

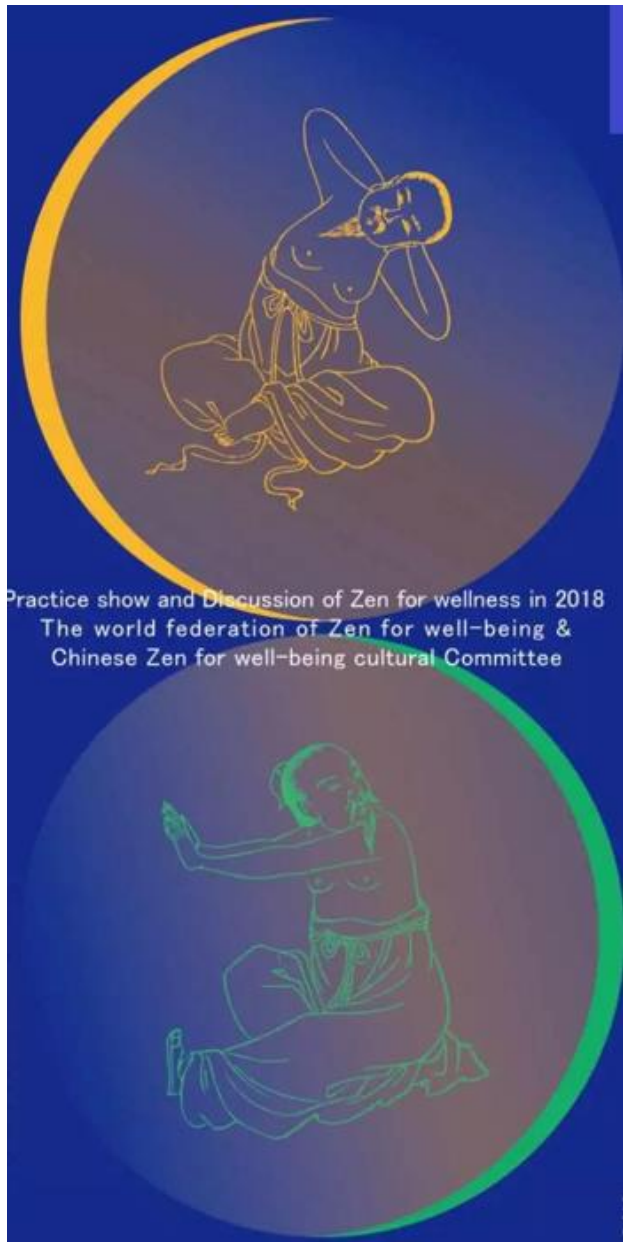


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## Distinguish between the heat and cold of the plague and the tonify of healthy qi



Haisheng Zhang [1,2]; Xingyi Zhang[1]; Ven.Yanlin [3]

[1] Dean of Integrative Health Medicine College at the University of East-West

[2] Founder of National Integrative Health Inc.

[3] Executive Chairman of the World Federation of Zen for Well-Being (Chan Yang) & Head of Shaolin Temple Supervisory Institute and Shaolin Pharmacy

The "Treatise on Suwen and Thorn Law" first recorded the plague, pointing out: "The five plagues are all easy to infect, regardless of size, and the symptoms are similar..." "Suwen Instinctive Disease" chapter: "The yin does not abdicate, that is, the wind rises early, the rain does not fall, the wet order does not change, the people's disease is warm

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and epidemic, and the defects." Fengsheng, people's diseases are joint pain, head pain, heat and internal trouble, dry throat and drinking. He pointed out that the plague is contagious, epidemic, similar in clinical manifestations, and climate-related, and believes that as long as "positive qi is preserved", it can "avoid its poisonous gas". Wang Bing's later "Suwen" posthumous passage of the Tang Dynasty believes that the temperature epidemic has a certain relationship with the abnormal changes of the five licks and six qi, so it is known as the "five plagues" and "five furuncles" of the golden plague, wood plague, water plague, fire plague, and soil plague. It shows that the ancients have realized that the cause of the warm epidemic is different from the general six evil spirits, but a kind of epidemic poisonous qi.

