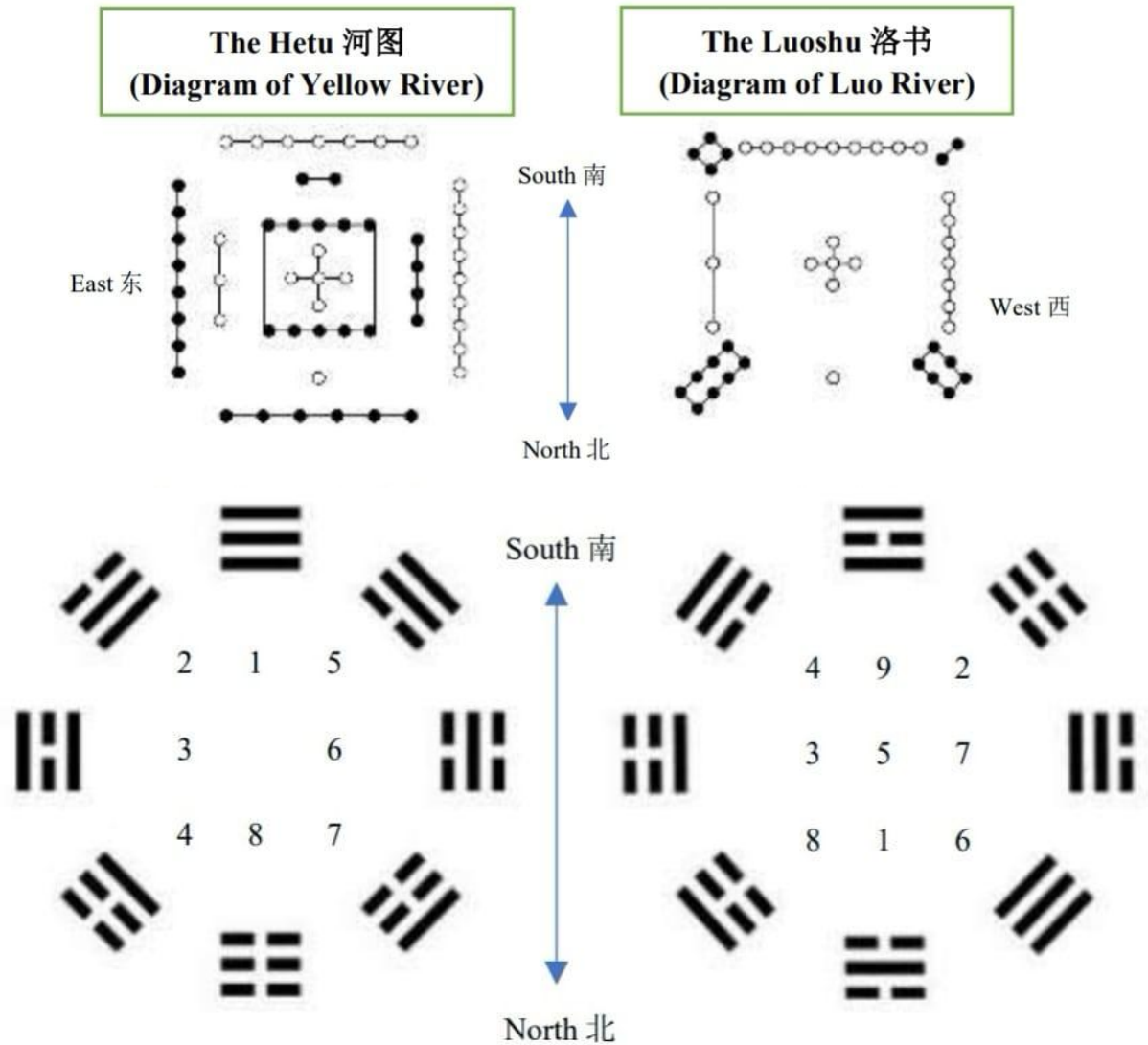


## I Ching & Healthcare: Six-Month Bilingual Catalogue

### 《易经与生命健康》六个月系列课程双语目录





## Session Theme | 系列总主题

### Hetu: The Origin of Heaven and Earth, the Source of Five Elements

《河图：天地之始，五行之源》

---

## Month 1: Hetu & Cosmic Blueprint

### 第一月：河图与宇宙秩序

- Origin and legend of Hetu: "Dragon Horse emerges from Huanghe River"  
河图的起源与传说：龙马负图出于黄河
  - Hetu's numerical system: 1-10, total 55  
河图数理结构：一至十，总数五十五，象征天地之数
  - Hetu as proto-model of Yin-Yang and Five Elements  
河图作为阴阳五行的原型模型
  - Hetu's spatial orientation: The energy of space  
河图方位系统：宇宙能量空间分布
- 

