

# Disclosing of Thousand Years' Mystery—Origin of the Book of Changes

Jinzhong Yan

*Changsha Jiageer Machinery Manufacture Co., Ltd., Pingtang Town, Changsha City, Hunan Province 410208, China*

**Abstract:** The Book of Changes is a huge system, including (1) Taiji Yin-yang five elements system; (2) Taiji-2 status-4 images-8 hexagrams-64 hexagrams, internal 8 hexagrams and external 8 hexagrams; (3) moral system, “Tao generates one, one generates two, two generate three and three generate everything”; (4) heavenly stems and earthly branches system; (5) Hetu, Luoshu and 9 grid pattern systems; (6) 60 Jiazi system (a cycle of 60 years) of year, month, day and hour; (7) TCM five evolutive phases and six climatic factors system, including host evolutive phase and host climatic factor, guest evolutive phase and guest climatic factor. The Book of Changes is stemmed from accurate recognition and description on life system and movement, e.g. it can (1) describe the structure, movements and changes of life core system—five abdominal *Zang* organs and five abdominal *Fu* organs with Yin-yang four-season five elements, 10 heavenly stems, Hetu, internal 8 hexagrams and host evolutive phase of five evolutive phases; (2) describe the structure, movements and changes of outside system of life form with Yin-yang six climatic factors five elements, 12 earthly branches, Luoshu, external 8 hexagrams, host climatic factor of six climatic factors; (3) describe the system of life form core structure combined with outside system with 12 energy channels system and 64 hexagrams system; (4) describe the four gradations in life form with Taiji-2 status-4 images-8 hexagrams system and moral system; (5) describe the power system of development and growth—longitudinal four seasons of life form via 60 Jiazi system (a cycle of 60 years) of year, month, day and hour; (6) the horizontal four-season movements of life form generate TCM host evolutive phase and host climatic factor, whilst the longitudinal four-season movements generate TCM guest evolutive phase and guest climatic factor. With the disclosing of origin of The Book of Changes, the universe secrets are being fully discovered.

**Key words:** The Book of Changes, origin, life, system, movement.

## 1. Introduction

The universe is a life form, including the galaxies, creatures, society and man-made world. The life form is a four-season whole and has four-seasonal structure, four-seasonal movement, four gradations, and rise and fall of four gradations [1].

The life forms are combination of invisible system and visible system [2], but led by the invisible system [3]. The modern life science—biology can only research the visible part of life, instead of the invisible part; therefore, it is not an integral life science.

To grasp the truth of life form, it must research not only its visible system but also the invisible system. The modern science has completely researched the life visible part; thus, it belongs to the visible science. The

Chinese traditional science (The Book of Changes, Taoism, Buddhism, traditional Chinese medicine) has completely studied the life invisible part; as a result, it belongs to the invisible science. The modern science and Chinese traditional science are combined into an integral life science.

The Book of Changes, created by our ancient immortals and the greatest work of human beings, has eternal vitality due to infinite mysteries. Many people all over the world absorbed its wisdom. Currently, people only apply it, but do not know its origin. Its great mysteries and scientific value have not been exploited. Many people tried to disclose its origin [4], but failed, thus making its origin become a mystery for thousands of years.

The Book of Changes is life science and thinking science of the universe, and is the universal unity

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**Corresponding author:** Jinzhong Yan, senior engineer, research field: disciplinary sciences.

theory, presenting the life four-seasonal structure, four-seasonal movement, four gradations and the rise and fall of the four gradations [1]. Thus, the author disclosed its origin mystery on the basis of four-seasonal theory [5] and state space-time theory [6].

## 2. Summary of Life Form System

The major system of a life form can be known through combining Chinese traditional science and modern science.

### 2.1 Core System

State-varying (change) and state-stabilizing (stabilization) organization double four-seasonal system [7] is the transverse four-seasonal movement system of life form [1], and it is the trunk system, production system and internal execution system of life form.

### 2.2 Outside System

The life form is composed of not only the core system, but also the structure, outside system and external execution system. For example, cells, bacteria and plants are of shell and structures. Animals and human beings are of outside system including skeleton, flesh, tendon, fur, etc. The outside system and core system constitute a unified life form.

### 2.3 Visible Organ Tissues and Invisible Mental System

The life form is the combination of substance and spirit. The visible substances and systems can be seen by naked eyes and modern scientific instruments. The invisible thinking and ideas are really in presence, but cannot be seen by modern scientific instruments, while the Taoists and Buddhists saw the invisible system of the life form several thousands of years ago or even more years ago. The invisible matters and energy (including dark matters and energy) are universal in the universe.

### 2.4 Ternary System and Four Gradations

The substance, energy and information are the three

elements of life system. Accordingly, the substance system, energy system and information system in life body (corresponds to state-stabilizing, state-varying and control organizations respectively) are called ternary system [3]. All life forms—human beings, creatures, society, the Solar System, galaxy, clusters of galaxies and artificial systems all contain the three systems.

The ternary system also has four gradations in that the life form possesses four states.

### 2.5 Longitudinal Four-Seasonal Development and Control System of Life Form

The universe and life forms are new every day; the metabolism is the basic feature of life form. The longitudinal four-seasonal development system in the life form promotes and controls the longitudinal four-seasonal development of life form.

