





HARNES YOUR  
HAPPINESS




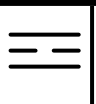
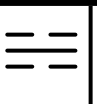
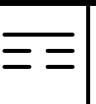
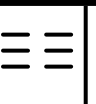









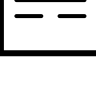
THE  
I CHING  
*Reflection Journal*

*Listening to the wisdom beneath the question*

A SPACE FOR INSIGHT.  
A RECORD OF YOUR  
JOURNEY.

- 9  OLD YANG
- 8  YOUNG YIN
- 7  YOUNG YANG
- 6  OLD YIN

## *Hexagram Lookup Chart*

								
	57	44	46	18	48	50	28	32
	9	1	11	26	5	14	43	34
	20	12	2	23	8	35	45	16
	53	33	15	52	39	56	31	62
	59	6	7	4	29	64	47	40
	37	13	36	22	63	30	49	55
	61	10	19	41	60	38	58	54
	42	25	24	27	3	21	17	51

*The Question*

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*The Reading*

*The Toss*

Hexagram Number:

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Changing Lines:

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Second Hexagram:

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*The Heart of the Message*

What immediately stood out to you, and what might it be inviting you to understand?

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## *Elemental Wisdom*

What elemental qualities are asking to be embodied?



Thunder



Lake



Fire



Water



Mountain



Earth



Heaven



Wind

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## *What's Alive in My Heart*

What emotions or insights are stirring right now?

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## *What's Alive in My Heart*

What emotions or insights are stirring right now?

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## *One Small Step*

What action would honour this reading today?

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*The Question*

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*The Reading*

*The Toss*

Hexagram Number:

6

Name:

5

Changing Lines:

4

3

Second Hexagram:

2

1

*The Heart of the Message*

What immediately stood out to you, and what might it be inviting you to understand?

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## *Elemental Wisdom*

What elemental qualities are asking to be embodied?



Thunder



Lake



Fire



Water



Mountain



Earth



Heaven



Wind

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## *What's Alive in My Heart*

What emotions or insights are stirring right now?

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## *One Small Step*

What action would honour this reading today?

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Each reading is a conversation.  
Each reflection, a step closer to clarity.  
Each pattern, a guide back to yourself.



*Trust the process.*

*Trust yourself.*

*The answers are already within you.*

MAY YOUR PRACTICE  
BRING YOU CLARITY, PEACE  
AND GROWTH.

*With love,*

CHYLA CHARMAINE