

Peter Mandel

# The Playful I Ching

or

## The Oracle on the Skin



**esogetics**

**Peter Mandel**

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**or**

**The Oracle on the Skin**

1<sup>st</sup> edition

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## PREFACE

In the early days of my naturopathic practice, which has been about 40 years ago by now, I encountered the I Ching, the 5000 year old Chinese book of wisdom. At that point it was not the right time for me to explore oracles in more detail. To the contrary, I believed that 'oracles' were something akin to soothsaying and that they could only be meaningful for people, who were walking their life path too gullible. Thinking back I realize that I had to revise my opinion rather quickly, when I tried to look more closely into the I Ching in connection with some very personal questions. The answers that I received to my questions had such a precision, that I am amazed about it to this moment. Up till the present day the I Ching is my steady companion and whenever questions arise in regards to my future life I am consulting this oracle. So far I have always received an answer that has been suitable for me. That brings up the question why this is possible and which information channels in the human being are able to accomplish that.

From the beginning the human has been looking for the meaning of his life. Shamans, healers, medicine men, druids or oracles were consulted, to assess the future or the existing state, to better comprehend the "why and how". Nowadays thousands of "channelers" populate the world and are transporting advice, help and instruction from the other side for the individual or the collective human being. It seems that this is the modern way of receiving assistance from the higher spheres. In reality this has been the case in one fashion or another in all cultures at all times.

It is interesting to observe that the channelings of the different "mediums" are very similar, even though the names of the "otherworldly or the angels", whose advice is sought, differ. Scientifically and also spiritually we are living in a time, which is filled with many new insights. We are holding the premise of a unified consciousness, which has been subdivided for better comprehension. The Ego Consciousness. It encompasses our image of ourselves with all the conscious and subconscious aspects. Ken Wilber calls the second level of consciousness the "existential level" and he postulates this as the basis of the level of the "SELF-consciousness". He talks about a "band of consciousness" between the body and the soul, which connects the inner with the outer and thus enables the transfer of feelings from the inside towards the outside into the Ego-consciousness.

The third level is generally called the mystical consciousness and encompasses that, which we call "spirit". On this level we find the abundance of all the information, that is present in the different dimensions – thus also in the human being – and that connects us with the rest of the universe.

More and more people are becoming aware of these three levels, the transparency of the higher dimensions increases and the receptivity in

regards to higher information grows steadily. Inspiration and intuition as well as creativity are accelerating the evolution and development of the human species and the logical ego-mind joins with the subconscious levels of being. That also elucidates the fact, that as human beings we carry the spirit level in us and that we are able to access all the information of life from there. That helps to better understand and accept the phenomenon that is called "channeling" these days. But we also have the option to receive important information regarding our soul through the oracle, like the I Ching is one.

Though I had acquired deep experience with the oracle of the I Ching over many years, there still was some residual skepticism left "in the depth of my soul". All the answers to my questions had always been insightful and very helpful for my life. I am still convinced that the texts are right on target; I am orienting myself particularly according to the texts that have been published in the "Buch der Wirklichkeit" [tr.: Book of Reality] by Norbert A. Eichler.<sup>1</sup> Nonetheless a minute thorn of perhaps "non-belief" or "non-comprehension" always remained in the back of my mind. That was possibly the precipitating cause for my idea to project the hexagram, which I had received through my questioning, onto the body surface. Due to my research with the so-called patterns on the skin (reflex zones and segments, acupuncture points etc.) I had always been convinced that everything "that has been, is and will be" can also be found in the hologram of our skin.

That started a long search for the 64 reflex areas of the I Ching on the human skin. After many years of research I was finally able in 2006 to publish this new method of treatment for the first time at an international conference. Today many therapists have successfully applied my protocols in treating sick individuals. This keeps encouraging me to further explore all the feelings and reactions that an individual experiences during such a treatment. What I truly want to comprehend is, why as human beings we can fall ill, though our origin is in the divine. What keeps dissuading us from accepting that? Symbolically "Diabolos" – acting on order of the "very highest" – was the one who divided the "whole" into an infinite number of units. "Solve et coagula" also signifies symbolically and in this context to "divide the whole and reunite the parts again into the whole". It is the human mission to participate in bringing "the parts" back into their correct positions like in a puzzle, so that eventually at some point in time "the whole" can reoccur. That is how I see my work in this part of life, mainly to become able to understand the "hologram of the whole through its parts". Without doubt the reflex zones of the I Ching on the skin can contribute to this goal.