### 2.6 Time System

Everything in the universe is moving and changing forever. Time exists due to movement and changing of everything. The time pertains to the property of things and space but not an independent one dimension [6]. The time is generated by things themselves; a thing has lifetime e.g. state time due to changes, and has movement time due to movement [6]. Everything in the universe is time machine. Dissimilar things have different time machines and time. For example, the period of revolution for earth is one year; that for Jupiter is 11.86 years; galaxy is 250 million years.

### 2.7 Cognition of Modern Science on Life System

As per the modern life science, the human beings have nine systems, e.g. movement system, digestive system, respiratory system, urinary system, reproductive system, endocrine system, immune system, nerve system and circulatory system. These systems all belong to visible and transverse four-seasonal systems of life form.

### 2.8 Moral System

Taoists believe Tao is the essence of the universe and the general law of the universe; De is the expression of Tao. Tao is zero and De is one [8]. Everything in the universe originates from Tao and De. Morality is the dominator of the universe and the universe is a moral system. The moral system includes Tao, one, two and three, or Tao, De, mercy, justice, courtesy and wisdom [9].

## 3. System and Origin of the Book of Changes

### 3.1 System of the Book of Changes

The system of The Book of Changes includes (1) Taiji three-in-one system or Taiji–Yinyang–five elements system; (2) Taiji–2 status–4 images–8 hexagrams–64 hexagrams, system, internal 8 hexagrams and external 8 hexagrams; (3) moral system, including “Tao generates one, one generates two, two generate three and three generate everything”; (4) heavenly stems and earthly branches system; (5) Hetu, Luoshu and 9 grid pattern systems; (6) 60 Jiazi (a cycle of 60 years) of year, month, day and hour; (7) TCM five evolutive phases and six climatic factors system, including host evolutive phase and host climatic factor, guest evolutive phase and guest climatic factor.

The Book of Changes popular in the world – Zhou Yi belongs to Taiji–2 yi–4 xiang–8 gua–64 gua system; it is a subsystem of The Book of Changes but can't represent its whole.

### 3.2 The Book of Changes Is Stemmed From Accurate Recognition and Description on Life System and Movement

Corresponding to the life system, The Book of Changes can describe (1) core system of life—five abdominal *Zang* organs and five abdominal *Fu* organs, including Yin-yang four-season five elements, 10 heavenly stems, Hetu, internal 8 gua, host evolutive phase of five evolutive phases; (2) the outside system

of life form—structure, outside part and external execution system of life form, including Yin-yang six climatic factors five elements, 12 earthly branches, Luoshu, external 8 gua, host climatic factor of six climatic factors; (3) a new system combined by core structure and outside system, including 12 energy channels system, 64 Gua system; (4) four gradations within life form—zero dimension, one dimension, two dimension and three dimension, e.g. Great ultimate—2 yi–4 xiang–8 gua–64 gua system and moral system, including “Tao generates one, one generates two, two generate three and three generate everything”; (5) longitudinal four-seasonal movement system of life form – development and growth system, including 60 Jiazi (a cycle of 60 years) of year, month, day and hour; (6) 9 grid pattern system.

## 4. Basic Principles of the Book of Changes

The Book of Changes describes everything based on Yin-yang principle (including visible and invisible principle), four-seasonal principle and four states principles. It describes all things, including visible world and invisible world, but mainly the invisible world [3].

### 4.1 Yin-yang Principle

Yin-yang is one of the most important structures and laws in the universe. Anything in the universe contains two aspects: Yin and Yang. As to the basic properties, Yin refers to the collection of energy, whilst Yang refers to releasing of energy; Yang is big, and Yin is small.

What is the mode of Yin-yang periodic motion? Yin and Yang convert with each other constantly. Fruit growers all know that in Yang year (great year) the fruits will have a good harvest. In Yin year (lean year), the fruits will have a poor harvest. It indicates an independent Yin-yang conversion system is present in the universe, the periodic motion of energy collecting and releasing is the Yin-yang motion, reflecting the yearly four-seasonal motion on the earth

is different and has different effects on earth organisms. Obviously, Yin-yang conversion system belongs to the invisible system. Yin-yang periodic motion mode is Yin-Yang-Yin-Yang-Yin-Yang..., its seasonal number is 2, and motion cycle number is 2.

Yin-yang is also represented as evolution mode, e.g. one divided into two and two united into one [1].

4.2 Four-Seasonal Principle e.g. Five Elements Principle

Four seasons exhibit five elements, as Fig. 1 shows. Five elements refer to movements of five kinds of energy: spring, summer, middle, autumn and winter, namely, dissimilar seasons e.g. mechanisms have different energies in movement. Five elements don't refer to five kinds of elements. Among five elements, earth in the middle adjusts balance of four seasons and their conversion; it flourishes in June of the lunar calendar. In four-seasonal five elements movement, the material flow, energy flow and information flow synchronously occur. The four-seasonal five elements are only a general term, which is expressed in various forms, for example, six climatic factors refer to six seasons, 8 gua refers to eight seasons, and 64 gua refers to 64 seasons.

