

Part 2

易经简介

易经是中国古人用来解释宇宙与人生奥秘的一本经典著作。易经的起源是一位统治者叫伏羲，他经过长期



观察天地与万物的运行，总结出自然的变化规律，并用一条断线

(--) “阴”代表地；一条连续线 (—) “阳”代表天，创造出八

卦图像(后面会详细介绍)来表示出这些自然，社会 and 人的发展变

化现象。后来由周文王演绎出六十四卦称《周易》，孔子再为《周

易》加上详细注解成为我们今天的《易经》。《易经》是这三大圣

人的伟大成果。

易经是中华文化发展之源，是古人从神话提升到哲学；从自然

发展变化规律，人生的吉凶祸福，生老病死，提炼出的智慧结晶。

易经不但揭示了人生是祸福相依，吉中有凶，凶中带吉，否极泰

来，泰极否来的奥秘，而且为人们在生活中如何及时趋吉避凶，化

险为夷，修正和改变命运提供了良药秘方，还为我们走向人生快

乐，健康指引了正确的方向。

Brief background of I-Ching

I-Ching is a Chinese classic book that sets out an ancient explanation of nature and human life. It has its origins in the ruler of Fuxi, who observed the phenomena of the sky, the earth, and the existing objects, and established the principle of changes to explain his observations. To help describe his principles, he selected broken lines (- -) called Yin to represent Earth, an unbroken line (—) called Yang to represent Heaven and created the first eight trigrams (I talk more about trigrams in a later blog). The King of Zhou established a further 56 trigrams called Zhou Yi, and Confucius then set out much of the text we see today in the book of I-Ching. The book of I-Ching with its 64 trigrams and explanatory text is the result of these three sages' work.

I-Ching is one of the most important philosophies in the development of Chinese culture. It is the crystallization of ancient wisdom extracted from mythology and evolving into philosophy with its principle of the balance of natural phenomenon and life with its interplay between good, bad, birth, sickness, and death. I-Ching argues that life is a combination of the matter of good and bad fortune, positive and negative influences, and it provides us with guidance to maintain a balance between these competing aspects. By following I-Ching we can hope to achieve happiness and health in life.