



**履卦** (履行)由下兑三(泽)上乾三(天)组成,又称‘天泽履’。乾代表刚健,超群的才德和智慧,而兑则代表一个人用喜悦的心情和温顺的态度向‘乾’学习。这卦告诉我们当面对挑战时,要脚踏实地,遵循礼仪,虚心学习,才能跨过险阻。

**卦辞:** “履虎尾,不啞人。亨”。意思是踩在老虎尾巴上,不会被咬,反而会吉祥。卦辞用老虎来比喻有权威的领导,所谓“伴君如伴虎”,虽然比较危险,但是如果经常反省自己,改变错误的行动就会吉祥。爻辞建议我们当面对艰难时刻,除了要坚持正念,还要懂得分析思考所处的环境,见机行事,才能化险为夷。

**初九,** “素履往,无咎”。按照‘道’的理念,按照正直纯洁的本性行事,没有灾害。第一爻辞说明你的位置还很低,你需要脚踏实地,提高自己的能力,修炼自己的德行,不要被名利财富诱惑而急功近利,就会减少过失。

**九二,** “履道坦坦,幽人贞吉”。走在平坦宽阔的大道上,不能松懈,只有保持内心平静,脚踏实地的人才吉利。这一爻辞告诉我们:虽然你现在处的环境很好,但是不是你大显身手的时机,只有默默无闻,继续努力,做好准备,才会有利今后的发展。

**六三,** “眇能视,跛能履,履虎尾,啞人,凶。武人为于大君”。爻辞的意思是眼睛有病看不清楚,脚跛了走不快,踩在老虎尾巴上,会被咬伤,有凶险。武士要尽力为大王效劳。爻辞启示我们现在的处境不好,因为你的眼和脚

dū yǒu máo bìng jì kàn bù qīng yòu zǒu bù kuài suǒ yǐ bù néng chéng qiáng hǎo shèng máng mù xíng dòng dàn shì yě bù yào bēi  
都有毛病，既看不清又走不快，所以不能逞强好胜，盲目行动，但是也不要悲  
guān shī wàng zhǐ néng ān shǒu běn fēn tí gāo zì jǐ dì néng lì yī zhì hǎo nǐ dì yǎn jīng hé jiǎo zài qù wéi dà wáng xiào  
观失望，只能安守本分，提高自己的能力(医治好你的眼睛和脚)再去为大王效  
láo 。  
劳。

jiǔ sì lǚ hǔ wěi sù sù zhōng jí gēn zài lǎo hǔ hòu miàn zǒu suī rán gǎn dào jǐn zhāng hài pà dàn  
九四，“履虎尾，愬愬，终吉”。跟在老虎后面走，虽然感到紧张害怕，但  
zhǐ yào xiǎo xīn jǐn shèn zuì hòu yuàn wàng hái shì néng shí xiàn bù huì yǒu wēi xiǎn yào cí qǐ fā wǒ men dāng nǐ wéi shàng  
只要小心谨慎，最后愿望还是能实现，不会有危险。爻辞启发我们，当你为上  
sī zuò shì shí yào shí fēn xiǎo xīn yào suí shí zì wǒ fǎn shěng jǐn shèn xíng shì cái néng jí xiáng  
司做事时，要十分小心，要随时自我反省，谨慎行事才能吉祥。

jiǔ wǔ ē lǚ zhēn lì zhè yī yáo lái dào shàng wèi gào sù wǒ men bù néng jiān chí gāng jué dì tài dù cǎi  
九五，“夬履，贞厉”。这一爻来到上位，告诉我们不能坚持刚掘的态度，采  
qǔ lǚ máng jí zào dì xíng dòng zhǐ yǒu shǒu zhèng dào cái néng tuō lí wēi xiǎn suī rán nǐ dì wèi zhì hěn gāo dàn bù yào gāo  
取鲁莽急躁的行动，只有守正道才能脱离危险。虽然你的位置很高，但不要高  
gāo zài shàng zì yǐ wéi shì ér cǎi qǔ jí zào dì jué dìng ér yào lěng jìng fēn xī wēi jī cái néng zuò chū zhèng què dì xíng  
高在上，自以为是而采取急躁的决定，而要冷静分析危机，才能做出正确的行  
dòng 。  
动。

shàng jiǔ shì lǚ kǎo xiáng qí xuán yuán jí dāng nǐ wán chéng yī jiàn shì hòu huí gù yǐ wǎng zǒu guò dì lù fǎn  
上九，“视履考祥，其旋元吉”。当你完成一件事后，回顾以往走过的路，反  
sī zì jǐ dì jí xiōng huò fú zì wǒ fǎn shěng dé shī zhè shì fēi cháng jí xiáng dì wán jié zhè yī yáo cí qiáng tiáo zì wǒ  
思自己的吉凶祸福，自我反省得失，这是非常吉祥的完结。这一爻辞强调自我  
fǎn shěng duì rén shēng dì zhòng yào xìng zhèng rú kǒng zǐ suǒ shuō wú rì sān shěng wú shēn zài huí gù zǒu guò dì lì chéng  
反省对人生的重要性，正如孔子所说“吾日三省吾身”。在回顾走过的历程，  
cóng zhōng jí qǔ jīng yàn jiào xùn fā yáng yōu diǎn qù chú quē diǎn zài xià yí gè jì huà zhōng zuò dé gēng hǎo  
从中汲取经验教训，发扬优点，去除缺点，在下一个计划中做得更好。