4.3 Two Kinds of Four Seasons: Moving Four Seasons and Changing Four Seasons

Everything is attributed to four seasons [10] and in movement and changing at all times. Breaths of things generate elliptic motion; for example, the four-seasonal movement of earth surrounding sun is exhaling for spring and summer whilst inhaling for autumn and winter. The four seasons formed by movement are called moving four seasons. The moving four seasons are the whole four-seasonal movement of things, and its production needs to be supported by orbit structure and energy, namely the earthly branches system as follows.

Changes of things e.g. generation, development,

maturity, recession and conversion of things refer to four-seasonal process, called the changing four seasons. The four-seasonal system can process material and produce energy; it is the core system of life form, namely the heavenly stems system as follows.

4.4 Taiji Three-in-One

Four-seasonal structure features three-in-one. In the four-seasonal movement, all things burgeon in spring and summer, called Yang, energies store in autumn and winter, called Yin, and middle earth is a control mechanism. Yin, Yang and middle exhibits state-stabilizing, state-varying and control organizations respectively. Transverse and longitudinal life forms are four-seasonal movements, also three-in-one, as shown in Fig. 2 [3] and Table 1.

Periodical motion mode for five elements is spring-summer-middle-autumn-winter-spring-summer-middle-autumn-winter..., its season number is 5, and number of motion cycles is 5.

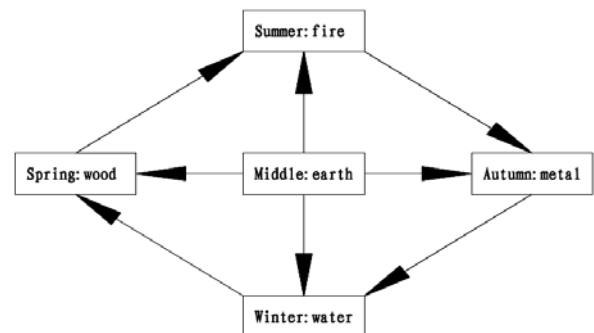


Fig. 1 Four seasons and five elements.



Fig. 2 Taiji Three-in-one.

**Table 1 Taiji three-in-one of several systems.**

Taiji	Yang	Yin	Middle
Physics	Energy	Substance	Information
Four season	Spring and summer	Autumn and winter	Long summer
Five elements	Wood and fire	Metal and water	Earth
Six climate factors	Yangming and Taiyang	Jueyin and Shaoyin	Shaoyang and Taiyin
Life form	State-varying organization	State-stabilizing organization	Control organizations

*4.5 Combination of Yin-yang and Five Elements*

In Taiji-Yin Yang-five elements system, Yin Yang is above five elements and constrains five elements. Change rules for Yin Yang are sequential change of Yin and Yang. Changes of five elements are also sequential change of Yin and Yang; for example, spring and summer exhibit Yang whilst autumn and winter exhibit Yin. Combination of Yin Yang and five elements not only reflects the sequentia changes of Yin Yang, but also changes of five elements. For example, 60 Jiazi system (a cycle of 60 years) coverts Yin to Yang in turn; seen from whole of 60 Jiazi system, it is movement of five elements, same as 10 heavenly stems and 12 earthly branches.

The constant motion of five elements and conversion of Yin and Yang are basic drive for life form movement.

*4.6 Principle of Four States*

Everything in the universe belongs to four-seasonal system transversely whilst to four gradations at the top and bottom, e.g. Taiji, 2 yi, 4 xiang and 8 gua. Taiji is zero-dimensional point, 2 yi is one-dimensional straight line, 4 xiang is two-dimensional plane, and 8 gua is three-dimensional [1]. See Fig. 3.

8 gua implies Taiji, 2 yi, and 4 xiang (three-dimensional substances contain two-dimensional substances, one-dimensional substances and zero-dimensional substances) and has holographic property. 8 gua is classified into innate one and postnatal one. 8 gua shown in Fig. 3 refers to production system, as the changing four seasons (eight seasons); it is the innate 8 gua. Herein below, we can see the postnatal 8 gua is moving four seasons (eight

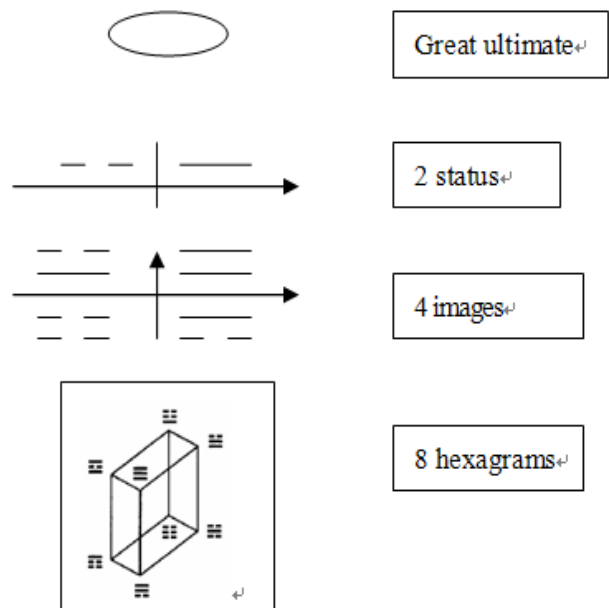
seasons). The innate 8 gua is internal one, whilst postnatal 8 gua is external one.

