

# Best Directions (Trigrams) for Rest or Work

To locate the best areas in your home or workplace to spend time, first determine your element from the listing in the *Personal Trigrams Chart* below. There are 8 trigrams from the *Yijing, Book of Changes* (called, Zhen, Xun, Li, Kun, Gen, Qian, Dui, Kan, based on the pronunciation of the Chinese characters). Zhen and Xun are wood energies from the Five Elements. Li is fire. Kun and Gen are earth. Qian and Dui are metal. Kan is water.

## How to Read the Charts...

To use the *Personal Trigrams Chart*, scroll down to the year you were born. (Remember, the Chinese New Year begins on February 4th or 5th. Someone born between January 1 and February 4th to 5th, actually belongs in the previous year in this system. For example, a woman born on February 1, 1948, actually was born in 1947 according to the Chinese Solar Calendar and her Personal Trigram would be Dui/Metal, not Gen/Earth.)

## How to Use the Information...

If possible, spend time in one of your three best directions. The directions are rank ordered, with the best direction for sleep (or work) noted first, then the second best direction noted next, and the third best given last. All three directions work. It's just that the best direction comes first.

## Three Best Directions for Sleep or Restful Activity in Rank Order...

**East Group** (All Trigrams in the set share the same directions, just a different ranking)

Kan/N/Water/1	N	S	E
Zhen/E/Hard Wood/3	E	SE	N
Xun/SE/Soft Wood/4	SE	E	S
Li/S/Fire/9	S	N	SE

**West Group** (All Trigrams in the set share the same directions, just a different ranking)

Kun/SW/Earth/2	SW	NW	W
Qian/NW/Metal/6	NW	SW	NE
Dui/W/Metal/7	W	NE	SW
Gen/NE/Earth/8	NE	W	NW

## Three Best Directions for Work or Activities in Rank Order...

**East Group** (All Trigrams in the set share the same directions, just a different order)

Kan/N/Water/1	SE	E	S
Zhen/E/Wood/3	S	N	SE
Xun/SE/Wood/4	N	S	E
Li/S/Fire/9	E	SE	N

**West Group** (All Trigrams in the set share the same directions, just a different order)

Kun/SW/Earth/2	NE	W	NW
Qian/NW/Metal/6	W	NE	SW
Dui/W/Metal/7	NW	SW	NE
Gen/NE/Earth/8	SW	NW	W

## Best Directions (Trigrams) for Rest or Work

Personal Trigrams Chart								
Year	Male	Female	Year	Male	Female	Year	Male	Female
1920	Gen	Dui	1954	Kan	Gen	1988	Zhen	Zhen
1921	Dui	Gen	1955	Li	Qian	1989	Kun	Xun
1922	Qian	Li	1956	Gen	Dui	1990	Kan	Gen
1923	Kun	Kan	1957	Dui	Gen	1991	Li	Qian
1924	Xun	Kun	1958	Qian	Li	1992	Gen	Dui
1925	Zhen	Zhen	1959	Kun	Kan	1993	Dui	Gen
1926	Kun	Xun	1960	Xun	Kun	1994	Qian	Li
1927	Kan	Gen	1961	Zhen	Zhen	1995	Kun	Kan
1928	Li	Qian	1962	Kun	Xun	1996	Xun	Kun
1929	Gen	Dui	1963	Kan	Gen	1997	Zhen	Zhen
1930	Dui	Gen	1964	Li	Qian	1998	Kun	Xun
1931	Qian	Li	1965	Gen	Dui	1999	Kan	Gen
1932	Kun	Kan	1966	Dui	Gen	2000	Li	Qian
1933	Xun	Kun	1967	Qian	Li	2001	Gen	Dui
1934	Zhen	Zhen	1968	Kun	Kan	2002	Dui	Gen
1935	Kun	Xun	1969	Xun	Kun	2003	Qian	Li
1936	Kan	Gen	1970	Zhen	Zhen	2004	Kun	Kan
1937	Li	Qian	1971	Kun	Xun	2005	Xun	Kun
1938	Gen	Dui	1972	Kan	Gen	2006	Zhen	Zhen
1939	Dui	Gen	1973	Li	Qian	2007	Kun	Xun
1940	Qian	Li	1974	Gen	Dui	2008	Kan	Gen
1941	Kun	Kan	1975	Dui	Gen	2009	Li	Qian
1942	Xun	Kun	1976	Qian	Li	2010	Gen	Dui
1943	Zhen	Zhen	1977	Kun	Kan	2011	Dui	Gen
1944	Kun	Xun	1978	Xun	Kun	2012	Qian	Li
1945	Kan	Gen	1979	Zhen	Zhen	2013	Kun	Kan
1946	Li	Qian	1980	Kun	Xun	2014	Xun	Kun
1947	Gen	Dui	1981	Kan	Gen	2015	Zhen	Zhen
1948	Dui	Gen	1982	Li	Qian	2016	Kun	Xun
1949	Qian	Li	1983	Gen	Dui	2017	Kan	Gen
1950	Kun	Kan	1984	Dui	Gen	2018	Li	Qian
1951	Xun	Kun	1985	Qian	Li	2019	Gen	Dui
1952	Zhen	Zhen	1986	Kun	Kan	2020	Dui	Gen
1953	Kun	Xun	1987	Xun	Kun	2021	Qian	Li