the greater the inner resources of creativity and transformation you need to engage. In the process obstacles become your best teacher, coach and ally. Thanks to negativity the “superior person” the I Ching trains with each hexagram advice, becomes a reality:

“Difficult times create strong people; strong people create good times; good times create weak people; weak people create difficult times” Ancient Chinese saying.

4-Fourth, the positive attitude of the Lake trigram is for flowing with changes with maximum adaptability. The Lake Trigram is attained by keeping the will under your control. Your will is the most precious asset you have. Thanks to the will you can fulfill destiny. Your will is never given away to anyone trying to manipulate your mind. The way to do it is by cultivating the clarity of the Fire Trigram and the grounding of the Mountain Trigram combined with the resolve to intensify consciousness of the Wind Trigram.

5-Fifth, the ultimate lightness of the Lake Trigram comes from identifying with the unaffected bliss of your true nature instead of the fluctuations of the ego. The Lake Trigram invites you to liberate the clouds of ignorance obscuring the sunlight of Original Mind. Ignorance is persisting in identifying with the ego, the physical body, chaotic thoughts and the ego dramas you have accumulated as who you are. As long as ignorance prevails the Lake Trigram is a nice idea not a reality you can experience. The trigrams are not ideas or symbols on paper; they are states of consciousness to experience.

The four attitudes in Hexagram 56: grounding (Mountain Trigram) + clarity (Fire Trigram) + going deep into the unconscious (Wind Trigram) + staying positive (Lake Trigram), gives us the formula for not only maintaining integrity in the middle of stormy weather, but also continuing the ascending path fulfilling destiny. The extensive menu of powerful energy practices we have learned are the means for negotiating the continuing changes in 2025. There is nothing to be alarmed; stagnation is forcing us, as practitioners, to develop extraordinary levels of clarity, determination, perseverance and stability. What could possibly be wrong with doing that?

ADVICE 5: THE JUDGMENT IN HEXAGRAM 56

*“The Wanderer. Success through smallness.
Perseverance brings good fortune to the wanderer”*

As it did in 2024 the Judgment continues to tell us that we are going deeper into unknown territory. The unknown is the unconscious. Given the extreme situation we are in and the fact that no changing lines were obtained this time, in reality we are stuck and lost in the unconscious. Being lost means having no references or direction where to go. We have been so self-absorbed in conflicts that we have forgotten who we are and where we were going. Being lost can also be falling into depression, pessimism and giving up. Being lost is the prelude to finding the way or perish in the process.

Being lost is a state of consciousness, in reality nobody ever gets lost. The teaching in Hexagram 6, “Conflict”, received in 2022 taught that every situation, no matter how bleak it may seem, in its essence has the seed of its own perfection that resolves the conflict.

ADVICE 6: THE IMAGE OF HEXAGRAM 56:

The Image in Hexagram 56 elaborates on the Fire Trigram:

*“Fire on the mountain: The Image of the Wanderer.”
Thus, the superior man is clear-minded and cautious in imposing penalties,
and protracts no lawsuits”*

The only mountains with fire on the top are volcanoes. Last year the mountain was on fire, this year it is an erupting volcano. We are told the *“Fire on the mountain...is the image of the Wanderer”*. The Image portrays our condition as that of an erupting volcano releasing pressure from deep within the earth. The people trapped in the Gaza strip living in terror under the constantly passing drones and falling bombs would agree pressure is being destructively discharged. How about us in the comfort of our living rooms; how are we discharging unconscious pressure? The rising index of chronic illness is showing us something.

The mind is not limited by our physical bodies; the mind is a field of consciousness connecting every mind on the planet. The terror of a Gaza child affects every child in the world, so is the joy and bliss experienced by a single human being. We have mirror neurons which make us feel what others feel whether we are conscious or not. We are more connected than separate. Our egos make us believe that what happens in distant lands to distant people has no effect on us. Ignorance is assuming, as Cancer cells do, that everything is separate, independent and disconnected from each other.

The Image continues, *“the superior man is clear-minded and cautious in imposing penalties, and protracts no lawsuits”*

The Image is warning us not to judge by assuming we are seeing things clearly; *“the superior man is clear-minded and cautious in imposing penalties”*. We are stuck because we are not seeing things clearly as they are and sometimes not even wanting to see at all. A cancerous growth is not healed by ignoring it, looking the other way or painting a rosy picture.

Unlike the answer in 2024 this year there are no changing lines in Hexagram 56; the situation is stagnated. Stagnation means degeneration. In Chinese

medical terms Cancer is the product of stagnation. Cancer can kill an organism. The force clearing stagnation is energy flow.

For those wishing for a positive view of things, work on increasing energy flow at the personal level and the level of the world. Assist others to go beyond confusion and selfish living beginning with our leaders trapped in the suffering of Patala dimension. Stagnation is lack of communication. Open the gate of the returning path by establishing communication with the Inner Guide. The I Ching message couldn't be any simpler.

In the Iron Era we are programmed for only one kind of love-emotional love and we are not even doing too well with that. We have turned our backs to the devotional love our ancestors experienced with the gods and goddesses they adored. We have also forgotten the love at the essence of compassion and the love for the immense variety forms life manifests. At the essence of all Cancer is absence of love.

Nobody likes to hear a bad diagnosis, but looking deeper, as the Wind trigram advises, what a bad diagnosis does is force our focus and attention on one point only. When distracted mind has grown too strong the compassion of the universe brings us back to what is essential. Chronic illness forces our focus on one point only.