*4.7 Four States Possess Dissimilar Four-Season Mechanisms*

Document [1] indicates four gradations possess own four-seasonal movement. Different four seasons are achieved by different mechanism, as shown in Table 2.

*4.8 Identity Principle of Universal Life Structure and Movement*

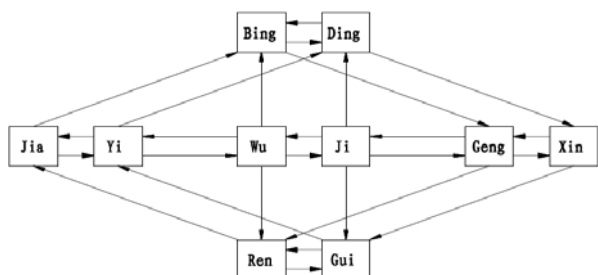
All life forms in the universe have four-seasonal structure, four-seasonal movement, four gradations and rise and fall of four gradations. That is to say, all life forms in the universe have the same structure and movement. This is the identity principle of universal life structure and movement.



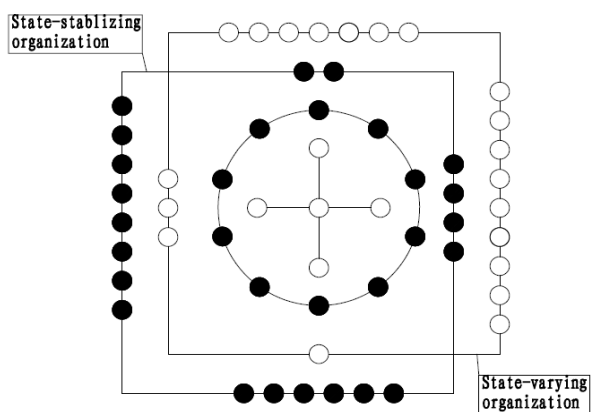
**Fig. 3 Great ultimate—2 status—4 images—8 hexagrams.**

**Table 2 Four-seasonal mechanisms for four gradations.**

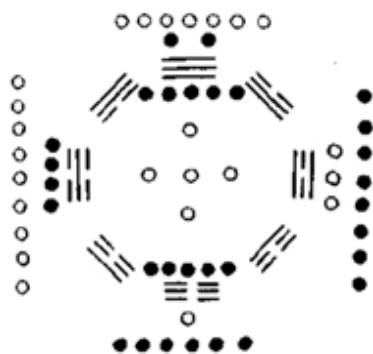
The Book of Changes	Four-seasonal system	Four-seasonal structure
Taiji	Zero-seasonal system	Neutrino field
2 yi	Two-seasonal system	Black hole
4 xiang	Four-seasonal system	Stellar system
8 gua	Eight-seasonal system	Mixed system of fixed stars and planets



**Fig. 4 Dual four-seasonal structure of ten heavenly stems.**



**Fig. 5 Hetu exhibits dual four-seasonal structure.**



**Fig. 6 Innate 8 gua corresponds to Hetu.**

## 5. Life Core System and Movement—Heavenly Stems

### 5.1 Core Dual Four Seasons and Ten Heavenly Stems

According to principle of Yin and Yang, Fig. 2

changes to Yang—state varying organization four seasons and Yin—state-stabilizing organization four seasons, to form the dual four-seasonal system [7], human beings, animals, the Solar System and society are dual four-seasonal systems [7, 10]. In the human body, five abdominal *Zang* organs and five abdominal *Fu* organs are core system of a person and trunk system of a life form. The Book of Changes calls the trunk system of a life form the heavenly stems, which are represented by Jia, Yi, Bing, Ding, Wu, Ji, Geng, Xin, Ren and Gui, among which, Jia, Bing, Wu, Geng and Ren represent the state-varying organization four seasons, Yi, Ding, Ji, Xin and Gui represent the state-stabilizing organization four seasons. Thus, ten heavenly stems represent the dual four-seasonal system, as shown in Fig. 4.

The dual four-seasonal system is expressed in Hetu, as shown in Fig. 5.

### 5.2 Internal 8 Gua as the Core System

The core system has multiple functions; one is to produce energy required by life form by processing the inhaled substances, which is the production system of the life form. While the innate 8 gua (internal 8 gua) describes life development and changes and corresponds to dual four-seasonal system or Hetu [11], as shown in Fig. 6.

## 6. Outside System of Life Form and Movement—Earthly Branch

The life form core needs to be supported and protected, and the core system needs to play a role outwards through external mechanism; thus, every life form possesses outside structure, which is called earthly branch. The earthly branch can support,

protect and extend the core system, and it also has four-seasonal structure.

