



Inspiration Central

Today, I am marrying intention with action!
Day 4

Today's gua is Health & Family.



Health & Family associates with the trigram *Chen* that translates as Arousing Thunder. It teaches us to take good care of our physical health and our family relations. Our family can be blood relatives and anyone else who is a part of our supportive team. It is easy to see the benefits of physical health. Family relationships...that brings up a whole lot more. (Okay, it brings a whole lot more up for me. My confession will appear at the end of today's explanation.) The important thing to remember is that family is more than just our blood relatives. We need these supportive relationships as a part of our foundation so we may "weather" the storms of life. Physical health allows us more options in how we can enjoy life. Good family relationship health supports us in emotional well-being.

Wood is the element which relates to Health & Family. Think about your health (physical and family) as a plant. It needs nurturing and nourishment to survive and thrive. We need nurturing and nourishment from ourselves and from our family. Do you care for yourself and your family relationships as they need to be cared for? What does physical health and good family relationship mean to you?

Ask your questions:

What is my intention?

How do I live my intention?

My confession, I really twisted around and around with this gua. I tried to write the explanation without answering the questions for myself. I had to remind myself several times that this is a judgment free zone. I plan to be hiking on my eightieth birthday. In order to do

that, I have to take care of my physical health now. There is room for improvement. The improvement needs to come in the abdominal department. I find this fascinating because that is core strength. I will be asking the question, "What do I need to know about core strength?" in my journal.

Family: I am so different from my family. It is a part of my inner exploration to determine what my beliefs are and what beliefs come from family, society, etc. I stopped writing today's explanation and answered our questions, "What is my intention? and How do I live my intention?" My blood family certainly supports me in finding my truth. As I processed through this, here is the statement that came to me as a way to live my intention for healthy and loving family relationships: *My way is different from your way.*

That statement gives me such peace. It takes me out of judgment (both of self and of others). It gives each of us freedom to be who we are.

My way may be different than your way. We live in freedom to choose, claim, and live our way.

With great honor and respect of your way, blessings to you on your travels through life!



Much Love,
Terri

Bagua Map

WEALTH & PROSPERITY Persistent Wind	FAME & REPUTATION Clinging Fire	LOVE & MARRIAGE Receptive Earth
HEALTH & FAMILY Arousing Thunder	CENTER	CHILDREN & CREATIVITY Joyous Lake
KNOWLEDGE & SELF CULTIVATION Still Mountain	CAREER Deep Water	HELPFUL PEOPLE & TRAVEL Creative Heaven

**All of these and higher for
the greater good of all beings.**

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