The one point that never changes is one's true nature, Original Mind. Everything that is not Original Mind is a distraction. As the new cycle of 2025 gets started increase flow to the maximum of your capacity by being kind to yourself and kind to everyone you meet. How can we be kind? The traveler lost in unknown territory contacts the divine seed of perfection at the heart point of everyone it meets.

A PRACTICE PROGRAM FOR ASSISTING PEOPLE WITH CANCER

The "Fire in the Mountain" is manifesting as an explosive increase in Cancer in the last 50 years. Between 1973 and 1987 lung cancer increased by 32%, melanoma by 83%, and non-Hodgkin's lymphoma by 52%; breast, prostate, and kidney cancers have also significantly increased. Between 1968 and 1987 cancers of the brain and central nervous system have more than doubled in people between the ages 65 to 74; in children under ten years of age, researchers note a 16% increase in these cancers. Over the last fifty years, researchers report a two-to-fourfold increase in testicular cancer.

Diseases and disorders that were unknown or unnamed fifty years ago-irritable bowel syndrome, chronic fatigue, immune deficiency syndrome, Lyme disease,

fibromyalgia, allergies, respiratory illness, and AIDS have significantly increased. Since the experimental injection was introduced in 2021 rapidly developing Cancer (“turbo Cancer”) which normally takes 20 years, appear and reach stage 3-4 metastasis in months. There is an increase in Cancer of people in the 20-40 years range never seen before. People who received the experimental injection experience Cancers in remission aggressively reactivating and spreading rapidly. The death index in North America and Europe where statistics are kept is 40% superior to 2020 and the years before. The bad news go on and on; the “Fire in the Mountain” is real.

The advice which follows takes into account the chronic stagnation the hexagrams of the last four years have been pointing at. The notes are designed to give you some idea of how to cope with the growing number of people diagnosed with Cancer.

SOME CHARACTERISTICS OF CANCER

-Behind every Cancer is a serious shock, trauma or impactful negative experience that took the person by surprise and the person has been unable to process.

-The shock can be the sudden death of a loved one, an unexpected divorce, panic, strong anger, strong unexpected worry, sudden rejection, strong fear or unexpected threat.

-The emotional shock has been experienced in isolation, kept hidden or suppressed.

-The emotional shock at the unconscious level is biologically interpreted as a threat to survival.

-The emotional shock immediately affects the SHEN, the spiritual potential-driving force of life. A symptom of affected SHEN is lack of drive, lack of motivation, indifference, confusion and misjudgments. If the SHEN was not affected the person would be able to handle the experience without being shocked.

-The emotional shock generates “psychic inversion” interrupting the normal functions of the organism. In “psychic inversion” the organism locks the same way a computer locks and become unresponsive.

-The emotional shock affects the lateral nadis of the central channel and its physical aspect, the hemispheres of the brain. “Psychic inversion” takes place at the lateral nadis.

-The emotional shock affects the brain and the most karmically (previous cause) vulnerable parts of the body. The shock simultaneously affects the mind, the brain and a specific part of the body.

-The cells of the part of the body most affected begin to rapidly multiply forming a tumor which ultimately becomes cancerous.

SOME OF THE MENTAL AND EMOTIONAL CONFLICTS BEHIND CANCER:

-Behind Cancer is a long-lasting conflict generating:

-resentment-hate, (blocks perineum chakra and earth energy)

-feeling deeply hurt-victim (blocks perineum chakra and earth energy)

-feeling unable to be who you want to be

-a great fear of survival (blocks perineum chakra and earth energy)

-strong guilt (blocks perineum chakra and earth energy)

-keeping a secret that is eating the person from within (blocks perineum chakra and earth energy)

-early in life something happened with the parents that has taken away the sense of trust in life, others and that everything is useless (blocks perineum chakra and earth energy). The triggering emotion could have been rejection, abandoning, humiliation, treason or injustice that was lived in isolation, buried deep inside.

-strong self-criticism is behind Cancer. There is little self-love or self-acceptance (blocks perineum chakra and earth energy).

-self-destructive tendencies (blocks perineum chakra and earth energy).

-emotional stress is more predictive of death from Cancer and cardiovascular disease than smoking. People unable to manage their stress have a 40% higher death rate than non-stressed people.

-The previous statistics come from a 30 years study at the University of London: "Personality, Stress and Cancer: Prediction and Prophylaxis". Eysenck, H.J. The British Journal of Medical Psychology 61 (1988) p.57-75

SOME PHYSICAL AND ENERGY CONDITIONS IN CANCER

-Cancer is always present when there is long-term liver weakness. The liver is weakened through:

- long-lasting frustration,
- anger,
- aggression,
- blaming,
- low-self-esteem,
- addictions,
- guilt,
- shame,
- feeling unworthy,
- intense selfishness
- unresolved internal/external conflicts

There are also numerous external factors in Cancer:

- GMO foods
- Bad oils causing oxidative stress
- Excess of processed meats: sausage, ham, etc.
- Aflotoxins: peanuts (liver cancer)
- Fructose, corn syrup processed as an alcohol toxin
- Mercury in dental fillings
- C-8 in Teflon and all water proof products such as paper cups, plates, cooking utensils, clothing, heat-proof plastics. All humanity, thanks to DuPont, the people who gave us napalm, has C-8 in their blood
- pesticides, especially Monsanto's Glyphosate
- industrial and environmental pollution
- microplastics crossing the brain barrier and cell walls
- more than 100,000 chemicals introduced in the environment since the 1950's
- radioactivity from 2057 nuclear explosions,
- Respiratory problems from over 20 million tons of nano aluminum oxide, strontium and barium oxide sprayed with the chemtrail, weather warfare program
- experimental bio-weapons such as Covid, Monkey Pox, Lyme disease, etc.