## Month 2: Pre-Heaven Bagua & Innate Patterns

### 第二月：先天八卦与生命图腾

- Taiji gives birth to Yin-Yang → Four Images → Eight Trigrams  
太极生两仪，两仪生四象，四象生八卦
- Fuxi's Bagua arrangement: Heaven (Qian) in the South, Earth (Kun) in the North  
伏羲八卦：乾南坤北，阴阳对称结构
- Eight Trigrams and Five Organs, Meridians, Energy Patterns  
八卦与五脏、经络、气场的先天对应
- Symbolic structure of life and breath  
易象与呼吸、生命原型结构

**Application:** Understanding personal energetic archetypes

**应用：** 识别个体气质与先天体质原型

---



### Month 3: Luoshu & Manifested Patterns

#### 第三月：洛书与后天八卦

- Origin and legend of Luoshu: "Divine Turtle from Luo River" The Saint King, Yu  
洛书的起源与传说：洛水的神龟，大禹
- Luoshu's 3x3 magic square and the number 15 in all directions  
洛书九宫格：任意方向皆合十五
- Five Elements & movement in Luoshu: Center and directions  
洛书中的五行流动：中土为轴，四象运行
- Wenwang's Bagua and seasonal logic  
文王后天八卦：节气与方位之卦象
- Application in space: Health through location and direction  
空间调理应用：住宅、朝向与养生

**Key Insight:** Luoshu represents matured Qi movement in time and space

**核心洞见：**洛书代表气在时空中的成熟运化

---

### Month 4: Five Elements & Human Life Systems

#### 第四月：五行与生命系统

- Wood, Fire, Earth, Metal, Water: Energetic qualities and cycles  
木火土金水：五种能量特质与相生相克
- Five Organs, Five Emotions, Five Flavors, Five Sounds  
五脏、五志、五味、五音的系统对应
- Interactions and imbalances: How illness arises  
五行失衡如何引发疾病与情绪障碍
- Elemental therapy: herbs, foods, movement, breath  
五行调理：草药、饮食、导引、呼吸

**Takeaway:** Life is a dynamic system governed by balance

**核心观点：**生命是由五行动态平衡维持的整体系统

---



## Month 5: Heavenly Stems & Earthly Branches

### 第五月：天干地支与生命密码

- 10 Heavenly Stems = Five Elements × Yin-Yang  
十天干 = 五行 × 阴阳
- 12 Earthly Branches = Directions × Time × Organs  
十二地支 = 方位 × 时间 × 脏腑
- 60 Jiazi cycle: Cosmic rhythm and personal destiny  
六十甲子：宇宙时间的循环节律
- Application in health, astrology, and calendar wisdom  
用于养生、命理与历法调理

**Practical Insight:** Time is structured energy—follow its rhythm

**实践洞见：** 时间即能量，顺其节律而养生

---

## Month 6: Chinese Calendar & Celestial Rhythm

### 第六月：中国历法智慧与宇宙节奏

- Synodic Month (~29.53 days) vs. Solar Year (~365.24 days)  
朔望月与回归年的协调
- 19-Year Cycle with 7 Leap Months  
十九年七闰的阴阳历融合机制
- Big & Small Months: Balancing moon phases  
大月小月制度平衡月亮周期
- Festivals, Seasons & Health Practices  
节日与季节的节律养生法

**Conclusion:** Chinese calendar embodies harmony of Heaven, Earth, and Human

**结语：** 中国历法体现天、地、人三者之和諧共生

---



Integration Map | 整体结构图

| 系统 System               | 象征符号 Symbols | 作用 Function | 健康应用 Application |
|-------------------------|--------------|-------------|------------------|
| 河图 Hetu                 | 原始数理模型       | 宇宙秩序起点      | 阴阳五行认知与体质识别      |
| 先天八卦 Pre-Heaven Bagua   | 生命原型图谱       | 个体气质结构      | 呼吸、经络、静养基础       |
| 洛书 Luoshu               | 九宫能量分布       | 时空与后天秩序     | 方位调理、能量流动        |
| 后天八卦 Later Heaven Bagua | 节气与方位逻辑      | 四季运行系统      | 节气调养、四时食疗        |
| 天干地支 Stems & Branches   | 时间密码         | 命理结构、节律养生   | 个性节气、内外结合调理      |
| 中国历法 Calendar           | 阴阳结合机制       | 生命与宇宙节奏对接   | 节律作息、节日觉知        |





