



木  
WOOD

火  
FIRE

土  
EARTH

金  
METAL

水  
WATER

# 掌握五行 · 掌握人生

Master Five Elements. Master Your Life.



BALANCE  
CLARITY  
A BRIGHTER YOU



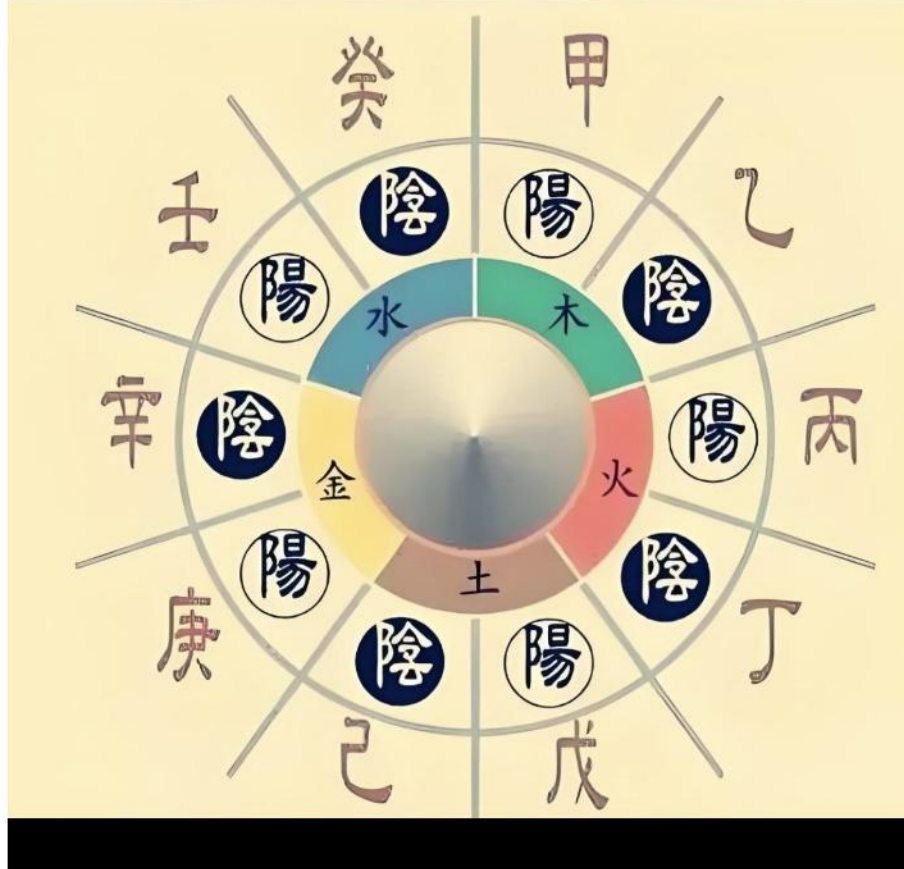
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HARMONY  
OPPORTUNITY  
A BETTER TOMORROW

# 十天干阴阳五行

Ten Heavenly Stems, Yin-Yang & Five Elements

## 十大天干陰陽五行圖



木：甲（阳）・乙（阴）

Wood: Jia 甲 (Yang) · Yi 乙 (Yin)

火：丙（阳）・丁（阴）

Fire: Bing 丙 (Yang) · Ding 丁 (Yin)

土：戊（阳）・己（阴）

Earth: Wu 戊 (Yang) · Ji 己 (Yin)

金：庚（阳）・辛（阴）

Metal: Geng 庚 (Yang) · Xin 辛 (Yin)

水：壬（阳）・癸（阴）

Water: Ren 壬 (Yang) · Gui 癸 (Yin)

# 十天干 · Ten Heavenly Stems

## 甲木 (阳) Jia Wood (Yang)

形象：大树 | Image: Big tree

简单理解：正直、向上、坚持

Simple meaning: Straightforward, growth-minded and persistent.

例子：像大树一样，定下目标后不断向上成长。

Example: Like a big tree: once a goal is set, it keeps growing upward.

## 乙木 (阴) Yi Wood (Yin)

形象：花草、藤蔓 | Image: Flowers / vines

简单理解：柔软、灵活、适应

Simple meaning: Flexible, gentle and adaptable.

例子：遇到阻碍不一定硬碰，会寻找另一条路。

Example: When blocked, it adapts and finds another way instead of forcing through.