**Plague is the cold and wet poison of aquatic crustaceans, and epidemic is the heat poison of fur animals**

Traditional Chinese medicine is to separate the plague and the epidemic argument, pestilence is a cold and wet thing produced by bacteria or viruses, generally with shells of animals, and organisms in the water brought by the bacteria caused by a large area of disease, called plague, for example, our new crown virus this time is like the cold environment, is the plague. Epidemic is a virus brought by fur



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organisms to cause disease called epidemic, this kind of viral heat, like hot environment. For example, diseases caused by bacteria brought by rats, pigs, cattle, chickens, dogs and other animals are generally called plague, swine plague, rabies, avian influenza, swine flu are all epidemics, sexual heat.

Therefore, if it is a person with cold and humidity, it is definitely more likely to suffer from pestilence, or poor resistance to this type of virus, and if it is a person with a hot body, it is poor resistance to the epidemic. Therefore, Western medicine is to study the characteristics of viruses, what viruses use what medicine; Traditional Chinese medicine does not matter what virus you are, what changes is the cold and hot environment of the human body, solid foundation Peiyuan is the key, as long as my physique is strong, what virus comes, I am not afraid. So this time the new crown has many people are asymptomatic infections, it is because these people are warm, the new crown virus is not suitable for such an environment, they can bear the pressure of the virus, on the contrary, the body is cold, the cold people can not resist.



Why did the original SARS die naturally when the spring blossoms? And this time the new crown has not died for so long, the root cause is human reasons, people like to drink ice, eat ice, stay in the humid environment created by air conditioning, which gives such a new crown virus that loves humidity and cold have an opportunity. In addition, I like to eat various animal products, which is also an important reason for physical changes. It is recommended that everyone start a vegetarian diet, and without killing, the anger of these plagues will be reduced.

### **Epidemic gas and bad temper**

Cao Zhi's "Saying Epidemic Qi" records that "in the twenty-second year of Jian'an (217 AD), boils were epidemic, and there was zombie



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pain in the family, and there was a crying mourning in the room. Or close the door and die, or overturn the family and die. Or think: the epidemic, the work of ghosts and gods. This is the loss of yin and yang, the wrong time of cold and summer, it is the epidemic, and the fool is tired of it, and it can also be laughed. It depicts the tragic situation of the epidemic and clearly points out that the "epidemic of furuncles" is not "caused by ghosts and gods", but is caused by "yin and yang out of place, cold and hot at the wrong time".

Wu, a physician of the Ming Dynasty, could witness the tragic situation of the epidemic epidemic at that time, and on the basis of the relevant expositions of his predecessors, he conducted in-depth and detailed observation and discussion on the warm epidemic. His book "On the Warm Epidemic" is a monograph on the warm epidemic in China, and it has a detailed discussion of the warm epidemic. It is believed that "the warm epidemic is a disease, whether it is wind, cold, heat or humidity, but a different feeling between heaven and earth." It is pointed out that the causative agent of the warm epidemic is "foreign qi", also known as "epidemic gas", "furuncle gas" and "bad qi", which is a pioneering insight into the cause of the warm epidemic. Wu believed that anger was material and could be subdued with drugs. Although the anger is "intangible to be sought, invisible to the image,



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silent and odorless, how can it be seen and smelled", it is an objectively existing substance, and further points out that "the substance can control the qi and the medicine." "Anger invades the body through the mouth and nose. It is believed that "evil enters from the mouth and nose" and is infected with bad temper, "there is a natural suffering, there is contagion, although the feeling is different, its disease is one." After the human body feels bad temper, whether it causes disease depends on the amount of bad temper, virulence and human resistance. It is pointed out that "those who have a deep sense of it are in the middle and forth, and those who have a shallow sense are not victorious and fail to speak"; "His age is strong, no matter how strong or weak, those who have weakened their righteous qi will be sick when they touch it"; "The essence is full, the evil is not easy to enter, the original qi is in deficit, between the breath, the external evil is taken advantage of."

Epidemics caused by bad temper have different manifestations of pandemic and sporadic nature. The disease caused by anger has different regional and temporal situations. In addition, due to the different types of bad temper, the diseases caused by them are also different, and the organs invaded are also different. It is considered that "... For all kinds of diseases, it is the difference of knowledge." It is





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also pointed out that human diseases and animal plagues are caused by different temperaments.

