坐忘十二时辰 Zuowang Twelve-Shichen Wellness Rhythm

坐忘的每一日，皆循天地节律而动。以下为常规开设的疗愈项目，您可按心之所向，择时参与。无需刻意——行至此间，遇见了，便是此刻所需。 *Each day at Zuo Wang unfolds in harmony with nature's rhythm. Below are our regular offerings. Follow your heart; arrive as you are. Natural—simply step into this space, and let what finds you be exactly what you need.*

寅时 · 平旦 03:00–05:00｜肺经当令

Yinshi · Dawn's Approach｜Lung Meridian

青帝纳气｜Green Emperor's Breath

天色未明，清气最盛。早醒者可启窗一缝，纳东方生发之气。端坐床头，慢呼吸七息，令肺朝百脉。不宜剧烈运动，忌大汗伤阳。 Sky yet dark, pure qi at peak. Early risers may crack the window to receive the East's generative breath. Sit upright at bedside, seven slow breaths, commanding the hundred vessels through the lungs. Avoid vigorous movement; shun heavy sweat that injures yang.

疗愈｜Healing：腹式呼吸 / 吞津法 / 观白气入肺 Abdominal breathing / Saliva swallowing / Visualizing white qi entering lungs

空间｜Space：客房露台 Guest room terrace

卯时 · 日出 05:00–07:00｜大肠经当令

Maoshi · Sunrise｜Large Intestine Meridian

卯时导引｜Dawn Qigong

大肠主排浊，阳气初生，宜动以升发。早醒者可于客房露台或林间，自行练习八段锦、行脚或呼吸导引，配合醒神茶，令阳气如木。 The large intestine governs toxin release; yang qi first stirs—move to raise and spread. Early

risers may practice Ba Duan Jin, walking meditation, or breath guidance on their terrace or in the forest, paired with awakening tea, letting yang rise like wood.

此间无共修，各自择地而行，顺应个人晨醒之节律。 *No group session here; each finds their own place and pace, following their own dawn rhythm.*

辰时 · 食时 07:00–09:00｜胃经当令

Chenshi · Morning Meal｜Stomach Meridian

正念食养｜Mindful Breakfast

胃经旺，宜专注进食。坐忘食养以粥糜、时蔬、发酵物为主，不温不燥。食后缓行百步，勿立即坐卧。 Stomach meridian flourishes—eat with full attention. Zuo Wang's food therapy centers on congee, seasonal vegetables, ferments—neither hot nor drying. Walk slowly one hundred steps after eating; do not immediately sit or lie.

时间｜Time：08:00–09:00

空间｜Space：隐食坊，自行前往 Yinshi Fang (Restaurant), self-guided

巳时 · 隅中 09:00–11:00｜脾经当令

Sishi · Mid-Morning｜Spleen Meridian

晨读（共修）｜Morning Reading (Group)

脾主运化，亦主思虑。此时气血充盛，精神清爽，最宜诵读经典，以声振动中焦，助脾升清。 The spleen governs transformation and also contemplation. Now qi and blood are abundant, the mind clear—ideal for reciting classics, using voice to vibrate the middle burner, helping the spleen raise the clear.

时间｜Time：09:30–10:00

地点｜Location：七录草舍 Qīlù Sūtra House

内容｜Content：《道德经》选段、禅诗、《清静经》吟唱 Selections from Tao Te Ching, Zen poetry, chanting Classic of Purity and Stillness

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晨课（共修）｜Morning Practice (Group)

虽非卯时，然脾经仍旺，升清之气未散。

八段锦摇脊，或林间行脚觉步，令阳气升发。此课为晨起较晚者设，亦欢迎早醒者再练，无妨。 *Though not Maoshi, the spleen meridian still flourishes, its raising-clear qi not yet dispersed.*

Ba Duan Jin swaying the spine, or forest walking with mindful steps, letting yang rise and spread. This session is designed for later risers; early awakeners are also welcome to practice again—no harm in that.

时间｜Time：10:00–10:30

地点｜Location：逐光台 Zhuguang Terrace

无需预约｜No reservation required

香道雅集（共修）｜Kōdō Gathering (Group)

脾喜芳香，香入脾以化湿醒浊。品香啜淡茶。站立或跪坐，忌躺卧压抑脾阳。
The spleen delights in fragrance; scent enters the spleen to transform dampness and awaken turbidity. Savor incense, sip light tea. Stand or kneel—shun lying down that suppresses spleen yang.

时间｜Time：10:30–11:30

地点｜Location：温渡茶室Wendu Teahouse

费用｜Fee：详询疗愈顾问 Inquire with Healing Consultant

午时 · 日中 11:00–13:00｜心经当令

Wushi · Solar Noon｜Heart Meridian

音声疗愈（个案）｜Sound Healing (Private Session)

阴气初生，心经当令，最宜静卧。琴床低频引心火下降，颂钵共振令心肾相交。 Yin qi first born, heart meridian in command—ideal for lying still. Sound bed's low frequencies draw heart fire down; singing bowl resonance unites heart and kidney.

时间｜Time：11:00–12:00

地点｜Location：正悟堂疗愈室 Zhengwu Hall Healing Room

须提前一日预约｜Book one day in advance Book one day in advance

费用｜Fee：详询疗愈顾问 Inquire with Healing Consultant

疗愈后｜Post-healing: 心气未全醒，午膳需温和承接。 Heart-mind not yet fully awake; midday meal should be gentle and supportive.