## THE CREATION OF AN I CHING SYMBOL

## THE METHOD OF THE I CHING CARD GAME

When you want to question the I Ching, you should prepare yourself mentally and build some inner receptivity and most importantly quiet. Only when you are quiet are you receptive. Everybody can find their own "ritual" to get there. Perhaps you want to light a candle and concentrate on the flame, while in- and exhaling deeply and steadily. Or you meditate in a fashion you are used to and then conclude with formulating your question for the I Ching inside. It is important to devise the question so that it cannot be answered by a simple "yes" or "no", like for instance "what is the meaning of this or that for me?" and not "will I be able to handle this?". The seriousness of the questioner is an important prerequisite for the answer of the I Ching. In that regard I am not so much interested in the clue and the answer, which can be extracted from the pertinent oracle texts, but in the indication, which pattern on the skin relates to the question raised. That allows us to treat, as I shall demonstrate later. On one hand we can read the applicable texts of the different authors, on the other hand I am concerned about the reflections of the I Ching on the skin. For that the method of the "I Ching Game of Cards" has proven itself useful. The card provides us at the same time with an indication of the element, which the selected hexagram belongs to. That makes it easier for me, because just now I only want to find the location on the skin. Subsequently I would like to explain the options of the card game and the generation of a hexagram with the coins.

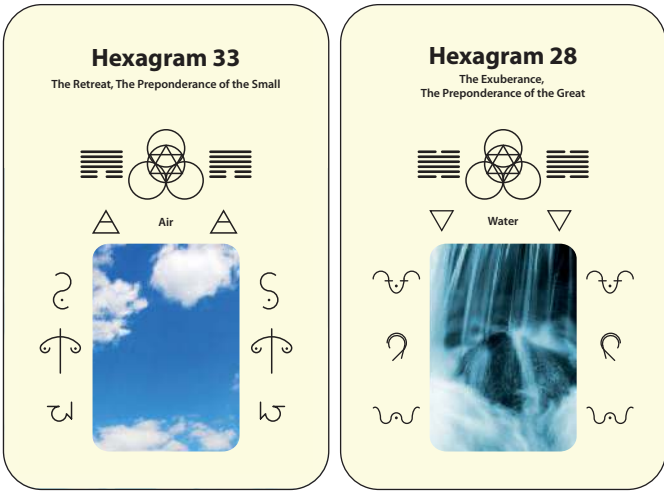


*Card Game*

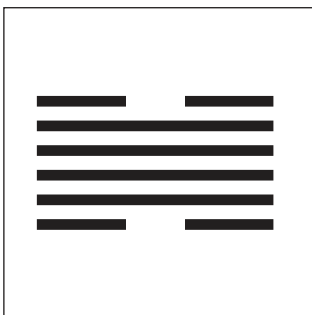
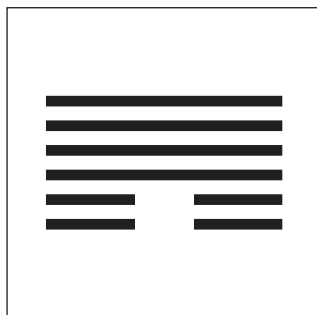
The cards are taken into the right hand and the mind is focused on the question that you want to present to the I Ching. When you feel sufficiently relaxed, you shuffle the cards and then fan them out in front of you. Still in the inner silence and concentrated on the question you take out two cards. Doing so you can rely on your inner guidance. The first card indicates the position on the skin that is important for the present state. The second card emphasizes more what needs to be heeded from a complementary viewpoint. Both reflex areas are used for a treatment, as I have described it later on.

Let us assume the first card is the hexagram 33 and the second one the hexagram 28.

