

易经64卦解卦的基本方法 The basic method of interpreting the 64 hexagrams of the I Ching

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易经64卦解卦的基本方法

一、首先，看这个卦的两个组合，因为它有下卦和上卦，下卦是在下在内，上卦是在上在外，下卦是主卦，所以平常在看卦时，下卦是跟自己有关，上卦是跟别人、跟环境有关，讲政治的话，下卦就是老百姓，上卦就是统治者，看上下卦他们之间关系如何。

二、准确判断哪一个爻是主爻，对于卦象分析和卦辞解析有着非常重要的意义：

首选同性数最少之爻；少数爻多于两爻者，选中正之爻；有中有正，中胜于正，首选中爻，次选正爻；两爻皆中，选其正爻，同为正爻，选其有应之爻，仍不能决，对照卦爻辞，与卦辞意相近者为主爻。

三、了解整卦之后，再看你所占的爻位哪一爻，断此爻的吉凶悔吝，主要原则为：

1、是不是当位，阳爻居阳位、阴爻居阴位，就是好，反则就是不当位，不好的爻。如果再居中，就更好。

2、是不是有正应，应的话可以互相配合互相帮助。特殊情况是，六个爻里只有一个不同的爻，另外几个爻就相依为命了，原则就是这个主爻很明显，这个时候每个爻都是向它靠的，因为这个主爻在这个格局里物以稀为贵，这时候，不相应的爻与它之间就不再排斥了，而是同病相怜了。

3、看他的邻居，比如说你是阴爻，不宜乘刚，如果乘刚也尽量不要乘主爻。

四、六十四卦每卦从下到上六个爻，反映了事物发展的基本规律，各爻也具备各自基本的特性。

1、一为动，二为入，三为深，四为显，五为静，上为代

2、初难知，二多誉，三多凶，四多惧，五多功，上易知

































































五、看这个卦或爻是怎么变来的，卦跟卦的关系，六十四卦三十二组，非覆即变，这叫做覆卦或变卦，但卦变又是另外一个概念，这要看十二消息卦了，看这个卦是从哪个消息卦变来的。四月乾，五月姤，六月遁，七月否，八月观，九月剥，十月坤，十一月复，十二月临，一月泰，二月大壮，三月夬，这十二消息卦都是同性爻由下往上没有交错，阳爻从乾开始，从下往上，坤卦也是阴爻从下往上，正好配合一年十二个月，消息卦作为基础，它会变成别的卦，这个卦几个阳爻几个阴爻，它一定是某两个卦变来的，像泰和否，都是三阳三阴，但上下位置不同，别的卦，如果也是三阳三阴，那它不是泰卦变来的就是否卦变来的，往往它是两个连在一起的卦，一个从泰一个就从否变来，它两个与泰否一样也是覆卦，泰否两卦正好可以让它参考，你覆卦再怎么变，两者的阳爻、阴爻也是一样多的，再比如屯卦和蒙卦，都是两个阳爻四个阴爻，互为覆卦，如果说屯卦是从什么卦变来的，

那么蒙卦就是从另一个跟这个卦一样的阳爻数、阴爻数，但又相覆的一个消息卦变来的，变的话以一次为原则，变两次就失去意义了。

六、看互卦，就是在整个卦的六个爻中，你要解的那一爻，与相邻、相近的两个爻，以它为主爻所成的三爻卦是什么卦，代表什么意思或现象，可以起到提示、警告、指引等等作用。学易经必须学会看爻辞，有时单从本卦的象上来看，你不知道它为什么会会出现这个字，爻辞就是先给你答案，你再找理由，找根据，如果你把爻辞里每一个字都有了着落，知道他为什么这么说，你就读懂易经了。

以上几点掌握之后，如果占卦，你就要配合现代的生活经验了，因为易经的爻辞象辞象辞都是几千年以上的文字和事件，比如里面提到的有关周文王的一些爻辞，你不结合现在的生活现象，非要照字面意思去解卦，如果了解当时背景，未必解释的清楚，所以就要有一定的、合理的联想。

六十四卦分宫

乾宫八卦 阳，属金								
坎宫八卦 阳，属水								
艮宫八卦 阳，属土								
震宫八卦 阳，属木								
巽宫八卦 阴，属木								
离宫八卦 阴，属火								
坤宫八卦 阴，属土								
兑宫八卦 阴，属金								

易经64卦全解析 | Ching 64 hexagram analysis

《周易》一书是中国文化的源头和第一元典，包含无尽的智慧，可以对我们的人生提供最好的指引。当今时代，人们的生活发生了巨大的变化，生活水平极大提高的同时，问题也越来越严重——个人主义盛行，享乐主义横行，拜金主义流行，邪说胡说大行，很多人为苦闷、彷徨、失望的阴影所笼罩，三观处于六神无主之中。此时，尤其需要《周易》这样的伟大经典，为我们指点迷津。

The book "Zhou Yi" is the source and first canon of Chinese culture, containing endless wisdom and can provide the best guidance for our lives. In today's era, people's lives have undergone tremendous changes, and while the standard of living has been greatly improved, the problems are becoming more and more serious - individualism is prevalent, hedonism is rampant, money worship is popular, heresy and nonsense are rampant, and many people are shrouded in the shadow of depression, hesitation, and disappointment. At this time, we especially need great classics like "Zhou Yi" to guide us.

人的一生，无论做任何事情，都要经历“一多困、二多誉、三多凶、四多惧、五多功、六多过”这六个阶段。人的一生，富贵荣华，进退浮沉，成败得失，喜怒哀乐，我们每天都面临各种情况，浮躁时、蒙昧时、失败时、贫困时、争斗时、孤独时、塞车时、病痛时、得意时……你所面临的所有情况，其实都逃不过易经64卦，每一卦代表一种情况，每一种情况都有解决之道。

In a person's life, no matter what he does, he must go through the six stages of "one is more difficult, two is more famous, three is more fierce, four is more fearful, five is more meritorious, and six is more than enough". In a person's life, wealth and glory, ups and downs, successes and failures, joys and sorrows, we face various situations every day, when we are impetuous, when we are ignorant, when we fail, when we are poor, when we fight, when we are lonely, when we are congested, when we are sick, when we are proud..... All the situations you are facing cannot escape the 64 hexagrams of the I Ching, each hexagram represents a situation, and each situation has a solution.

1、读懂乾卦，找准位置 1. Understand the hexagram and find the right position

“天行健，君子以自强不息。”当朱元璋还是朱重八时，当孙悟空还是弼马温时，就算你是一条龙，也只能选择潜伏。“潜伏、现身、警惕、驰骋、腾飞、过失”，这是人生必经的六个阶段。作为男人，就应该做君子，天道酬勤、自强不息、不畏险阻、迈向成功。成功之后，懂得退让、低调、谦虚，就能长久挺立巅峰。

"Tianxingjian, a gentleman strives for self-improvement." When Zhu Yuanzhang was still Zhu Chongba, when Sun Wukong was still Bi Ma Wen, even if you were a dragon, you could only choose to lurk. "Latent, presence, vigilance, galloping, soaring, and negligence" are the six stages of life. As a man, you should be a gentleman, God rewards hard work, self-improvement, not afraid of dangers and obstacles, and moves towards success. After success, if you know how to retreat, be low-key, and be humble, you will be able to stand at the top for a long time.

2、读懂坤卦，不再浮躁 2. Understand the kun hexagram and no longer be impetuous

“地势坤，君子以厚德载物。”只有戒除浮躁，才能心生清静；只有心生清静，才能打开智慧。自古以来，满的先损，硬的先碎，高的先坠，大的先亡，都是不懂得以柔克刚的道理。当你浮躁时，想想大地吧——大地不语，却能承载万物。低调之人，常常广结善缘；积善之家，常常家有喜事。远离浮躁，行善积德，一生平安。

"The terrain is good, and the gentleman carries things with virtue." Only by abstaining from impetuosity can the heart be pure; Only when the heart is pure can wisdom be opened. Since ancient times, the full one is lost first, the hard one is broken first, the high one falls first, and the big one dies first, all of which do not understand the truth of being soft and strong. When you are impetuous, think of the earth - the earth is silent, but it can carry all things. Low-key people often make good connections; The house of goodness often has happy events in the family. Stay away from impetuosity, do good deeds and accumulate virtue, and live a safe life.

