

休养,生存之道

阴与阳,静与动,想与做,收与放,装与卸,减与增……此乃生命之循环。

我

们在未出生之前,在母体中休养;在未足够强壮之前,身体需要休养;在未足够聪慧之前,心境需要休养。当你处于修养之时,便是自我恢复之时,这是休养最简单而深刻的真谛。

英文单词rest,其词根和“measure of distance”或者哥特体“Rasta”有关,指的是标记英里数(距离),或是旅途的某一个阶段。当你的身体经历了一段距离的跋涉,或是思维进行了某些活动,便需要停下来休息,以复归平衡。显而易见。

放松、休息和睡眠构成了一个连续而渐进的休养过程,而激动、过分兴奋和失眠也是连续的活动过程,只不过前后两者正相反。然而,单向无休止的持续状态会造成活动过度,处于疲劳的不平衡状态并导致健康问题,这在现代社会屡见不鲜。

皮质醇是身体中和压力紧密相关的一种激素。当我们休息或睡眠质量不好时,

皮质醇的分泌量增多,人体生物钟就出现紊乱。例如清醒和休息时间不规律、过分担忧和思虑造成的失眠、连续加班或无节制玩乐……这些没有休息好的结果就是造成肌肉损伤、精神紧张、行为懒散、体质虚弱、浑身乏力,焦躁抑郁,有时候筋疲力尽却又精神亢奋。总之,百害而无一利。休息不足令精力点点耗尽。

最终,当我们意识到这种不平衡的状态时,可能会选择周末离家出行,预订一家好酒店或一次水疗来休息和放松。在办理了入住手续,收拾完行李后,心情似乎舒畅的很。然而,在漫无目的地调了一圈电视频道、打了几个给朋友问候的电话告知他们自己在度假、在泳池里游了几个来回、接受了一次精油疗程、吃自助餐满足口腹之欲之后,回到房间似乎无所事事,又忍不住打开自己的电子邮箱……最终打破了放松的假期计划,忙碌和紧张始终环绕左右。

这能说得上是良好的休养么?

于是,我们又用食疗、中草药、酒精、甚至药物进行辅助治疗,稍有常识的人都知道这治标不治本,问题并没有最终解决。当我们醒着或准备入睡时,脑子里总会不停地出现昨天的悔恨和明日的担忧,这简直糟糕透了。

有人将睡眠与死亡作联想,事实上不无道理。过度耗费精力后的过劳死均为“一睡不起”,早衰和早亡也往往因为睡眠不够。生命就如同燃烛,两端同时燃烧,后果不堪设想。

我们渴望真正的休养,追求宛如婴儿般纯粹无扰的睡眠,这样才能让一驰千里逐渐消逝的能量再次缓缓注入体内。这是一个把自己放空的过程,卸下身体、精神的防卫,如同居家无人纷扰般的自在。此时,我们无需急流勇进,要做的是顺流而行、随波逐流,任意而随意。

那么,如何才能获取我们迫切需要

的“休养”呢？答案既复杂又简单。

自从人类开始利用火而后又发明电以来，便能够在黑暗中继续活动，在寒冷中保持温暖，这改变了人类最原始的生物钟，也令人类生活发生巨变。现代高科技如电视、游戏机等出现，同火和电一样，再次改变了生活，这也令“休养”变得困难而复杂。

传统中医认为，白天正午，心脏控制血液的流动；夜晚，肝脏储存血液。这种阴阳论在某种程度上也是人体生物钟运动原理的延伸。顺从我们自身的生物钟来作息，则是学习如何休养的好方法。每隔两小时左右，人体器官和经络系统的能量就会最大化，之后再逐渐衰退而产生疲劳感。要在自己的能量曲线最低点来抽时间让自己放松、休息和睡眠，而不是继续埋头苦干，就会有非常好的“休养”效果。

虽然当今世界以业务绩效来衡量一个人的成功，但这给我们带来的往往是源源不断的紧迫感和无穷无尽的劳作，甚至令休养仿佛都成了一种奢侈和罪恶。但，一定要牢记：休息和睡眠是人的基本需求，身体永远是革命的本钱。

然而，要达到真正的“休养”绝不仅限于遵守生物钟。我们要在生活中为“休养”创造条件：例如独处和安静，创造更多的空间给自己，放弃咖啡因和任何非自然方式的助眠，避免外部世界的过度刺激；眺望远方，让眼睛缓解疲劳，从而到身体和精神的放松；平躺在床上或沙发上缓缓地做腹式呼吸，一切以自我为中心，感受自己身体各部分在放松状态下慢慢松弛……

