

A colleague of Elmer Green, Ann Nunley, M.F.A., Ph.D., wrote a book, *Inner Counselor*, in which one's inner wisdom or Higher Self can be contacted with the use of a unique set of cards representing human qualities. She asked Dr. Green to write the introduction, and we include it here because it reveals his thinking about how intuition articulates with the world at large, with the cosmos. [Eds.]

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THE I CHING EFFECT¹

Elmer Green, Ph.D.

There is an interesting predictive phenomenon called the "I Ching Effect" and this book, *Inner Counselor*, tells in modern format how to implement that effect in one's life, how to get information from the Higher Self for solving life's problems, and how to align oneself with the Cosmos and allow "good luck" synchronicities to become the norm.

The *I Ching* is the 3,000-year-old Chinese text in which are described the sixty-four basic situations that occur in "day-to-day living, competing, and letting live."² Persons who want information and advice from the Cosmos can ask the *I Ching*.

The "I Ching effect" is a name given to describe the remarkable advice and help the Higher Self, through harmony with the Cosmos, can give the personality when that Self (the True Self of Zen, the Lotus Self of Tibetan Buddhism, the Christ Self of Christianity) is approached in a respectful and open way.

There is a price, though. The personality must give up its fears, and trust the Higher Self's bold plunge into what may seem an unknown and unpredictable Cosmos.

When a person asks a question about a life problem and then flips a coin six times in a non-fearful, open way, the *I Ching* responds with uncanny wisdom. The individual proof lies in the fact that paragraphs selected from the text correspond with the person's life-situation, and the advice given is appropriate.

But, how can this possibly be? How can a “random” coin toss find appropriate selections? Nevertheless, it does work. Confucius referred to the *I Ching* as “the perfect book.” What neither Confucius nor any other historical writer explained, was how this remarkable correspondence, the “I Ching Effect,” could occur.

The answer is not as complex as it appears. *The questioner’s Higher Self controls the flips of the coin, and uses the opportunity provided by the personality to select the appropriate set of paragraphs in the I Ching that fit the situation.* In other words, the “I Ching Effect” is the response of our own Higher Self to our questions and our needs.

How does the Higher Self do this? First, the Higher Self of each person is part of (is an agent of) the Kingdom of Souls, a name from ancient mystical texts. Second, the Higher Self from its vantage point knows what the personality needs. Third, the cosmos, including every quark and particle of the physical substance, is alive (the idea that the inorganic universe is not alive is a scientific myth). Fourth, the requests of the Higher Self are responded to by the living Cosmos in the production of what Carl Jung called “synchronicities.” Fifth, these synchronicities are, in the *I Ching* case, the specific flips of the coin which select, out of sixty-four possibilities, the most appropriate description of one’s problem and what to do about it.

And now, in a way that is more direct than the *I Ching* for many people, a person can select a card from the Inner Counselor and get guidance from the Higher Self.

Ann Nunley does not give the guidance, you will note, but has outlined a path by which you can contact your Own Higher Self—which is why her book is called *Inner Counselor*.

As a personality, you ask a question and select “at random” a card from the *Inner Counselor* deck. As a Higher Self, you respond to the question by determining which of the forty-seven cards will be chosen. The text associated with that card assesses the current needs of the personality, and the experiential methods set forth in the *Inner Counselor* provide the Higher Self a direct means of guiding you through the use of symbolic imagery. In addition, while in this beneficial state of consciousness you can ask, if needed, for explanations of the meanings of the inner images and symbols, and the Higher Self obliges

by producing further insights, sometimes in words. It's like having your own internal Wise Teacher; and indeed, that is exactly what the Higher Self *is*.

Is it *necessary* to make contact with your Higher Self in this particular way, using the cards of the *Inner Counselor*? No, of course not. You can flip the coins of the *I Ching*, or select Tarot cards, do theta brainwave training, or learn through yoga how to still the mind and get answers from the Superconscious. But whatever the mechanism, in every case the "I Ching Effect" is implemented for help with life's problems.

Eventually, as Siu points out, such aids are not needed, for (to paraphrase Siu), your personality merges with "your very being," the Higher Self. "From then on your actions are no longer heralded by your own learning, but evoked by the universal harmony. Being one with nature, you apprehend the all—totally, instantaneously, ineffably. This is the ultimate lesson of the *I Ching*." The ultimate lesson is to become one with your own Self.

We may not be able to stay in this ineffable state of consciousness *all* of the time, but everyone can do it *part* of the time. For example: a friend of mine who understood the Higher Self/Cosmic connection told me of a synchronicity that illustrates the "I Ching effect." She needed a reference for an event in early Greek history that she was describing in a paper. And searching as best she could with the help of librarians in the Minneapolis Public Library, she couldn't locate the material. Then one day while on her way to work, after almost giving up the search, on "inspiration" she turned in at the library, went to a certain section, reached up to a high shelf, pulled down a dust-covered book, opened it "at random," and there was what she needed. Her Higher Self knew exactly where it was and created the "synchronicity" of her thumb opening the book to the right page.

"Good luck," and have fun with the *Inner Counselor*!

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REFERENCES & NOTES

1. Elmer Green, Foreword, In Ann Nunley, *The Inner Counselor* (Sterling House, 1998).
2. R. G. H. Siu, *The Man of Many Qualities. A Legacy of the I Ching*, (1968).

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