3、读懂屯卦，走向成熟 3. Understand the Tun hexagram and move towards maturity

屯，草木新生。弱为万物之初，小为万物之始，虽然弱小，却如一年之春，一日之晨，充满希望和生机。因幼小而处处充满艰难，因艰难而处处充满机会，因机会而不断实现生长。只要坚守正道，脚踏实地，持之以恒，奋发进取，就终能成参天大树，实现成熟的蜕变。

Tun, the vegetation is renewed. Weak is the beginning of all things, small is the beginning of all things, although weak, but like the spring of a year, the morning of a day, full of hope and vitality. Because of the young and full of difficulties, because of the difficulties and full of opportunities, because of the opportunities to continue to achieve growth. As long as we stick to the right path, be down-to-earth, persevere, and forge ahead, we will eventually become a towering tree and achieve mature transformation.

4、读懂蒙卦，教好孩子 4. Understand the hexagram and teach the children well

蒙卦象征启蒙，古时小孩入学也叫启蒙。教育孩子，我们不要老是去追着他学，而要锻炼他主动去学的习惯。首先解决疏懒问题，如何解决？一是主动积极，二是迎难而上，三是富有主见，四是目标明确。认真学习，天道酬勤；涓涓细流，汇成江河。

The hexagram symbolizes enlightenment, and in ancient times, children's school was also called enlightenment. Educate children, we should not always chase him to learn, but exercise his habit of taking the initiative to learn. First of all, how to solve the problem of laziness? The first is to be proactive, the second is to face difficulties, the third is to be assertive, and the fourth is to have clear goals. Study hard, God rewards hard work; A trickle of streams merges into a river.

5、读懂需卦，学会等待 5. Understand the hexagram and learn to wait

需，等待。力量还不够，尚处于柔弱之时，此时行动危险正在前面，因而需要等待。等待什么？时机。这不是休息观望，而是积蓄力量，积攒能量。“君子以饮食宴乐”，古人云：饮食以养其气体，宴乐以养其心志。等待是一种磨练，也是一种考验，能力往往是在等待的磨砺中提升，机会往往是在等待的磨砺中出现，看似不可能的一切都在等待中成熟。

Yes, wait. The strength is not enough, it is still in a weak moment, and the danger of action is ahead, so it is necessary to wait. What to wait for? Occasion. This is not a matter of resting and watching, but of accumulating strength and energy. "A gentleman feasts on food", the ancients said: Eat and drink to nourish his gas, and feast to nourish his mind. Waiting is a kind of training, but also a test, ability is often improved in the grinding of waiting, opportunities are often in the grinding of waiting, everything that seems impossible is ripe in waiting.

6、读懂讼卦，解决争执 6. Understand litigation hexagrams and resolve disputes

讼，争执诉讼。诸葛亮舌战群儒，钓鱼岛中日磨擦，这个世界充满纷争和诉讼，而起端均源于利益争夺，现代社会主要来自思想上、观念上、习惯上、善恶上、经济上、利益上。有争执时：一是请人指点，二是不要轻易前行，三是要对话不要对抗，四是反省自己言行。忍为仁，礼为先，和为贵，避免纷争。

Litigation, dispute litigation. Zhuge Liang's tongue wars Confucianism, the Diaoyu Islands are full of friction between China and Japan, the world is full of disputes and lawsuits, and the beginning is derived from the competition of interests, modern society mainly comes from the ideology, concepts, habits, good and evil, economy, and interests. When there is a dispute: one is to ask someone for guidance, the second is not to move forward easily, the third is to have dialogue rather than confrontation, and the fourth is to reflect on your words and deeds. Forbearance is benevolence, courtesy is the first, harmony is precious, and disputes are avoided.

7、读懂师卦，揍人有法 7. There is a way to read the teacher's hexagram and beat people

师，用兵。争执不下，变为揍人，集体揍人叫斗殴，国家揍人叫战争。怎么避免？面对小人，可重赏不可重用；面对敌人，一是做个样子不要动真格，二是动手也不置人于死地，三是要避免

敌人狗急跳墙。最后没有办法时，才能有理有节地为正义挥师。

Division, with soldiers. If the dispute continues, it becomes a beating, a collective beating is called a brawl, and a state beating is called a war. How to avoid it? In the face of villains, they can be rewarded but not reused; In the face of the enemy, the first is to act like not to move the real thing, the second is to do it without putting anyone to death, and the third is to prevent the enemy from jumping off the wall in a hurry. In the end, when there is no way, only then can we be justified and responsible.

8、读懂比卦，不再孤独 8. Read the hexagram and no longer be lonely

比卦象征团结。天地与我同根，善水与我同源。眼有两只，耳有两片，手有两只，家有夫妻，相亲相辅。与人相处，不要平时疏远，等人家有钱、有权、有势了才去交往，这样不好。人际交往，应择善而友，远恶亲贤。当然，如果孤独不可避免，那就享受吧，那也是一种真醇的人生滋味。

The hexagram symbolizes unity. Heaven and earth have the same root as me, and good water has the same origin as me. There are two eyes, two ears, two hands, and a husband and wife in the family, and they complement each other. Get along with people, don't be estranged from others, and wait for others to be rich, powerful, and powerful before socializing, which is not good. In interpersonal communication, we should choose good friends and stay away from evil relatives and virtuous. Of course, if loneliness is unavoidable, then enjoy it, which is also a real taste of life.

易经64卦最全解析 The most complete analysis of the 64 hexagrams of the I Ching

9、读懂小畜卦，慢慢积累 9. Understand the small animal hexagram and accumulate it slowly

小畜，慢慢积蓄。“密云不雨，自我西郊。”一事件迟迟不能成，就像久旱等雨，而天空总是密云不雨。这是因为，你还在事情的外围，尚未进入核心，即程度不够、火候不够、方向不对、时机不对。人生不如意之事常有八九，但是你正在酝酿成功。这时，只要你不怕吃亏，储蓄力量，坚持到底，定能走向成功。

Small animals, slowly accumulating. "Dense clouds do not rain, self in the western suburbs." An event that has not been completed for a long time is like waiting for rain after a long drought, and the sky is always cloudy and not raining. This is because you are still on the periphery of things, and you have not yet entered the core, that is, the degree is not enough, the fire is not enough, the direction is not right, and the timing is wrong. There are often eight or nine things that don't go your way, but you're brewing success. At this time, as long as you are not afraid of losses, store animal strength, and persevere to the end, you will definitely be able to succeed.

10、读懂履卦，一团和气 10. Understand the hexagram and be harmonious

履，行。此卦六爻告诉我们：做人，要有一颗“平和”之心，与人和谐相处；做事，要能心怀“谦和”之心，坦荡做事；做人和做事能够合格，才谈得上“处世”——人生越往高处走，越要有“高处不胜寒”的敬畏之感，越应该时刻反省自己。

Track, line. This hexagram tells us: to be a man, we must have a "peaceful" heart and live in harmony with others; To do things, we must be able to have a "humble" heart and do things openly; Only when you can be qualified to be a person and do things can you talk about "living in the world" - the higher you go in life, the more you must have a sense of awe of "being cold in a high place", and the more you should always reflect on yourself.

11、读懂泰卦，获得理解 11. Read the Thai hexagram and gain understanding

泰卦说“天地交泰”，交才能泰，沟通交流才能关系通畅。别人不理解你，肯定是沟通不到位，别人又不是你，又不知道你内心的真实想法，不沟通怎么会理解你？所以这时最需要的是沟

通，而不是埋怨和指责，如此才能泰。

The Thai hexagram says that "heaven and earth are handed over to Thailand", and communication can be smooth. If others don't understand you, they must not be in good communication, and others are not you, and they don't know what you really think in your heart, how can they understand you if they don't communicate? So what is most needed at this time is communication, not complaining and blaming, so that Tai can be Thai.

12、读懂否卦，柳暗花明 12. Understand the negation of the hexagram, and the willows and flowers will be bright

否，黑暗、闭塞。人的一生，不可能天天喝茅台，也可能喝西北风的。这个时候，天地不交，小人得意，君子失意，事事不顺，好像黑暗到了极点。其实，心情不好，源于好境不在。佛说人有108种烦恼，你也不例外。这时，就算你坚守正道，也未必获利，但你只能选择：坚守正道，等待柳暗花明。

No, dark, occlusive. In a person's life, it is impossible to drink Moutai every day, and it is also possible to drink the northwest wind. At this time, heaven and earth do not communicate, the villain is proud, the gentleman is frustrated, everything is not going well, it seems that the darkness is to the extreme. In fact, a bad mood stems from the absence of good circumstances. The Buddha said that people have 108 kinds of afflictions, and you are no exception. At this time, even if you stick to the right path, you may not be profitable, but you can only choose: stick to the right path and wait for the willows to bloom.

