



易经概述与起源

Introduction & Origins of the I Ching

课程概览 | Course Overview

1. 易经的定义与地位

Definition and Status of I Ching

2. 三圣作易的历史

History of Three Sages

3. 易经的三大原则

Three Fundamental Principles

4. 基本结构：上下经、卦、爻

Basic Structure: Upper/Lower Texts, Hexagrams, Lines

5. 易经的广泛应用

Diverse Applications

6. 学习易经的正确态度

Correct Approach to Study

易经的定义 | Definition of the I Ching

《易经》是中国上古卜筮智慧的集大成，是人类最古老的哲学典籍之一。

The I Ching is the culmination of ancient Chinese divination wisdom and one of humanity's oldest philosophical texts.

- 群经之首 — First among all classics
- 大道之源 — Source of the Great Way
- 中华文化第一经典 — First classic of Chinese civilization
- 阴阳哲学的根本典籍 — Fundamental text of Yin-Yang philosophy

易经在中华文化中的地位 | Status in Chinese Culture

- 孔子赞: "讨天下之至赜"

Confucius: "Most mysterious under heaven"

- 朱熹评: "易乃天地之心"

Zhu Xi: "I Ching is the heart of heaven and earth"

- 历代帝王推崇备至

Revered by rulers throughout dynasties

- 儒道两家共同尊崇

Honored by both Confucian and Taoist traditions

- 影响了中国的哲学、文化、科学

Influenced Chinese philosophy, culture, and science

三圣作易之一：伏羲画卦 | Fuxi Draws the Eight Trigrams

伏羲 (约 2852-2737 BC)

根据阴阳二元论，创作八卦 (Bagua)

Created Eight Trigrams based on Yin-Yang dualism

八卦象征宇宙的八种基本力量

Eight Trigrams represent eight fundamental cosmic forces

为易经的产生奠定了基础

Laid the foundation for the I Ching's creation

三圣作易之二：周文王演易 | King

Wen Creates 64 Hexagrams

周文王 (1152-1056 BC)

将八卦演变为六十四卦 (64 Hexagrams)

Evolved Eight Trigrams into 64 Hexagrams

为每一卦作卦辞 (hexagram judgments/meanings)

Created hexagram commentaries for each

在羑里八年，思想臻于完善

Perfected his work during 8 years in captivity at Youli

是易经文献的核心部分

Forms the core of I Ching literature

三圣作易之三：周公爻辞与孔子十翼 |

Duke of Zhou and Confucius

周公旦 & 孔子的贡献 | Contributions:

周公旦：作爻辞 (hexagram line commentaries)

Duke of Zhou: Created line commentaries (爻辞)

爻辞是对六爻的具体解释和预判

Line texts provide specific interpretations of each line

孔子：作十翼 (Ten Wings - philosophical commentary)

Confucius: Created the Ten Wings

十翼是易经的哲学阐释和深度解读

Wings offer philosophical interpretation and deeper understanding

三圣作易的完整过程 | The Complete Development

伏羲时代 → 八卦

Fuxi Era: Eight Trigrams

周文王 → 六十四卦 + 卦辞

King Wen: 64 Hexagrams + Hexagram Texts

周公旦 → 爻辞

Duke of Zhou: Line Texts

孔子 → 十翼

Confucius: Ten Wings

易经三大原则之一：变易 | First Principle: Change

变易 (Biànyì)

天下之事无不变，唯变所适应

Everything in the world changes; only change is constant

强调变化是宇宙的根本特性

Emphasizes change as fundamental cosmic property

阴阳交替、四时循环、生死更替

Yin-Yang alternation, seasonal cycles, life and death succession

学易必须认识到变化规律

Understanding I Ching requires grasping laws of change

易经三大原则之二：不易 | Second Principle: Invariance

不易 (Búyì)

变化中有不变的原理和规律

Within change, there are unchanging principles and laws

道德伦理、人伦秩序不能变

Moral ethics and human relations cannot change

虽万物变化，但天地之心不变

Though all things change, the heart of heaven-earth is eternal

掌握这些不变法则才能应对变化

Mastering invariant principles enables adaptation to change

易经三大原则之三：简易 | Third Principle: Simplicity

简易 (Jiǎnyì)

大道至简，用最简单的方式表达宇宙真理

The greatest Tao is simplicity itself

一阴一阳就能够描绘万物

One Yin and one Yang express all things

两个符号（阴爻阳爻）组成八卦

Two symbols (Yin and Yang lines) form Eight Trigrams

八卦相叠成六十四卦

Eight Trigrams combine to form 64 Hexagrams

用最少的要素表达最深的智慧

易经的基本结构 | Basic Structure of the I Ching

《周易》 = 经 (Text) + 传 (Commentary)

