

豫 (愉悦) 由下坤 ☷ (地，顺) 和上震 ☳ (雷，动) 组成，也称
 ‘雷地豫’。卦象显示雷声震动大地，使万物回春，一片欣欣向
 荣，和乐的景象。序卦说：‘有大而能谦必豫，故受之以豫’，
 前面两卦是‘大有’和‘谦卦’，接着就是豫卦（欢乐愉快）。
 ‘豫’有愉悦之意，也有居安思危，预防之意。这一卦告诉我们
 在愉悦之时，要做好居安思危的准备。

《豫》：‘利建侯行师’。有利于建立诸侯的伟大功业，出师南
 征北战。卦象上震（雷，刚强）而下坤（地，柔顺），这使得古
 代君王领悟到用声音（音乐）来使柔弱者响应自己的主张，实现
 愉悦的意愿。全卦只有一个阳爻，这说明君王只要顺应事物的发展
 变化规律，赏罚分明，就很容易使百姓诚服，达至共同快乐的目标。
 同时也要求君王（领导）在一切都顺利时，不能陷于享
 乐，玩物丧志，要提交警觉，坚守正道，居安思危，才能获得真
 正的愉悦。

初六，‘鸣豫，凶’。过分享受愉悦会带来凶祸。所谓‘鸣谦则
 吉，鸣豫则凶’。意思是保持谦虚的美德会带来吉祥，而坚持享
 乐的态度就会带来灾难。第一爻告诉你现在应该专注于修养德

xíng tí gāo cái néng rú guǒ nǐ zhī zhī dào xiǎng shòu yú yuè dì shēng huó ér bù sī zhǎng jìn jiù huì
行，提高才能。如果你只知道享受愉悦的生活而不思长进，就会
yǒu xiōng xiǎn yú yuè de shēng huó yīng gāi hé rén yì qǐ fēn xiǎng dú lè bù rú zhòng lè cái huì bì
有凶险。愉悦的生活应该和人一起分享，独乐不如众乐，才会避
miǎn zāi huò
免灾祸。

liù èr , 'jiè yú shí bù zhōng rì zhēn jí' zhèng zhí dì pǐn xíng jiān rú pán shí bù yào
六二，‘介于石，不终日，贞吉’。正直的品行坚如磐石，不要
zhěng rì chén mí xiǎng lè jiān shǒu zhèng dào kě huò dé jí xiáng yáo cí gào jiè rén men jí shǐ zài hěn ān
整日沉迷享乐，坚守正道可获得吉祥。爻辞告诫人们即使在很安
yì dì tiáo jiàn xià yě yào bǎo chí shì dù dì xiǎng lè bù yào zhěng tiān hǎo yì è lǎo guò fēn zhuī
逸的条件下，也要保持适度的享乐，不要整天好逸恶劳，过分追
qiú xiǎng shòu ér dān wù zhèng yè jūn zǐ zài yú yuè zhōng yào bǎ wò chǐ dù jiān shǒu zhèng dào jiān chí
求享受而耽误正业。君子在愉悦中要把握尺度，坚守正道，坚持
měi dé zhī xīn xiàng shí tóu yī yàng háo bù dòng yáo cái néng huò dé jí xiáng
美德之心象石头一样毫不动摇，才能获得吉祥。

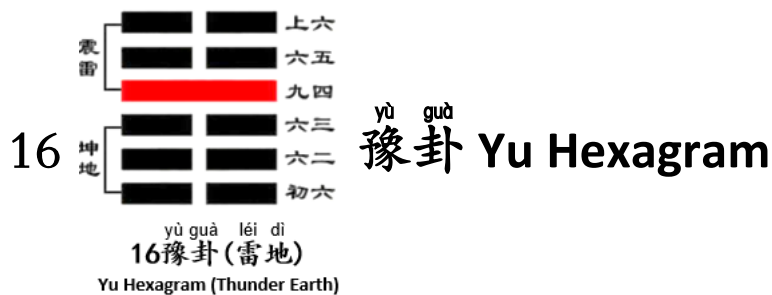
liù sān , 'xū yù huǐ chí yǒu huǐ' tǎo hǎo tā rén yǐ qiú ān yì yǒu huǐ hèn chén
六三，‘盱豫，悔，迟有悔’。讨好他人以求安逸，有悔恨，沉
mí yú xiǎng lè hòu huǐ tài chí yě huì chǎn shēng àn nǎo yáo cí jǐng gào wǒ men yào yòng zhèng dāng xíng wéi
迷于享乐，后悔太迟也会产生懊恼。爻辞警告我们要用正当行为
zhuī qiú ān yì dì shēng huó yóu yú zì jǐ dì tiáo jiàn yǒu xiàn wéi liǎo huò dé xiǎng lè ér qù bā jié
追求安逸的生活。由于自己的条件有限，为了获得享乐而去巴结
tǎo hǎo shàng sī bù néng jiān shǒu zhèng dào ér dān wù zhèng shì zhè yàng de rén huì wéi zì jǐ dì xíng wéi
讨好上司，不能坚守正道而耽误正事，这样的人会为自己的行为
ér hòu huǐ rú guǒ bù néng jí shí huǐ gǎi bù dàn bù néng dé dào yú yuè dì shēng huó fǎn ér huì
而后悔。如果不能及时悔改，不但不能得到愉悦的生活，反而会
dài lái yán zhòng dì zāi nán
带来严重的灾难。

