

In the philosophy of the *I Ching* (Book of Changes), no state is permanent or purely "good" or "bad."^[1] However, several of the 64 hexagrams (Gua) represent peak experiences of well-being, success, and joy.^[2]

In the *I Ching*, "happiness" is rarely defined as a static emotion; it is usually described as a state of **alignment** with the universe (Tao). Below are the primary hexagrams that represent positive states of happiness and fulfillment:

1. The Primary State of Joy: Hexagram 58 (Dui – The Joyous)

This is the most direct representation of happiness.

- **The State:** Symbolized by "Lake over Lake," it represents the infectious joy of shared communication, laughter, and spiritual refreshment.^[2]
- **The Wisdom:** It teaches that true joy comes from within but is sustained by positive interactions with others.^{[3][4]} It is the happiness of a "gentle" heart that is "strong" inside. It warns against superficial pleasure or "joy" that comes from harming others.

2. The State of Harmony: Hexagram 11 (Tai – Peace)

Often considered one of the most auspicious hexagrams in the entire book.

- **The State:** Represented as "Earth over Heaven," where the two primal forces meet in perfect balance.^[1] It is a time of prosperity, peace, and universal harmony.^{[1][2][5]}
- **The Wisdom:** This is the happiness of a society or life where everything is in its right place. It represents a "Golden Age" where communication is open and things are flourishing effortlessly.^[1]

3. The State of Radiant Abundance: Hexagram 14 (Da You – Great Possession)

This represents "Affluence" or "Great Harvesting."

- **The State:** Symbolized by "Fire over Heaven," representing the sun at its zenith. It is the happiness of having both material wealth and spiritual clarity.
- **The Wisdom:** It is the state of being "rich" in every sense. The *I Ching* notes that this state is best maintained through humility and using one's abundance to help others.

4. The State of Enthusiasm: Hexagram 16 (Yu – Enthusiasm)

This is the happiness of movement, music, and inspiration.^[2]

- **The State:** "Thunder over Earth," suggesting the release of tension and the arrival of a creative spark.
- **The Wisdom:** This is the "high" of starting a new project, falling in love, or being moved by art.[2] It is the joy that makes people dance and follow a leader with a light heart.

5. The State of Peak Success: Hexagram 55 (Feng – Abundance)

This is the "Fullness" or "Zenith" of life.

- **The State:** "Thunder over Fire," representing a moment of extreme brilliance and magnitude.
- **The Wisdom:** It is the happiness of reaching the peak of one's career or life path. However, because the sun begins to set once it reaches its highest point, it carries a bittersweet reminder to enjoy the moment fully while it lasts.[2]

6. The State of Expansion: Hexagram 42 (Yi – Increase)

This represents the happiness of growth and progress.[6]

- **The State:** "Wind over Thunder," symbolizing the way a storm nourishes the earth.
- **The Wisdom:** This is the "upward trend"—the joy of seeing your efforts finally pay off and your influence growing. It is a state where "every movement brings a blessing."

7. Social Happiness: Hexagram 8 (Pi – Holding Together) and Hexagram 13 (Tong Ren – Fellowship)

These represent the happiness of belonging.[7]

- **Hexagram 8:** The joy of finding your "tribe" or a group where you truly belong.
- **Hexagram 13:** The happiness of working with others toward a common goal (The Fellowship of Men).

Summary Table of Happiness States[2]

Hexagram	Name	Type of Happiness
11	Peace	Harmony, balance, and lack of conflict.[2][4][8][9][10][11]
14	Great Possession	Wealth, clarity, and supreme success.[2]
16	Enthusiasm	Inspiration, movement, and musical joy.[2]
42	Increase	Growth, progress, and being "on a roll." [2][6]
55	Abundance	Peak achievement and being at your zenith.

