



Channel 22, also known as the Channel of Openness, is formed by the connection of gates 12 and 22. It is a channel of the matrix of inspiration, which connects the throat centre to the solar plexus centre. This channel brings a powerful and consistent energy of expression, capacity to open oneself and share inner experiences with others.

When this channel is defined, it bestows upon the individual a vital need to communicate and transmit what deeply animates them. People with this defined channel are often speakers, writers, teachers who excel in the art of putting their experiences and insights into words. They have a gift for captivating their audience, for creating bridges between human experiences and inspiring others to open up in turn.

However, this same open energy can also manifest as a tendency towards over-expression, emotional outpouring or constant need for feedback. People with the Openness Channel defined may struggle to keep their feelings to themselves, to filter what they share or to find value in silence and introspection. They may also tend to define themselves by others' reactions to their sharing, and to seek external validation instead of internal satisfaction.

Let's take the example of a storyteller with the defined Openness Channel. On stage or around a campfire, he captivates his audience with personal and universal stories, which resonate in everyone's heart. His opening energy allows him to create an intimate and authentic connection, to make people laugh and cry, and to leave a lasting imprint in the memory of those who listen. However, he can also find it difficult to "turn off" this flux of expression, to find rest and regeneration in solitude. He must learn to balance sharing times with replenishing times, and to find his own inner validation beyond applause.

For people with this defined channel, learning how to manage their open energy in a

healthy and balanced way is an important challenge. They must learn to discern what is appropriate to share in each context, to respect their own limits and those of others, and to find other means of expression and emotional discharge in addition to oral communication. They must also be careful not to get lost in others' stories and dramas, but to remain centered in their own truth and creativity.

This channel is closely linked to Channel 12 (Channel of Abstraction) that we explored earlier. Together, these two channels form a powerful circuit of expression energy and transmission of human experience. The Openness Channel brings the ability to share and inspire, while the Abstraction Channel brings the ability to extract universal lessons and insights from these sharings. When these two channels are defined, the individual has immense potential for transformative communication and experiential wisdom, combining authenticity and depth.

On the other hand, for people with the Openness Channel open, the challenge is to learn to open and share selectively, without being overwhelmed or influenced by the intense expression of others. They can be excellent confidants and facilitators, providing empathetic listening and encouragement to help others fully express themselves. However, they must be careful not to absorb or carry others' emotions and stories, and to maintain their own balance and sense of self.

It is interesting to note that the Openness Channel is linked to the theme of grace and beauty in the I Ching. Gates 12 and 22 are associated with the hexagrams of "Stagnation" and "Grace", which evoke images of blockage, liberation, and the capacity to transform trials into opportunities for elevation and embellishment. This channel thus carries deeply cathartic and aesthetic energy, which knows how to transmute suffering into art and connection.

Imagine a poetess with the defined Openness Channel. In her writings and public readings, she courageously and vulnerably reveals the intimate landscapes of her soul, the joys and sorrows that have woven her life path. Her opening energy invites those who read or listen to her to recognize themselves in her words, to feel less alone and more human in their own struggles and aspirations. Yet, she can also tend to feel exposed, revealed in what she holds most precious and fragile. She must learn to establish her boundaries, to protect her secret garden, and to draw her creative drive from her inner resources rather than from the need to please or be understood.

In the end, the Openness Channel is a precious source of authentic expression and the ability to touch others at their very core. But like any powerful energy, it demands to be channeled with wisdom, discernment, and respect for personal ecology. By learning to honor our need to share while cultivating our inner garden, we can use this channel to create works and relationships that uplift, inspire and beautify life. It is a true gift for those who have this defined channel, and an invitation to open up with authenticity and kindness

for all.

Key points to remember:

- Channel 22, also called Channel of Openness, connects the throat centre to the solar plexus centre. It brings a powerful energy of expression and sharing of one's inner experience.

- When it is defined, this channel bestows a vital need to communicate and convey what deeply animates the individual. People with this defined channel often excel in the art of putting their experiences into words and inspiring others.

- However, this open energy can also manifest as a tendency towards over-expression, emotional outpouring or a constant craving for feedback and external validation.

- To manage this energy healthily, it is important to learn to discern what is appropriate to share, to respect one's own boundaries and those of others, and to balance sharing and rejuvenating times.

- Channel 22 is closely linked to Channel 12 (Channel of Abstraction). Together, they form a powerful circuit of expressing and transmitting human experience, combining authenticity and depth.

- For people with Channel 22 open, the challenge is to learn to open selectively, without being overwhelmed by the intense expression of others. They can make excellent confidants, but must be careful to maintain their own balance.

- This channel is linked to the theme of grace and beauty in the I Ching. It carries a cathartic and aesthetic energy, which knows how to transmute suffering into art and connection.

- By learning to honor one's need to share while cultivating one's inner garden, one can use this channel to create works and relationships that uplift, inspire and beautify life.