6.1 Spine and Skeleton of Human Body—Earthly Branch

The core structure of a human body—five abdominal *Zang* organs and five abdominal *Fu* organs are supported by the spine; thus, the spine is the earthly branch and is very important in human body. Different from modern life science, Chinese Taoists divided the human spine into 24 sections, respectively corresponding to energy changes of 24 solar terms (12 months) of China solar calendar (solar calendar), e.g. the human spine corresponds to ecliptic that surrounds the sun, the human spine is the human ecliptic, and earth ecliptic is earth earthly branch [3].

6.2 Generalized Earthly Branch

The Earth surrounds the sun one circle in 12 months to form 12 earthly branches, expressed in Zi, Chou, Yin, Mao, Chen, Si, Wu, Wei, Shen, You, Xu and Hai. The earth rotates one circle upon its axis to also form 12 earthly branches, the famous 12 energy channels periodic motion day and night is the motion of earth's 12 earthly branches. Broadly, the moon surrounds the earth one circle in 29/30 days (variation cycle of moon phase), to form 12 earthly branches. The Jupiter surrounds the sun one circle in 11.86 years to form 12 earthly branches, etc. The earthly branch is not just a support structure; it also contains many life form principles [12].

6.3 Four-Seasonal Movement of Earthly Branches Forms Six Climates Namely Six Seasons

12 earthly branches are also four-seasonal structures and movements, the former generate six climatic factors: wind, cold, hot, wet, dry, fire, namely three Yin and three Yang, the so-called three Yin is one Yin (Jueyin), two Yin (Shaoyin) and three yin (Taiyin); the so-called Three Yang is one Yang (Shaoyang), two Yang (Yangming) and three Yang (Taiyang). Six

climatic factors are still movements of Yin-yang five elements namely six-seasonal movements. Spring and summer represent Yang to increasingly release energy, autumn and winter represent Yin to gradually restrain energy, Shaoyang ministerial fire and Taiyin damp earth are middle earth. The six climatic factors are six-seasonal movement [13], as shown in Fig. 7.

Six climatic factors are classified into state-varying organization ones and state-stabilizing organization ones, to form 12 earthly branches as the dual six climatic factors system, as shown in Table 3 and Fig. 8. Zi, Chou, Yin, Mao, Chen and Si represent the state-varying organization ones, whilst Wu, Wei, Shen, You, Xu and Hai represent state-stabilizing organization ones, which are different from dual four seasons of heavenly stems.

6.4 Earthly Branches Correspond to Postnatal 8 Gua, Luoshu and 9 Grid Pattern

12 earthly branches as the outside system of life forms can control the movement, transportation and distribution of energy generated by 10 heavenly stems; it is the life control system. Differentiated from innate 8 gua, the postnatal 8 gua represents the whole life four-seasonal movement [11]; it is a control system and external 8 gua. 12 earthly branches represent the elliptical four-seasonal movement of earth surrounding the sun, each season contains three solar terms, 24 solar terms refer to 8 seasons, namely 8 gua [4]. Among four-seasonal structure and four-seasonal movement of 12 earthly branches, Chou, Chen, Wei and

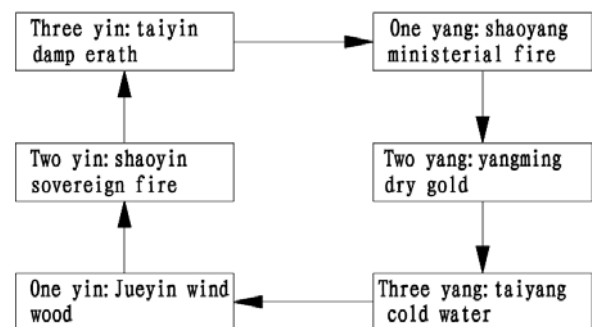
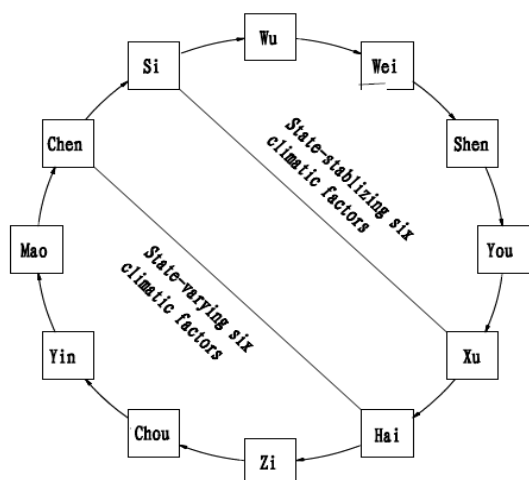


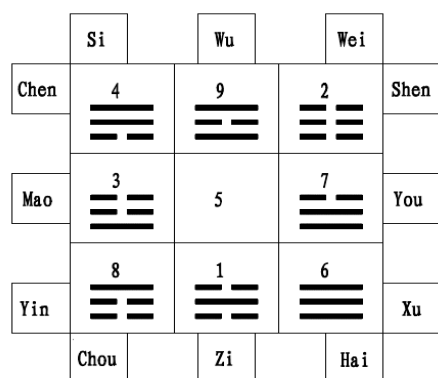
Fig. 7 Four-seasonal movement of six climatic factors.