58 The Joyous Inner contentment and pleasant communication.[12]

A Note of Caution:

The *I Ching* teaches that "when the sun reaches its zenith, it must decline." Most of these "positive" hexagrams include a warning: **complacency**. The secret to staying in these happy states is to remain humble, cautious, and active in your virtue even when things are going perfectly.[2]

Sourceshelp

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在《易经》的哲学中，没有一种状态是永恒的，也没有绝对的“好”或“坏”。然而，在六十四卦中，有几个卦象代表了福祉、成功和喜悦的巅峰体验。

在《易经》里，“幸福”很少被定义为一种静态的情绪，它通常被描述为一种与“道”（宇宙规律）保持一致（天人合一）**的状态。以下是代表幸福与圆满的主要卦象：

1. 喜悦的本质状态：第 58 卦——兑卦（兑为泽）

这是对快乐最直接的表达。

- **状态：**卦象为“泽上加泽”，象征着通过交流、欢笑和心灵慰藉所带来的极具感染力的喜悦。
- **智慧：**它教导我们，真正的喜悦源于内心，但通过与他人的正向互动而得以持续。这是一种“内刚外柔”的喜悦。它警告我们要警惕肤浅的快感，或建立在伤害他人基础上的“快乐”。

2. 和谐的状态：第 11 卦——泰卦（地天泰）

这通常被认为是全书中最吉祥的卦象之一。

- **状态：**卦象为“地在上，天在下”，象征阴阳两股原始力量交感融合，处于完美的平衡中。这是一个繁荣、和平、万物和谐的时期。

- **智慧：**这是一种社会或生活中一切各得其所的幸福。它代表了一个“盛世”，此时沟通顺畅，万物生机勃勃。

3. 显赫丰盛的状态：第 14 卦——大有卦（火天大有）

这代表了“富有”或“大丰收”。

- **状态：**卦象为“火在天上”，象征如日中天。这是一种同时拥有物质财富和精神清明的幸福。
- **智慧：**这是一种全方位的“富有”状态。《易经》指出，维持这种状态的秘诀在于保持谦逊，并利用你的丰盛去帮助他人。

4. 振奋的状态：第 16 卦——豫卦（雷地豫）

这是一种关于行动、音乐和灵感的快乐。

- **状态：**“雷出地奋”，暗示着压力的释放和创意火花的到来。
- **智慧：**这是一种开启新项目、陷入爱河或被艺术感动的“兴奋感”。这种喜悦让人载歌载舞，让人心悦诚服地追随领导者。

5. 巅峰成就的状态：第 55 卦——丰卦（雷火丰）

这代表了生命的“极盛”或“顶峰”。

- **状态：**“雷电皆至”，象征着极致的辉煌和宏大的规模。
- **智慧：**这是达到事业或人生道路巅峰的幸福。然而，由于太阳升到中天后必然开始西斜，它也带有一种忧患意识，提醒人们要在辉煌时尽情把握，同时未雨绸缪。

6. 扩张与进步的状态：第 42 卦——益卦（风雷益）

这代表了增长和进步带来的快乐。

- **状态：**“风激雷荡”，象征风雷交加，滋润万物。
- **智慧：**这是一种“上升趋势”——看到努力终于得到回报，影响力不断扩大的喜悦。这是一种“利有攸往”，即任何行动都能带来福泽的状态。

7. 社交与归属的幸福：第 8 卦（比卦）与第 13 卦（同人卦）

这些卦象代表了归属感带来的快乐。

- **第 8 卦（水地比）：**亲比。找到属于你的“圈子”或真正有归属感的集体的喜悦。
- **第 13 卦（天火同人）：**志同道合。与他人为了共同的目标而并肩作战的幸福。

幸福状态汇总表

卦序	卦名	幸福的类型
11	泰卦	和谐、平衡、无冲突。
14	大有卦	财富、清明、卓越的成功。
16	豫卦	灵感、活力、悦愉。
42	益卦	增长、进步、顺风顺水。
55	丰卦	巅峰成就、极致盛大。
58	兑卦	内心宁静、沟通愉悦。

重要提示：

《易经》教导我们“日中则昃（zè）”——太阳到达中天后必然会开始下落。大多数这些“积极”的卦象都包含一个警告：**戒骄戒躁**。保持这些幸福状态的秘诀是：即使在一切顺遂时，也要保持谦逊、谨慎和进德修业。