Wu Youke also created many unique and effective anti-epidemic remedies in "The Theory of Warm Epidemic". "Theory of Warm Epidemic" is in China's medical literature

Sui Chao Yuanfang's "Theory of the Origin of Diseases" When discussing the plague, it is still said: "Its disease is similar to the disease of time, temperature, heat, etc., all of which are within one year, when the solar terms are not harmonious, the cold and the heat are obedient, or there are storms and rains, and the fog does not disperse, and the people have many diseases." The disease is not long, the rate is similar, if there is a ghostly qi, so the cloud epidemic is boiled. "

"Danxi Xinfu Plague V": "The plague, the general disease of all people, is also called the heavenly epidemic." "Its onset is acute and the evidence is sinister. If the furuncle epidemic is lurking in the recruiter, the cold and strong heat can be seen at the beginning, but the heat is not cold, the headache and body pain, the moss is white as powder, the tongue is red, and the pulse number is so on. The treatment is mainly based on Shuli Thoda, using Dayuan drink, three drinks and other methods. If the heat is hot and poisonous, the evil lurks in the



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stomach or hot burning blood, you can see strong heat and irritability, headache such as splitting, abdominal pain and diarrhea, or see blood, spots, confusion, tongue and moss scorching, etc. Cure the pestilence and detoxify, use the Qingwei poison drink, white tiger combined rhino horn cohosh soup and other recipes.

Cai Yong's "Arbitrary Decision" of the Eastern Han Dynasty, which first recorded the word "plague", said: "The god of epidemic: Emperor Zhuan has three sons, born and died as ghosts, one of whom lives in the river and is a plague ghost; One is like water, it is for the eel; One of them lives in the corner of the palace room, and is good at shocking children. So he ordered Fang Xiang, golden four eyes, covered with bear skin, Xuan Yi Zhu clothes, and Zhi Ge Yang Dun, often with the year and December from the hundred subordinates and children, to the palace, to drive away the epidemic ghosts. Yu Shiyu of the Qing Dynasty, the author of "Epidemic Rash One Gain", believes that the cause of epidemic rash is furuncle, pointing out that "one person gets a disease, infects one family, the light one has ten lives and eight nine, the heavy one has ten lives and one two, and within the realm, the rate is as large as that." According to the characteristics of the symptoms of the summer fever epidemic, the "cleansing pestilence and poisonous drink" party was



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created, focusing on the reuse of gypsum, which opened up a new situation for the dialectical treatment of warm epidemic.

In Chinese thought, "qi" is everywhere, but it is not a substance, so it can only be treated by "conditioning" to restore the balance of yin and yang, cold and heat; In Western concepts, they may also believe that poison gas is the cause of the plague, but they believe that this "gas" is a substance that can be observed, analyzed and studied.

It is recommended that everyone sit quietly for 30 minutes every day with their legs parallel, and try vegetarian food one after another to improve their cold and hot physique, so that the killing will be reduced, and the temper of the plague will be reduced accordingly.

**First Author:** Haisheng Zhang, Dean of the University of East-West Medicine Integrative Health Medicine College, Founder of the National Integrative Health Inc. Visiting scholar at Stanford University. Research direction: acupuncture and Tuina, Mind-Body Medicine, Former Postdoctoral of Harvard Mclean Hospital, China Academy of Traditional Chinese Medicine Science. M: 16692529974, Email: haisheng@stanford.edu

**Corresponding** author: Yanlin Shi, 1962.01.01, male, junior college



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Chinese pharmacy, visiting professor of northern Chinese Medicine, executive chairman of the World Meditation Federation, general manager of Shaolin Temple Supervisory Institute & Shaolin Pharmacy, vice chairman of Chinese Medicine Culture Research Association, researching human holographic natural immunity system, Email: [joss@vip.163.com](mailto:joss@vip.163.com);



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## Zen food Health-Diseases are treated with reduced food as a decoction

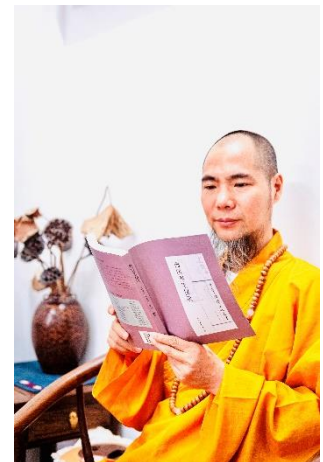
Haisheng Zhang [1,2] Zhenzhu Zhang[1]

Ven. Zhongming [3]

University of East-West Medicine Integrative Health  
Medicine College [1],

Stanford Center on China's Economy and  
Institutions(SCCEI) [2]

Xiamen Shi Shi Zen Monastery [3]



The Baizhang real Rule, a banner of Chinese Zen Buddhism and a guarantee for the enduring nature of Chinese Zen, speaks of "the jungle prospering with nothing, and the practice with chanting the Buddha as a steady. Perseverance is based on taking vows as the first, and disease is decoction with food reduction. Afflictions are liberated by forbearance of humiliation, and liberation from right and wrong; Language is reduced as straightforward, and kindness is used as virtue in the elderly. "So we see the Buddha's approach to treating diseases: diseases are reduced in food as a soup medicine.