**Table 3 Dual six climatic factors and 12 earthly branches.**

Six climate factors	Shaoyin sovereign fire	Taiyin damp earth	Shaoyang ministerial fire	Yangming dry good	Taiyang cold water	Jueyin wind wood
State-varying organization ones	Zi	Chou	Yin	Mao	Chen	Si
State-stabilizing organization ones	Wu	Wei	Shen	You	Xu	Hai



**Fig. 8 Dual six-seasonal movements of 12 earthly branches.**



**Fig. 9 12 Earthly branches and postnatal 8 gua correspond to Luoshu and 9 grid pattern figure.**

Xu are four-seasonal conversion mechanism and in middle earth position, rest Zi, Yin, Mao, Si, Wu, Shen, You and Hai are distributed in eight directions to represent eight seasons of a four-seasonal cycle, corresponding to the postnatal 8 gua.

Luoshu and 9 grid pattern are also the invisible holographic system and control system of life forms [14], reflecting the four-seasonal structures and movements of life forms, also the eight-seasonal; thus, 12 earthly branches and postnatal 8 gua correspond to Luoshu and 9 grid pattern, as shown in Fig. 9.

## 7. Unity of Core Structure and Outside Structure

The core structure and outside structure of a life form are inseparable; they combine into four-seasonal whole to make unified four-seasonal movement. The combinations of core structure and outside structure include (1) transverse combination of heavenly stems and earthly branches; (2) longitudinal combination of heavenly stems and earthly branches; (3) transverse combination of internal 8 gua and external 8 gua; (4) longitudinal combination of internal 8 gua and external 8 gua.

### 7.1 Transverse Combination of Heavenly Stems and Earthly Branches—12 Energy Channels System

10 heavenly stems and 12 earthly branches are within one system; their transverse combination forms the well-known 12 energy channels system. This system is the invisible transmission system of a life form and can periodically make automatic adjustment on the life form in 12 hours and 12 months. The earth, the Solar System and galaxies are all the life forms which exist in invisible 12 energy channel systems.

### 7.2 Longitudinal Combination of Heavenly Stems and Earthly Branches—60 Jiazi (a Cycle of 60 Years) Years

It is the power system for longitudinally four-seasonal movement of life form, which will be introduced in 9 of this text.

### 7.3 Transverse Combination of Internal 8 Gua and External 8 Gua

Mutual combination of internal 8 gua and external 8 gua forms the 64 Gua Spatiogram, namely the



transverse movement system of life whole, including the human nine systems of modern life science. 64 Gua Spatiogram represents 64 groups of genetic codes of life form [4], transverse human 64 systems [15] and transverse 64-seasonal movement.

#### 7.4 Longitudinal Combination of Internal 8 Gua and External 8 Gua

The longitudinal combination of internal 8 gua and external 8 gua forms the longitudinal four-seasonal movement system of the life form, and it also represents the longitudinal life 64-seasonal structure and movement, which is 64 Gua circle diagram [4].

### 8. Four Gradations within Life Form: Taiji–2 Yi–4 Xiang–8 Gua System

Major systems of a life form include energy system, material system, information system and moral system, each system possesses four gradations, as shown in Fig. 3. Life forms of different states have different internal energy and structures. For example, morality states differ due to different thought elements in human's brains. See Table 4.

### 9. Longitudinal Four-Seasonal Movement System of Life Form: 60 Jiazi System

#### 9.1 Four Transverse Four-Seasonal Movements within the Solar System

Within the Solar System, four four-seasonal movements have great influences on organisms on the earth.

(1) Four-seasonal movement due to rotation of earth

The earth is elliptical, rotation along its axis forms the four-seasonal movements in one day, the earthly

branches of earth can prevent it from freely moving, namely, there exist 12 invisible earthly branches around the earth [16], which are fixed relatively to earth. Persons in different places of the earth perceive different time concept due to rotation of the earth. Its rotation period is 12 two-hours, namely 12 earthly branches. The periodic movement of 12 earth channels within human body strictly corresponds to the 12 earthly branches of the earth.

(2) Four-seasonal movement of moon surrounding the earth

The moon rotates around the earth on an elliptical orbit; rotation period is about 29/30 days, namely four-seasonal movement of one month. The elliptical orbit of the moon surrounding the earth is revolution earthly branch. Periodic effect of moon on persons contains mentality, physical power and mood [17].

(3) Four-seasonal movement of earth surrounding the sun

Ecliptic of the earth surrounding the sun is 12 months, namely 12 earthly branches, which are precisely correspond to 24 solar terms (12 earthly branches) of human spine [3].

(4) Four-seasonal movement of the Saturn surrounding the sun

Movement of the Saturn surrounding the sun is also the four-seasonable movement. Orbit of the Saturn surrounding the sun is earthly branch. The Saturn and the earth is respectively stomach and spleen of the Solar System [7] and in exterior-interior relationship, so, the Saturn is of great influence on life forms on the earth. Movement cycle of Saturn surrounding the sun is about 29.5 years, which has great influences on human body.