用一个非常简单的词来归纳：顺其自然。要入睡时，就要如溪水一般，顺势流淌，顺其自然。李小龙说：“要和水一样”。老子说：“上善若水”。

要注意的是，休息并不等同于睡眠，休息更重质量，并非取决于时间长短。足够的休息不能成为懒惰的借口，若能在醒着的时候也适时进入适合自己的“休养”状态，才是最英明的。高境界的“休养”是每天循序的，自然而然地穿插于作息之间，身心皆“养”，自然而不留痕迹的“养”，是善待自己，也是对家人、朋友、事业的真正负责。

怎样获得最好的休息

- 1) **昏暗的环境**：相比其他因素，光线对于生物钟的影响最大。褪黑素，是一种当我们暴露在光线中时通过调节血液水平来使我们放松的物质。而当你想继续熟睡时，就需要让周遭保持黑暗。
- 2) **安静**：外部安静我们无法控制，但我们可以使自己的内心安静下来。心静则身静。
- 3) **干净整洁**：房间的干净整洁状态反映了人的精神状态。保持你的睡眠环境干净整洁。
- 4) **重置饮食和清洁习惯**：要想休息好睡得好，晚餐就要吃得清淡一点。
- 5) **严禁饮食无度来对付时差**：有的人长在时间飞行中，仅喝水不进食。飞机落地后，饥饿感就会涌来。但记得在吃了高热量的东西后按时睡觉并不是一种健康的做法。
- 6) **限制或避免摄入咖啡因和酒精**：两者都会对休息造成不好的影响。摄入过多会导致睡眠紊乱。
- 7) **15分钟肌肉运动**：每次一组肌肉运动，首先从脚趾开始，然后逐渐沿身体向上进行。在每次收缩和放松之间，要深呼吸。
- 8) **尝试夜间补镁**：在中药材里，它们

肯·罗森，著名水疗和中医专家。自从20余年前被诊断为癌症后，他开始自行研究医学，并获得了中医药学博士学位。同时，他也和安德鲁·威尔、保罗·皮兹福特等知名作者合作密切。

常被用来安心神。镁有助于放松肌肉并深入睡眠。

- 9) **睡前，专注于呼吸**：长长地、缓慢地、深入地呼吸。将气吸入腹内，并想象缓慢地传递到身体各部位。
- 10) **放松眉毛，解放眼睛**：让脑海中所有的紧张都通过眼睛释放出去。仅仅眨眼数下或是转动，就可以将内部之风释放，有助于深层休息。
- 11) **远离媒体**：工作到一定时间后，停止触动鼠标，拿下耳机，放下智能手机、游戏机和报纸。限制花在电子设备上的时间。出去走走，在公园里坐坐，看看风景。
- 12) **漫步**：尝试无目的地旅行，随意走走，或随意开车，骑车四处兜兜。
- 13) **按摩**：让自己有机会享受一次放松的按摩。将英文单词Sleep反写的话就是Peels，意为剥去一层劳累的皮，经常按摩有助消除紧张和减缓压力。
- 14) **针灸**：研究已反复证明针灸有镇定、消炎的作用。作为一种治愈失眠和其他由压力造成的紊乱现象的方式，针灸的有效作用已得到了世界卫生组织的认证。
- 15) **打盹**：休息的质量要比睡眠时间的长短更加重要。
- 16) **多多睡觉**：但要限制醒来后在床上的赖床时间。
- 17) **祷告，冥想和锻炼**。
- 18) **不要害怕做梦**。

Rest

Yin and Yang. Rest and activity. Being and doing. Charging and discharging. Loading and unloading. Austerity and growth. It's all part of the cycle. By Ken Rosen M.T.C.M L.Ac

Before we pushed ourselves out of our mothers, we were at rest.

Before we can be strong in our bodies, we need rest. Ask any athlete.

Before we can be efficient in our minds, we need rest.

The most simple and profound truth about rest is this: When you rest, you heal.

The word root for rest relates to a "measure of distance" or a Gothic "rasta": a mile marker, stage of a journey. After you go a distance or do some activity in your body or mind, you need a rest for balance. Simple to understand.

Relaxation, rest, and sleep are all part of a continuum. Just as being active, over-active, and insomnia are, but just in the opposite direction. Activity is infinite, so too is rest.

The problem is we overdo things and chronic imbalance sets it. The pattern is all too familiar to modern life; too much activity, too little rest. Draining our batteries; little time to truly recharge.

Cortisol, the main hormone associated with stress levels in the body, rises when we do not get quality sleep and rest. The symphony of the genetic body clock becomes atonal music creating tightly wound muscles and tense minds.