-Liver damage is increasing in children. There is a war on children with autism-causing injections. In 2024 in North America one out of every 34 children born is

diagnosed with autism. More than 800 research papers have been published on the adverse effects of the experimental injection, yet it is mandated to every new born in North America. This is the stagnation Hexagram 56 is pointing.

-Any serious illness forces the body to burn Jing Essence trying to restore balance. Jing Essence is what allows adaptability to changing conditions. The previous list is stretching the adaptability capacity of the Jing Essence to the limit. An organism dies when unable to adapt to changing conditions

-In Cancer the sleep cycle is often affected increasing the burning of Jing Essence with risk of heart problems and acidity.

-Acidity is often present when there is a health imbalance. Low oxygenation will slow down any healing response or trigger heart failure.

-Cancer always arouses strong fears of death, which in turn increases the burning of Jing Essence. Fear of death arises from identifying with the temporary ego instead of Original Mind.

CANCER MEDICAL THERAPIES

Localized Cancer therapy: surgery is the preferred method to remove small cancerous tissue. It depends on the type of Cancer and its location. If even a few Cancer cells are left it can spread again

Surgery may be combined with other treatments like chemotherapy.

Radiation therapy: precise targeting of Cancer cells using high energy radiation beams. This interferes with cell growth by damaging the DNA within the Cancer cells. Radiation targets DNA in Cancer cells

-Radiation limits cell damage to other tissues as much as possible

-Radiation is used when the Cancer hasn't spread

-It is also used to reduce symptoms when the Cancer cannot be cured

-It is used before surgery to reduce tumors or after surgery to kill remaining Cancer cells.

Chemotherapy: used when Cancer has spread. Used when surgery or Radiation cannot be used.

-There are over 100 different chemicals used in Chemo.

-Some Chemo drugs bind to DNA preventing cell reproduction

-Some Chemo drugs have anti-tumor antibiotics

-Some Chemo drugs deal with enzyme interference

-All chemo drugs interfere with cell DNA which can also affect healthy cells DNA

- Chemo targets rapidly dividing cells with exposed DNA. Normal cells divide more slowly
- The death of healthy cells is the reason why hair falls, decreased blood cells counts=anemia, susceptibility to infections and gastrointestinal issues. All these processes involve rapidly dividing cells.
- Chemo targets all rapidly dividing cells indiscriminate if they are normal or abnormal
- Chemo drugs are poisons that if taken long enough would kill all cells.

CHEMOTHERAPY SIDE EFFECTS

- weakens the central channel / individual mind
- weakens the power of the intention
- accelerates Jing Essence depletion
- fatigue
- hair loss
- easy bruising
- infections
- anemia
- nausea
- vomiting
- low appetite
- diarrhea
- increased risk of infection by debilitating the immune system
- reactivates old virus-herpes which had become recessive
- weight loss / muscle mass loss
- mood changes
- weakens the immune system so Cancer can come back stronger
- lowers recovery rate
- symptoms depend on the type of Cancer, drugs used, medical history.
- some people show no side-effects others long-lasting side effects
- for some people the side effects of chemo can be worse than the symptoms of Cancer
- sometimes the treatment spreads the Cancer cells
- chemo kills Cancer cells but never 100%-the cells left become super resistant, this is the biggest problem. After the first round of chemo the Cancer can come back stronger so stronger chemo is needed and additional drugs
- chemo has a very low rate of success, sometimes as low as 2.3% in research done in the USA and Australia 5 years after the first treatment
- 97% of the time chemo is ineffective-study published by Clinical Oncology by Dr. Peter Glidden in 2004
- For stage 4 Cancer (spread to other areas of the body) the success rate is less than half of 1%

CHEMOTHERAPY DAMAGE AFFECTS:

- Bone marrow cells
- Gastrointestinal cells
- Hair cells
- Reproductive organs cells
- Mouth and throat cells
- Cells in the heart and lungs
- Nervous system cells when death is near
- Generates a toxic effect in the whole body

When chemotherapy is ineffective and the Cancer cannot be stopped, the first symptom is severe weight loss, nausea, vomiting and tiredness. There is a progressive weakness and painful deterioration ending in death.

The answer why chemo continues to be used so widely is profits for the pharmaceutical industry who owns all the drug patents. Funding for alternative treatments to chemo is discouraged by the pharmaceutical industry.

Inform yourself of what chemotherapy consists of, its percentage of success in treating the different forms of Cancer and most important the symptoms. Speak to several people that have gone through chemotherapy. Make a decision after researching what you are getting into. Some of the cellular damage caused by chemotherapy is very difficult to correct or irreversible if the Jing Essence is too weak.

ADDITIONAL CANCER CONTROL THERAPIES

- Exercise strengthens the cellular mitochondria. Cancer is a mitochondria disease.
- Cancer spreads to areas of inflammation therefore lowering inflammation helps control Cancer (intermittent fasting).
- Starving Cancer cells. Cancer lives on sugar, carbohydrates, glutamate (amino acid). Intermittent or prolonged fasting can reduce glutamate.
- A low carbohydrate (keto) diet can starve Cancer cells.
- Chlorophyll and cruciferous vegetables are powerful anti-Cancer foods. There is extensive research on foods and Cancer. Inform yourself, ignorance can be deadly.
- Polyphenol is the most effective and powerful chemo protective. It is in green tea which also reduces glutamate the food for Cancer.
- Look up '*Amino Acid Therapy*' which can give results with Cancer by reducing glutamate.