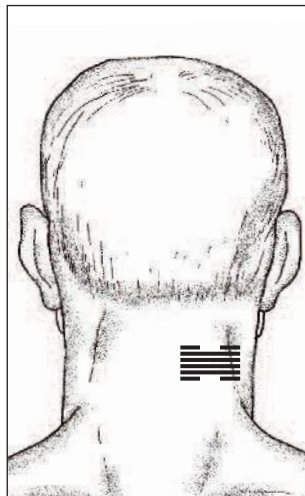
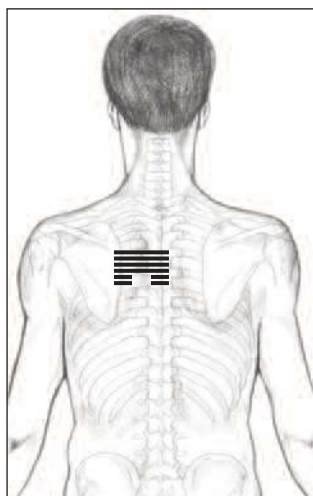
Cards  
33 and 28



We now look for the positions of the two hexagrams on the skin and mark the center point. The size of a hexagram is about 2 finger widths (FW) square. Then we transfer the six lines of the hexagrams to the given positions. We draw the lines with a skin marker or a cosmetic UV marker from the bottom towards the top on the skin. The lower three lines are below the center point and the upper three lines are above it. Here are the signs and their locations on the skin.



*Symbols  
33 and 28*



*Symbols  
33 and 28  
on the body*

After we have drawn both hexagrams on the skin, we should rest for 5 minutes first and then conduct the treatment, as I will show you in detail in the practical section later on.

**I already would like to mention, that the treatment can evoke reactions. At times we have observed slight headaches or a brief vertigo, heaviness in the body, especially in the legs. Increasing tension in the solar plexus is also a possibility. In most cases the reactions resolve by themselves. Should the reactions not disappear within the five minute rest period, it is sufficient to erase the lines that have been marked on the skin.**

## The 6 Steps of Treatment

### 1<sup>st</sup> step:

Find a quiet place, where you can do the entire process undisturbed. Establish a small ritual for yourself (maybe lighting a candle) and become quiet.

### 2<sup>nd</sup> step:

Take the cards in your right hand and ask yourself a question that is of special importance to you. Concentrate on this one thought. Ask an open question, for instance “what is the meaning of this or that for me?”

### 3<sup>rd</sup> step:

Shuffle the cards and fan them out in front of you. Very calmly and with concentration on the question, you now draw two cards from the spread.

### 4<sup>th</sup> step:

Look attentively at the first card and let the I Ching give you an impression.

The first card indicates that, which is important for the present state.

The second card gives more of an idea what needs to be observed in a complementary manner.

If you choose to do so, you can read the oracle and its cues for the selected cards (see pages 70 et seq.).

### 5<sup>th</sup> step:

Locate the reflex zones on the body that correspond to the I Ching hexagram of the selected cards.

Then you proceed as follows:

- a. Look for the midpoint of the hexagrams on the skin. Massage the midpoints.
- b. Draw the lines with a skin marker or a cosmetic UV-pencil from the bottom towards the top on the skin. Three of the lines are below and three of them are above the midpoint. The size of a I Ching symbol is about 2 FW square. On the toes the I Ching is proportionately smaller.

**6<sup>th</sup> step:**

Now place the corresponding faceted crystal on the hexagram that was selected first for about five minutes. Afterwards apply the crystal of the second hexagram for five minutes as well.

After the treatment rest for 5 minutes. Then the treatment is complete.

**Treatment without Crystals:**

- a) For an initial treatment you can massage the I Ching Zones with the Wildcrafted herbal oil<sup>relax</sup> (see page 221). Afterwards you should rest 5 minutes.
- b. Draw the lines with a skin marker or a cosmetic UV-pencil from the bottom towards the top on the skin. Three of the lines are below and three of them are above the midpoint. The size of a I Ching symbol is about 2 FW square. On the toes the I Ching is proportionately smaller.

When applying the Wildcrafted herbal oil<sup>relax</sup>, it is important that the oil has been entirely absorbed by the skin, before the symbols are drawn.

After the treatment rest for 5 minutes. Then the treatment is complete.