## 丙火 (阳) Bing Fire (Yang)

形象：太阳 | Image: The sun

简单理解：热情、公开、带动

Simple meaning: Warm, expressive and energising.

例子：像太阳一样，把能量和信心带给身边的人。

Example: Like the sun: brings energy and confidence to people around it.

## 丁火 (阴) Ding Fire (Yin)

形象：灯火、烛光 | Image: Lamp / candle

简单理解：细致、温暖、专注

Simple meaning: Warm, focused and thoughtful.

例子：像一盏灯，用自己的光慢慢引导别人。

Example: Like a lamp: quietly gives light and guides others.

## 戊土 (阳) Wu Earth (Yang)

形象：高山 | Image: Mountain

简单理解：稳定、可靠、承担

Simple meaning: Stable, dependable and responsible.

例子：遇到问题时站稳立场，成为别人可以依靠的人。

Example: Stands firm during problems and becomes someone others can rely on.



# 十天干 · Ten Heavenly Stems

## 己土 (阴) Ji Earth (Yin)

形象：田园、泥土 | Image: Farmland / soil

简单理解：培育、实际、耐心

Simple meaning: Nurturing, practical and patient.

例子：像农田一样，把资源慢慢培养成成果。

Example: Like farmland: patiently develops resources into results.

## 庚金 (阳) Geng Metal (Yang)

形象：刀剑、原金 | Image: Sword / raw metal

简单理解：果断、坚强、行动

Simple meaning: Decisive, tough and action-oriented.

例子：发现问题后，敢决定、敢行动、敢处理。

Example: Sees a problem, makes a decision and takes action.

## 辛金 (阴) Xin Metal (Yin)

形象：珠宝、精金 | Image: Jewellery / refined metal

简单理解：精致、准确、重品质

Simple meaning: Refined, precise and quality-conscious.

例子：别人忽略的小细节，往往能够注意到。

Example: Often notices small details that other people miss.

## 壬水 (阳) Ren Water (Yang)

形象：江河、大海 | Image: River / ocean

简单理解：流动、开阔、探索

Simple meaning: Broad, flowing and adventurous.

例子：愿意走出去，看更多地方，寻找新的机会。

Example: Explores beyond familiar places and looks for new opportunities.

## 癸水 (阴) Gui Water (Yin)

形象：雨露、小水 | Image: Rain / dew

简单理解：细腻、观察、渗透

Simple meaning: Subtle, observant and intuitive.

例子：先安静观察，了解情况后再作出反应。

Example: Observes quietly first, understands the situation, then responds.

## 五行相生 · Generating Cycle

木 → 火 → 土 → 金 → 水 → 木

木生火：木材助火燃烧。

Wood feeds Fire.

火生土：燃烧后的灰烬归于土。

Fire creates Earth/ash.

土生金：金属矿物藏于土中。

Earth contains Metal/minerals.

金生水：传统五行体系中的相生关系。

Metal generates Water in the traditional Five Element cycle.

水生木：水滋养植物。

Water nourishes Wood.

例子 · Example: 壬水 + 甲木

壬属水，甲属木。可以想象成大树得到水的滋养。

Ren is Water and Jia is Wood. Think of a big tree receiving water and support to grow.

## 五行相克 · Controlling Cycle

木 → 土 → 水 → 火 → 金 → 木

木克土 — Wood controls Earth

土克水 — Earth controls Water

水克火 — Water controls Fire

火克金 — Fire controls Metal

金克木 — Metal controls Wood

# 最重要的一课 · Key Lesson

“生”不一定永远是好

Generating is not always good.

“克”也不一定永远是坏

Controlling is not always bad.

树需要水，但水太多也可能伤害树；适当修剪反而可以帮助树成长。

A tree needs water, but too much water can harm it. Proper pruning can also help a tree grow better.

## 学习重点 · What to remember

五行不是简单地分“好”与“坏”，重点是平衡、环境与彼此之间的关系。

The Five Elements are not simply 'good' or 'bad'. The key is balance, environment and how the elements interact.

## 建议学习顺序 · Suggested learning order

1. 五行 Five Elements
2. 阴阳 Yin & Yang
3. 十天干 Ten Heavenly Stems
4. 相生相克 Generating & Controlling
5. 强弱与平衡 Strength & Balance
6. 八字 / 奇门 BaZi / QMDJ applications