

# 禪修時辰( Meditation Hours )

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十二生肖 twelve earthly branches	時辰 time	臟腑時辰 the hours which concert with internal organs	較易心定時辰 the hours which easily calm down the mind	不易心定時辰 the hours which difficultly calm down the mind
鼠 rat	子(時)zǐ	23~1(點)膽 gall bladder	1~3   7~9   15~17	5~7   11~15   17~19
牛 ox	丑 chōu	1~3 肝 liver	23~1   9~11   17~19	7~9   11~15   19~21
虎 tiger	寅 yín	3~5 肺 lung	5~7   11~13   19~21	9~11   15~17   21~23
兔 hare	卯 mǎo	5~7 大腸 large intestine	13~15   19~23	23~1   7~9   11~13   17~19
龍 dragon	辰 chēn	7~9 胃 stomach	23~1   15~19	1~3   5~9   19~21
蛇 serpent	巳 sì	9~11 脾 spleen	1~3   7~9   17~19	3~5   15~17   21~23
馬 horse	午 wǔ	11~13 心臟 heart	3~5   13~15   19~21	23~3   5~7   11~13
羊 goat	未 wèi	13~15 小腸 small intestine	5~7   11~13   21~23	23~3   19~21
猴 monkey	申 shēn	15~17 膀胱 urinary bladder	23~1   7~9   17~19	3~5   9~11   21~23
雞 chicken	酉 yǒu	17~19 腎 kidney	1~3   7~11	23~1   5~7   17~21
狗 dog	戌 xū	19~21 心包 pericardium	3~7   11~13   21~23	1~3   7~9   13~15   17~19
豬 hog	亥 hài	21~23 三焦 triple warmer	5~7   13~15   19~21	3~5   9~11   15~17   21~23

時 辰	子	丑	寅	卯	辰	巳	午	未	申	酉	戌	亥
	23-1	1-3	3-5	5-7	7-9	9-11	11-13	13-15	15-17	17-19	19-21	21-23
臟腑時辰	膽	肝	肺	大腸	胃	脾	心臟	小腸	膀胱	腎	心包	三焦
鼠 rat		V		X	V		X		V	X		
牛 ox	V				X	V	X	X		V	X	
虎 tiger				V		X	V		X		V	X
兔 hare	X				X		X	V		X	V	V
龍 dragon	V	X		X					V	V	X	
蛇 serpent		V	X		V				X	V		X
馬 horse	X	X	V	X			X	V			V	
羊 goat	X	X		V			V				X	V
猴 monkey	V		X		V	X				V		X
雞 chicken	X	V		X	V	V				X	X	
狗 dog		X	V		X		V	X		X		V
豬 hog			X	V		X		V	X		V	X

V：表示易心定的時段 X：表示不易心定的時段

\* 本表僅供初學禪定者參考。可善用「較易心定時辰」來修禪定。至於「較不易心定時辰」只供參考，不必受拘束。( This table of “Meditation Hours” is only for the reference of beginner. Meditation at the interval of “the hours which easily calm down the mind” may improve beginner’s concentration.)

\* 生理方面：上午七點心律加快，體溫上升，血液流動加快，免疫力最強；上午十點是注意力和記憶力最高峰；下午三至四點是人體器官最敏感的時刻，手指靈巧；下午一至二點精神困倦；晚上十至十一點工作效率最低。

\* 「臟腑時辰」指在該相對應的臟腑經絡時辰坐禪(或推拿、針灸等)，有益該經絡之健康。另外，人的生肖及時辰的對應臟腑的功能較為虛弱。「心包」指圍護心臟外面的包膜，有保護心臟的作用。「三焦」指上焦(橫隔膜以上，含心.肺)、中焦(橫隔膜以下到臍，含脾.胃)、下焦(臍下，含腎.大小腸.膀胱)。“the hours which concert

with internal organs” indicates at that particular time practicing meditation(or massage, acupuncture, etc.) may benefit relevant internal organs. Moreover, one’s internal organs at his relevant earthly branch and at the hour which he was born will be relative weak. “Pericardium” which protects the heart is the membrane of the heart. Triple warmer protects internal organs, includes upper warmer (above diaphragm, including heart, lung), middle warmer (below diaphragm and up to navel, including spleen, stomach), lower warmer(below navel, including kidney, large intestine, small intestine, urinary bladder).



\* 禪修者的生肖，須依照中國農民曆來推算。Yogi’s earthly branch should be figured out according to Chinese lunar calendar.

鼠 rat	牛 ox	虎 tiger	兔 hare	龍 dragon	蛇 serpent	馬 horse	羊 goat	猴 monkey	雞 chicken	狗 dog	豬 hog
1936.1.23- 1937.2.10	1937.2.11- 1938.1.30	1938.1.31- 1939.2.18	1939.2.19- 1940.2.7	1940.2.8- 1941.1.26	1941.1.27- 1942.2.14	1942.2.15- 1943.2.4	1943.2.5- 1944.1.24	1944.1.25- 1945.2.12	1945.2.13- 1946.2.1	1946.2.2- 1947.1.21	1947.1.22- 1948.2.9
1948.2.10- 1949.1.28	1949.1.29- 1950.2.16	1950.2.17- 1951.2.5	1951.2.6- 1952.1.26	1952.1.27- 1953.2.13	1953.2.14- 1954.2.2	1954.2.3- 1955.1.23	1955.1.24- 1956.2.11	1956.2.12- 1957.1.30	1957.1.31- 1958.2.17	1958.2.18- 1959.2.7	1959.2.8- 1960.1.27
1960.1.28- 1961.2.14	1961.2.15- 1962.2.4	1962.2.5- 1963.1.24	1963.2.25- 1964.2.12	1964.2.13- 1965.2.1	1965.2.2- 1966.1.20	1966.1.21- 1967.2.8	1967.2.9- 1968.1.29	1968.1.30- 1969.2.16	1969.2.17- 1970.2.5	1970.2.6- 1971.1.26	1971.1.27- 1972.2.14
1972.2.15- 1973.2.2	1973.2.3- 1974.1.22	1974.1.23- 1975.2.10	1975.2.11- 1976.1.30	1976.1.31- 1977.2.17	1977.2.18- 1978.2.6	1978.2.7- 1979.1.27	1979.1.28- 1980.2.15	1980.2.16- 1981.2.4	1981.2.5- 1982.1.24	1982.1.25- 1983.2.12	1983.2.13- 1984.2.1
1984.2.2- 1985.2.19	1985.2.20- 1986.2.8	1986.2.9- 1987.1.28	1987.1.29- 1988.2.16	1988.2.17- 1989.2.5	1989.2.6- 1990.1.26	1990.1.27- 1991.2.14	1991.2.15- 1992.2.3	1992.2.4- 1993.1.22	1993.1.23- 1994.2.9	1994.2.10- 1995.1.30	1995.1.31- 1996.2.18
1996.2.19- 1997.2.6	1997.2.7- 1998.1.27	1998.1.28- 1999.2.15	1999.2.16- 2000.2.4	2000.2.5- 2001.1.23	2001.1.24- 2002.2.11	2002.2.12- 2003.1.31	2003.2.1- 2004.1.21	2004.1.22- 2005.2.8	2005.2.9- 2006.1.28	2006.1.29- 2007.2.17	2007.2.18- 2008.2.6