

Hexagram 29 – Moving through Adversity

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Moving through adversity.

Aligned with sacred ways

The heart holding fast to its sacredness. Harmonizing.

Moving through adversity possesses honor.

Ideogram of trigram ☵: earth and cavity. Symbol: stream. **Meaning of trigram:** precipice, dangerous place; hole, cavity, pit, snare, trap, grave; critical time, test, risky. **Action:** venture and fall. The trigram has the symbol of a stream cascading through a dangerous gorge. The trigram represents the heart, the center of being; seat of mind, imagination and feelings; moral nature; and the source of desires, intentions, and will.

Oppressive cultures protect themselves from change by deeply conditioning people to fear imagined consequences of changing the culture. We fear the violent cruelty of others and theft of what we value. We fear the disapproval of others, loss of privileges, not having access to basic survival needs, and insecurity. We fear not being cared for. Ironically, we daily experience all these fears within an oppressive culture. Within an oppressive culture, we live within a moral chaos. We ignore the suffering of others.

Conditioning trains us to see ourselves as incapable, deficient, alone, and others as dangerous. Conditioned fears keep us in our place, no matter how terrifying that place becomes as the uncertainties of changing ourselves terrify us more. It teaches us to resist changing our willingness to harm others and the Earth for self-benefit. We repeatedly tell ourselves, "I can't do this" and "I don't want to do this." Fearing and resisting change of our oppressive ways, even when the necessity to change our ways glares at us, defines ignorance.

The conditioned ways and views of an oppressive culture engulf our hearts. Harmful conditioning uses fear to mobilize resistance to change by undermining our resolve to change our ways to further life on Earth. Only having a resolve stronger than our conditioning to do the harder but right thing to do will free ourselves of our harmful ways and views. We experience adversity when we stubbornly resist changing ourselves for fear of what we might lose.

To overcome our harmful ways and views to further life on Earth, we need a strong resolve to change ourselves, the devotion to do the harder but right thing to do. Yet we have supports to strengthen our resolve. Because we know how the oppressive culture verges on destroying life on Earth, we and all of life have the strong urge to survive. Because we live in an interdependent reality, we necessarily further life on Earth to further our own. We respond with care to the suffering of others to alleviate our own suffering. Our sacredness and sacred knowing of what to do guide us.

On the sacred path we have the strong support of yielding to the sacred to know how to move through the fear-based not wanting to change our harmful ways and views and endure the adversity of doing so. We come to know our sacredness and that of all life. The ways of sacredness teach us how to harmoniously and equitably respond to the adversity we cause ourselves from changing our harmful ways and views.¹

¹ **Ways of sacredness to further the wellbeing of life on Earth (work in progress):** devotion to the sacred by furthering the wellbeing of life on Earth; living the sacredness and moral interdependence of life and Earth; compassionately responding to the moral obligation of interdependence to respond to suffering of life; surrendering to the sacred will to know how to respond to suffering of life; equality of mutually beneficial and harmonious interactions; equality of equitable sharing of

Take a step outside of the painful experience of fear, look at what conditioned fear does not want us to do, and resolve to do it. The fear and resistance to change will accompany changing our harmful ways and views, but our resolve to further life on Earth overpowers the fear and resistance. We hold on so tightly to the sacred ways that we safely move through adversity by doing what we don't want to do. The more often we practice doing this, the more confidence we have that we can do it again. Our caring for the survival of life on Earth overpowers fear.

In moving through adversity, only do as much as we know what to do to move through it. The adversity then dissipates on its own. We do not force ourselves to change by making overly ambitious attempts beyond our capacities as that would cause more danger and difficulties. When we fear doing something that we feel lies beyond our capacities to do, move through adversity by confidently taking small doable steps with a great resolve.

We mature our being by moving through one adversity after the next. We make mistakes along the way but learn from them. Overcoming adversity transforms us into interbeings who know how to live on Earth with other beings in ways that allow all to thrive. The fears of changing ourselves, the compulsive "I can't or won't do this" feeling, no longer intimidates us. We joyfully learn how to respond to whatever experience life brings in ways that further life on Earth.

Discernment of what harms and what furthers. Gratitude for what we have received. Learning from the oracle what to do. Accepting the moral obligation to respond to suffering to further life on Earth, the sacrifice. Embodying the sacred by adapting to the sacredness of living and to balancing chaos with order. In these ways, we escape from our harmful ways and views. Living loving. Loving living.

Line 1: The line has become habituated to the harmful ways and views of an oppressive culture. It chooses not to change, furthering the destruction of life on Earth and the suffering of others.

Line 2: The strong line seeks to overcome its harmful ways and views but lacks the capacities to escape from them. Instead, it resolutely makes small, persistent efforts to overcome how it harms.

Line 3: Every step forward or backward leads to more danger and does not know what to do. Wisely, the line calmly stops to let the situation unfold on its own until it has the sacred knowing of what to do.

Line 4: Discernment of what harms and what furthers. Gratitude for what we have received. Learning from the oracle what to do. Accepting the moral obligation to respond to suffering to further life on Earth, the sacrifice. Embodying the sacred by adapting to the sacredness of living and to balancing chaos with order. In these ways, we escape from our harmful ways and views.

Line 5: The strong line nears its deliverance from its harmful ways and views. It does not use its strong will to impose a direction upon situations or others, which would only reentangle it with harming. Instead, the line continues to follow the path of surrendering its will to the sacred knowing of how it can further life on Earth.

Line 6: The line at the end of overcoming its harmful ways and views does not surrender its strong resolve to the sacred to interbe. Instead, it persists in exercising its strong will by taking matters into its own hands, ignorantly harming others, life, and itself.

Earth's abundance; preserving a balance living within a world of change and our sacredness; willingness to make the effort to do the harder but right thing to do.