Waking life and rest blur together; leaving us tired and wired at the same time. Our nerves waste from worry; our



bodies exhaust from lack of rest, work suffers as do our relationships. We become loosely wrapped; strung out and tired fueled mostly by caffeine and sugar to help keep the whole charade spinning around.

When we finally acknowledge this imbalance, we might book a weekend away holiday at a beautiful hotel and spa to rest and relax. Once we check in, unpack; our minds wander.

Flip the TV channel, go for a spa treatment, swim in the pool, eat at the buffet, time on the treadmill, surf the net, and check e-mail again. The pattern of restlessness haunts us from our regular busy lives even while away on vacation.

Often we use food, herbal medicine, alcohol, or pharmaceutical drugs to help calm us down so we can rest, feel relaxed,

and get some deep sleep. Of course, any sensible person realizes that all of these compensations are short term solutions for a long-term problem. Sort of like putting a lid on a boiling pot of water, and we all know what happens when we do that.

Authentic rest is what we yearn for. Childhood sleep, feeling relaxed while refreshed, and clear-minded is what we are all after.

Rest is a process of emptying out, letting down our guards, charging up, and feeling at home within ourselves.

During our waking life, we often paddle upstream through the days. When we rest and sleep, we go with the current; drifting off, letting the stream take us away.

So, how do we get the rest we so desperately need?

The answer is complex and simple at the same time.

Since mankind was able to harness fire and later electricity, we could stay up in the dark and keep warm in the cold, thereby offsetting our natural clocks. Now, screens and touch-pods of every fashion promise to illuminate our lives for us. That is the complex part.

Following our natural body clocks is a good start for learning more about how to rest. The body clock according to Traditional Chinese Medicine is more of the simple part.



Willow Stream Spa at Fairmont Peace Hotel

Greet the Dawn of the New Spa Experience

The award-winning Willow Stream Spas are unexpected sanctuaries inside Fairmont Hotels and Resorts in the world's most beautiful places. We proudly add China to our list of locations with magnificent spas opening in Kunshan, Shanghai and Beijing.

Drawing inspiration from nature, local traditions and the energy from the land, Willow Stream Spas are uniquely designed so you can relax in solitude or in the company of friends and loved ones.

Our signature treatments help you unwind with unique rituals and the majesty of our surroundings. Find your energy at Willow Stream Spa, China.



WILLOW STREAM
A FAIRMONT SPA



find your energy

AFRICA: Fairmont Zimbali Resort; ASIA: Fairmont Beijing, Fairmont Peace Hotel, Fairmont Singapore, Fairmont Yangcheng Lake; EUROPE: Fairmont Le Montreux Palace, Fairmont Monte Carlo; MIDDLE EAST: Fairmont Nile City; NORTH AMERICA: The Fairmont Acapulco Princess, The Fairmont Banff Springs, The Fairmont Empress, Fairmont Mayakoba, Fairmont Pacific Rim, Fairmont Scottsdale Princess, The Fairmont Sonoma Mission Inn & Spa, The Fairmont Southampton

To find your energy, visit www.willowstream.com

Each 2 hours maximizes energy in the organ systems and associated meridian. Giving us insights into how to better live, eat, and rest. As an example of good opposites within this clock, the time of liver is 1:00-3:00am. A great deal of bodily blood goes deep within the liver during the dark of night when we are at rest; cleansing and taking inventory. When we wake, blood flows slowly but then as the heart's energy becomes maximal between 11am – 1pm; blood freely flows throughout the body. In TCM, the heart masters blood during the day (highpoint of sun) and the liver stores blood during the yin of the night. Simple, basic, but Yin/Yang theory is echoed in the bio-clock's rhythm.

Real rest is more than body clocks whether from bio science or Traditional Chinese Medicine.

Giving ourselves permission to relax,

rest, and gain deep sleep is a much bigger issue. The modern world always beckons us with busy-ness, but giving ourselves permission to feel restful is nothing to feel guilty about during our waking life or when we sleep.

We should make more space in our lives for solid rest, space, stillness, and avoid over-stimulation by media, caffeine, and modern life. Take a moment for a deep belly breath. Look away from the screen. Stare out into infinity and soften your glare.

The answer to feeling relaxed and rested finally boils down to two simple words:

Let Go.

