Preface

In 1998 an unexpected personal healing experience swept away most of our cherished beliefs about illness. For the first time, we realized that thoughts could cause a physical illness, and that it was possible to deprogram those thoughts and be healed within a matter of three weeks. We had no idea that a book of this size would eventually grow out of that initial experience. What made this possible was the help we received from the *I Ching* to gain an ever deeper understanding of what causes illness, and how we can free ourselves from its causes at their roots.

As founders of The I Ching Institute in Stow, Massachusetts, and as experienced seminar givers on the subject of *I Ching*, we were able to share what we had learned with students all over the world. By now, at this writing, we have taught four online courses under the title "Healing Physical Ailments with the Help of the *I Ching*." Each course extended over a period of eight weeks, during which our students were guided to do intensive investigations into the causes of the health issues they wanted to resolve. To our surprise, no one came to heal just a simple ailment. All of them presented us with long-standing or chronic illnesses they had not been able to heal through the means of conventional medicine. The reason is that no one has paid serious attention to mistaken ideas and beliefs as the causes of illness. Yet by eradicating the respective ideas or beliefs from their psyche, most of our course participants experienced relief, and many had their symptoms disappear either during the course or shortly thereafter. Because of this success, we have Part IV to this book for those who want to heal themselves from a long-standing illness. It leads them through a simulated course comparable to what we teach online.

We are aware that our findings may challenge some readers, since some of the most serious and persistent harmful beliefs that we found to be the cause of illness are also among the most commonly accepted beliefs worldwide. It is thanks to using the

I Ching for our daily guidance that we have become aware of their sick-making effects, and the healing and peace that come when we eradicate them through a method we call *deprogramming with Cosmic help*.

Our main goal in publishing this book is to enable a large number of people to take their healing of physical ailments and acute illnesses into their own hands. In times of rapidly increasing costs for health care, this book shows a way that you, the reader, can heal yourself outside the conventional ways. The methods presented here are gentle and non-invasive. The reader who wants to use them can start "small" and grow with every new experience. It is not our intention to convert anyone—we simply wish to provide you with the resources we have discovered, so that you may benefit as much as we have.

Stow, in the Fall of 2006
Carol K. Anthony and Hanna Moog