jiǔ sì , 'yóu yù dà yǒu dé wù yí péng hé zǎn' yóu yú yú yuè lái zì dà yǒu shōu
九四，‘由豫，大有得，勿疑。朋盍簪’。由于愉悦来自大有收
huò bù bì cāi yí péng yǒu dū lái jù jí zhè shì yú guà zhōng wéi yī dì yáng yáo zhè shǐ dé
获，不必猜疑，朋友都来聚集。这是愉卦中唯一的阳爻，这使得
qí yú dì yīn (nǚ róu ruò xiāng xìn yáng) (nán gāng qiáng dì néng lì yǔ chéng
其余的‘阴’（女，柔弱）相信‘阳’（男，刚强）的能力与诚
xìn dū lái guī shùn xiǎng yīng gěi shè huì dài lái yī piàn huān lè hé jí xiáng dì jǐng xiàng
信，都来归顺响应，给社会带来一片欢乐和吉祥的景象。

liù wǔ, 'zhēn jí héng bù sǐ' zhèng gù hǎo xiàng zài jí bìng zhōng dàn bù huì dǎo zhì sǐ
六五，‘贞疾，恒不死’。正固好像在疾病中，但不会导致死
wáng shì shàng zǒng shì cún zài gè zhǒng jí bìng dàn bù shì suǒ yǒu de jí bìng dōu huì yǒu shēng mìng wēi
亡。世上总是存在各种疾病，但不是所有的疾病都会有生命危
xiǎn yáo cí qǐ fā wǒ men suī rán nǐ de wèi zhì bǐ jiào gāo yǒu yōu shì nǐ yòu jiān shǒu zhèng
险。爻辞启发我们虽然你的位置比较高，有优势，你又坚守正
dào dàn què méi yǒu shí quán yīn wéi zhòng duō rén dōu qù xiǎng yīng zì jǐ de xià shǔ jiǔ sì shǐ
道，但却没有实权，因为众多人都去响应自己的下属（九四）使
dé zì jǐ mèn mèn bù lè xiàng dé liǎo yōu yù zhèng yī yàng dàn shì zhè bù zhì yú yǒu sāng wáng de wēi
得自己闷闷不乐，象得了忧郁症一样，但是这不至于有丧亡的危
xiǎn xiāng fǎn nǐ kě yǐ chōng fēn lì yòng xià shǔ de cháng chù lái bāng zhù nǐ shí xiàn mù biāo
险。相反，你可以充分利用下属的长处来帮助实现目标。

shàng liù, 'míng yù chéng yǒu yú wú jù' yáo cí dà yì shì zài hūn mèi de yú yuè zhōng,
上六，‘冥豫，成有渝。无咎’。爻辞大意是在昏昧的愉悦中，
zhǐ yào jué wù ér gǎi biàn jiù kě bì miǎn zāi huò zhí mí bù wù dì zhuī qiú kuài lè huì dài lái tòng
只要觉悟而改变，就可避免灾祸。执迷不悟的追求快乐会带来痛
kǔ zuì hòu yī yáo chǎn shù nǐ yǐ jīng xiǎng lè dé tài jiǔ liǎo rú guǒ nǐ hún chén mí yú xún huān
苦。最后一爻阐述：你已经享乐得太久了，如果你还沉迷于寻欢
zuò lè zhī zhōng jiù huì fēi cháng wēi xiǎn qián wú qù lù nǐ bì xū yào xún qiú gǎi biàn zhǐ yào
作乐之中，就会非常危险，前无去路；你必须寻求改变，只要
nǐ jí shí zì wǒ fǎn shěng bù duàn xiū zhèng zì jǐ de xíng wéi zhòng huò zhèng dào jiù bù huì yǒu zāi
你及时自我反省，不断修正自己的行为，重获正道就不会有灾
huò
祸。

yù guà yú yuè yóu xià kūn dì shùn hé shàng zhèn léi dòng zú chéng yù de běn
豫卦(愉悦) 由下坤(地，顺)和上震(雷，动)组成。豫的本
yì shì yú yuè yóu yú rén zài ān lè shí róng yì mí shī fāng xiàng yīn cǐ zhè yī guà tí xǐng nǐ bì
意是愉悦。由于人在安乐时容易迷失方向，因此这一卦提醒你必
xū yào tí gāo jǐng tì yú yě yǒu yù bèi yù fáng zhī yì dāng nǐ zài yú yuè shí yě yào
须要提高警惕。‘愉’也有预备，预防之意，当你在愉悦时也要
zuò hǎo zhǔn bèi yù fáng zāi nán guà xiàng xiǎn shì léi diàn jī xǐng dà dì shǐ wàn wù fù sū
做好准备，预防灾难。卦象显示：雷电击醒大地，使万物复苏，
yī piàn hé yuè de qì fēn jiē xià lái jiù yīng gāi jì huà rú hé fú yǎng wàn wù chéng cháng qǐng jì xù
一片和悦的气氛，接下来就应该计划如何抚养万物成长。请继续
kàn xià yī guà suí guà de qǐ shì
看下一卦‘随卦’的启示。