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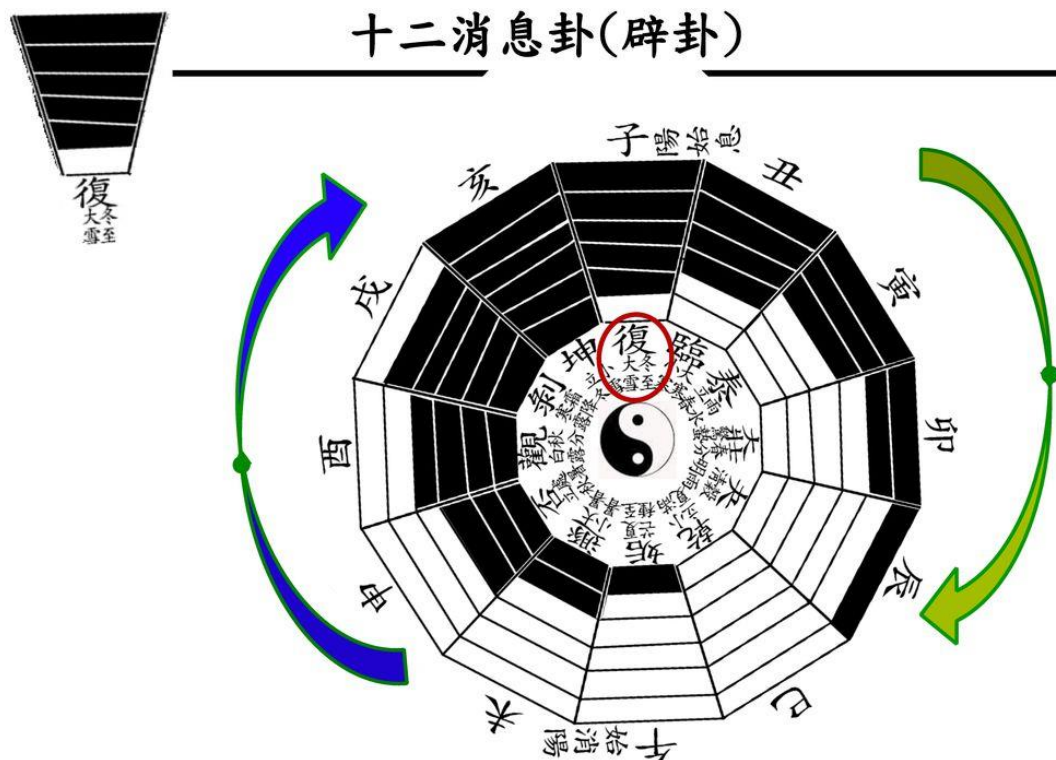
### **First, reducing food is not fasting**

Often girls diet or even fast in order to lose weight, in fact, weight loss itself is a kind of vanity, a kind of infatuation and delusion at work, dieting for weight loss, extremely harmful, the consequences are nothing more than two: one is excessive hunger, spleen and stomach damage, never want to eat, people become sluggish, limbs are weak, although they have lost a little, but they are already unhealthy, is sick thin; Either the spleen and stomach are not hungry, and when they are very hungry, they can't help but overeat, and the result is fattening.

The theory of dieting and fasting in Chinese medicine believes that the human body takes the spirit of energy as the basis of the human body, pays attention to the essence of not thinking about lewdness, not thinking about food until the spirit is full of sleep, fasting and valley opening must be on the basis of sufficient spirit, not to lose weight and satisfy their vanity to fast, is to gradually reduce their desires, and slowly reach the realm of Taihe who wants nothing. In fact, start with vegetarian food and one food in the day every day, and gradually from reducing food, in order not to blindly for vanity and establish a correct concept of practice. Even if you don't eat for a few years, greed and delusion are not eliminated and



seen, or you go to the valley for fame and vanity, and you are getting farther and farther away from the road of cultivation. It is recommended that the junior brothers who have just started or have poor physical fitness do not easily try to fast, but start from the reduction of food according to the recommendations of Dade, the most important thing is that when dieting and fasting, you need to have a quiet psychological state, otherwise dieting is harmful.



