

**J. M. Jeffrey, author of *The Holistic I Ching or the Oracle of Wholeness*
and its Handbook, *A Guide to the I Ching, Jung and Taoism*.**

My inner journey commenced when I met a remarkable man, who was filled with an inner beauty, unconditional love and maturity beyond any person I had ever met. In the course of our conversation, he asked me what I wanted to do with my life and I suddenly knew that I wanted to write about Taoism and Zen, which was a surprise to me, as I had only recently come across this type of philosophy.

Following this spiritual awakening, I spent many years exploring esoteric philosophy, various world religions, and the depth psychology of Dr. Carl Jung, via lectures and workshops, some given by myself. Thus a new way of understanding life opened up. My deep interest in the I Ching started at a weekend seminar at a wonderful country guesthouse in New South Wales, then called Ranelagh House. A friend, Jonathan Mitchell gave a workshop on The I Ching Oracle. He described the basic symbols, also how to do a reading, plus the philosophy behind it. There was an immediate soul recognition. However, another friend, Patrick commented at the workshop, that he thought some of the texts portrayed a chauvinism that relegated women to conditions of inferiority. I later came to learn that this was a cultural overlay that did not apply to the underlying Taoist view of the equality of Yin and Yang as shown in their main Yin/Yang symbol.



That week I had a beautiful dream. I saw Hexagrams No. 11 (Peace) and No. 63 (Wholeness and Completion) which both portray harmony and union between the masculine and the feminine. Through these outlines, I saw a rolling ocean in the background. At that stage I valued the imagery of the dream, but I did not realize that the Ocean is a symbol for the flow of the Great Tao or Oneness of Creation, nor did I appreciate the significance of these particular hexagrams portraying wholeness and how it tied into what was discussed at the workshop.

Little did I know I would spend the next twenty years writing *The Holistic I Ching* from a modern perspective (in between part-time work) — translating the key metaphors in a balanced way, without bias towards the Yang — and using it to give readings and counselling.

I had also come to realize that the archetypal images of the I Ching related to compelling dream images and the Tarot archetypes. For example, there is a very close correlation between Hexagram No. 52 - Stillness and the Hermit Tarot image. * This insight was due to the inspiration of Dr. Stephen Hoeller, theosophical author of *The Gnostic Jung*. It was as if I had gained a key to oracle systems or subconscious imagery common to all humanity, which can be found in the runes, numbers, iconic religious symbolism, art, etc. Thus the Handbook to the Holistic I Ching emerged.



People have asked me where I obtained all the information for the commentaries on the I Ching texts (which you can see the sample of Hexagram No. 1). Therefore, I will describe the process briefly. Scholars may argue about the translation of individual words from the original Chinese texts, but I have taken a different yet complementary route, starting with the eight basic symbols of the I Ching, called Trigrams. After contemplating the universal symbolism of the Inner World Arrangement of the Trigrams (and their relationship to Psychological Types) I then compiled Charts on the Trigrams based on the classic translations into English. This was followed by a study of the structure of the whole system. From this, came commentaries on the Hexagrams and after that, the Lines were compiled. These were created from precedents of many hundreds of readings (for myself and others) over twenty years. Therefore this work is founded on actual questions both personal and about conditions in society – as well as the traditional structure of the system. Further information, on all the aspects of interpretation included in the text for each Line, can be found in the Introduction to the Holistic I Ching on page xi.

My mother and grandmother were both clairvoyant and mediumistic, but they could not always understand, nor deal with their subjective experiences. I did not want to follow in their footsteps, but rather aimed to go directly to the heart of a key issue (when appropriate) through higher intuition or what is called in esoteric terms, direct knowing — often through the aid of prayer. Of course, this is a goal that is not always achievable. It depends on a rapport, between reader and client or myself and a issue, which has to be natural and cannot be forced.



There is beautiful phrase in Taoism that states that if unity or rapport is real, it flows like a river on its way to the sea. Hence it is not possible to attune to some clients or issues, if a doorway to a soul-connection is not mutual. I regard the I Ching as the most accurate and enduring oracle in the world (being thousands of years old) yet it can take deep reflection to truly understand every aspect of a reading. However, when there is a sincere and conscious intention to delve into this wisdom, helpful insight is bound to emerge. My little joke is: I'm not God, I am only a reader. Saying this to a client or friend stops them from projecting their own inner authority onto me. For we all need to draw our own unique conclusions and to grow at our own rate.

It is hoped that my respect for the Taoism and the I Ching will be a blessing for you, as it has been to me.

* The Hermit or the Wise Elder image from **Universal Waite Tarot Deck** — US Games Systems Inc.