13、读懂同人卦，打通人际 13. Read the same hexagram and open up interpersonal relationships

同人，和睦同心。合群，不是同流合污，而是积极与人相处。小人同而不和，君子同而不同。曲高和寡，孤芳自赏，我行我素，终会是孤家寡人。如果不合群，哪怕你是正确的，也是行不通的。与人相处，重在理解、尊重、合作、共赢，打破门户之见，主动积极，消解误解，同舟共济。

With people, with one heart. To be gregarious is not to be in the same stream, but to actively get along with others. The villain is the same but not in harmony, and the gentleman is harmonious but different. Qu is high and widowed, lonely and self-appreciative, doing my own thing, and will eventually be alone. If you don't fit in, even if you're right, it won't work. Getting along with others focuses on understanding, respect, cooperation, and win-win, breaking the view of the door, taking the initiative, resolving misunderstandings, and helping each other in the same boat.

14、读懂大有卦，成就事业 14. Read the great hexagram and achieve the career

大有，大拥所有，伟大事业。想干大事，一是挑战自己，二是内心光明和刚健，三是不可在小有成就时得意忘形，更不可外露和骄傲，否则必出事端。有奖赏，可恭敬受之，不可争夺。智藏于胸，礼贤下士，自我约束，胸怀天下，恩威并施，不偏不激，定能成就大业。

There is a great cause, a great cause. If you want to do big things, one is to challenge yourself, the second is to be bright and strong in your heart, and the third is not to get carried away when you have a small achievement, let alone expose and be proud, otherwise there will be an accident. There is a reward, which can be respectfully received, not contested. Wisdom is hidden in the chest, corporal courtesy, self-restraint, mind the world, grace and power, impartiality and excess, will be able to achieve great causes.

15、读懂谦卦，成为君子 15. Read the humble hexagram and become a gentleman

易经64卦，每卦6爻，唯有谦卦6爻全吉，为何？人，只要谦虚、谦和、谦卑，何来凶险？！“谦谦君子，卑以自牧；劳谦君子，利涉大川。”对下级要谦虚，对同级要谦和，对上级要谦卑。谦，是美德的最高标准，人只要智而有德，富而有仁，谦而有礼，一辈子平安、吉祥、快乐。

I Ching 64 hexagrams, each hexagram 6 hexagrams, only the humble hexagram 6 hexagram all auspicious, why? People, as long as they are humble, modest, and humble, how can they be dangerous?! "A humble gentleman, humble to self-shepherd; Lao Qian gentleman, benefit the river. "Be humble to your subordinates, humble to your peers, and humble to your superiors. Humility is the highest standard of virtue, as long as people are wise and virtuous, rich and benevolent, humble and courteous, a lifetime of peace, auspiciousness and happiness.

16、读懂豫卦，天天快乐 16. Read the hexagram and be happy every day

豫，含欢喜、快乐、安闲、舒适之意。人生一定要快乐，但是快乐要合乎道理，有节制，才不会给自己的制造祸端，导致乐极生悲的结果。我们要记住三点：一是顺性而乐，即顺乎自然人性；二是与人同乐，不能独乐；三是懂得真正的快乐，适当地乐。居安思危，乐得合适、乐得合理、乐得合时，才能获得长久的快乐。

Yu, with joy, happiness, leisure, comfort. Life must be happy, but happiness must be reasonable and controlled, so as not to create trouble for oneself and lead to the result of happiness and sorrow. We must remember three points: first, to be happy with nature, that is, to conform to natural human nature; the second is to have fun with others, not alone; The third is to know how to be truly happy and to be happy appropriately. Be prepared for danger in times of peace, be happy to be appropriate, be reasonable, and be happy at the right time, in order to obtain long-term happiness.

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17、读懂随卦，不再固执 17. Read the hexagram and no longer be stubborn

随，跟随，顺从，不固执。固执的根源，是不肯随和人家，与别人和同。从这种态度看，也许你的观点对，但你的心却封闭。要想不固执，要学会响应别人，也要看清和顺应形势。最好的状态是：有原则但知变通，择善固执而不同流合污。

Follow, follow, be submissive, not stubborn. The root of stubbornness is the refusal to go along with others and make peace with others. From this attitude, you may be right, but your heart is closed. If you want to be not stubborn, you must learn to respond to others, and you must also see and adapt to the situation. The best state is: principled but flexible, good and stubborn and not different.

18、读懂蛊卦，战胜逆境 18. Understand the Gu hexagram and overcome adversity

器皿中相互残食而获胜的毒虫称为蛊。占到此卦，快出事了，但易经认为亨通，为何？战胜逆境，迎难而上，解决麻烦，终会亨通，自己也会得到历练和成长。麻烦只是过程，不是结果。当然，解决麻烦，首先是防患于未然，然后是静观其变，最后是迎难而上。面对困难，解决麻烦，人才能强大起来。

The poisonous insects that eat each other and win by eating each other in the utensils are called Gu. Occupy this hexagram, something is about to happen, but I Ching thinks it is prosperous, why? Overcome adversity, face difficulties, solve troubles, and eventually prosper, and you will also get experience and growth. Trouble is a process, not a result. Of course, to solve troubles, the first thing is to prevent problems before they happen, then to wait and see what happens, and finally to face them. Only by facing difficulties and solving troubles can people become strong.

19、读懂临卦，有责任心 19. Understand the hexagram and have a sense of responsibility

临，面临。“有事而后大”，事情会由小而大，所以当它小的时候你就要很注意，让它一路大起来的过程是往好的方向走。怎么做？“故受之以临”，你面临这个工作，面临这个环境，面临所有的压力，就要把事情料理好。所以中国人常说：临事而惧。惧不是怕，而是很恭敬。恭恭敬敬、不逃避、不草率，很认真很负责地用心把它做好。否则，“至于八月有凶”，会有凶险。

Pro, faced. "There are things and then they can be big", things will go from small to big, so when it is small, you have to pay attention to it, and the process of making it big all the way is to go in a good direction. How? "So you have to take care of it", you are faced with this work, you are faced with this environment, you are facing all the pressure, you have to take care of things. That's why the Chinese often say: fear when things happen. Fear is not fear, but respect. Be respectful, don't evade, don't be hasty, and do it well very seriously and responsibly. Otherwise, "as for August", there will be a danger.

20、读懂观卦，得体评人 20. Understand the hexagram and judge people decently

观，观察。我们来到世间，一直在观察评价别人，也一直被别人观察评价。如何观察评价？

1、观我生：自损才能自得，自褒就是自贬；低调才能高调，自我就是损我。2、观其生：不可坐井观天，不可门缝观人。3、观自在：自利利他，不恶口，不两舌，不妄语，不绮语。这样就不会有过失了。

Look, observe. When we come into the world, we have been observing and evaluating others, and we have been being observed and evaluated by others. How do I observe reviews? 1. Viewing my life: self-damage can be self-satisfied, and self-praise is self-depreciation; Low-key can be high-profile, and self is to the detriment of me. 2. Watching his life: Don't sit in the well and watch the sky, and don't watch people through the cracks. 3. Contemplation of freedom: self-interest and altruism, not evil mouth, not double tongue, no lie, no gossip. That way, there will be no mistakes.

21、读懂噬嗑卦，心中不堵 21. Read the phagophic hexagram and don't block it in your heart

噬嗑，咀嚼，寓意消除障碍。城市风光，千人蜗居，万人塞车，车梗阻。人际交往，难免隔阂，无法沟通，心梗阻。城无一车，心无一物，何来梗阻？解决梗阻：一是事不宜迟，咬破嚼碎；二是小心吞噬，积极消化；三是清心寡欲，低碳生活。减少拥堵，绿色出行；产生误会，真诚沟通。心净万物净，心通万事通。

Swallowing, chewing, meaning to remove obstacles. The city scenery, thousands of people live in snails, 10,000 people are congested, and the traffic is obstructed. Interpersonal communication, it is inevitable to be estranged, unable to communicate, and heart obstruction. There is no car in the city, there is nothing in the heart, how can there be obstruction? Solve the obstruction: first, without further ado, bite and chew; the second is to swallow carefully and digest actively; The third is to live a low-carbon life with a pure heart and few desires. Reduce congestion and go green; Misunderstanding, sincere communication. The heart is pure, everything is pure, and the heart is all about everything.