lǚ guà fēn xī liǎo wán chéng yī jiàn shì dì xíng dòng guò chéng gāng kāi shǐ shí nǐ chù zài bù lì dì huán jìng jiù xiàng zǒu zài  
履卦分析了完成一件事的行动过程。刚开始时，你处在不利的环境，就像走在  
lǎo hǔ hòu miàn yī bù xiǎo xīn jiù huì shòu dào shāng hài dàn shì nǐ huì yǒu hěn dà de shōu huò rú guǒ nǐ néng jiān shǒu  
老虎后面，一不小心，就会受到伤害，但是你会有很大的收获，如果你能坚守  
zhèng niàn rèn zhēn fēn xī chù jìng ér cǎi qǔ zhèng què dì xíng dòng bì miǎn fēng xiǎn zuì hòu hái yào fǎn sī suǒ zuò guò dì yī  
正念；认真分析处境而采取正确的行动，避免风险；最后还要反思所做过的一  
qiē cóng zhōng xué xí xī qǔ jīng yàn jiào xùn  
切，从中学习，吸取经验教训。

**Lǚ Hexagram** (stepping) is combined with Dui 兌三 (lake) at the bottom and Qian 乾三

(Heaven) above. Qian (Heaven) represents a strong, extraordinarily powerful, and intelligent person, while the Dui (lake) represents a person with a joyful mood and gentle attitude to learning from Qian. This hexagram guides us that, when facing a challenge, we need to maintain a positive attitude, be honest and righteous, conduct regular self-reflection and learn from others. These steps will help us to overcome our obstacles.

The **Judgment** of Lǚ Hexagram “Step on the tiger’s tail, not bitten, fortune”. This Judgment uses the aphorism ‘step on the tiger’s tail’ to represent the challenging situation you are facing when working under a powerful leader (for example a tough project). There is a Chinese saying: “a companion with a king is a companion with a tiger” which shows working for a king is a very dangerous task, but if you maintain a positive attitude, review what you have done right and wrong, and learn from your experience, you can avoid harm and be prosperous. This Judgment also gives further hints to face difficult situations where, in addition to knowing etiquette and humility, you should also be gentle in a manner during hazardous times. Remember to analyze the situation and make wise decisions so you can repel the danger easily.

**Chu-Jiu** Yaoci: ‘Move forward simply and truly, no harm’. There is no harm if you follow the concept of Tao – simplicity, and truth. The first line shows you are still at the early stage of your career and, to make further progress, you need to move forward step by step, improve your skills and cultivate yourself. Do not take inappropriate action when faced with the allure of wealth and fame.

**Jiu-Er** Yaoci: ‘Step on a level road, for the recluse, steadfast is auspicious’. This line describes when walking on the level road, you need to get rid of the external desire and craving. Only people who maintain inner peace, find true joy, and walk step by step, are auspicious. This Yaoci reminds you that it is not the time for you to slacken, even though you are surrounded by good conditions. You still need to continue to work hard and be prepared for your further development.

**Liu-San** Yaoci: “Slight blind cannot see clear, the lame cannot walk fast, step on the tiger’s tail and be bitten, calamity. The warrior works for the great ruler”. This Yaoci describes the situation you face when working for a powerful ruler. You need to act with great care as, if your abilities are restricted and you “can’t see clearly and can’t walk faster”, do not act foolishly and take impulsive

actions. Don't be pessimistic and disappointed. You can keep your focus and responsibility and do what you can. Strive to improve your skills and treat your 'eyes' and 'feet' well to avoid calamity.

**Jiu-Si** Yaoci: 'Step on the tiger's tail, caution, auspicious at the end.' It is very dangerous and frightening when walking close to the tiger (leader), but if you act sensibly and cautiously, you can achieve your goal without harm. This line is in the upper trigram and so shows you are in a higher position which brings challenges for you. It will be auspicious for your work with honesty and righteousness, perform self-reflection and avoid conflict with your leaders.

**Jiu-Wu** Yaoci: 'Step with resolve, steadfast and avoid calamity'. This line resides in the leadership position, and it alerts you to not show an arrogant attitude or take impulsive actions. Avoid calamity by remaining steadfast with your learnings. Avoid over-confidence and prevent rashness through calmly analyzing risk to make wise decisions and take appropriate actions.

**Shang-Jiu** Yaoci: 'Review and examine the past steps, completing the cycle is supremely auspicious.' This is the last step of this hexagram. It is time for you to review the path you have completed; analyze the lessons you have learned; examine the mistakes you have made, and plan a new strategy to avoid earlier mistakes for your next journey. This line focuses on the importance of self-reflection at any stage of your life. To paraphrase Confucius: "we need to examine ourselves in various fields every day". When we complete a task, it is valuable to review each step and learn from our experience. We should review those things we did well and those that we need to improve on our next journey.

The **Lǚ** Hexagram provides us with a means to navigate perilous situations to avoid calamity. At the beginning, you may be in a challenging situation, and without caution, like stepping on the tiger's tail, you will be harmed. But you will be supremely auspicious if you: hold a positive attitude; calmly analyze your situation; make wise decisions to avoid risk; review and examine both the right and wrong you have done and complete the circle by learning from your experience and avoiding the wrong encountered in this journey in your next journey.