**Table 4 Four gradations within life form.**

Four systems	Energy system	Thought elements [3, 16]	Visible structure of life form	Moral system
Taiji	Yuanqi	True self	Thoughts, spleen, stomach and brain	Tao
2 yi	Zongqi	Positive self	Breath: lung and heart	De
4 xiang	Yingqi	Negative self	Energy: liver, heart, lung and kidney	Mercy
8 gua	Weiqi	Front six cognitions	Material movements and transformation: five abdominal <i>Zang</i> organs and six abdominal <i>Fu</i> organs	Justice, courtesy and wisdom

### 9.2 Four Cycles of Longitudinal Four-Seasonal Movement of Life Form

The longitudinal four-seasonal movement of life form is also a four-seasonal process of spring, summer, autumn and winter—growth and storing and continued upgrade of life form. All systems within life form participate in upgrade.

According to the four pillar theory [18], the longitudinal four-seasonal movements of life forms consist of four basic cycles, namely (1) 60 Jiazi hour; (2) 60 Jiazi day; (3) 60 Jiazi month; (4) 60 Jiazi year. The quantitative relation with above-mentioned four transverse four-seasonal cycles of the Solar System is: (1) 60 Jiazi hours = 5 (days)  $\times$  12 two-hours (one day); (2) 60 Jiazi days = 2 (months)  $\times$  30 days (one month); (3) 60 Jiazi months = 5 (years)  $\times$  12 months (one year); (4) 60 Jiazi years = 2  $\times$  30 years.

Among which, digit 5 represents five elements, the earth rotates along its axis for five days to form a cycle and achieve an upgrade. The earth surrounds the sun for five years to form a cycle and achieve an upgrade. Digit 2 represents Yin-yang, the moon surrounds the earth for revolution for two months, and then the earth-moon system finishes a cycle and achieves an upgrade. The Saturn surrounds the sun for two times (60 years) to form a cycle and achieves an upgrade.

### 9.3 Longitudinally Upgraded Power System: 60 Jiazi System

The longitudinal upgrade changes of life forms can be seen from four-seasonal changes of life energies, internal energy for children and youth people burgeon in spring and summer, the energy for middle- or old-aged people stored in autumn and winter, while the energy system for life forms contains four gradations—zero dimension, one dimension, two dimension and three dimension (corresponds to TCM Yuanqi, Zongqi, Yingqi and Weiqi [3] respectively); thus, 60 Jiazi system contains zero-dimensional one,

one-dimensional one, two-dimensional one and three-dimensional one.

The four-seasonal movements of life forms are conversely and longitudinally controlled by gene which is only the control center. The gene control is implemented with help of power system. The growth and development of life forms are driven by 60 Jiazi system under the control of gene.

### 9.4 Generation of 60 Jiazi System

60 Jiazi system is differentiated from heavenly stems and earthly branches, but the longitudinally four-seasonal upgrade of life form is for all systems of life form, including heavenly stems and earthly branches. So, 60 Jiazi system is formed through combination of heavenly stems and earthly branches and Yin-yang alternate changes.

In fact, vertical combination of heavenly stems and earthly branches into 60 Jiazi was observed by ancient people while not logically deduced. *The Inner Canon of Huangdi* described the combination modes of heavenly stems and earthly branches, namely ten heavenly stems are used for six times, 12 earthly branches are used for five times, and heavenly stem Yang corresponds to earthly branch Yang, heavenly stem Yin corresponds to earthly branch Yin [13], to form the 60 Jiazi system, which is the well-known 60 Jiazi table [4].

In 60 Jiazi system, heavenly stem is dominant, with strong acting force, whilst earthly branch is auxiliary, with weak acting force. In 60 Jiazi system, each repeated heavenly stem corresponds to different earthly branch, and Yin-yang works in turn to form the forward-movement power.

Four states of life form simultaneously upgrade forward, to form four 60 Jiazi systems of year, month, day and hour, which belong to invisible system of life form [18].

### 9.5 Relations between 64 Gua and 60 Jiazi

Both 60 Jiazi and 64 Gua circle diagram are the

vertical four-seasonal movement laws of life form, which describes same process; consequently, the two corresponds to each other [4].

## **10. TCM Five Evolutive Phases and Six Climatic Factors—Four-Seasonal Movement of Invisible Life Energy**

As everyone knows, theory of TCM five evolutive phases and six climatic factors has very high scientific and practical value. In the struggle against SARS in 2003, TCM applied the theory of five evolutive phases and six climatic factors to achieve good results. The modern persons generally believe that the theory of five evolutive phases and six climatic factors is complicated and hard to grasp. Its forming cause can be easily discovered from four-seasonal movement.

### *10.1 Basic Concepts of Five Evolutive Phases and Six Climatic Factors*

The Yunqi theory consists of five evolutive phases and six climatic factors. Five evolutive phases refer to four-seasonal movement of wood, fire, earth, metal and water. Six climatic factors refer to four-seasonal movement of Jueyin wind wood, Shaoyin sovereign fire, Shaoyang ministerial fire, Taiyin damp earth, Yangming dry gold and Taiyang cold water, which are also called five evolutive phases and six climatic factors. Rhythmic movement and inter-chemical combination of five evolutive phases and six climatic factors can generate the climatic changes of nature.

Five evolutive phases consist of host and guest evolutive phases, six climatic factors consist of host and guest climatic factors, which are generated by different four-seasonal movements.