22、读懂贲卦，包装自己 22. Read the hexagram and package yourself

贲，装饰得很好。找工作，要简历；上舞台，要化妆；参会议，要正装；入党派，要宣誓。人生无时不在展示、包装和庄严自己。穿戴、装修或公司形象，可包装不可伪装。不用反对穿名牌、开豪车、住豪宅，只要不是虚荣而是需要，就可以。淡妆七分人三分妆，浓妆三分人七分妆。贲卦，鼓励化淡妆。

Ben, very well decorated. To find a job, ask for a resume; On stage, you have to put on makeup; To participate in the meeting, formal attire is required; To join a party, you must take an oath. Life is all the time to show, wrap and solemnize yourself. Wear, decoration

or company image, can be packaged without camouflage. There is no objection to wearing famous brands, driving luxury cars, and living in luxury houses, as long as it is not vanity but need. Light makeup is seven points for people and three points for makeup, and heavy makeup is three points for people and seven points for makeup. Hexagram is encouraged to wear light makeup.

23、读懂剥卦，延缓衰败 23. Understand the hexagram and delay decay

剥，剥落，象征衰败。九月深秋，阴盛阳衰；人到五十，精衰气弱；山矗大地，终有衰陷。既然衰败不可抗拒，那就面对，逆行则凶，顺势则吉。起居有常，行善积德，因天之序，可以健康长寿，延缓衰败。未雨绸缪，大破大立，大乱大治，重立标准，可以转移衰败。因此，衰败是可以延缓或转移的。

Peeling, peeling, symbolizing decay. In late autumn in September, the yin is prosperous and the yang is declining; When a person reaches fifty, his spirit is weak and weak; Mountains and the earth will eventually decline. Since decay is irresistible, then face it, retrograde is fierce, and homeopathy is auspicious. Living a regular life, doing good deeds and accumulating virtue, because of the order of heaven, you can live a long and healthy life and delay decay. Taking precautions, breaking down, ruling chaos, and re-establishing standards can transfer decay. Therefore, decay can be delayed or transferred.

24、读懂复卦，改过自新 24. Understand the hexagram and reform yourself

复，反复。复卦阐释恢复的原则——必须根绝过去的错误，重新回复到善道。恢复的法则——应当从小的过失开始，过失尚未严重之前，及时反省改善，否则积重难返。有错愿改，知错就改，回到善道，终会吉祥；频错频犯，知错不改，驶入恶道，终有凶险。

Repeatedly, repeatedly. The hexagram explains the principle of restoration, which is to eradicate past mistakes and return to the good path. The law of recovery - should start with a small mistake, before the fault is serious, timely reflection and improvement, otherwise it is difficult to return. If there is a mistake, you will change it, and if you return to the good way, you will eventually be auspicious; Frequent mistakes, knowing that mistakes do not change, driving into the evil road, there will be danger in the end.

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25、读懂无妄卦，不怕意外 25. Read without delusional hexagrams, and not be afraid of accidents

无妄，不妄。如何才能无妄？就是要顺应天命，天道乾，所以人要精进，要努力。无妄的关键还是在动机无妄，所谓动机是源头，思想无妄，念念无妄，怎么会有无妄之灾呢？如果已经发生，面对无妄之灾，我们要心正，不虚伪，回复正道，还有就是得当处理，守静应变，把握好分寸，按照规律办，就不会有错。最关键的还是德行，还是这颗心。

No vain, no vain. How can we be foolish? It is to conform to the mandate of heaven, and the way of heaven is dry, so people must be diligent and work hard. The key to innocence is still in the motive of innocence, the so-called motive is the source, the thought is not delusional, the thought is not delusional, how can there be the disaster of innocence? If it has already happened, in the face of an unjustified disaster, we must be right-hearted, not hypocritical, and return to the right path, and there will be no mistakes if we deal with it properly, keep quiet and respond to the situation, grasp the proportions, and act according to the law. The most important thing is virtue, or this heart.

26、读懂大畜卦，笑对挫折 26. Read the big animal hexagram and laugh at setbacks

大畜，大大积蓄。一般说来，刚健者初出茅庐，缺少历练、蓄养不厚，就急于进取、欲成大事，必然遇到困难和挫折，而挫折是人成熟必经的历程。人不经忧患、穷困、顿挫、折屈，则心

不平、气不顺、观察粗糙、处事草率，所以人必须从这里过。挫折，有助于德智的蓄养。畜养成熟，又能上下同心协力，自然能够涉险克难，成就大事了。

Big animals, big savings. Generally speaking, a healthy person is a fledgling, lacks experience, and is not well nourished, so he is eager to forge ahead and want to achieve great things, and he will inevitably encounter difficulties and setbacks, and setbacks are the process that people must go through to mature. If people do not experience sorrow, poverty, frustration, or retribution, they will have uneven hearts, unsatisfactory spirits, rough observations, and hasty behavior, so they must pass from here. Setbacks contribute to the cultivation of morality and wisdom. If the livestock is mature and can work together, it is natural to be able to overcome difficulties and achieve great things.

27、读懂颐卦，管好自己 27. Read the hexagram and take care of yourself

颐，纯正以养。修身先养身，养身先养心，养心重养德，只有德正心正，才可养家糊口。养自己，不可贪污；养家人，不可养二奶；否则都会遭凶。正当、方法正、懂节省，终会吉。饭不乱吃，话不乱讲，礼不乱收，钱不乱攒；取之于民，用之于民；少攀不比，心中清静；才有资格修身齐家。

Yi, pure to raise. Self-cultivation first cultivates the body, cultivates the body first cultivates the heart, and cultivates the heart and morality. Raise yourself, don't be corrupt; Supporting a family, not a second wife; Otherwise, they will all be killed. Legitimacy, correct methods, and knowing how to save will eventually be auspicious. Don't eat indiscriminately, don't talk indiscriminately, don't collect etiquette, don't save money indiscriminately; Take it from the people, use it for the people; Less climbing, no comparison, pure heart; to be eligible for self-cultivation and family.

28、读懂大过卦，知道分寸 28. Understand the big hexagram and know the proportion

大过，太过分，来自环境和形势。虽然有危险，但是只要及时发现问题，进行适当地调整，事情最终还是会向好的方向发展。怎么做？1、万事有度，适可而止；2、乐于奋斗才能创造美好的蓝图和蓬勃的生活；3、检点自己的行为，不做力小而任大，赚一分用三分的行为；4、做实做强自己；5、活在当下，观物而化。

It's too big, it's too much, it's from the environment and the situation. Although there are dangers, as long as the problem is detected in time and the appropriate adjustments are made, things will eventually develop in a good direction. How? 1. Everything has a degree, and it is enough to stop; 2. Only by being willing to struggle can we create a beautiful blueprint and a vigorous life; 3. Check your own behavior, don't do small but big, earn one point and use three points; 4. Be solid and strong; 5. Live in the present moment and look at things.

29、读懂坎卦，直面坎坷 29. Understand the hexagram and face the ups and downs

坎，坑穴。人在旅途，有时不只是路不平坦或走头无路，而是陷阱和悬崖，而你还必须往前走，因为没有退路。人遇坎坷，锐气大减，但德行、智慧和自信往往存于危急患难之中。穷则独善其身，达则兼善天下。穷途末路时，一是不可轻举妄动，二是突破常规，三是战胜自己，一切会变好的。

Ridge, pit. When you are on a journey, sometimes it's not just a bumpy road or a headless road, but traps and cliffs, and you have to move forward because there is no way back. When people encounter ups and downs, their vigor is greatly reduced, but virtue, wisdom and self-confidence often exist in the midst of danger and suffering. If you are poor, you will be good to yourself, and if you are good, you will be good to the world. When you are at the end of the road, one is not to act rashly, the second is to break through the routine, and the third is to overcome yourself, and everything will be better.

