

# Eating as Embodied Practice: The HanFlow Food Manifesto

## 吃作为一种身体练习 —— HanFlow 饮食宣言

*A Philosophy of Mindful Eating Through the Five Tastes, Seasonal Awareness, and Attentive Presence*

——通过五味、季节觉察与专注临在的正念饮食哲学

Author: Zhenjiang Zhi

Affiliation: HanFlow Initiative

ORCID: 0009-0004-3176-4764

作者: 智振江

单位: HanFlow 发起项目

Version: 1.0

Year: 2026

License: CC BY 4.0

版本: 1.0

年份: 2026

许可: CC BY 4.0

## Abstract

This manifesto articulates a relational framework for everyday eating practices, arguing that food is not merely fuel but an embodied practice of attention and presence. Drawing on Chinese food philosophy, it introduces the HanFlow Table Model — a framework structured around four interrelated practices: five tastes awareness, seasonal alignment, the first bite, and continuity from preparation to bodily experience. Rather than prescribing dietary rules, the model offers perceptual lenses through which everyday meals become sites of attentional training and relational restoration. The manifesto reframes taste as sensory feedback, seasons as relational rhythms, and cooking as a way of inhabiting nourishment as felt experience. HanFlow is presented not as a cuisine or diet, but as a way of engaging with food that transforms ordinary eating into a reflective practice of embodied living.

## 摘要

本宣言为日常饮食实践 articulates ( articulates) 一个关系性框架，主张食物不仅是燃料，更是一种关系。2026 HanFlow. Licensed under CC BY 4.0.

Part of the HanFlow Series: Mindful Eating for Gentle Nourishment

2026 汉风 HanFlow. 采用 CC BY 4.0 许可。

属于 HanFlow 系列: 温和滋补正念饮食模块

注与临在的具身练习。借鉴中华饮食哲学，宣言引入了 HanFlow 餐桌模型——一个由四种相互关联的实践构成的结构框架：五味觉察、季节协调、第一口、以及从准备到身体体验的连续性。该模型并非提供饮食规则，而是提供感知视角，使日常餐食成为注意力训练与关系修复的场域。宣言将味道重新定义为感官反馈，将季节视为关系性节律，将烹饪视为作为滋养体验的栖居方式。HanFlow 不是作为一种菜系或饮食法呈现，而是一种与食物相处的方式，它将日常饮食转化为具身生活的反思性练习。

## Introduction

### 引言

We have forgotten how to eat.

我们已经忘记了如何吃饭。

Not the mechanics — we still put food in our mouths. But the experience itself? The felt sense of nourishment? The quiet conversation between what we eat and who we are? That has been lost.

不是吃的动作——我们依然会把食物放进嘴里。但吃本身的经验呢？那种被滋养的感觉？食物与我们自身之间安静的对话？那些已经丢失了。

We eat in front of screens, at desks, in cars, while walking. We eat without tasting, without arriving. The meal becomes background noise — something to get through before life begins.

我们在屏幕前吃饭，在办公桌前，在车里，在路上。我们买东西却不品尝，不真正抵达。餐食变成了背景噪音——一件在生活开始之前需要应付过去的事。

This is not a small problem. It is a separation — from our own bodies, from the earth that feeds us, from the ancient wisdom of eating well. We are well-fed and under-nourished. Full and never satisfied. Surrounded by food and starved for connection.

这不是一个小问题。这是一种分离——与我们自己身体的分离，与养育我们的大地的分离，与好好吃饭的古老智慧的分离。我们吃得很好，却营养不足。饱了，却从不满足。被食物包围，却渴望连接。

**HanFlow begins at the table.** It is not a diet. It is a relationship. Not a set of rules, but a way of returning — through food, through attention, through the simple act of showing up for a meal.

**HanFlow 始于餐桌。** 它不是一种饮食法。它是一种关系。不是一套规则，而是一种回归的方式——通过食物，通过注意力，通过为了一餐饭而出现的简单行为。

This manifesto is an invitation to return. Not to the past. Not to rules. To something simpler: your table. The next meal. The first bite.