徐醒民《讀易簡說》漢注體例 <http://tclotus.net/tcbl/99move/up/shi/bookedit/02-2/fd000170.htm>  
<http://phoenix.my-life03.com/xoop/uploads/wp-content/uploads/2013/04/1020415-2.jpg>



**Second, my experience of not eating at lunch and fasting at  
the black pass**

Since 2014, I have been in the habit of skipping lunch, and even if there are some activities in the evening, I just sit there and chat, feel refreshed and sleep well. In May 2015, I was fortunate enough to organize more than 10 people to go to Xiamen Shimuro Zen Monastery for a five-day fasting retreat, that is, not speaking at all for five days, closing in a room to meditate on oneself, and not eating for lunch. Five days felt like they had passed, and everyone had all kinds of wonderful feelings. Because it is to stop speaking, do not eat after lunch, through reducing food, meditation is very light and relaxed, during this period I read all the Buddhist medical books that can be purchased at present, especially for the thinking of the Buddhist medical heart method suddenly became clear, the three major types of diseases mentioned in the "Four Medical Classics": Qiao, Chiba and Bacon disease, and the greed and delusion of all sentient beings completely correspond to the meaning of Buddha as the king of great doctors, the Buddhist medical mental method is eliminated from the greed and delusion of the public, through the mind as a warning, altruism without self, Liberation from the perspective of life and death and other mental methods to achieve.





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At the end of the retreat, Master Zhongming, the abbot of the Zen monastery, mentioned that the retreat would quickly lose weight and repair the body. After meditating for more than 20 years, I decided to try the "retreat into darkness", where I spent seven days and seven nights in complete darkness, not eating, only drinking water, sitting quietly and listening to the sutras, and feeling life and death. From September 18 to 25, 2015, I was fortunate enough to go to Xiamen Shimuro Zen Monastery for the second time, this time the doors and windows were closed, and I experienced hunger, leg pain, body pain, reaching out and missing five fingers, etc. for seven days that I had never felt before, and because I listened to scriptures and Dharma while meditating, I had a comprehensive breakthrough and understanding of the overall framework of Buddhist medical health preservation and Buddhist medical heart method. The reason why I dare to try black guan fasting is because I have more than 20 years of vegetarian and meditation foundation, after entering the customs, I also guarantee to meditate for more than ten hours a day, usually and sleep with the blessing of medicine Buddha power, in addition to Chinese medicine fasting will also supplement some Chinese herbal medicine, I also brought some ginseng lozenges, but even so, there is still a relatively large physical and mental pain and panic



experience and experience, to the final physical and mental light peace process.

Beginners are advised to start with skipping lunch and vegetarian diets, while insisting on meditating every day. After a period of time, you can try to eat one day a week, that is, only one lunch in 2 to 4 hours, which is the precept of one food in the day formulated by the Buddha in those years, and it is also the cultivation method of Taoist immortality, which is completely related to the meridian flow injection and gossip health preservation of Chinese medicine, representing the law of health and longevity between heaven and earth.



First author: Haisheng Zhang, Dean of University of East-West



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Medicine Integrative Health Medicine College, Founder of the National Health Medicine-Silicon Valley. Research direction: acupuncture and Tuina, Mind-Body Medicine, Former Postdoctoral of Harvard Mclean Hospital, China Academy of Traditional Chinese Medicine Science

Zhenzhu Zhang:

Research direction: Meditation, Acupuncture Herbs channels and meridian treatment urgent pain patient. Tel: +1 408.599.6236; Email: usacu2019@gmail.com . graduated University of East-West Medicine 2018.

Work clinic: zzz Acupuncture clinic; 2062 Walsh Ave , Ste B2, Santa Clara CA 95050

**Corresponding author: Ven. Zhongming:** The Abbot of Xiamen Shi Shi Zen Monastery; The Standing Committee Member of Xiamen Municipal (Haicang District) Committee of the Chinese People's Political Consultative Conference (CPPCC); The vice president of Xiamen Buddhist Association ; The Member of Xiamen Municipal Committee of the CPPCC. Email:838501891@qq.com; Mobile:13030888885



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## Nine months of experience in treating new Covid-19 patients from five elements and six-energy and numerology analysis

Haisheng Zhang [1,2] LiangSong Li [3]

University of East-West Medicine Integrative Health

Medicine College [1],

Stanford Center on China's Economy and

Institutions(SCCEI) [2]

Beijing University of Traditional Chinese Medicine College [3]



In the United States, most patients who came to the clinic this year have had a positive experience, even 2~3 times of catching Covid-19, strong resistance, without a big reaction. Although the virus easily triggers the patient's original weak lesion site, the actual positive patients show more of their original diseases, such as heart disease, kidney deficiency, leg pain, liver and spleen irregularities, stomach bloating, etc. It is mainly related to this year's five luck and six qi.

