



谦卦 (谦虚) 由上坤☷ (地)，下艮☶ (山) 组成，又称‘地山

谦’。卦象‘上地下山’，高山本来在地上，这里却埋藏在地

下，象征君子 (有才有德的人) 不去大肆张扬自己的优点或成

就，而是以谦虚的态度对待身边的人与事。如果懂得‘谦受益，

满招损’的含义，能做到处处谦虚，就能通达畅顺，吉祥如意。

《谦》：‘亨。君子有终’。亨通，君子能坚持谦虚到最后。卦

辞说明作为一个君子，要坚持以谦虚，包容的态度对待别人，不

断提高自己的能力，帮助有需要的人；取得成绩时，也不居功自

夸，骄傲自满，这就为你的成功打下了坚实的基础，办事就能处

处亨通。

初六，‘谦谦君子，用涉大川，吉’。非常谦虚的君子，可以用

谦卑的态度管理自己而顺利度过大河 (困难)，吉祥。这是第一

爻，说明你所在的位置还在初级阶段。如果你能保持非常谦虚的

态度对待别人，而以谨慎的态度监督自己，时常进行反思改进，

避免犯错，就会顺利战胜面对的困难，而获得吉祥。

liù èr, 'míng qiān zhēn jí', qiān xū dì tài dù bèi rén men guǎng wéi liú chuán, zhǐ yào jiān chí zhèng dào jiù huì jí xiáng. nǐ qiān xū dì měi dé, qiān xū dì tài dù shǐ nǐ shēn biān dì rén yě chǎn shēng gòng míng xiàng nǐ xué xí. nǐ bù dàn néng dé dào lǐng dǎo dì zhòng yòng, yě huò dé tóng shì dì xìn rèn néng shùn lì, yuán mǎn dì shí xiàn nǐ dì yuàn wàng.

jiǔ sān, 'láo qiān jūn zǐ, yǒu zhōng jí', yǒu gōng láo yòu qiān xū dì jūn zǐ, yǒu hǎo jié guǒ jí xiáng. dāng nǐ qǔ dé chéng gōng shí, bù yào wàng zì zūn dà, jū gōng zì ào nǐ dì chéng gōng shì hěn duō rén zhī chí hé bāng zhù dì chéng guǒ. nǐ bù dàn yào gǎn xiè suǒ yǒu bāng zhù guò nǐ dì rén, hái yào bù duàn tí gāo zì jǐ, jiē shòu xīn shì wù hé xīn tiǎo zhàn, cái huì huò dé gēng duō rén dì zhī chí hé zūn jìng, yǒu gēng dà dì fā zhǎn.

liù sì, 'wú bù lì, dān qiān', méi yǒu bù lì dì shì, zhǐ yào fā huī qiān xū dì měi dé. wú néng nǐ zài rèn hé qíng kuàng xià, dū néng chōng fēn fā huī qiān xū dì jīng shén: bù duàn tí gāo zì jǐ, xū xīn xué xí, bāng zhù yǒu xū yào dì rén, zūn xún zì rán biàn huà fā zhǎn dì yuán zé. nǐ jiù róng yì yíng dé lǐng dǎo dì zhòng yòng, qún zhòng dì yōng hù, bàn shì jiù néng shì shì shùn lì.

liù wǔ, 'bù fù yǐ qí lín, lì yòng qīn fá, wú bù lì', bù kào cái fù jiù dé dào lín jū dì zhī chí, shì yí jìn xíng tǎo fá, yī qiē shùn lì. suī rán nǐ qiān xū dì tài dù yíng dé le hěn duō rén dì xìn rèn hé zhī chí, dàn shì yóu yú yǒu xiē rén (tuán tǐ) wán gù bù xùn, bù kěn shùn fú, zhè shí wèi le shù lì nǐ dì wēi yán, kě yǐ cǎi qǔ qiáng yìng tài dù duì dài nà xiē zì yǐ wéi shì dì rén, yě bù huì yǒu bù lì dì shì fā shēng.

shàng liù , ' míng qiān lì yòng xíng shī zhēng yì guó , ' qiān xū dì měi dé shēng míng yuǎn yáng , yǒu
上六，‘鸣谦，利用行师征邑国。’谦虚的美德声名远扬，有
lì yú chū bīng dī yù nà xiē ào màn zì fù dì xiǎo guó 。 qiān guà dì zōng zhǐ shì yǐ qiān xū dì chù shì
利于出兵抵御那些傲慢自负的小国。谦卦的宗旨是以谦虚的处世
tài dù lái shí xiàn mù biāo 。 yóu yú qiān xū shì yī zhǒng měi dé , ér bù shì ruò zhě dì biǎo xiàn , dāng
态度来实现目标。由于谦虚是一种美德，而不是弱者的表现，当
nǐ chù chù xiǎn shì chū qiān xū dì tài dù shí , kě néng yǒu dì guó jiā (rén , tuán tǐ) rèn wéi nǐ
你处处显示出谦虚的态度时，可能有的国家（人，团体）认为你
dì néng lì yǒu xiàn ér zhǔ zǎi nǐ 。 wéi liǎo tǐ xiàn gāng róu xiāng jì de yuán zé , nǐ kě yǐ cǎi qǔ qiáng
的能力有限而主宰你。为了体现刚柔相济的原则，你可以采取强
yìng dì shǒu duàn chéng fá nà xiē ào màn wú lǐ dì lín guó (rén , tuán tǐ) lái shí xiàn nǐ de lǐ
硬的手段惩罚那些傲慢无礼的邻国（人，团体）来实现你的理
xiǎng 。
想。