30、读懂离卦，一生有靠 30. Reading the hexagram is a lifelong dependent

离为火焰，众人拾柴火焰高，柴就是火焰的依靠。求学靠老师，晋升靠贵人，速达靠飞机，避雨靠雨伞，禾苗靠雨露，万物靠太阳。官人来占要升官，农夫来占要增产。但是，这一切都是有前提的，那就是：虚胸若谷、为人中正、居安思危、与人为善、附丽有度、顺其自然。

Separated from the flame, everyone gathers firewood and the flame is high, and firewood is the support of the flame. Studying depends on teachers, promotion depends on nobles, speed depends on airplanes, shelter from rain depends on umbrellas, seedlings rely on rain and dew, and everything depends on the sun. Officials come to occupy to be promoted, and farmers come to occupy to increase production. However, there is a premise for all this, that is: being open-minded, being upright, being prepared for danger in times of peace, being kind to others, being beautiful, and going with the flow.

31、读懂咸卦，朋满天下 31. Read the salty hexagram and make friends all over the world

咸，感应。天地感应而生万物，男女感应而繁衍生息。易经认为人与人交往先是感应，这种感应是无心的，所以不要处心积虑去交往谁，对方没感应一切白搭。有了感应后，以谦虚去交往，以真诚去打动，以信用为基石，就会成为好朋友。心地光明，虚怀若谷，诚实厚道，排除私心，坚持原则，就能朋满天下。

Salty, inductive. Heaven and earth are induced and all things are born, and men and women are induced and multiplied. I Ching believes that people interact with people first by induction, and this kind of induction is unintentional, so don't be pretentious about dating anyone, the other party does not sense everything in vain. After having induction, to communicate with modesty, to impress with sincerity, and to take credit as the cornerstone, you will become good friends. With a bright heart, an open mind, honesty and kindness, eliminating selfishness, and adhering to principles, you can make friends all over the world.

32、读懂恒卦，人间正道 32. Read the Heng hexagram, the right way in the world

恒卦卦象雷下有风，雷厉风行，上刚下柔，天尊地卑。正道、正德、正向、正机，四正俱足，坚持原则，才可亨通。这就是毛泽东说的“人间正道是沧桑”。否则或承其羞、或入邪途。在关键的时候做对的事，在正确的方向走对的路。卑位时顺从，尊位时秉持，定可恒久亨通。

The constant hexagram is like a thunder with wind, vigorous and resolute, rigid and soft at the top, and humble from heaven to earth. The right way, the right morality, the right direction, the right opportunity, all four are enough, adhere to the principle, can be prosperous. This is what Mao Zedong said, "The right way in the world is the vicissitudes of life." Otherwise, they may be ashamed or go into the wrong way. Do the right thing at the critical time and go the right way in the right direction. Be obedient when you are low, uphold when you are respectful, and you will be prosperous forever.

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33、读懂遁卦，避开小人 33. Read the hexagram and avoid the villain

遁，闪避。你有救世之心，但你的上面、两边或下面都是小人，你该怎么办？易经告诉你：首先不能决断，也不能逃跑，应保持距离，用你的德行感化他们。如感化无效，就疏远他们。小人得势时，君子只可退避和隐遁，在隐忍中静待时机，伺机脱离，就会吉祥。不必患得患失，退一步海阔天空；邪不胜正，光明终会到来。

Dodge, dodge. You have a heart to save the world, but there are villains above, on both sides, or below you, what should you do? The I Ching tells you: first of all, you must not decide, you cannot run away, you should keep your distance, and use your virtue to influence them. If the probation is ineffective, alienate them. When the villain gains power, the gentleman can only retreat and hide, wait for the opportunity in forbearance,

and wait for the opportunity to escape, and it will be auspicious. Don't have to suffer from gains and losses, take a step back and open the sky; Evil will prevail over good, and light will eventually come.

34、读懂大壮卦，懂得自律 34. Understand the Da Zhuang hexagram and know how to be self-disciplined

大壮，过于强壮，可能暴戾。树大招风，是因为树根不够扎实；枪打出头鸟，是因为你飞得不够高；人怕出名，是因为你还不够中正。真正的壮大，不是战胜他人，而是克制自己。孔子说，非礼勿听、勿言、勿动，惟有礼，才可正；惟有正，才可大。否则，大至横暴，如羊用角抵墙，无法摆脱，大就有悔。

Big strong, too strong, can be violent. The tree is big because the roots are not solid enough; The gun shot the first bird because you didn't fly high enough; People are afraid to be famous because you are not decent enough. True growth is not to overcome others, but to restrain yourself. Confucius said, don't listen, don't speak, don't move, only politeness can be right; Only if it is positive can it be great. Otherwise, it will be so tyrannical that it will be like a sheep putting its horns against a wall and cannot get rid of it, and there will be regrets.

35、读懂晋卦，不断晋升 35. Understand the Jin hexagram and continue to be promoted

晋，晋升。初级晋升靠刚健，中级晋升靠中正，高级晋升靠柔顺。得晋卦，事业顺风，生意兴旺，求学有成，求婚有望，决策无阻。大晋升，莫过于诸侯面见天子，第一是柔顺精进，第二是忠于职守，第三是提升魅力，第四是有成有功，第五是收敛言行。记住这五点，你将步步高升。

Promotion, promotion. Junior promotion depends on strength, intermediate promotion depends on Zhongzheng, and senior promotion depends on suppleness. If you get the Jin hexagram, your career will be smooth, your business will be prosperous, you will be successful in your studies, your marriage proposal will be promising, and your decision-making will be unhindered. The first is to be docile and diligent, the second is to be loyal to one's duties, the third is to enhance the charm, the fourth is to achieve success and merit, and the fifth is to restrain words and deeds. Remember these five points and you will rise step by step.

36、读懂明夷卦，不怕失意 36. Read the Mingyi hexagram and not be afraid of frustration

明夷，失意。非常时期，轻则大难临头，重则性命难保。这时应收敛光芒，隐藏智慧，如果危险依然，更应难得糊涂，或忍受胯下之辱甚至装疯卖傻，才能躲过劫难。生命之火，本应熊熊燃烧，但此时火在地下，空有满腔热情。而你，只能将理想藏于胸中，忍辱负重，君子抱负，十年不晚。

Mingyi, frustrated. In extraordinary times, it is difficult to save one's life. At this time, the light should be reined in, the wisdom should be hidden, and if the danger is still there, it should be difficult to be confused, or endure the humiliation of the crotch or even pretend to be crazy and stupid, in order to avoid the disaster. The fire of life should be burning, but at this time, the fire is underground, and there is no enthusiasm. And you can only hide your ideals in your chest, endure humiliation, and be ambitious as a gentleman, and it is not too late for ten years.

37、读懂家人卦，修身齐家 37. Understand the family hexagram and cultivate one's family

先修身，后齐家。家是爱情婚姻的小屋，家是光宗耀祖的场所。疲惫一天，好想回家；受伤在外，好想回家。家是最小国，国是千万家，都说国很大，其实一个家。男主外，女主内，是家的形象。齐家，一是孝道，二是教育，三是和谐。柔顺、谦爱、诚实、反省，是齐家之本。

Cultivate yourself first, and then Qi family. Home is the cottage of love and marriage, and home is the place where the ancestors are glorious. After a tired day, I really want to go home; I'm hurt, and I want to go home. Home is the smallest country, the country is

tens of millions, all say that the country is very big, in fact, a family. The male protagonist is outside, and the female protagonist is inside, which is the image of home. Qi family, one is filial piety, the second is education, and the third is harmony. Docile, humble, honest, and introspective are the foundation of the family.

38、读懂睽卦，和气生财 38. Understand the hexagram and make money with harmony

睽，不顺，乖离。相见不相识，对牛谈感情，好友变陌路，好心办坏事，每个人都有和别人说不到一块的时候。合久必分，同中有异，这是正常的，关键是把握沟通时机，求同存异，宽宏大量。即使对待大恶人，也不可完全采取排斥态度，适度交往，反而会避免伤害。家和万事兴，人和万物通。

Look, disobedience, obedientness. Seeing each other and not knowing each other, talking about feelings for cows, friends becoming strangers, doing bad things with good intentions, everyone has a time when they can't talk to others. It is normal to divide after a long time, and there are differences in the same, and the key is to grasp the opportunity of communication, seek common ground while reserving differences, and be magnanimous. Even when dealing with the most wicked people, we should not completely adopt an attitude of rejection, and moderate interactions will avoid harm. Home and everything prospers, and people and everything are connected.

