

I Ching Birthday Analysis Worksheet

A personal reflection on the pattern of your birth and the path of its unfolding.

What Is an I Ching Birthday Analysis?

An I Ching Birthday Analysis uses the ancient wisdom and symbolic language of the I Ching to explore the energetic pattern associated with a person's birth. The reading is not intended as a fixed prediction. Rather, it offers a contemplative map of natural gifts, recurring life processes, challenges, strengths, and the deeper possibilities that may emerge as a person grows into an authentic expression of their path.

Client Information

Name _____

Date of Birth _____ Time (if known) _____

Location of Birth (if known) _____

The Three-Part Reading

1. Born With - Your Natural Gifts

The first hexagram reflects the qualities present at the beginning: natural gifts, sensitivities, instincts, and ways of meeting life. It offers insight into the foundational energy a person is born with and the strengths that may be refined over time.

2. Process - The Path of Development

The second hexagram describes the process through which life works upon those original qualities. It can illuminate recurring lessons, challenges, transitions, and the forms of growth that deepen character and consciousness.

3. Outcome - The Potential Flowering

The third hexagram points toward what the pattern is working toward: the qualities that may ripen through experience, the strengths that can emerge from meeting life's challenges, and the fuller expression of one's gifts and purpose.

The Purpose of the Reading

Together, the three hexagrams form a living progression - what is carried at birth, how it is shaped through experience, and what it may become. By exploring the traditional images, trigrams, elemental symbolism, challenges, strengths, and spiritual possibilities of each hexagram, the Birthday Analysis is intended to support self-understanding and help an individual align more consciously with an authentic path.

May I meet this moment with sincerity and an open heart, and may the wisdom revealed help me recognize what is true and move toward the highest possibility available within this moment.