这份宣言是一份回归的邀请。不是回到过去。不是回到规则。而是回到更简单的东西：你的餐桌。下一餐。第一口。

### The HanFlow Table Model

#### HanFlow 餐桌模型

*Before we begin, here is the framework that holds this philosophy together — four interlocking practices that turn any meal into a path home.*

在我们开始之前，先呈现支撑这套哲学的框架——四个相互交织的练习，让任何一餐都成为归家之路。

2026 HanFlow. Licensed under CC BY 4.0.

Part of the HanFlow Series: Mindful Eating for Gentle Nourishment

2026 汉风 HanFlow. 采用 CC BY 4.0 许可。

属于 HanFlow 系列：温和滋养正念饮食模块

Element	Practice	Question
Taste	Five tastes awareness	What tastes are here?
Season	Eating with the year	What is growing now?
Attention	The first bite	Am I fully here?
Continuity	From shopping to feeling	How does this land?
要素	练习	问题
味	五味觉察	这里有什么味道?
季	与年共食	现在什么在生长?
念	第一口	我全然在这里吗?
续	从购物到感受	这食物如何沉淀?

These four elements are not steps to master. They are doors to enter — any one of them, at any meal, can bring you home. **They are lenses, not laws.**

这四个要素不是需要掌握的步骤。它们是可进入的门——任何一个，在任何一餐，都能带你回家。**它们是视角，不是律法。**

## Section I | Eating Is Not Fuel

### 第一节 | 吃饭不是加油

Modern nutrition has given us gifts — understanding of deficiencies, disease prevention, longer lives. But it has also reduced food to numbers and eating to a metabolic equation. The body becomes a machine. Food becomes fuel. The meal becomes a refueling stop.

现代营养学给了我们礼物——对营养缺乏的理解，疾病预防，更长的寿命。但它也把食物简化成了数字，把吃饭简化成了代谢方程。身体变成了一台机器。食物变成了燃料。餐食变成了加油站。

This is not wrong. It is incomplete. The body is not only a machine. It is a living system — intelligent, responsive, alive. Food is not only fuel. It is information. It is relationship. It is a way of knowing the world and our place in it.

这不是错的。这是不完整的。身体不只是一台机器。它是一个活的系统——有智慧，有回应，有生命。食物不只有燃料。它是信息。它是关系。它是一种认识世界和我们在其中位置的方式。

**Here, nourishment is defined not by calories, but by relational experience** — the quality of attention we bring, the depth of connection we feel, the sense of aliveness that remains after the meal is done.

2026 HanFlow. Licensed under CC BY 4.0.

Part of the HanFlow Series: Mindful Eating for Gentle Nourishment

2026 汉风 HanFlow. 采用 CC BY 4.0 许可。

属于 HanFlow 系列：温和滋養正念飲食模块

在这里，滋養的定义不是卡路里，而是关系性的体验——我们带入的注意力品质，我们感受到的连接深度，餐后依然留存的鲜活感。

To eat with awareness is to step out of the machine. It is to treat the meal not as a task, but as a practice. Just as any attentive practice refines our capacity for presence — whether listening to music, tending a garden, or simply breathing — eating refines attention. It trains the capacity to be here, with this food, this body, this moment.

带着觉察吃饭，就是走出机器。就是把餐食不是当作一件任务，而是当作一种练习。正如任何专注的练习都能精炼我们临在的能力——无论是聆听音乐、照料花园，还是单纯地呼吸——吃饭也精炼注意力。它训练我们在此刻、与这食物、这身体在一起的能力。

## Section II | The Five Tastes Are a Language

### 第二节 | 五味是一种语言

For thousands of years, Chinese kitchens treated taste as guidance, not as entertainment. In **Chinese food philosophy**, the five tastes are not just flavors. They are a language — a way the body speaks to itself and to you.

数千年来，中国厨房把味道当作指引，而不是娱乐。在**中华饮食哲学**中，五味不只是味道。它们是一种语言——身体与自己、与你的沟通方式。

**Sour** gathers. It awakens digestion, pulls things together, prepares the system to receive.

酸收。它唤醒消化，聚集事物，让系统准备好接收。

**Sweet** harmonizes. It soothes, relaxes, builds, satisfies. It is the taste of nourishment itself.

甜缓。它安抚，放松，强健，满足。它是滋養本身的味道。

**Bitter** clears. It drains what is stagnant, sharpens perception, cuts through fog.

苦清。它排除淤滞，锐化感知，穿透迷雾。

**Pungent** moves. It creates gentle internal warmth, circulates energy, breaks up what is stuck.

辛散。它创造温和的内在温暖，推动能量，化解阻塞。

**Salty** grounds. It anchors, softens hardness, connects you to the earth.

咸润。它扎根，软化坚硬，让你与大地相连。

When a meal includes all five, the body receives a complete message. When we eat the same tastes meal after meal — sweet and salty, processed and packaged — the body stops listening. It goes numb. It forgets its own language.