- Look up '*Insulin Potentiation Therapy*'. (injections of insulin to drop blood sugar down to starve Cancer cells). The insulin comes with some chemotherapy medicines. Cancer cells starved of glucose will absorb the chemo medicines.
- Investigate "*Immunotherapy*" (using checkpoint inhibitors that block proteins used by Cancer cells to hide from the immune system).
- Investigate "*Car-T Cell Therapy*" which modifies the immune system to target Cancer cells. These treatments come also with side effects such as inflammation and tissue damage. Some alternative therapies may not be useful for certain types of Cancer. All of these treatments are less profitable for big Pharma and are not covered by insurance therefore less used as first treatment option.
- Chemotherapy is the only option for advanced aggressive cancers and in some cases can help

PRACTICES COMPLEMENTING PROFESSIONAL MEDICAL TREATMENTS
ATTENTION: The suggested practices are done as a complement to professional medical treatment. The practices are not a substitute to professional care.

-THE 5 BASIC STEPS IN HEALING:

1-Strong level '10' wish to live

2-Information and Understanding: investigate as much as possible about Cancer, its emotional and mental causes and the therapies for assisting to heal.

3-Structuring a healing program: In addition to professional medical care, a parallel program for healing the causes of Cancer has to be carried out. The great error is to passively following the professional medical program without doing anything about the causes behind the illness.

4-Nurturing self-love, self-compassion: loving yourself / self-compassion is the prelude to being compassionate with others. Healing the causes of illness begins from the second cauldron compassionate heart. What a single person does affects everyone in their family and by extension, the whole world; that is the power of compassion in action.

5-Courage / positive ego integrity: is required to face negativity instead of giving up, running away or feeling victim. The warrior spirit will build as you experience the first results of successfully working on yourself. Courage will also be needed if the Cancer has spread, the Jing Essence is low and premature death is certain.

DETAILS OF HOW TO APPLY THE 5 STEPS FOR HEALING

1-APPLY THE FIRST OF THE FIVE STEPS FOR HEALING: by initially making the Fire Trigram decision to be here 100%.

- Determine if you want to live or not. If the decision to live is “yes” then,
- Determine from “0” to “10” how strong is your will to live.
- If the will is less than “10”, ask “*what do I need to do to be at level “10”*” .
- The person has to determine for what purpose it wants to live if it heals. You cannot wish to heal to continue doing the same things which caused the Cancer in the first place.
- For practices to be effective the practitioner has to have a strong intention and focusing power. Many people lack such capacity, especially when already experiencing a serious illness. The easiest way of engaging strong motivation is:
 - Determining if the imbalance has taken place before in anyone in the family. The answer is always, “yes”.
 - Realizing the imbalance being experienced is a family issue, not a personal one.
 - Realizing that if nothing is done the pattern will keep repeating until somebody does something to stop it.
 - If there are children, grandchildren, nephews, etc. ask if you want those children to inherit the pattern and go through the suffering. The answer is always, “no”.
 - Realizing that the imbalance is being experienced to get motivated to heal the family pattern. The decision to experience Cancer in this life to heal the family can come from a previous incarnation.
 - Realizing that to heal the family pattern strong practice is needed.
- This sequence shifts focus from first cauldron oneself to second cauldron others. The conditions for healing are now set in place. Notice that this has nothing to do with pity, feeling victim or being courageous.
- If the person wants to live to heal the family pattern, the person has to realize it needs to change life style. The person has to avoid the mistake of only seeking outer cures as if the life style, way of thinking and relating to others has nothing to do with the illness. If the person continues to seek only outer cures, it will not see

that the condition of the mind and emotions are in fact the ones creating the symptoms at the physical level. The outcome of seeking outer cures only is seeing yourself as a victim of your environment.

-The person has to realize that imbalances begin at the level of the mind and the physical symptoms are a sign of the body seeking to heal itself. Illness is the body's attempt to cleanse negativity. The person has to realize that to heal the imbalance and cleanse negativity it needs to practice energy techniques.

-To practice energy techniques the person needs to develop strong motivation and discipline.

-Determine how strong you want to carry out your Cancer healing program by asking, *“from “0” to “10” at what level of motivation and perseverance do I want to be carrying out the family healing program?”*

-*“What do I need to do, change or let go, to be at the level I want?”*

-To practice energy techniques the person has to be able to feel energy.

2-APPLY THE SECOND OF THE FIVE STEPS FOR HEALING: by learning as much as possible about Cancer.

-Learn as much as possible about the nature of Cancer, conventional professional medical therapies as well as alternative medical therapies available.

-There is an abundance of resources for contacting people that have experienced the same type of Cancer. Make contact with several people and learn from their experiences. Do not limit your experience to just one point of view. Nobody knows everything about any subject. The level of ignorance about anything is always greater than the level of knowledge and expertise of the best specialist. This is the reality of left-brained intellectual knowledge. The right hemisphere of the brain works with the totality of experience, the left hemisphere with fragmented information only. The word “specialist” indicates fragmented information.

-Generate flow: behind Cancer is stagnation, suppression and lack of flow.