39、读懂蹇卦，学会自救 39. Read the hexagram and learn to save yourself

蹇，跋涉、艰难。深陷泥潭，越动越陷，叫天不应，叫地不灵。这时，应屏息不动，支持一下，等待援手。见到危险，停止前行，这是智慧；身陷绝境，呼唤救援，这是经验。当然，当等待无期，又十万火急，只好冒险自救，奋不顾身了。天救自救之人，也许你的无畏会调动和引来别人的帮助。

Trekking, trekking, difficult. Stuck in the quagmire, the more you move, the more you fall, so that the sky should not be, and the earth is not spiritual. At this time, you should hold your breath, support it, and wait for help. When you see danger, stop moving forward, this is wisdom; Being in a desperate situation, calling for help, this is the experience. Of course, when the wait was indefinite, and there was a hundred thousand urgent, I had to take the risk to save myself and desperately did not care about my life. God saves those who save themselves, and perhaps your fearlessness will mobilize and attract the help of others.

40、读懂解卦，适时休整 40. Understand the hexagram and rest in a timely manner

解，解除困难。排除万难之后，并不表示前方一马平川，你需要好好休整一段时间。烂人往往包围昏庸之人，坏人往往包围贪婪之人，刚脱离危险，弓箭还要藏在腰上，保持清醒和廉洁，眼观四面耳闻八方，时刻警惕以免再陷其中。休整，绝不是庆祝，更不是休息，而是保持体力、保存实力。

solution, relieve difficulties. After all the difficulties are eliminated, it does not mean that the future is smooth, and you need to rest for a while. The rotten people often surround the mediocre, the bad people often surround the greedy, just out of danger, the bow and arrow must be hidden at the waist, stay sober and incorruptible, see and hear in all directions, and always be vigilant to avoid falling into it again. Rest and recuperation is by no means a celebration, let alone a rest, but to maintain physical strength and preserve strength.

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41、读懂损卦，避免损失 41. Read the hexagram and avoid losses

损，损失。被人抢劫，损失上万，人未受伤，这是好事，你应该庆幸你带了点钱，否则劫匪可能因为得不到钱财，而加害于你。损，喜欢在何时发生呢？易经认为在你粗心、迟缓和自满的时候。以此为鉴，主动减损，是智举；被动减损，是蠢事；损私益公，终会吉祥；损公肥私，终有

灾难。

loss, loss. It is a good thing that you were robbed and lost tens of thousands of dollars, but no one was injured, and you should be glad that you brought some money, otherwise the robbers may harm you because they can't get the money. When does the loss occur? I Ching thinks that when you are careless, sluggish, and complacent. Taking this as a lesson and taking the initiative to reduce losses is a wise move; Passive derogation is a fool's errand; Harm the private and the public, and it will eventually be auspicious; If you damage the public and private interests, there will eventually be a disaster.

42、读懂益卦，得大利益 42. Read the beneficial hexagram and get great benefits

益，有益。风越劲，雷越响，风助雷，共盈赢。当你想助人并付诸行动时，受益就开始了。布施少点锦上添花，多点雪中送碳。放权和委任，可让中低层员工受益；员工顺从上司并坚守原则，让大家受益。自利：戒贪、正道、知足；利他：不苟同和庇护，真善为本；自利利他，究竟圆满。

Beneficial and beneficial. The stronger the wind, the louder the thunder, the wind helps the thunder, and the total profit wins. When you want to help others and put them into action, the benefits begin. Less charity is the icing on the cake, and more carbon is sent in the snow. Delegation of authority and appointment, which can benefit middle and low-level employees; Employees are obedient to their superiors and stick to their principles, which benefits everyone. Self-interest: abstain from greed, righteousness, contentment; Altruism: disagreement and protection, truth and goodness; Self-interest and altruism are ultimately complete.

43、读懂夬卦，学会决策 43. Understand the hexagram and learn to make decisions

夬，决裂，决断。决裂之时需要决断，迟疑和冲动是决断之敌。人在旅途，进退取舍，是非功过，关键时刻需要抉择，一步走错，全盘皆输。比如揭穿小人行径，须知小人诡计多端，应以柔克刚，不可一味依赖权力和武力，否则有险。反之，力量不够，不可决断小人。决策，重在力量和时机。

Break, break, decide. Decision is needed when there is a break, and hesitation and impulse are the enemies of decision. People are on a journey, making trade-offs, right and wrong, and they need to make decisions at critical moments, and if they make a mistake, they will lose everything. For example, to expose the villain's behavior, you must know that the villain is scheming, and he should overcome the rigid with softness, and cannot blindly rely on power and force, otherwise there is danger. On the contrary, the strength is not enough, and the villain cannot be decided. Decision-making is all about power and timing.

44、读懂姤卦，相遇是福 44. Reading the concubine hexagram, meeting is a blessing

姤，相遇。书中自有颜如玉，书中也有潘金莲。是缘是孽，是善是恶，相遇是天意。人面桃花，人面兽心，相遇是祸。临祸，不等于有祸，若以亲和、关怀、有度、守节之心相处，或趁坏人弱小时疏远他，虽有心胸狭隘之嫌，也可安然无恙。是桃花运，还是桃花劫，全在自己的道德修为。

Meet. There is Yan Ruyu in the book, and Pan Jinlian is also in the book. It is fate or evil, good or evil, and it is providence to meet. The peach blossom with a human face, the heart of a beast with a human face, and the encounter is a disaster. If you get along with each other with affinity, care, moderation, and observance, or alienate a bad person when he is weak, even if he is suspected of being narrow-minded, he can be safe and sound. Whether it is peach blossom luck or peach blossom robbery, it all depends on one's own moral cultivation.

45、读懂萃卦，找对圈子 45. Read the hexagram and find the right circle

萃，荟萃聚集。物以类聚，人以群分，有乌合之众，有群英荟萃，关键在于是否符合礼俗，志同道合。新春佳节，家人相聚；久别重逢，朋友相聚；志同道合，群龙相聚；都是以诚、以德、以礼和以真情相聚。但是，当以钱、以色、以害和以虚伪相聚，必生事端。群英荟萃，前提是以纯正为本。

Gathering, gathering. Things gather by like, people by groups, there are rabble, there are groups of heroes, the key is whether it conforms to etiquette and like-mindedness. During the Spring Festival, families get together; Reunite after a long absence, reunite with friends; Like-minded, group of dragons gather; They are all gathered with sincerity, morality, courtesy and true feelings. But when money, sex, harm, and hypocrisy are gathered together, trouble will arise. The premise is that it is pure.

46、读懂升卦，步步高升 46. Read the ascending hexagram and ascend step by step

升，提升。聚集学识，提升道德，厚积薄发，升之象也。升进之时，一定通达，不要疑虑，阔步前进。易经认为高升不是靠聪明，而是靠柔顺，因为大人都喜欢柔顺之人。高升之后，切记戒色戒贪。人至高处，或独孤求败，或静穆孤独，这时更应团结群众，用好助手，方可立于不败之地。

L, lift. Gather knowledge, improve morality, accumulate steadily, and ascend to the elephant. When you ascend, you must be accessible, do not doubt, and stride forward. I Ching believes that ascension is not based on intelligence, but on suppleness, because adults like submissive people. After ascending, remember to abstain from lust and greed. People are in the highest place, or lonely and seeking defeat, or quiet and lonely, at this time, we should unite the masses and make good use of assistants in order to be invincible.

47、读懂困卦，摆脱困境 47. Read the trigram and get rid of the predicament

困，困境。每个人都会面临困境，进退两难或穷困潦倒。困境对于创业者来讲恰是挑战和机遇。面对困顿，君子的态度是勇于担当，走出去建功立业。在困顿面前小人却常怀抱怨，碌碌无为。在困境中，要守持中道，不忘初心，正确把握事物的度。困顿在头绪纷乱事物中，只有行动才能脱离困境。

Sleepy, dilemma. Everyone faces a dilemma, a dilemma or destituteness. Difficulties are challenges and opportunities for entrepreneurs. In the face of difficulties, the attitude of a gentleman is to have the courage to take responsibility and go out to make contributions. In the face of difficulties, the villain often complains and does nothing. In a difficult situation, we must stick to the middle way, never forget our original intention, and correctly grasp the degree of things. Stuck in the chaos of things, only action can get out of the predicament.

