

I Ching Question Oracle Worksheet

Entering the Sanctuary of the Question

Approaching the I Ching

To consult the I Ching is to enter a moment of **reverence, sincerity, and sacred attention**. For thousands of years, it has been approached not simply as a means of prediction, but as a wisdom tradition and living oracle through which the changing patterns of life may be contemplated and understood. A consultation can therefore be regarded as a sacred trust - a moment set apart from ordinary thought in which we become quiet enough to listen for what is true.

The Spirit to Bring to the Question

Before asking, allow yourself to become still. You do not need to know the answer, find perfect words, or persuade the Oracle toward the outcome you desire. What matters most is **sincerity**. Bring the question honestly, with a pure intention and an open heart. Sincerity becomes the bridge between the human question and the wisdom of the Oracle; when we stop trying to control the response, space opens for deeper understanding to reveal itself.

Humility is the willingness to admit that there may be something not yet seen. **Receptivity** allows an answer to be symbolic, unexpected, challenging, or more profound than the question as first conceived. **Honesty** gives us courage to recognize a blind spot, contradiction, attachment, or truth that may ask something of us. And **openness to transformation** allows the consultation to become more than an answer - it becomes an invitation to meet the present moment more consciously.

Listening for the Essential Message

The I Ching may not always answer in the way the mind expects. At times it reveals the deeper question beneath the question. Its images and hexagrams invite reflection, intuition, and contemplation until their meaning begins to meet the circumstances of your life. Rather than demanding a particular result, allow the response to illuminate the forces already moving within the situation - what may need attention, what may need to change, what should be strengthened or released, and where the most harmonious possibility may lie.

Your Question

When you are ready, hold your situation gently in awareness. Ask the question that is most sincerely seeking understanding.

*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.*