-Determine the emotional factors behind Cancer and find practices to clear them.

-Investigate if Cancer has taken place in the last 2-3 generations of the family and in what part of the body it has manifested.

-Look into your unconscious feelings and emotions by going over the previous list, **SOME OF THE MENTAL AND EMOTIONAL CONFLICTS BEHIND CANCER:**

-Write every feeling and emotion down in great detail; do not leave it at the level of thoughts. Writing down makes conscious subtle feelings and emotions, different from just thinking.

-Write in great detail all the feelings and emotions in the traumatic situation which could have triggered the Cancer.

3-APPLY THE THIRD OF THE FIVE STEPS FOR HEALING: by taking initiative quickly structuring a healing program.

-Taking initiative will become more difficult if you delay. The Jing Essence is rapidly consumed in Cancer situations. Often when the SHEN has been affected the person becomes passive and unresponsive to the critical situation it is in. The longer it delays the weaker it becomes. In energy work everything has a right timing to do it. When the right timing passes everything takes more effort or becomes impossible.

-Practitioners sometimes refuse conventional medical therapies and instead give emphasis to mental practices, visualization, affirmations, mantras, ceremonies, etc. Conventional medical therapies especially work with the physical body. When Cancer has extended to other parts of the physical body it will require extraordinary mental powers to stop it. Few practitioners have developed such powers. The more serious an imbalance is, the greater the need to open the personality and be flexible. A conventional medical treatment such as chemotherapy sometimes is the only way to gain time to work on the conflicts behind Cancer. No doors are closed without knowing where they can take you. The level of ego-ignorance is always greater than its level of knowledge. The ego cannot be the only one deciding everything; some things have to be consulted with the Inner Guide and the wisdom of the heart.

-If a professional medical program is going to be followed, is important to consult with several professionals. A medical doctor continuing to investigate his profession is a different path from a doctor which has stopped researching and fallen back to pushing pills. Is a great error to close the doors to the therapies of industrial medicine. Western medicine is especially good at saving lives in critical emergencies.

-The structuring of a healing program has to include the assistance of others that out of love will motivate you to take consistent action. Do not live the experience in solitude, isolation or hiding.

-To structure a healing program, life-style changes will be required and energy practices will have to be learned and carried out on a regular basis.

-There are habits and tendencies (Sanskars) reinforced for many years that need to be changed for better ones.

-Realistically, you cannot expect overnight changes-do not rely exclusively on miracles or powerful healers-you need to do something with your will, motivation and second cauldron heart. Karmas are exhausted by what you personally do. Healers do not exhaust the karmas of other people; they are only capable of alleviating some of the symptoms.

-The healing program has to include practices for transforming the emotions, in the case of Cancer, frustration, anger and aggression.

-Establish a healing program which includes the following ten basic practices:

1-Mental purification / strengthening the intention / identification with Pure Consciousness (Foundation Sequence).

2-Blood purification with deep breathing / tuning the cells to the state of perfection.

3-Decision to be here.

4-Increasing flow by making conscious unconscious limiting attitudes.

5-Uniting the Yin and Yang organs / re-establish the relation positive ego- Inner Guide.

6-Healing the ancestral line beginning with the relation with the parents.

7-The Harmony Circuit

8-Bone Breathing

9-Forgiveness and self-forgiveness

10-Death and Transcendence practices

1-First of the 10 basic healing practices: Mental Purification:

-Consists of clearing the mind of confusion and agitation, strengthening the intention and identifying with pure consciousness instead of the limited ego.

-The person has to learn to clear and strengthen the mind. Everything that happens in your life, and everything that happens in your body, begins with something happening in your own mind.

-Begin with the intention and experience of the real you of pure consciousness. The ego alone cannot be the one carrying out the healing program. The ego works best under the guidance of the Inner Guide. The ego is the only aspect of the mind that gets tired, doesn't feel like practicing and needs sleep. Original Mind never gets tired or needs sleep; the real you pure consciousness is outside the reach of time and space.

-You cannot practice only when the ego feels like it. People in a weakened state are unable to practice from only working the intention through the ego. What is called 'superhuman effort' doesn't come through the ego, it comes from pure consciousness.

-Enlarging identity from "me the ego" to "me Original Mind" is done:

1-first with the Smile to the Image of Original Mind,

2-second by balancing the nadis with SO HAM as "I am Original Mind",

3-third by accessing the pure consciousness/Akash with the Foundation Sequence.

4-fourth by meditating-stabilizing focus at the cauldron with pure awareness that is not affected by the fluctuations of the mind.

5-fifth, in the post-meditation period purifying experiences with mantra.

-Since Cancer first begins in the mind, specifically the lateral nadis of the central channel, balance the nadis for 20-45 minutes every day. Psychic inversion often accompanying emotional shock is corrected by balancing the nadis for a long time.

-Balance the nadis as part of the Foundation Sequence. Doing the long, 50 mantras sequence (4 LAM, 6 VAM, 10 RAM, 12 IYAM, 16 HAM, 2 AUM + Akash) helps clear and strengthen the points of the Orbit, clear the SHEN, and strengthen motivation. If too weak to do the 50 mantras, listen to a recording or ask the family of practitioners to assist you with the practice. Asking for help is a powerful resource that is often neglected out of ego pride or isolation. Support is Earth energy of transformation.