### *10.2 Transverse Four-Seasonal Movements of Life Form Generate Host Evolutive Phase and Climatic Factors*

Above-mentioned four periodic movements in the Solar System are transverse and constant four-seasonal movements, same for each round.

Four-seasonal movements in each year have greatest action strength [13]. The four-seasonal movements for 12 months are those for five elements and ten heavenly stems, and also those for six climatic factors and 12 earthly branches, to form the host evolutive phase and climatic factor of TCM five evolutive phases and six climatic factors.

(1) Movements of ten heavenly stems generates host evolutive phase

The transverse four-seasonal movement of 10 heavenly stems generates five evolutive phases, namely wood, fire, earth, metal and water, as the constant four-seasonal movements, they are same each year and belong to host evolutive phase in TCM. Five evolutive phases are movements of five kinds of invisible energies.

(2) Movements of 12 earthly branches generate host climatic factor

The transverse four-seasonal movements of 12 earthly branches can generate six climatic factors, namely Jueyin wind wood, Shaoyin sovereign fire, Shaoyang ministerial fire, Taiyin damp earth, Yangming dry gold and Taiyang cold water. Movements of six climatic factors are constant and same each year; they belong to host climatic factor in TCM.

### *10.3 Longitudinal Four-Seasonal Movements of Life Form Generate Guest Evolutive Phase and Guest Climatic Factor*

Cycle for longitudinal four-seasonal movements of life form is 60 Jiazi. Periodic movement of 60 Jiazi year is still the four-seasonal movement. Different from host evolutive phase and climatic factor, 60 Jiazi periodic movements are different each year, but have laws, just like the travellers, they are called guest evolutive phase and climatic factor in TCM. 60 Jiazi year has strongest energy of four-seasonal movements, so it is a major object for five evolutive phases and six climatic factors. The guest evolutive phases and climatic factors are generated by movements of 10

heavenly stems and 12 earthly branches in 60 Jiazi year respectively.

## 11. Conclusion

(1) System of The Book of Changes includes (1) Taiji Yinyang five elements system; (2) Taiji–2 yi–4 xiang–8 gua–64 gua system; (3) “Tao generates one, one generates two, two generate three and three generate everything” system; (4) heavenly stems and earthly branches system; (5) Hetu, Luoshu and 9 grid pattern systems; (6) 60 Jiazi (a cycle of 60 years) of year, month, day and hour; (7) TCM five evolutive phases and six climatic factors system;

(2) The Book of Changes is stemmed from accurate recognition and description on life system and movements;

(3) Basic principles of The Book of Changes include Yin-yang principles, four-season principles and four-state principles. The Book of Changes contains all information of life forms in the universe;

(4) In The Book of Changes, Yin-yang four season five elements, 10 heavenly stems, Hetu, Internal 8 gua and host evolutive phase of five evolutive phase describe the structure, movement and change of life core system—five abdominal Zang organs and five abdominal Fu organs;

(5) In The Book of Changes, Yin-yang six evolution phases five elements, 12 earthly branches, Luoshu, external 8 gua, host climatic factor of six climatic factors describe the structure, movement and change of outside system of life form;

(6) In The Book of Changes, 12 energy channels system and 64 Gua system describe the system of life core system combined with outside system;

(7) In The Book of Changes, Taiji–2 yi–4 xiang–8 gua system and moral system describe the four gradations of life forms—zero dimension, one dimension, two dimension and three dimension;

(8) The longitudinal four-seasonal movement system of life form—development and growth system is described by four 60 Jiazi systems of year, month,

day and hour;

(9) The transverse four-seasonal movements of life form generate TCM host evolutive phase and host climatic factor, whilst the vertical 60 Jiazi four-seasonal movements generate TCM guest evolutive phase and guest climatic factor;

(10) With the disclosing of origin of The Book of Changes, the universe secrets are being fully discovered.

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The Book of Changes has been used as an aid to foretell the future and make decisions for thousands of years. It is thought to be the oldest book of the Earth. According to many people it is one of our greatest treasures of wisdom. Confucius, one of the greatest Chinese philosophers said that by following the advices of the book, and studying it constantly, we can attain creative awareness in every situation. There are sixty-four different hexagrams, and each hexagram has six changing lines, any one of which may or may not apply for any particular reading. One method for casting the oracle is to use three Chinese coins for the throws. Each throw creates one line of the hexagram. One side of the coin represents a two and the other a three. @inproceedings{Yan2017DisclosingOT, title={Disclosing of Thousand Yearsâ€™ Mysteryâ€™Origin of the Book of Changes}, author={Jinzhong Yan}, year={2017} }. Jinzhong Yan. The Book of Changes is a huge system, including (1) Taiji Yin-yang five elements system; (2) Taijiâ€™2 statusâ€™4 imagesâ€™8 hexagramsâ€™64 hexagrams, internal 8 hexagrams and external 8 hexagrams; (3) moral system, â€™Tao generates one, one generates two, two generate three and three generate everythingâ€™; (4) heavenly stems and earthly branches system; (5) Hetu, Luoshu and 9 grid pattern. systems; (6) 60 Jiazi system (a cycle of 60 years) o