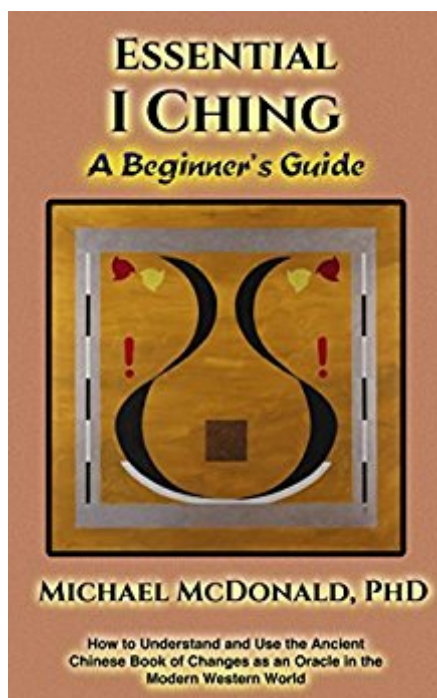


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# The Essential I Ching: A Beginner's Guide



## Synopsis

The Essential I Ching presents, for the first time, the essential, core teachings about self-change, and self-cultivation in the ancient Chinese Book of Changes. This book gives the beginning student everything they need to deeply understand the ancient I Ching as an oracle, and to use that oracle in a profound journey of inner knowledge and self-understanding. Dr. McDonald provides careful and detailed explanations of the metaphysics, the teachings on change, the teachings about archetype, number, symbolisms, and teachings of this great oracle. The Essential I Ching is not a translation of the I Ching, nor a scholarly dissertation. This book is the result of a lifetime of actually using the I Ching in the journey of self-change, as well as in academic contexts. Dr. McDonald combines the oracular and the scholarly approaches in order to actually formulate and answer persistent questions about the symbolism and order of I Ching hexagrams that has been haunting the tradition since the time of Confucius. Essential I Ching is the first, in-depth, no-holds barred actual examination of the I Ching as an oracle to be presented in the west, but hopefully not the last. It is the second book in the Modern I Ching Series, which itself is devoted to giving a modern person living in the west with a modern lifestyle every tool needed to understand I Ching symbolism, apply the I Ching teachings about Change to their own life, and live a self-examined life in the way of the ancient Profound Person.

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