-Chemotherapy weakens the central channel. Counteract the weakening of the central channel with the Foundation Sequence and bringing White Light with "A" mantra to the central channel and every cell. This needs to start everyday way before the first chemotherapy session. A Sanskars of clarity needs to be

established before chemotherapy begins. After chemotherapy the immune system and motivation will be weakened.

-Counteract the weakening of the central channel by chemotherapy by harmonizing the glands circulating the Orbit at least 60 times per session.

2-Second of the 10 basic healing practices: Blood purification with deep breathing / tuning the cells to the state of perfection.

-Empower the heart and quality of blood by tuning to the state of the cells being in absolute perfect health with the question, *“how would the family of cells feel in the state of absolute perfect health?”*

-Each cell vibrating with the frequency of perfect health is visualized as the image of Original Mind / Medicine Buddha / image of god or goddess in deep blue color. Do the practice in bed at the moment of falling asleep, as soon as you wake up in bed and several times during the day. Repetition creates a Sanskars of perfection.

-Cellular healing can also be done by focusing emerald green light from the heart center to the cells in the cancerous area for at least 10-15 minutes three times a day. Occasional practice will not give lasting results. Results in practice are obtained when a deep Sanskars is developed.

-For stabilizing any frequency one-pointed mind has to be developed with the Foundation Sequence and focusing on the cauldron in witness state.

3-Third of the 10 basic healing practices: Decision to be here

-The decision to be here 100% is basic to any healing program. This decision is not intellectual, it has to come from the heart of desire and be supported by the compassionate wish to heal the whole family and assist others with the experience.

4-Fourth of the 10 basic healing practices: Increasing flow by making conscious unconscious limiting attitudes.

-Healing begins from the second cauldron of the heart. The motivation for practice is healing the imbalance at the family level and developing abundant experience to assist others with the same imbalance. Avoid a healing program exclusively centred on yourself only. Selfishness is the cause of illness. You cannot heal with the same attitude which caused the imbalance.

-Accept the situation as it is. Cancer is not a cause; Cancer is a fire alarm that there is a cause worse than the Cancer. *“Illness tries to heal something more terrible than the illness” Carl Jung.*

-The healing process gets going the moment the situation is accepted as it is. Chronic illness seeks to focus all transformation resources which have been dispersed, in one direction. Cancer is not an enemy; it is an assistant to find the way again in life.

-The Microcosmic Orbit balances primordial Yin and Yang in the entire meridian system. Every illness has a deep Yin and Yang imbalance. Circulating the Orbit at least 60 times per session is recommended.

-Do not live the healing experience in isolation. The proud ego sometimes hides or pretends everything is fine. Sometimes spiritual teachers and healers proud of their powers hide a chronic medical condition. Despite their capacities for sustained effort, they continue defending the ego perceiving the illness as a sign of spiritual failure in need of hiding.

-The liver is strengthened by overcoming the habit of blaming. The liver flows best when planning something which improves the quality of life.

-Transform the files of traumatic, impacting experiences.
Every experience generates information. The information is stored in files at the lateral nadis and their ramifications. Traumatic files are located in the lateral nadis of the mind of separation. Transformation of files is done by adding high consciousness positive information into the file. The steps for this key practice are:

4.1-Clear the mind and strengthen the intention with the Foundation Sequence.

4.2-Once in Akash go into the traumatic file by evoking any memory of the experience.

4.3-Establish how strong is the file by asking, *“from ‘0’ to ‘10’ how strong is this file?”*

4.4-Once in the file ask, *“how would this situation feel totally healed?”*

4.5-With the manifested frequency, let go of the negative feelings down the right nadi and bring high quality positive experiences through the left nadi. High quality experience can be the frequencies of the situation being healed, mantra,

courage or any feeling and emotion that would positively transform the information in the file.

The process is repeated 9 times or more bringing positive through the left nadi and letting go negative down the right nadi. Reverse the process and repeat bringing positive through the right nadi and letting go negative through the left nadi. If skeptical of the practice being effective, let go of skepticism as part of the negative.

4.6-Stabilize the process by going up and down the central channel with the healing frequency.

4.7-Test the changes by asking, “*at what level is the file now?*”

If after working on the file for some time no changes have taken place in its intensity or the change is minimal, there is probably “psychic inversion”. Go back to balance the nadis 45 minutes or more to clear “psychic inversion”.

You can also test the intensity of the file by evoking the memory of the original traumatic situation and examining if you are still affected by the emotions or not.

4.8-Repeat the practice until level ‘0’ of intensity. Then all that remains is the mental memory but not the emotional memory.

A second way of transforming a traumatic file is with EFT tapping which changes a file by adding the frequencies of different points.

A third way of transforming a file is through long dissolution practice going through the layers of the subtle body letting go of feelings, emotions and limiting beliefs. For this practice to work the intention has to be strong.

5-Fifth of the 10 basic healing practices: Uniting Yin and Yang organs / re-establish the relation positive ego-Inner Guide.

At the physical level illness begins when communication between the Yin organs following the Inner Guide and the Yang organs following the ego deteriorates. Fulfilment of destiny is the reason why we are here. Anything deviating from fulfilment of destiny becomes a factor for potential illness.

-To develop the relation positive ego-Inner Guide the person has to align personal will with Universal Intent (Original Mind). The union of the two wills is for fulfilling destiny. Communication between positive ego and Inner Guide is for fulfilling the highest purpose of existence.

6-Sixth of the 10 basic healing practices: Healing the ancestral line beginning with the relation with the parents.

