

Hexagram 27 - Nourishing



Nourishing

Perseverance in sacredness important.

Observe what is nourished and the source of nourishment.

Structure:

- Above ☷, a mountain, stillness. Below ☳, thunder and action.
- The lower trigram seeks nourishment for oneself. The upper trigram nourishes others.

Image: An open mouth.

The sacred Earth nourishes us with food, air, water, and land for us to live and grow. The sacred nourishes us with knowing how to live on Earth with other beings in ways that furthers life on Earth. The sacred causes the sacredness of life and nourishes our knowing the ways of sacredness.¹ We nourish the wellness of our physical being to do what we need to do for us and children to survive. By living the ways of sacredness, we nourish life on Earth.

Nourishing is an action. All actions have consequences. Our choices nourish our wellbeing or harm us – what we ingest, what we see and hear, our thoughts, our responses, what we experience, our beliefs. Learning from the difficulties we have in overcoming our harmful ways and views and learning from our mistakes nourishes us. Knowing our ignorance nourishes us. Thus, we exercise caution in how we nourish ourselves physically and spiritually as we know our choices become us.

When we experience resistance on the sacred path, we step back to discern which harmful ways or views we have nourished. Renouncing imposing our will upon others and experience weakens our willingness to harm others for self-benefit. However, we avoid an excessive, bitter self-discipline that starves our willingness to persevere. Practicing living the ways of sacredness by responding to the needs of others and the moment nurtures our capacities to further life on Earth. However,

Children and the incapacitated depend upon others for nourishment. However, if we have the capacities, we have responsibility for choosing our nourishment and the consequences of the choices we make. To know someone, we need only observe what aspects of their being they nourish. We observe what aspects of our beings we choose to nourish.

How others experience us nurtures them. Our words alone offer them little value. We nurture others through how we live sacredness, the quality of our interactions, and how we sense and respond to their suffering. Others feel nurtured by our kindness, caring, and respect for them.

¹ **Ways of sacredness:** worshipping the sacred by how we live within an interdependent reality to further life on Earth; living the sacredness and moral interdependence of life and Earth; fulfilling our moral obligation to respond to the suffering of others and all life; surrendering to the sacred will what to do; the equality of mutually beneficial interactions; the equality of equitable sharing of Earth's abundance; keeping still when ignorant; willingness to make the effort to do the harder but right thing to do.

How we experience others nurtures our physical and spiritual wellbeing. If their words do not connect with their actions, they offer nothing of substance. We feel nourished when in the presence of someone who strives to live their sacredness. Others nourish us through the quality of our interactions with them and how they sense and respond to our suffering. We feel nurtured by their kindness, caring, and respect for us.

Within interdependent reality, we mutually nourish others and open to others nourishing us. Nourishing ourselves on sacred knowing transforms us into nourishment that furthers life on Earth.

Line 1: The line dismisses the sacred path that nurtures and practice sacredness in ways uniquely appropriate for each being. Instead, it envies those who live their sacredness, wanting what they have without making an effort, truly not the path of sacredness. Danger.

Line 2: The weak line rejects learning how to live its sacredness and overcoming its harmful behavior and views. Instead, it imagines it knows on its own how to live sacredness. This behavior does not harmonize with the ways of sacredness.

Line 3: The line represents the extreme of only having concern for self-benefit and rejecting the spiritual path. Those who seek nourishment from what does not nourish cause their own suffering. Nothing good comes from this path.

Line 4: The line occupies a high position and strives to let its light shine forth. It seeks wisdom from the humble because it knows that it cannot attain its lofty aims alone. In this way, its efforts benefit all.

Line 5: Those who reject moral laws lack a great purpose in life. Those who follow the sacred ways yield to the sacred and further life on Earth.

Line 6: The accomplished sage line nourishes itself and provides nourishment for others. Even in adverse conditions, it exerts itself to bring the ways of the Earth Interbeing into life.