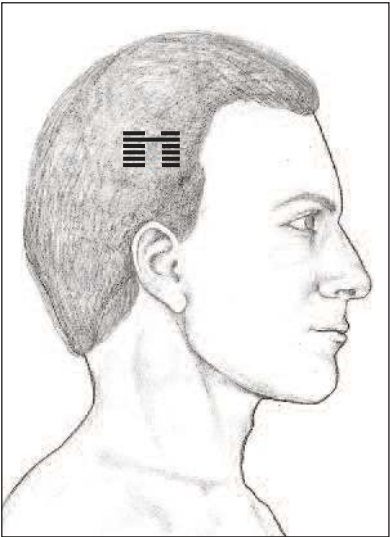
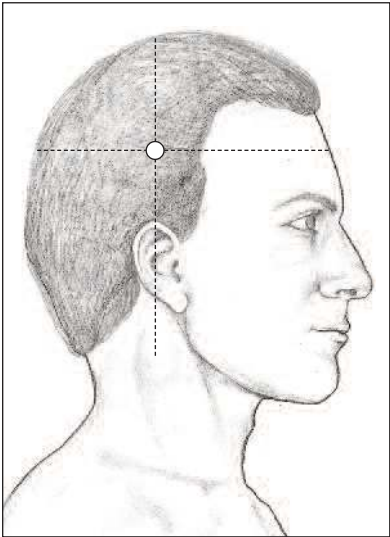
**The Handling of Reactions**

Reactions (for instance a slight headache or brief vertigo, heaviness in the body, especially the legs, increasing tension in the solarplexus) usually dissipate after 5 minutes of rest.


If the reactions should not completely resolve during this 5 minute rest phase, it suffices to remove the lines drawn on the skin.

HEXAGRAM 8: THE GATHERING, THE COMMUNION,  
THE COHERENCE


ELEMENT: WATER



**Hexagram 8**  
The Gathering, The Communion,  
The Coherence



Water





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**ORACLE**

The deep (the water) covers the earth, soaks into it and brings a bountiful harvest. The powers gather themselves before the great deed. If the image is expansive and the goals are clear, then they will become reality. The power is inexhaustible.

**CUES**

The powerful hexagram 8 is located exactly opposite of hexagram 7. Here those powers collect that get by without martial measures. Here the goal can be achieved through the internal images. The hexagrams 7 and 8 together win the inner battle, and that without violence. Synchronizes the brain.

**LOCATION**

The midpoint is located at the intersection of a horizontal line around the head at the level of the middle of the forehead and a vertical one from the tip of the ear upwards – on the right side.

**APPLICATION**

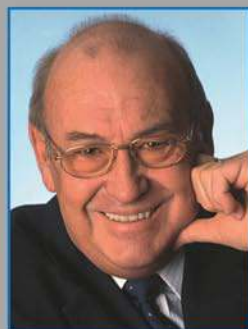
- a. Locate the midpoint. Brief massage of the midpoint.
- b. Draw the lines of the hexagram with a skin marker or a cosmetic UV-Pen from the bottom towards the top on the skin (three lines below, three lines above the midpoint).
- c. Then apply the faceted crystal for 5 minutes. Color: Dark gray
- d. Afterwards rest for five minutes.

**ADDITIONAL INFORMATION FOR THERAPISTS**

Colorpuncture: Slowly stroke the lines of the hexagram from the bottom towards the top with dark gray. The treatment with the element color, here rose, is also possible.



### **Peter Mandel: The Playful I Ging**



The tradition of the I Ging, also called "The Book of Change", belongs to the spiritual inheritance of humanity. Especially nowadays, in a time of worldwide paradigm shift, it has become more important than ever to remember the lunar abilities that every human being possesses.

Inspired by the publications of the neurologist Prof. Dr. Giuseppe Calligaris, Peter Mandel has started exploring the surface of the human body already more than 30 years ago. Today he is convinced that everything that was, is or will be can be found on the surface of the skin as a pattern of information.

In his book "The Playful I Ging" Peter Mandel enters completely new territory.

His development combines the ancient I Ging oracle with zones on the skin, which he has described in exact detail. Each of the 64 hexagrams of the I Ging has a clearly defined position on the surface of the skin, is drawn there and then treated with the appropriate media.

The I Ging cards that Peter Mandel has designed provide practical access to this wisdom system. The selected cards unfold their regulatory powers through the application on the skin.

Many years of research and practical application in the clinic have repeatedly shown the impressive effectiveness.

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