When enough positive ego integrity has been developed the person begins to heal the relation with the family. The parents are the unconscious models of Yin and Yang relationship as well as Heaven (clarity) and Earth (transformation) interaction. The parents are the unconscious model of the feminine and masculine principles and all women and men in the world. How you relate with the family conditions the relation with the inherited Jing Essence.

-To develop strong motivation to heal the family, the imbalance is perceived as a family issue instead of a personal one.

-Becoming aware that if nothing is done to heal the causes of the imbalance it is going to continue reappearing in the family until someone does something to heal it.

-If there are children, nephews or grandchildren, clearly decide to do all you can to prevent the children going through the same suffering.

-Become aware that the imbalance strengthens the motivation to heal it at the family level. The decision to experience Cancer in this life can come from a decision to heal it in the family from a previous incarnation. Everything has a previous cause.

-Become aware that to heal the imbalance in the family energy practices have to be learned. Healing is not going to take place by just thinking about it.

-To heal anything in the family one has to begin with healing the relation with the parents.

7-Seventh of the 10 basic healing practices: The Harmony Circuit (Fusion 3 + mantra) strengthens the immunity system by increasing flow in the Yin and Yang Wei and Qiao Mai meridians in charge of protecting the organism. The immune system is empowered by the proper functioning of the Wei and Qiao Mai meridians.

The Belt Channel (Dai Mai) gives integrity to the organism. For health to be maintained the Yin energy holding structure has to be greater than the Yang disintegrating tendency. The Belt Channel works in conjunction with the Wei and Qiao Mai meridians to grant integrity to the organism.

-Counteract the weakening of the central channel by chemotherapy by circulating the Harmony Circuit and Belt Channel. The Belt Channel is concerned with the survival of the organism by all means possible.

-When emotionally impactful situations are left unresolved, the pain and suffering generated by the situation cannot be left at the conscious level. The Belt Channel buries the unresolved situation in the unconscious awaiting the time of resolution. The conscious mind is insulated from unresolved pain by the formation of what is medically known as “dampness”. Dampness is like a dense layer of fog, cloudiness, lethargy that protects by becoming less conscious. The survival price paid for not resolving pending issues is unconsciousness, lack of aliveness, lack of enthusiasm, lack of vitality, weight gain, especially in the waist area of the digestive system unable to digest-resolve the situation. At some point the unresolved situation dwelling at the unconscious level will rise to consciousness (volcano effect) in the most urgent way as illness, especially Cancer. The Iron Era is characterized by chronic dampness-unconsciousness.

As the other healing practices suggested here are being done, the central channel is reinforced together with the Belt Channel. The integrity granted by the Belt Channel, gives personality/positive ego strength to do what is needed to resolve the pending situation.

The Belt channel is circulated in two different ways:

1-First way is after doing the smile, the Foundation Sequence or the Harmony Circuit wrapping the central channel with a spiral up to the image of Original Mind and down into the ground at least 3 times. This strengthens the intention, generates alignment between personal will and Universal Intention and activates Creative Energy.

2-Second way is by connecting the four Pakua: front to left, left to back, back to right side, right side to front at least 9 times. After going around the waist, go up to the level of each of the front points of the Orbit: solar plexus, heart, throat, mid eyebrow, crown, above the crown around the central channel.

Reverse and go down the same way and from the navel to the sexual palace, perineum, knees, ankles and into the central channel in the ground.

Go up and down at least 3 times, you can also go back to the central channel and reinforce it again.

If the person has enough Jing Essence, will to live and enough positive karmic factors, wrapping the Belt Channel around the central channel may help prolong life.

8-Eighth of the 10 basic healing practices: Bone Breathing

Chemotherapy affects the bone marrow. Begin an intensive practice of Bone Breathing as soon as a Cancer diagnosis is received. Don't wait for the chemotherapy to start the practice. The intention is weakened by chemotherapy.

-Bone Breathing strengthens the bone marrow, the intention, Creative Energy, the alignment Heaven-Earth and the connection with the Earth. Life comes to an end when the crystalline structure of the bones no longer can transmit the energies of Heaven and Earth.

9-Ninth of the 10 basic healing practices: Forgiveness and self-forgiveness clears negative links with other people and families. “*The Universe is sustained by forgiveness*” affirms the sacred Indian text, the Mahabharata. Life is sustained by forgiveness and destroyed by “*the right to defend themselves*”.

10-Tenth of the 10 basic healing practices: Death and Transcendence practices develop familiarity with the unknown and continuity of consciousness beyond the physical dimension.

-Chemotherapy is applied when Cancer has begun to spread. A complement to chemotherapy, if the decision to live is at level “10”, is the Mrityunjaya mantra for preventing the activation of the karmic factors of premature death.

-An intensive (Purascharana) of Mrityunjaya has a minimum of 40 days continuous duration and 120,000 mantras. For the mantra to work if sufficient positive karmic factors are present, including strength of the Jing Essence, a strong Sanskars has to be established. Occasional practice will not be enough. Since Cancer shouldn't be lived in isolation, one can ask the family of practitioners to assist with the Purascharana of 120,000 mantras. Each day participants in the intensive recite a set number of mantras together or independently keeping track of how many mantras each person is doing. At the end of the week the total is added.

-For Purascharana to be effective the mind should be focused on the mantra during recitation. If the mind gets distracted, come back and intensify focus. Purascharana helps develop one-pointed mind. Each time one comes back from distraction a seed is planted for the most important day in life, the day of death and transcendence.