1. Positive 29-year-old patient with anxiety and depression

In May this year, a patient who had been positive twice last year came to the doctor, and his symptoms were severe pain in his left shoulder,



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anxiety, and depression for several years, and he had been taking medicine to control it. Diagnosed with heart and kidney disengagement, liver depression, and stagnation, heart discomfort is mainly due to vaccines and new crown sequelae, coupled with the original anxiety and depression, resulting in physical pain. In the treatment, because the left shoulder is the heart reflex area, the focus is on unclogging the heart and liver meridian, combined with meditation, improving diet and living, and learning to relax. The effect occurred right away. In the following seven months, the patient continued to come to the treatment almost every week to consolidate the result, and the patient had never done acupuncture treatment before. Since then, he has gradually become a big fan of Chinese medicine.

The patient's birth date is a white American: 1 April 9,993 at 1:15, five luck and six qi are fire (cold victory), luck is lack of water and wood, heart yang and kidney yang is not enough, and the phase is hot and has the constitution of kidney yin deficiency.



公历 (阳历) 出生时间: 1993年4月9日

**主运:**

“火不及”之年

**司天:**

“阳明燥金”司天

**在泉:**

“少阴君火”在泉

**二之气 (主/客):**

少阴君火/少阳相火

**体质综合分析:**

“偏热、偏阴虚，较重的热性特异体质”体质

**阴虚体质典型特征:**

面红、咽干口渴，舌红少苔，五心烦热，潮热盗汗，头晕目眩，失眠多梦，两眼干涩等.....

In numerology, the lack of fire in Nayin will show that the heart and kidney yang are insufficient, and the Nayin yin water and yin gold will show lung and kidney deficiency.

癸	丙	庚	丁
酉	辰	申	丑
排盘	大运	流年	神煞
伤	杀	日元	官
乾造	癸酉 丙辰	庚申	丁(子丑空) 丑
藏干	辛劫 乙戊癸 才枭伤	戊庚壬 枭比食	癸辛己 伤劫印
地势	帝旺	养	临官 墓
纳音	剑锋金	沙中土	石榴木 洞下水



### 2. Judge the natural sin of disease and human transgression

"Lingshu Ben Shen" replied: All the laws of thorns must first base on God. The sin of heaven and man? The heaven is in my virtue, the earth is in me, and the virtuous are born and born. The so-called natural sin is the patient's genetic five elements and six energy and numerology five elements. This article only considers the five elements of Nayin and does not consider the eight characters and five elements, for the time being to avoid being too complicated). The so-called human life is the day after tomorrow caused by everyone's living and eating, stress, overdraft, and some destructive behaviors caused by the lack of virtue.

This patient was born with five elements, mainly in the heart and kidneys, acquired excessive pressure, overdrawn body, too cold food, and infected with the new crown. But the sequelae are especially congenital deficient heart and kidney, after acupuncture, meditation treatment, quickly alleviated. Moreover, in the middle of three months, the injuries to muscles and soft tissues were relieved promptly after acupuncture and other treatments because of the exercise of weights and other equipment in the gym.

Therefore, from the perspective of five elements and six energy, numerology, and pulse, the new crown infection did not directly harm



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the patient. But only once aggravated the patient's original heart and kidney disengagement symptoms. Therefore, pay attention to the prevention of the actual disease, go to bed early and get up early, sit still every day, combine aerobic exercise such as running, improve immunity, and basically do not have to worry too much about the sequelae.

First author: Haisheng Zhang, Dean of University of East-West Medicine Integrative Health Medicine College, Visiting Scholar at Stanford Center on China's Economy and Institutions(SCCEI). research direction: acupuncture and Tuina, Mind-Body Medicine, Former Postdoctoral of Harvard Mclean Hospital, China Academy of Traditional Chinese Medicine Science, Lam Family College of Business, San Francisco State University. M: 16692529974, Email: haisheng@uewm.

Corresponding author: eduLi Liangsong, Dean of the National College of Beijing University of Chinese Medicine, and a doctoral supervisor. Contact number: 13910174590, E-mail: 13910174590@139.com.