RESONANCE WELLNESS

I CHING CONSULTATION

Should I Become a Vegan Again

Hexagram 34 changing to Hexagram 24

THE QUESTION

Should I become a vegan again?

Primary: 34 The Power of the Great | Moving lines: 2, 3, 4 | Resulting: 24 Return (The Turning Point)

12 September 2026

A Wilhelm-based reflective reading

An anonymous example report

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Direct Answer

> **DIRECT ANSWER**
>
> The reading favours exploring a return to vegan eating, provided you approach it with preparation and flexibility rather than relying on determination alone. Your concern for animals deserves consideration alongside your own wellbeing. The changing lines suggest staying balanced, recognising when an approach is creating difficulties, and building the support that makes progress sustainable. The resulting hexagram, Return, points towards a fresh beginning informed by experience.

This is reflective guidance, not evidence that a vegan diet is medically suitable for you. Your previous weight loss is a reason to seek informed nutritional guidance before restarting, rather than to assume either that veganism is unsuitable or that greater determination will solve the problem.

Consultation Snapshot

For: Anonymous
Question: Should I become a vegan again?

Background: A previous attempt at vegan eating was accompanied by weight loss and comments from others about appearance. There is concern that the diet was not managed adequately, alongside a continuing preference not to eat animals.

This reading considers how to approach that decision. It does not diagnose the earlier weight loss or determine nutritional requirements.

Present Dynamic

Hexagram 34, The Power of the Great, brings attention to the way a strong intention becomes action. Your ethical preference is clear enough to have prompted a previous change and to bring you back to the question now. The issue is how to give that intention a form you can live with.

In this context, strength can mean the willingness to investigate, learn and make practical arrangements. It can also mean accepting that a valued choice needs support. The reading does not equate resolve with pushing through every difficulty. It asks whether the approach remains appropriate as circumstances become clearer.

There are two different kinds of information in your background. One is your own experience of losing weight. The other is what people said about your appearance. Their comments may have been unsettling, but they do not by themselves establish whether you were healthy or whether your diet was adequate. Your experience deserves a more useful examination than a verdict based on how you looked.

Equally, your preference not to eat animals need not be dismissed because the previous attempt was difficult. You can take that preference seriously without committing in advance to a particular timetable or refusing to reconsider how you implement it.

Applied to your question, the primary hexagram therefore shifts the emphasis from making a declaration to making the choice workable. It invites you to ask: what would need to be understood, available and sustainable for this return to be responsible?

Turning Points

Line 2 — Establish a steady approach

The second changing line suggests maintaining balance when forward movement becomes possible. Applied here, renewed enthusiasm is a useful beginning, but it is not yet a complete plan.

A steady approach would start with an honest account of the previous attempt. What meals did you usually eat? What replaced the foods you removed? Were shopping, preparation, appetite or cost difficult? What is known about the amount and timing of the weight loss? These questions are for practical assessment; the cast cannot supply their answers.

The emphasis is on consistency that survives ordinary life. You do not need to prove your commitment through an abrupt change or a public promise. You can first develop the knowledge and routines that would make the decision easier to sustain.

Line 3 — Respond to difficulty rather than forcing progress

The third line introduces a warning about continuing through resistance by applying more force. In this reading, the relevant risk would be treating an ethical commitment as a reason to disregard evidence that the practical approach needs attention.

For example, if meals are difficult to manage or concerns about weight arise, perseverance should not mean repeating an approach without investigating it. Asking for help, changing a routine or pausing to reassess can be responsible expressions of commitment.

This does not mean that you were stubborn before. The background does not establish why you lost weight, and the reading should not turn that uncertainty into blame. The line identifies a possible pattern to avoid now: allowing the need to succeed to make useful feedback harder to hear.

There is also a distinction between advice and pressure. You can listen carefully to qualified guidance without allowing other people's preferences about food or appearance to become the sole basis of your decision.

Line 4 — Put dependable support beneath the intention

The fourth line offers a constructive response to the preceding difficulty. Progress becomes more plausible when the conditions that support it are improved.

For this question, those conditions are practical: an informed eating plan, foods you enjoy, an affordable shopping routine, manageable preparation and access to advice when questions arise. These are applications of the line's meaning, not dietary instructions found in the I Ching.

Line 4 is also the ruler of the primary hexagram in Wilhelm's structural account. That gives its emphasis on effective support particular relevance, without cancelling the cautions of lines 2 and 3.

Taken together, the three lines suggest a coherent approach: begin steadily, respond intelligently to obstacles, and strengthen the arrangements that allow the choice to work. They do not guarantee a health outcome or imply that every obstacle will disappear.

Emerging Direction and Practical Guidance

The resulting hexagram is 24, Return. In the context of your question, it can be understood as revisiting a value that still matters while allowing your experience to change the way you act on it.

Returning does not require recreating the earlier attempt. You have something now that you did not have before: knowledge that your previous experience left important questions unanswered. That can become a useful starting point rather than a reason for self-criticism.

Return also directs attention to the care a beginning requires. Applied here, it favours giving a new routine room to develop without loading it with expectations of immediate perfection. You do not need to settle every question about identity, ethics and lifelong practice before taking the next informed step.