- 上经三十卦

30 Hexagrams (Upper Texts)

- 下经三十四卦

34 Hexagrams (Lower Texts)

- 总计：六十四卦

Total: 64 Hexagrams

- 每卦由六爻组成

Each hexagram has 6 lines

- 爻分：阳爻(—)和阴爻(--)

Lines: Yang (—) and Yin (--)

六十四卦的分布 | Distribution of 64 Hexagrams

上经 (Upper Texts)

30 Hexagrams

下经 (Lower Texts)

34 Hexagrams

从乾坤开始，到既济未济结束

From Qian-Kun (Heaven-Earth) to Ji-Wei (Completion-Incompletion)

每个卦有卦名、卦辞、爻辞

Each hexagram has name, text, and line commentaries

卦辞是对整体情境的描述

Hexagram text describes the overall situation

爻辞提供具体的行动指导和预测

Line texts provide specific guidance and forecasting

卦的组成：八卦与六十四卦 |

Composition of Hexagrams

八卦象征 | Eight Trigram Symbols:

☰ 乾 (Qian - Heaven) — 天、刚、强、阳

☳ 震 (Zhen - Thunder) — 雷、动、声

☵ 坎 (Kan - Water) — 水、险、陷

☱ 兑 (Dui - Lake) — 泽、悦、兑

☷ 坤 (Kun - Earth) — 地、柔、弱、阴

☴ 巽 (Xun - Wind) — 风、散、顺

☲ 离 (Li - Fire) — 火、光、明

☶ 艮 (Gen - Mountain) — 山、静、止

六十四卦 = 八卦上卦 × 八卦下卦 ($8 \times 8 = 64$)

爻的概念 | Concept of the Hexagram Line (Yao)

爻 (Yáo) — 六爻组成一卦

阳爻 —

(Solid line) represents Yang: active, strong, light

阴爻 --

(Broken line) represents Yin: receptive, weak, dark

卦由下到上共六爻

Hexagrams consist of 6 lines, read from bottom to top

每爻代表一个阶段或层次

Each line represents a stage or level of development

爻辞解释该位置的含义和结果

Line commentary explains meaning and outcome at that position

易经的应用范畴 I | Applications

Part 1

哲学思想

Philosophical Thought

阴阳学说、对立统一、辩证法思想

占卜预测

Divination & Prediction

通过卦象预测未来、指导决策

修身齐家治国平天下

Self-Cultivation to Governance

伦理道德、人生智慧、治国理政

天文历法

Astronomy & Calendar

宇宙观、时间循环、四时八节

易经的应用范畴 II | Applications

Part 2

中医养生

Chinese Medicine & Health

阴阳平衡、五行学说、预防保健

艺术文化

Arts & Literature

影响中国书法、绘画、诗歌、戏曲

商业决策

Business & Strategy

战略规划、风险评估、机遇把握

现代心理学

Modern Psychology

荣格的同步性原理、心理咨询

学习易经的正确态度 | Correct Approach to Studying

不迷信 (Non-superstition)

易经是智慧书，不是迷信之物

不盲从 (Not blind obedience)

理性思考，不能盲目跟风

以理解为主 (Understanding first)

深入理解原理，而非死记硬背

循序渐进 (Gradual progression)

从基础开始，逐步深化学习

知行合一 (Unity of knowledge and action)

学而时习之，融入生活实践

尊重传统 (Respect tradition)

学习经典注释，继承文化遗产

易经学习的路径 | Learning Path for I Ching Study

第一阶段：理论基础

学习八卦、六十四卦、卦爻辞 | Foundation: Theory basics

第二阶段：象数之学

理解象、数、理的关系 | Symbolism: Image & Number

第三阶段：义理之学

深入哲学思想、伦理道德 | Philosophy: Deep meanings

第四阶段：应用实践

应用于生活、决策、自我修养 | Application: Practical wisdom

核心概念回顾 | Key Concepts Review

易经是中华文明的源头经典，蕴含深刻的哲学智慧

The I Ching is the foundational classic of Chinese civilization

三圣作易体现了人类文明的累积与完善

Three Sages perfected the I Ching through history

变易、不易、简易三大原则是易经的核心

Change, Invariance, and Simplicity are its core principles

六十四卦和三百八十四爻构成了完整的智慧体系

64 Hexagrams and 384 Lines form a complete wisdom system

易学无穷，智慧无边

The Way of the I Ching is infinite, wisdom boundless

感谢学习！ | Thank You for Learning!