深化理解《周易》中最核心的两卦——乾卦与坤卦，掌握六十四卦的基本构造与分类，培养卦象的直觉理解和应用能力。

---

### Course Duration | 课程时长

3 months (2-3 sessions per month, 90 minutes each)  
三个月（每月 2-3 次课，每次 90 分钟）

---

### Course Structure | 课程结构

---

#### Month 1: Qian & Kun — The Primal Forces

##### 第 1 个月：乾坤两卦 — 原始天道

- Detailed explanation of Qian hexagram: symbolizing Heaven, strength, and perseverance  
乾卦详解：象征天、刚健、自强不息
- Composed of six yang lines, representing pure yang energy and creation  
六个阳爻组成，象征纯阳的力量与创造
- Introduction to Qian's line texts (爻辞) and image texts (象辞)  
乾卦爻辞及象辞的初步解析
- Detailed explanation of Kun hexagram: symbolizing Earth, receptivity, and nurturing  
坤卦详解：象征地、柔顺、厚德载物
- Composed of six yin lines, representing pure yin energy and support  
六个阴爻组成，象征纯阴的包容与滋养
- Introduction to Kun's line texts (爻辞) and image texts (象辞)  
坤卦爻辞及象辞的初步解析
- Relationship of Qian and Kun as Yin and Yang: complementary forces of Heaven and Earth  
乾坤阴阳关系：天地相辅相成，阴阳互根



- Philosophical insights of Qian and Kun in life: strength and receptivity, balance of firmness and flexibility  
乾坤与人生哲理：自强与包容，刚柔并济的智慧
- Practice: interpreting manifestations of “Qian” and “Kun” energies in daily life  
课堂练习：解读生活中的“乾”与“坤”能量表现

---

## Month 2: The 64 Hexagrams — Structure and Categories

### 第 2 个月：六十四卦 — 结构与分类

- Explanation of the 64 hexagrams composed of two trigrams (upper and lower)  
64 卦由两个三爻卦组成（上卦与下卦），基础构造介绍
- Introduction to the main categories:  
主要类别讲解：
  - The Eight Primordial Trigrams (Qian, Kan, Gen, Zhen, Xun, Li, Kun, Dui)  
— 先天八卦（乾、坎、艮、震、巽、离、坤、兑）
  - The Later Heaven Trigrams and their symbolic meanings  
— 后天八卦及其象征意义
- Basic overview of the arrangement and symbolic meanings of the 64 hexagrams  
六十四卦的排列规律与象征意义简述
- The relationship between the eight trigrams and the 64 hexagrams  
八卦与六十四卦的对应关系
- Interactive session: understanding classification and transformation through sample hexagrams  
课堂互动：通过具体卦象案例理解卦的分类与变化

---

## Month 3: Practical Applications and Intuitive Reading

### 第 3 个月：易经应用与直觉解读

- Basics of fortune-telling using the 64 hexagrams: auspicious and inauspicious signs, changing lines, mutual hexagrams, and opposite hexagrams  
六十四卦中的吉凶、变爻、互卦、错卦基础知识



- How to use hexagrams for simple divination and self-reflection  
如何使用卦象进行简单占断和自我反省
  - Examples of applying Qian and Kun hexagrams in life, health, and decision-making  
乾坤两卦在实际生活、健康与决策中的应用示例
  - Group practice: interpreting practical questions using Qian and Kun hexagrams  
小组练习：用乾坤卦象对现实问题做初步解读
  - Course summary: from entry with Qian and Kun to systematic understanding of the 64 hexagrams, building a practical framework for I Ching wisdom  
课程总结：从乾坤入门，到 64 卦的系统认知，搭建易经实用框架
- 

### Learning Outcomes | 学习成果

- Deep understanding of the symbolism, philosophy, and line texts of the Qian and Kun hexagrams  
深刻理解乾坤卦的象征、哲理和爻辞内容
  - Master the basic structure and classification of the 64 hexagrams, with initial interpretation skills  
掌握六十四卦的基本构造与分类，具备基础解读能力
  - Apply I Ching wisdom to daily life and health management  
能够将易经智慧应用于日常生活与健康的管理
  - Develop intuitive perception and practical thinking for I Ching hexagrams  
培养对易经卦象的直觉感知与应用思维
-