未时 · 日昳 13:00–15:00｜小肠经当令

Weishi · Afternoon Decline｜Small Intestine Meridian

转化工坊（手作）｜Alchemic Workshop (Hands-On)

小肠主「受盛化物」，身体处于深度吸收模式。手作精细活（能量油调配/蜡烛/熏杖/手串），以手指分辨精微，训练身体觉察。 The small intestine governs "receiving, containing, transforming." The body enters deep absorption mode. Fine handcraft (energy oil blending / candle making / smudge bundles / crystal bracelets)—using fingers to discern subtlety, training bodily awareness.

时间｜Time：14:00–15:00

地点｜Location：此霎疗愈馆Cisha Healing Studio

费用｜Fee：详询疗愈顾问 Inquire with Healing Consultant

建议提前半日预约｜Half-day advance booking Half-day advance booking recommended

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申时 · 晡时 15:00–17:00｜膀胱经当令

Shenshi · Late Afternoon｜Bladder Meridian

申时茶会 + 排毒行｜Afternoon Tea & Detox Walk

膀胱主水液代谢，此时最忌躺卧。饮温茶，缓行林间，以微汗排午后浊气，忌久坐。 The bladder governs fluid metabolism—lying down is most forbidden now. Drink warm tea, walk slowly through the forest, using light sweat to release afternoon turbidity. Shun prolonged sitting.

时间｜Time：15:00–17:00

地点｜Location：温渡茶室 → 溪曲亭Wendu Teahouse → Xiqu Pavilion

酉时 · 日入 17:00–19:00｜肾经当令

Youshi · Sunset｜Kidney Meridian

晚餐｜Evening Meal

肾主藏精，此时需精微物质储备，为子时胆经生发奠基。 The kidney stores essence—now requires refined substance as reserve, laying foundation for the gallbladder meridian's generation at Zishi.

时间｜Time：17:00–19:00

地点｜Location：隐食坊 Yinshi Fang (Restaurant)

戌时 · 黄昏 19:00–21:00｜心包经当令

Xushi · Twilight｜Pericardium Meridian

颂钵晚课（共修）｜Singing Bowl Meditation (Group)

心包护心神，宜收不宜放。颂钵冥想，引心神归舍。连续45分钟声波沐浴。
The pericardium protects the heart-mind—gather in, do not disperse. Singing bowl meditation draws the heart-mind back to its abode. Continuous 45-minute sonic bath.

时间｜Time：20:00–21:00

地点｜Location：正悟堂Zhengwu Hall

费用｜Fee：详询疗愈顾问 Inquire with Healing Consultant

需预约，静默入场｜Reservation required, enter in silence Reservation required, enter in silence

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亥时 · 人定 21:00–23:00｜三焦经当令

Haishi · Resting Time｜Triple Burner Meridian

引睡仪式｜Bedtime Ritual

三焦通百脉，此时准备入眠。星辰汤备42°C草本汤（艾草+酸枣仁），引火归元。 The triple burner connects the hundred vessels—now preparing for sleep. Xingchen Pool prepares 42°C herbal soak (mugwort + sour jujube seed), drawing fire back to its source.

时间｜Time：21:00–22:00

地点｜Location：星辰汤 Xingchen Pool

22:00｜归房 Return to room

子时丑时 · 夜半 23:00–05:00｜胆经肝经当令

Zi-Chou · Midnight's Depth｜Gallbladder & Liver Meridians

万籁俱寂｜The Great Silence

全馆熄灯，恕不接待外务。众生当卧，以养阴初之气。若难寐，可溪曲亭听涧，不作思惟，仅听水声洗念。 All lights extinguished; no external affairs received. All beings should recline to nourish yin qi's inception. If sleep tarries, go to Xiqu Pavilion to listen to the stream—no contemplation, only water washing through thoughts.

预约通则｜Booking Guidelines

共修｜Group Sessions：巳时晨读、巳时晨课、巳时香道、申时茶会、戌时晚课 Group Sessions: Sishi Morning Reading, Sishi Morning Practice, Sishi Kōdō, Shenshi Tea, Xushi Meditation 无需预约，准时抵达，静默入场 No reservation required; arrive on time, enter in silence

个案｜Private Sessions：午时音声疗愈 Private Sessions: Wushi Sound Healing 须提前一日预约 Book one day in advance

手作｜Workshop：未时转化工坊 Workshop: Weishi Alchemic Workshop 建议提前半日预约 Half-day advance booking recommended

入住服务｜Arrival Service：脉轮检测 Arrival Service: Chakra Assessment 抵店即检，作为后续体验导航 Upon arrival, serves as navigation for subsequent experiences

静修空间｜Silent Spaces：七录草舍、溪曲亭、知北台 Silent Spaces: Qilu Cottage, Xiqu Pavilion, Zhibei Terrace 全天开放，无需预约 Open all day, no reservation needed

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此表之要义｜The Principle of This Schedule

上午升阳（动），午时养阴（卧），下午排浊（行），傍晚藏精（食），夜间敛神（静）。气血无冲突，时辰各归经。 Morning raises yang (movement), noon nourishes yin (reclining), afternoon releases turbidity (walking), evening stores essence (eating), night gathers spirit (stillness). No conflict between qi and blood; each shichen returns to its meridian.