The apparent tension between the two hexagrams is useful. The Power of the Great concerns the responsible use of resolve; Return concerns the conditions of a renewed beginning. Together, they suggest that your conviction and your willingness to learn can support one another.

What to cultivate

Cultivate patience, practical curiosity and a willingness to receive help. Look for an approach that respects your ethical preference and allows your own wellbeing to remain a real consideration.

What to avoid

Avoid making the decision a test of moral worth, dismissing concerns because the intention feels right, or assuming that previous difficulty proves you cannot try again. The reading supports neither self-punishment nor a guarantee that a different attempt will succeed.

What to do next

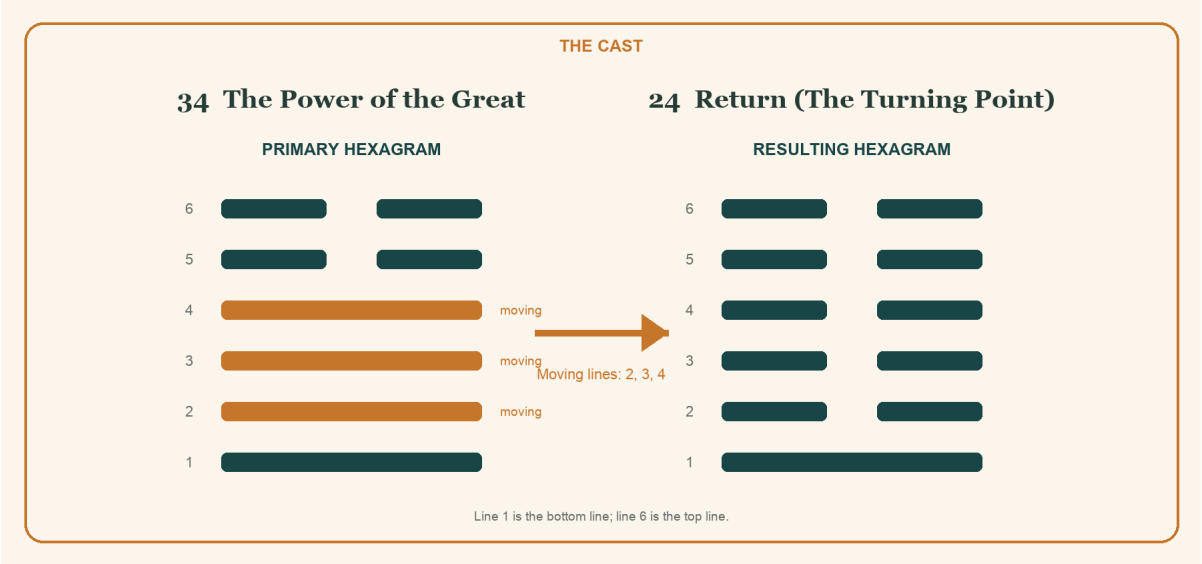
Arrange a discussion with a registered dietitian, preferably one experienced in vegan diets. Bring a description of your previous eating pattern and weight changes so that the discussion can address your circumstances. Advice on maintaining nourishment while eating plant-based foods is available from University College London Hospitals.

A vegan eating plan needs to address the foods that will replace animal products and how nutritional needs will be met, including a reliable source of vitamin B12. Fortified foods and supplements may have a role; the appropriate plan should be individualised. NHS: The vegan diet.

If weight loss is continuing without trying, particularly without further changes to diet or exercise, arrange a medical assessment rather than assuming the cause. NHS: Unintentional weight loss.

These are practical health safeguards, separate from the symbolic interpretation. The immediate decision is to investigate and prepare; whether and how to resume vegan eating can then be informed by that work.

Cast and Structure



The primary hexagram and its transformation. Moving lines are shown in gold.

Values supplied, bottom to top: 7, 9, 9, 9, 8, 8.

Primary hexagram: 34 — The Power of the Great.
Lower trigram: Heaven. Upper trigram: Thunder.

Changing lines: 2, 3 and 4. These are read in ascending order in the primary hexagram.

Resulting hexagram: 24 — Return (The Turning Point).
Lower trigram: Thunder. Upper trigram: Earth.

The primary hexagram has four solid lines below two broken lines. Lines 2, 3 and 4 change from solid to broken, leaving a single solid line at the bottom of the resulting hexagram. Line 1 remains at the bottom throughout.

The resulting hexagram is read as a whole, without selecting its individual line texts. This transformation is a symbolic structure for reflection, not a prediction of declining strength, weight change or physical recovery.

Source Notes and Reflection

Interpretation informed by Wilhelm–Baynes.

Primary source: Richard Wilhelm, The I Ching or Book of Changes, rendered into English by Cary F. Baynes.

The interpretation draws on Hexagram 34, including its Judgment, Image and lines 2, 3 and 4, and on Hexagram 24 as a whole. Relevant locations in the source PDF are Book One, pages 319–323 and 256–258; and Book Three, pages 999–1005 and 910–914. These are PDF page numbers.

The explanatory prose is an original, question-specific interpretation. It is not presented as Wilhelm's own wording. The health references above support the practical safeguards, not the interpretation of the cast.

Reflection: What would I put in place before trying again if compassion for animals and care for my own wellbeing both mattered in the decision?