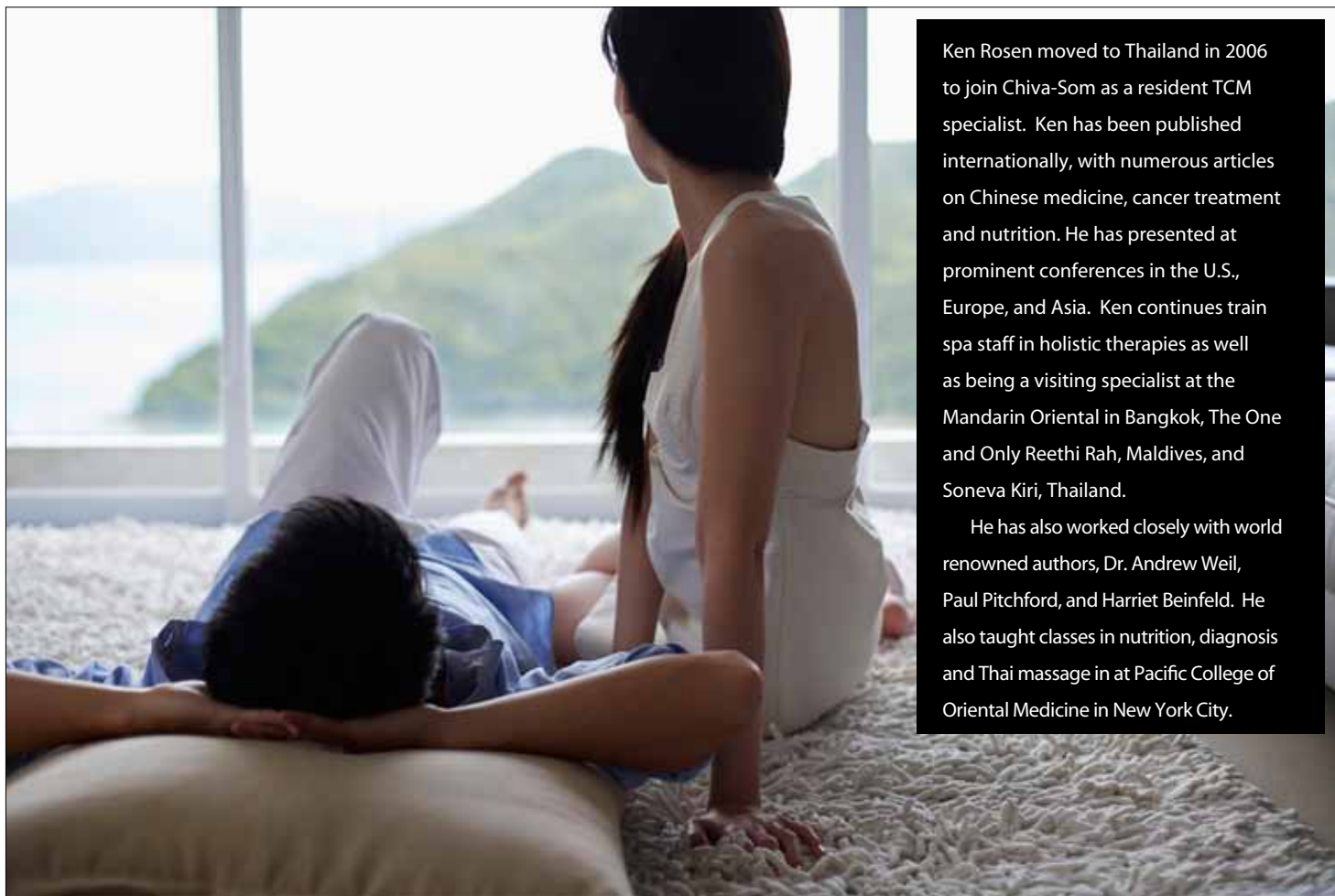
Restless minds over yesterday's regrets and tomorrow problems keep us from letting go when we want to sleep and also when we are awake.

When we let go, we go with the stream of life. We let life carry us; instead of battling our way upstream. We can feel more relaxed during our waking life, more at peace with what is. Your boat feels turned around in the stream.

When time to sleep, the more we can let go, the more we can access this infinite stream that lays waiting for us when we are at rest.

Unlike sleep, rest is more about quality than quantity. Being at rest while we are awake helps move with the stream of life, instead of fighting against it. As the Tao Te Ching echoes: "All streams flow to the sea because it is lower than they are. Humility gives it its power." – chpt 66

It's no mistake that rest and sleep are often used as a metaphor for death. The bitter irony is that if we burn the candle at both ends too often; the candle burns too



Ken Rosen moved to Thailand in 2006 to join Chiva-Som as a resident TCM specialist. Ken has been published internationally, with numerous articles on Chinese medicine, cancer treatment and nutrition. He has presented at prominent conferences in the U.S., Europe, and Asia. Ken continues train spa staff in holistic therapies as well as being a visiting specialist at the Mandarin Oriental in Bangkok, The One and Only Reethi Rah, Maldives, and Soneva Kiri, Thailand.