qiān guà (qiān xū) yóu shàng kūn ☷ (dì) xià gèn ☶ (shān) zǔ chéng 。 guà xiàng shàng dì xià
谦卦（谦虚）由上坤☷（地）下艮☶（山）组成。卦象上地下
shān , xiǎn shì ' dì zhōng yǒu shān ' , xiàng zhēng yī gè jūn zǐ jí shǐ yǒu hěn duō yōu diǎn , yòu yǒu chéng
山，显示‘地中有山’，象征一个君子即使有很多优点，又有成
jiù , dàn bù yào jiāo ào zì mǎn 。 yào xiǎng qǔ dé gèng hǎo de chéng jiù , shí xiàn gèng gāo de lǐ xiǎng ,
就，但不要骄傲自满。要想取得更好的成就，实现更高的理想，
jiù yī dìng yào yǐ qiān xū dì tài dù duì dài shēn biān de rén yǔ shì , yào cóng ' qiān shòu yì mǎn zhāo
就一定要以谦虚的态度对待身边的人与事，要从‘谦受益，满招
sǔn ' zhōng dé dào qǐ shì 。 dāng nǐ néng zuò dào chù chù qiān xū shí , yào rú hé dé dào xiǎng jìn yī bù
损’中得到启示。当你能做到处处谦虚时，要如何得到想进一步
fā zhǎn , qǐng jì xù liú yì xià yī guà ' yù guà ' de qǐ shì 。
发展，请继续留意下一卦‘豫卦’的启示。



Qian Hexagram (humility) is combined with 坤☷ (earth) the above and 艮☶ (mountain) below. The image of Qian Hexagram shows the mountain is within the earth or buried in the ground and this represents a Junzi (a gentleman with high morality and ability) who never shows hubris and, like a mountain that has descended beneath the Earth, is humble and modest. As *I Ching* says: ‘Humble brings benefits, pride incurs losses.’ A truly humble leader is willing to accept different opinions and suggestions raised by others. If you are humble in your work, great benefits and success will follow.

The **Judgment** of ‘Qian’ (humility): ‘Auspicious, Junzi (gentleman) persists humility till the end.’ The hexagram indicates, that as a Junzi, you should understand that humility brings many benefits, and persistent efforts to be humble and modest is the way to gain justice and truth. A true humble leader applies tolerant attitudes, constantly improve one’s ability, and helps those in need. They do not take credit nor seek awards for one’s achievements. Remembering this will help the leader build a solid foundation for success.

Chu-Liu, ‘A very humble Junzi cross the river, safe and auspicious’. This is the first line of this hexagram which shows your position is still inferior. Humility will help draw others towards yourself, so, if you show humble attitudes toward others, pay attention to the words you use, reflect on and improve yourself, and avoid arrogance and pride. In doing so you will successfully overcome difficulties you encounter and stay safe and auspicious.

Liu-Er, 'Your reputation of humble attitude is widely heard, to be steadfast is auspicious.' A Junzi who should always treat others with humility. Your humble attitude inspires many people around you and those who are willing to learn from you. As a humble Junzi, you not only gain your leaders' attention but also earn your colleagues' trust and this will help you achieve your goals.

Jiu-San, 'A diligent Junzi with humility, has an auspicious ending.' To be a capable and humble Junzi you should not seek reward or credit for your achievements: you should acknowledge and thank those people who helped and supported you to reach your goals. In order to make further achievements and have an auspicious ending continue to work hard without boastfulness, be humble, and be open-minded. Seek to learn something new and accept new challenges and strive to gain more people's respect and support.

Liu-Si, 'All things profit, so long you maintain your humility manner.' This position states that no matter what situation you are facing, you must consistently self-cultivate by keeping in mind the principles of the *Dao* (nature law) and being humble with your superiors and subordinates. These measures will bring you the trust and support of your leaders and colleagues and help you achieve your goals.

Liu-Wu, 'Wealth is not shared, it is profit to make necessary force the unruly neighbors.' Your humble attitude has gained many people's trust and support, but some small people (organizations) are still arrogant and unruly and do not obey the *Dao* (nature law). To make these recalcitrant improve their behavior, and build on your majestic image, you can adopt tough action to force these people to change their behavior. There will be no harm to you.

Shang-Liu, 'Your reputation of humility is wildly heard, send an army to attack the small countries (your own cities).' The key to learning the Qian (humility)

hexagram is adopting a modest manner in dealing with people around you to successfully achieve your goals. Humility is a virtue and not a sign of weakness. When humbly interacting with others, some may think your ability is limited and seek to dominate you. In order to embody the principle of solidarity, you can take strong measures to discipline those who are arrogant and unjust and so help to achieve your greater goals.

Qian Hexagram (humility) is combined with 坤 (earth) and 艮☶ (mountain) . In the image of Qian Hexagram, Kun (earth) is above (outer hexagram) and Gen (mountain) at the bottom (inner hexagram) which represents a Junzi, while having many strengths and achievements, persists in the ways of humility and justice. If you want to further your success and reach your ultimate goal, you must be humble to deal with everyone and everything around you; be enlightened and self-effacing, and keep in mind the old saying ‘humble brings benefit and pride incurs losses’. If you want to further progress in a humble manner, the next ‘Yu hexagram’ will give you some tips.