Yu Hexagram (elation) is combined with Ken 坤 (The Earth, follow) at the below and Zhen 震 (thunder, quake) above. The image of this hexagram symbolizes the thunder that roars and vibrates the silent earth. This indicates spring and vitality are coming. The thunder brings an atmosphere of happiness and joy to the ground. As the previous hexagrams of ‘Dayou’ (greatness) and ‘Qian’ (humility) revealed that people have built a harmonious relationship in a wealthy community, the ‘Yu’ hexagram represents pleasure and happiness. ‘Yu’ also provides a meaning of preparation and alerts us that while experiencing and time of enjoyment, we need to be aware of dangers ahead and prepare for challenges.

The **Judgment** of Yu: ‘It profits to establish Lieutenants to send troops on the march’. The image of Zhen represents thunder and strength and Kun represents the Earth and a gentle manner which together shows when thunder booms, the Earth is roused. The ancient kings were inspired from this image and create tunes to revere this spiritual power. The use of music at sacrifices assists the union between the supreme deity and their worshippers to fulfill the kings’ dream of elation. There is only one Yang line in this hexagram, which indicates that if the king is following the Dao (according to natural progress) and shows the moral characters of integrity and seeking truth, he will surely gain many followers and achieve great success. This hexagram also requires the king (leader), when everything goes well, to not become entangled with pleasure and

ignore alertness and steadfastness otherwise they may miss the direction of seeking truth. Preparing action to deal with risks and challenges in a peaceful time will help the king (leader) to achieve true elation.

Chu-Liu: 'Overly seeking elation leads to calamity'. *I Ching* denotes that 'seeking humility is auspicious, seeking pleasure is calamity'. This is the first line of this hexagram, which appears as you are still in the inferior stage. There will be danger if you are hooked on a life of entertainment and neglect your work. You should concentrate on improving your morality and ability to reach true elation.

Liu-Er: 'Firm as a rock, do not indulge into elation all day, be steadfast will be auspicious.' This line warns us that although we are in a very comfortable zone, we must apply self-control and self-discipline. We need to remain steadfast and not spend too much time on entertaining activities; do not forget your responsibilities by seeking too much pleasure. On the other hand, we need to uphold the righteous are like a stone, unmoved by others.

Liu-San, 'The flatter and please of seeking pleasure will be regret; delayed reflection leads to greater regret.' This Yaoci warns you to not seek amusement in an immoral way. You will be regretful if you flatter the superior to seek happiness and miss your duty. If you continue indulging in pleasure, you will soon cause suffering. Instead, you need to immediately reflect upon your misbehaviour and change your attitude and follow the *Tao* (to do right things) .

Jiu-Si, 'Elation comes from great achievement, no doubt, friends come around.' There is only one 'Yang' line in this hexagram. As 'Yang' represents male and strength, your capability and strength have gained all other 'yin' lines (female, soft) trustiness, and all people are willing to follow you. Thus, you can take the advantage to unite people and bring happiness to the society.

Jiu-Wu, 'Steadfastness with depression, survival.' This line states that your position is relatively higher, but you are in a disadvantageous situation as many people respond to the strong subordinates (Jiu-Si the Yang line). Even though you insist on the right path, you still have no real power to reach your dreams and, this situation makes you feel depressed and sick, but you are not in danger of death. On the other hand, you can fully use the strength of your subordinates to assist you to achieve your goal.

Shang-Liu, 'Benighted elation, change at completion, no harm'. The elation that reaches its height will naturally engender sorrow. As this is the last line of the **Yu** hexagram (elation), you have been in a pleasant situation for a long time, and it is time for you to awake from benighted elation. If you still indulge in pursuing pleasure, it will lead to calamity and there is no way to move forward. You must awake from benighted elation and back to the right path and enlightened with self-reflection, self-cultivation and adjusting your behaviour to obtain the true elation.

Yu Hexagram (elation) is combined with Kun (the Earth, follower) at the below and Zhen (thunder, quake) above. Desiring elation can lead to calamity. The literally meaning of 'Yu' is elation. Since human can easily lose one's direction in an overly joyful environment, you must be vigilant. 'Yu' also has the meaning of preparation and prevention which means when you are in pleasurable situation, you should also be prepared to prevent risk. The image of Yu shows lightning strikes the earth and revives all things and the following step is nurturing all things to grow. The next "Sun hexagram" will give us guidance after Yu (elation).