48、读懂井卦，创业有谱 48. Read the well hexagram and start a business

井是企业，水是人才，壁是老板，办好企业，重在用好贤才。企业招聘，尤如打水，绳是实力，桶是形象。实力强，形象佳，品牌好的企业，容易招到一流人才。如果井中有泥，井壁破损，绳不结实，桶为竹篮，泉眼淤塞，就招不到人才，是人才也会流失的。用贤兴邦，废贤丧邦。

The well is the enterprise, the water is the talent, the wall is the boss, and the focus is to make good use of the talents. Enterprise recruitment, like drawing water, rope is strength, bucket is image. Enterprises with strong strength, good image and good brand are easy to recruit first-class talents. If there is mud in the well, the wall of the well is damaged, the rope is not strong, the barrel is a bamboo basket, and the spring is silted, it will not be able to recruit talents, and talents will be lost. Use the virtuous to prosper the state, and abolish the virtuous to mourn the state.

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49、读懂革卦，脱胎换骨 49. Understand the hexagram and be reborn

革，变革，革新。想改变自己的时候怎么办？先巩固自己的长处、优点，然后去改变自己的短处、缺点。扬长避短，长可以扬，但短往往避不了，有尾巴总要露出来，就算很短。取长补短，最可取。短的补成长的了，没有短了，就什么时候都露不出来了。这个“补”，就是改革。《易经》告诫我们：真要改变自己的人，属于革心者，肯定大吉。如果你的改变不到家，只是表面，是革面者，就有凶。

Revolution, change, innovation. What do you do when you want to change yourself? Consolidate your strengths and strengths first, and then change your weaknesses and shortcomings. Promote the long and avoid the short, the long can be raised, but the short often can't be avoided, and the tail always has to be exposed, even if it is very short. It is most advisable to learn from each other's strengths. If the short ones make up for the growth, if they are not short, they will not be exposed at any time. This "supplement" is reform. The Book of Changes warns us: Those who really want to change themselves belong to those who reform their hearts, and they will definitely be lucky. If you can't change your home, it's just the surface, it's a receptacle, and you're fierce.

50、读懂鼎卦，不惧挑战 50. Read the trigram and be not afraid of challenges

动荡时期，面临挑战，铸鼎立志，开创未来。创业阶段是艰辛的，一开始大家信心百倍，大干蛮干，把鼎碰翻了，但并非坏事，正好倒出了鼎内旧的东西，调整策略继续干吧！这时候，坚信战略目标，重视贤能智士，一言九鼎，言出必行，诺出必信，定可建功立业，问鼎霸业。

In turbulent times, facing challenges, we are determined to create the future. The entrepreneurial stage is hard, at the beginning everyone is full of confidence, hard work, the Ding knocked over, but it is not a bad thing, just poured out the old things in the Ding, adjust the strategy and continue to do it! At this time, we firmly believe in the strategic goals, attach importance to the virtuous and wise people, and do what we say, and believe in our promises.

51、读懂震卦，淡定从容 51. Read the hexagram and be calm and calm

震，震动。天下万物始于静，生于动，终于静。震为惊雷，为急为躁，迅雷烈风，使人变色。毛泽东说，“不管风吹浪打，胜似闲庭信步”。人在旅途，学会进而不急，动而不躁，张弛有度，才不会有灾。琴棋书画，诗酒花茶，追求人生八雅，动中求静，实中求虚，这就是道的境界。

Shock, shake. Everything in the world begins with stillness, is born in motion, and ends in stillness. The earthquake is thunder, the impatience is impatient, the thunder and the gale wind make people change color. Mao Zedong said, "No matter how wind and waves blow, it is better than a leisurely stroll." When people are on a journey, they learn not to be in a hurry, to be active but not impatient, and to have a degree of relaxation, so that there will be no disaster. Piano, chess, calligraphy and painting, poetry, hops, tea, the pursuit of eight elegances in life, seeking tranquility in motion, seeking emptiness in reality, this is the realm of the Tao.

52、读懂艮卦，会踩刹车 52. If you understand the hexagram, you will step on the brakes

艮的主题，是知止。顽强过头是顽固，自信过头是自负。外出旅行，路遇招牌“此路不通”，你该停止前行。开车出门，路口遇红灯，你应提前刹车。当行则行，当止则止；当说则说，不当说则不说；一切必须审慎抑止为是。知止善止，其道光明。悬崖勒马，回头是岸；放下屠刀，立地成佛；内心淡定，不为所动；这都是懂得停止而吉祥的智慧。

The theme of Gen is to know. Too much tenacity is stubbornness, and too much self-confidence is conceit. When you go out on a trip, you should stop moving forward

when you encounter a signboard saying "This road is not passable". When you go out by car and encounter a red light at the intersection, you should brake in advance. When it is done, it is done, and when it is stopped, it is stopped; When you say it, you say it, and if you don't say it, you don't say it; Everything must be prudently restrained. Knowing what is good is the way to be bright. Pull back the horse from the precipice, turn back to the shore; Put down the butcher's knife and become a Buddha on the ground; The heart is calm and unmoved; This is the wisdom of knowing how to stop and be auspicious.

53、读懂渐卦，一步步来 53. Read the gradual hexagram step by step

渐，循序渐进。急于求成，拔苗助长，一蹴而就，终会有凶。心急吃不了热豆腐，欲速则不达。人在旅途，钱要一点一点挣，路要一步一步走，饭要一口一口吃。现代生活，快速增高，婚姻速配，速肥养猪，都是速成。速成不是不可，但不能违背自然规律。德行、成长、健康或富有，同样如此。

Gradually, step by step. In a hurry, pull out the seedlings to help them grow, and if you achieve it overnight, there will eventually be murder. If you can't eat hot tofu in a hurry, you can't reach it quickly. When people are on the journey, they have to earn money little by little, they have to walk step by step, and they have to eat one bite at a time. Modern life, rapid growth, marriage speed matching, fast fattening pigs, are all fast. Quick success is not impossible, but it must not go against the laws of nature. The same goes for virtue, growth, health, or wealth.

54、读懂归妹卦，功德圆满 54. Read the Guimei hexagram, and the merit will be complete

归妹，出嫁。不要留恋父母，女大总要出嫁；不要留恋顶峰，回头准备向下；不要留恋繁华，心安处处是家。乐不思蜀，总要归蜀；远走他乡，总要回家；驰骋江湖，总要归隐。归隐、返回、退休、让位、换届、调头，都是必然规律，不必过于留恋。功成身退，是一种圆满，一种境界。

Return to the sister and get married. Don't be nostalgic for your parents, the eldest woman always has to get married; Don't be nostalgic for the top, turn back and prepare to go down; Don't be nostalgic for prosperity, peace of mind is home everywhere. If you don't want to think about Shu, you must always return to Shu; When you go away, you always have to go home; Galloping rivers and lakes, you must always retreat. Retreat, return, retirement, abdication, re-election, and U-turn are all inevitable laws, and there is no need to be too nostalgic. Retirement is a kind of consummation and a realm.

55、读懂丰卦，警惕成功 55. Read the abundant hexagram and be vigilant against success

丰，丰盛。人生得意，如日中天，歌舞升平，对酒当歌，鸿运当头。人，来钱容易时，升官发财时，强悍壮大时，一帆风顺时，就是智商最低的时候。这个时候，唯我独尊，孤芳自赏，听不进别人的话，这是非常危险的。鼎盛时期，更加谨慎，节制自己，光明正大，方可避免丰盈而衰。

Abundant, hearty. Life is proud, like the sun, singing and dancing, singing and dancing, singing and singing for wine, and good luck as the head. People, when it is easy to make money, when they are promoted and rich, when they are strong and strong, when it is smooth sailing, it is the time when their IQ is the lowest. At this time, it is very dangerous to be self-respecting, self-admiring, and unable to listen to others. In the heyday, be more cautious, self-controlled, and upright, in order to avoid abundance and decline.