-In the transcendence experience the most powerful Sanskars dominate the process. The realization of the Supreme Self can take place in the death experience if the Sanskars of one-pointed mind is the strongest Sanskars in the mind.

-If the Cancer is very advanced and death is certain it is best to avoid the Mrityunjaya mantra as the reserves of Jing Essence are too low. Mrityunjaya

mantra is for countering the impact of the karmas manifesting as chronic illness. Once the karmas ending in death have been activated the right timing for Mrityunjaya mantra has passed and is best to prepare for transcendence.

-Preparation for death and transcendence focuses on the limiting factors you do not want to carry over to the next incarnation. Clearing factors you don't want to carry over should be given priority way before the ending of life is near. Unfortunately, most people are 'too busy' with more important things to structure their continuity. Worst of all when death is near is focusing on the things being left behind with regret and attachments. Attachment to the past is a source of pain and suffering at the point you need to be flowing at your best.

-The ego is a survival function limited to the physical dimension. The ego is not a transcendent function. To develop the death and transcendence practices, identification has to switch from "me the ego" to "me Original Mind". Fear of death arises from identification with the ego instead of Original Mind. In the Iron Era SO HAM mantra is the "passport" to Self-realization.

4-APPLY THE FOURTH OF THE FIVE STEPS FOR HEALING: by empowering the heart and quality of blood with forgiveness, self-forgiveness, self-love, self-compassion and self-acceptance as you are at the moment.

If there is no self-love, there is no second cauldron heart energy for healing. If there is no self-love the factors for death are greater than those for life.

-As the person practices it needs to generate positive reaction energy to get positive results. To heal the person has to expand beyond selfish living at the first cauldron and seek to heal to assist others going through the same thing. Selfish living and closed heart are at the essence of cancerous cell growth. Cancer is not just an illness, Cancer is a symptom of what doesn't work in life. Healing begins from the second cauldron: practice generosity by assisting others in trouble. Assisting helps shift focus from yourself to others. Undertake the healing program to assist others-avoid a selfish (first cauldron) healing program.

5-APPLY THE FIFTH OF THE FIVE STEPS FOR HEALING: by developing courage / positive ego strength

-The cauldron (central channel) is the center of energy movement. The axis Heaven-Earth passes through the cauldron. Most people who are not working with energy are centered either in the solar plexus through their emotions or in their head through thoughts. This false sense of center keeps them physically, emotionally, mentally and spiritually off balance in life.

Positive ego is built up by being centered at the cauldron. Being grounded at the cauldron helps integrate changes into the physical plane and use the Jing Essence to move forward in evolution.

-Healing begins when the imbalance is accepted. If you resist the illness, you resist healing. Acceptance of physical symptoms does not mean that you are agreeing to continue having the unhealthy conditions in your body. It just means that you cease resisting the energy imbalance that is present now. As long as you resist the imbalance, healing cannot occur.

-Do not live the experience of Cancer in isolation, keep in contact with others who give support or have been through the same experience. The idea of everyone for itself is what the arrows in Hexagram 56 are showing. Everyone for itself is what cancerous cells are doing. You cannot heal with the same type of attitude which caused the imbalance in the first place.

-The person has to realize that death is a natural part of life and that all living beings experience death. Along the training with energy the person learns that the Jing Essence is limited and when exhausted there is no way to prolong life.

-If the person is too weak to establish a healing program based on the previous steps, then it is a sign the Jing Essence is weak to sustain life for very long. If the reserves of Jing Essence are low and the imbalance cannot be corrected, then the person should prepare for death and transcendence focusing on the next incarnation instead of the life that is ending. In preparing for transition the person transforms the factors it doesn't want to carry over to the next incarnation

-Even if the transformation of the Cancer-causing files is not able to stop the degeneration process, the karmas of healing the causes have been set in motion. The precedent of doing something to heal the causes of Cancer has been set in motion in the family.

The strongest desires at the moment of dying condition the next incarnation. Dying with the intent to heal the causes of Cancer on behalf of the whole family orient the consciousness in the direction of an incarnation in which the intent will be realized.

The training when death is certain is for generating better causes and conditions for the next incarnation. It is a tragedy to focus on the life that is ending with regrets and the attachments pulling back to the past.

These basic steps are the same no matter the imbalance encountered. All the practices and advice given are based on these fundamental steps.

CONCLUSION

Everything suggested in this very long message is for coping with elegance as the fury of the Iron Era intensifies. The I Ching never gives up giving advice. As Hexagram 56 is repeated again this time, many of the basic healing instructions are repeated several times in these notes.

The capacity to instantly purify negativity with mantra is the true wealth of the Iron Era. There is no better Era to quickly develop one-pointed mind than the Era of distractions at their maximum. The Iron Era is not a moment in time; it is a state of consciousness. Like every state of consciousness that is not Original Mind, is temporary and will pass. We have incarnated in the Iron Era to take the challenge of keeping the heart open and develop the compassionate heart no matter what happens.

May we all be capable of leaving the places we go through empowered with unwavering perseverance and great heart! We didn't incarnate in the Iron Era to complain, hurt others or feel victim. We have incarnated in this Era to develop extraordinary capacities of heart, mind and forgiveness.

May we all as family of practitioners sustain the Universe with the power of unconditional forgiveness in 2025!

*FROM SANTA GALICIA TO THE FAMILY OF I CHING DAO PRACTITIONERS,
CLARITY, COURAGE, PERSEVERANCE AND GREAT HEART IN 2025!*



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