He has also worked closely with world renowned authors, Dr. Andrew Weil, Paul Pitchford, and Harriet Beinfeld. He also taught classes in nutrition, diagnosis and Thai massage in at Pacific College of Oriental Medicine in New York City.

fast and extinguishes too early.

When we take a weekend holiday, a rest, a deep breath, or make some time for recreation; we recreate ourselves. Giving our bodies and minds a rest is essential medicine.

Taking more rest is not a license for laziness though. Get out there and sing your song. Enjoy life. In the words of Bruce Lee, "Be like water."

Real rest really is the best.

- 1) Dark room. Light affects your genetic body clock more than anything. Melatonin, the hormone responsible for relaxing us swings in blood levels as we are exposed to light. So, let some light in if you want to wake up, keep it in the dark, if you want more deep sleep.
- 2) Quiet. Outside quiet may not be within our control, but our personal inside quiet we can work with. Rest the mind and the body will follow.
- 3) Clean and uncluttered: "The state of the room reflects the state of the mind." Keep your sleeping area clutter free and hygienic. Clear bed-side tables of electronics, books, pens, medicine. A few pictures of family, friends, and pets can help sometimes. If not, keep it clear.
- 4) Re-set your clock with dietary cleansing. Insulin, the sugar and carbohydrate hormone, gets less efficient as the day goes on. To help you rest and get deep sleep, eat a lighter dinner. Old nutrition saying still makes the most sense: "Breakfast like a King, lunch like a queen, and dinner like a beggar."
- 5) Strict dietary fast for jet lag remedy. For long haul flights, drink only water. Eating nothing. After your jet plane lands and when hungry at regular meal times: Eat! Likewise, going to bed on

Chapter 52

Seeing into darkness is clarity.

Knowing how to yield is strength.

Use your own light

And return to the source of light.

This is called practicing eternity.

“用其光，复归其明，无遗身殃，是为习常。”

Chapter 26

Thus the Master travels all day without leaving home.

However splendid the views,

She stays serenely in herself

“是以圣人终日行，不离輜重。虽有荣观，燕处超然。”

To act without needing a reason, to sit still without knowing how, to ride the eternal wave of what is this is the primal virtue.

- Translated by Stephen Mitchell in The Second Book of the Tao, Penguin Press, New York, 2009

“行无矢，坐无因，乘浪而行，所谓美德也。”

——引自斯蒂芬·米歇尔编译的《道》第二版，纽约：企鹅出版社，2009年

a regular basis from caloric overload is not a healthy practice.

- 6) Limit or avoid your caffeine and alcohol intake. Both have opposite effects. Both have disturbed sleep effects when taken in large dose. They are medicine first and foremost; a beverage second.
- 7) 15 minutes of muscle tightening and relaxing exercise. One muscle group at a time, starting with tightening and relaxing your toes, working your way up the body, one muscle group at time. Deep breath in between muscles groups.

- 8) Consider taking Magnesium at night. Minerals are heavy, yin, and grounding in nature. In TCM, they are used to help calm and anchor spirit. Magnesium, taken by itself, helps relax muscles and provide deep sleep.
- 9) Focus on your breath before bed. Long, slow, and deep. Breathe into your belly and push breath gently down to your feet.
- 10) Unclench your eyes brows. Let go of your eyes. Completely let go of any tension in your mind through your eyes. Your eyes may blink and shake for a few minutes but this will provide the needed release of "internal wind" for deep rest.
- 11) Media fast. Stop scrolling, take out the headphones, put down smart phone, touch-pod, newspaper, or remote control. Limit how much time you spend with electronics. Go for walk. Sit in a park. Attend an activity class. Look at the horizon. Stop fidgeting.
- 12) Wander. Modern life is far too A to B. Be more concerned with trip than destination; even while waiting for a taxi, connecting flight or bus.
- 13) Massage. Give yourself permission and let a great massage unwind you. Sleep spelled backward is Peels. Regular massage peels away the tension.
- 14) Acupuncture: Again and again, acupuncture has been proven to have a calming, anti-inflammatory effect. It is endorsed by the World Health Organization as a proven method for insomnia and other stress related disorders.
- 15) Micro naps! Remember the quality of rest is much more important than quantity of sleep.
- 16) Welcome sleep, but limit your time in bed. Get out there and sing your song.
- 17) Pray, meditate and exercise.
- 18) Don't be afraid to dream.