56、读懂旅卦，旅程平安 56. Read the travel hexagram and have a safe journey

旅，旅行。孔子55岁时感觉官运不通，为自己占了一卦，占得旅卦，之后孔子周游列国，颠簸流离，印证了他的“旅卦人生”。因为富足而周游世界，因为理想而远走他乡，因为无家而浪迹

天涯，无论何种旅行，都必须心安理得，坚守正道，否则旅途就会凶险。

Travel, travel. When Confucius was 55 years old, he felt that his official luck was not passable, so he took a hexagram for himself and took advantage of the travel hexagram, and then Confucius traveled around the world, bumpy and displaced, confirming his "traveling hexagram life". Traveling the world because of abundance, leaving a foreign country because of ideals, wandering the world because of homelessness, no matter what kind of travel, you must be at ease and stick to the right path, otherwise the journey will be dangerous.

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57、读懂巽卦，如风潇洒 57. Reading the Xun hexagram is like the wind

巽，谦让恭顺，卦象为风。风中有风，无孔不入；上行下效，柔顺受益。谦逊而不自卑，温和而不虚伪，低调而不懦弱，和谐而不苟同，这就具备了风的特性。这时候你就不会优柔寡断，而是果断把握时机，让自己的意愿像风一样传达到每一个地方，然后只要狠抓执行，即可大有作为。

Xun, humble and obedient, hexagram like the wind. There is wind in the wind, and it is pervasive; Upward and downward effects, supple benefits. Humility without inferiority, mildness without hypocrisy, low-key without cowardice, harmony without disagreement, this has the characteristics of the wind. At this time, you will not be indecisive, but decisively grasp the opportunity, let your will be conveyed to every place like the wind, and then as long as you pay close attention to the implementation, you can make a big difference.

58、读懂兑卦，婚姻幸福 58. Read the hexagram and have a happy marriage

兑，含愉快、喜悦之意。兑卦的卦象是两个泽连在一起，互相润泽而产生喜悦的心情。爱情或婚姻就如兑卦，是两个人互相润泽的过程。恋人或夫妻之间要互相关爱，让自己的生活中充满这种喜乐之情。如果出现了小小的不和，就要用心沟通，让矛盾刚产生就化解，以免破坏彼此的感情。

Redemption, with the meaning of happiness and joy. The hexagram of the hexagram is that the two zes are connected together, moistening each other and producing a joyful mood. Love or marriage is like a hexagram, it is a process in which two people moisten each other. Lovers or husbands and wives should love each other and fill their lives with this joy. If there is a small discord, it is necessary to communicate with heart and let the conflict be resolved as soon as it arises, so as not to destroy each other's feelings.

59、读懂涣卦，转危为安 59. Understand the hexagram and turn the crisis into safety

涣是涣散、懒散、凌乱，象征人心涣散，必用积极的手段和方法克服，战胜弊端，挽救涣散，转危为安。在学习和工作中也是一样，这时要及时地顺应局势，根据局势的变化及时地调整思路，改变自己的心态和应对方法，找到正确的方向，这样才能避开可能存在的危险。

It is sloppy, lazy, and messy, symbolizing that people's hearts are sluggish, and we must use positive means and methods to overcome them, overcome the drawbacks, save the sloppiness, and turn the crisis into safety. The same is true in study and work, at this time, we must adapt to the situation in a timely manner, adjust our thinking in time according to the changes in the situation, change our mentality and coping methods, and find the right direction, so as to avoid possible dangers.

60、读懂节卦，适可而止 60. Read the hexagrams, and stop in moderation

节，节制。雨多洪涝，阳多干旱，言多必失，思多必虑，视多伤血，卧多伤气，坐多伤肉，立多伤骨，行多伤筋。知人不言尽，责人不苟尽，才能不傲尽，锋芒不露尽，有功不邀尽，得理不争尽，得宠不恃尽，气势不倚尽，富贵不享尽，凡事不做尽。节制节约，适可而止，一生幸福。

Temperance, temperance. There is a lot of rain and floods, there is a lot of drought in

the sun, there is a lot of words that must be lost, there are many thoughts that must be considered, there are many injuries to the blood, there are many injuries to the stomach, there are many injuries to the flesh when sitting, there are many injuries to the bones when standing, and there are many injuries to the tendons when you do it. Knowing people is not exhaustive, blaming people is not harsh, talent is not arrogant, the edge is not exposed, merit is not invited, reason is not exhausted, favor is not exhausted, momentum is not exhausted, wealth is not enjoyed, and everything is not done. Temperance and thrift, moderation, and happiness for a lifetime.

61、读懂中孚卦，诚信为本 61. Understand the Zhongfu hexagram and be honest

中孚，寓意诚信立身。当地沟油、瘦肉精、毒奶粉、染色馒头、注水肉、皮革奶、打腊水果、避孕黄瓜、三聚氰氨纷纷横空出世的时候，我们遭遇了不诚信危机。没有诚信，黑白颠倒；失去诚信，善恶不分。诚信为立身处事的准则，虚心为诚信的根本。但诚信并非毫无原则，应以纯正为先决条件，谨慎明辨。疑惑就不要信任，信任就不要怀疑，否则必然犹豫不决不知所措。所以诚信的对象，必须彼此的意志能够沟通，能引起共鸣，这样才能发挥诚信的功用。

Zhongfu means integrity. When gutter oil, clenbuterol, poisoned milk powder, dyed steamed buns, water-injected meat, leather milk, preserved fruits, contraceptive cucumbers, and melamine were born one after another, we encountered a crisis of dishonesty. Without integrity, black and white are reversed; Lose integrity, there is no distinction between good and evil. Honesty is the criterion for doing things, and humility is the foundation of integrity. But integrity is not unprincipled, and purity should be a prerequisite and discernment should be discernment. Don't trust if you doubt, don't doubt if you trust, otherwise you will be hesitant and overwhelmed. Therefore, the object of integrity must be able to communicate with each other's will and resonate, so as to play the function of integrity.

62、读懂小过卦，恰到好处 62. It is just right to understand the small hexagrams

小过，小有过头。小事上稍微过点头影响不大，但在大是大非问题上，即使稍微过点头，也可能给自己带来很大麻烦。可高瞻远瞩，不可好高骛远；可勇往直前，不可鲁莽行事；可为名为利，不可见利忘义。小过不反省和制止会变成太过，小事太过有忧患，大事太过祸临头。

It's too small, it's too small. Nodding your head a little too much in a small matter doesn't have much effect, but on a major issue of right and wrong, even a little too much nod can bring you a lot of trouble. can be far-sighted, not ambitious; Go forward courageously, and do not act recklessly; It can be called profit, and it is not visible that profit forgets righteousness. Small mistakes will become too much, small things will be too troublesome, and big things will be too troublesome.

63、读懂既济卦，善始善终 63. Read the hexagrams, start and finish

既济，已完成。成功是好事，也是坏事，月圆之后是弯月，翠绿之后是落叶，极盛之后是衰败，狂欢之后是寂寞。功成名就之日，便是暮气升起之时。先哲说：“创业难，守业史难。”历史说：“李自成进城难，但进城以后更难。功成名就尤其身居高位之后，同样需要甚至更需要思患防患，要有战战兢兢、如履薄冰的状态，有了这种忧患意识，既成的事业才能持久，个人的安宁才有保证。

It has been completed. Success is both a good thing and a bad thing, the full moon is followed by a crescent moon, the verdant is followed by fallen leaves, the extreme is followed by decay, and the carnival is followed by loneliness. The day of success is the time when the twilight rises. Xianzhe said: "It is difficult to start a business, and it is difficult to keep the history of business." History says: "It is difficult for Li Zicheng to enter the city, but it is even more difficult after entering the city." Success, especially after being in a high position, also needs to think about and prevent trouble, to have a

state of trembling and walking on thin ice, with this sense of worry, the established career can last, and personal peace can be guaranteed.

64、读懂未济卦，从头再来 64. Read the unfinished hexagram and start all over again

未济，未完成。提醒人生奋斗就像没有终点的旅程，生生不已而无穷，所以《易经》终于未济，有变通不穷，从头再来之意。既济之道在于“防”，未济之时贵在“慎”，不防则功败于垂成，不慎则不能转乱而为治。防之于未然，慎之于已然，才终能成功，立于不败。

Unfinished, unfinished. Reminds that the struggle of life is like a journey without an end, endless and endless, so the "Book of Changes" is finally unfinished, and it has the meaning of being flexible and starting all over again. The way to help lies in "prevention", and when it is not helped, it is important to be "cautious", and if you do not prevent it, you will fail in success, and if you are not careful, you will not be able to turn chaos into governance. Only by taking precautions and being cautious can we finally succeed and be undefeated.



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