当一餐包含所有五味，身体接收到完整的信息。当我们一餐又一餐吃着同样的味道——甜和咸，加工过的、包装好的——身体停止倾听。它变得麻木。它忘记了自己的语言。

The five tastes function as a sensory-cognitive feedback system — a built-in guidance mechanism that tells us, through direct sensation, what is present and what is missing. To eat with awareness is to become fluent again. To notice what is here and what is not. To let the body tell you what it needs — not through cravings engineered by food companies, but through the quiet intelligence of sensation.

五味作为一种感官-认知反馈系统——一个内置的引导机制，通过直接的感觉告诉我们，什么存在，什么缺失。带着觉察吃饭，就是重新变得精通。就是注意什么在这里，什么不在这里。就是让身体告诉你它需要什么——不是通过食品公司设计出来的渴望，而是通过感觉的安静智慧。

## Section III | The Season Is a Relationship

### 第三节 | 季节是一种关系

Any food is available at any time. Strawberries in winter. Asparagus in autumn. This is convenient. It is also disorienting.

任何食物随时可得。冬天的草莓。秋天的芦笋。这很方便。这也让人迷失方向。

The body still runs on ancient rhythms. It still responds to light, to temperature, to the subtle shifts of the year. When we eat against those rhythms — cooling foods in winter, warming foods in summer — we pay a quiet price. The body works harder. The signals grow faint. The connection to place and time dissolves.

身体仍然遵循古老的节律。它仍然对光、对温度、对一年的微妙变化做出反应。当我们对抗这些节律进食——冬天吃凉性食物，夏天吃温性食物——我们付出了一种静默的代价。身体更努力地工作。信号变得微弱。与地点和时间的连接消融了。

Eating with the season is not about following rules. It is about being in relationship — with the earth, with the moment, with the body's changing needs. Spring asks for fresh, upward-moving foods — greens, sprouts, young leaves. Summer calls for light, cooling meals. Autumn invites roots, harvested grains. Winter settles into deep nourishment — stews, slow-cooked broths.

与季节共食不是关于遵循规则。它是关于处于关系之中——与大地，与此刻，与身体不断变化的需求。春天要求新鲜、向上的食物——绿叶菜、芽苗、嫩叶。夏天需要清淡、凉爽的餐食。秋天邀请根茎、收获的谷物。冬天安顿于深层的滋养——炖菜、慢煮的汤。

You do not need to become a purist. You need only to notice — what is growing near you? What does your body crave as the weather shifts? What would it feel like to eat with the year, not just against it?

你不需要成为一个纯粹主义者。你只需要注意——你附近在生长什么？随着天气变化，你的身体渴望什么？与年共食，而不仅仅是与之对抗，会是什么感觉？

## Section IV | Cooking Is a Way of Attending

### 第四节 | 烹饪是一种关注的方式

We have turned the kitchen into a laboratory. Meals are optimized, timed, measured. Cooking becomes another task on the to-do list.

我们把厨房变成了实验室。餐食被优化、计时、衡量。烹饪变成了待办清单上的又一项任务。

But what if cooking is not a means to an end? What if it is an end in itself — a practice of attention, an act of care that nourishes not only the body but the one who cooks?

但如果烹饪不是达到目的的手段呢？如果它本身就是目的呢——一种注意力的练习，一种不仅滋养身体也滋养烹饪者的关怀行为？

Sunday morning. A person in their kitchen. They take a knob of ginger, place it on the cutting board. They pause. The knife comes down slowly. The skin peels away in thin strips. The smell rises — sharp, clean, alive. They slice, not uniformly, but with attention. Each piece slightly different. Each piece exactly as it is.

周日早晨。一个人在自己厨房里。他们拿起一块姜，放在砧板上。他们停顿一下。刀慢慢落下。姜皮成细条剥落。香气升起——辛辣，干净，鲜活。他们切着，不是为了均匀，而是带着关注。每一片略有不同。每一片恰好是它自己。

This is not inefficient cooking. It is cooking freed from efficiency. It is cooking that remembers its original purpose: not just to produce food, but to participate in life — to be an activity through which we experience being alive.

这不是低效的烹饪。这是从效率中解放出来的烹饪。这是记起其原始目的的烹饪：不仅是为了生产食物，更是为了参与生命——成为一个我们通过它体验活着本身的活动。

In a world obsessed with output, cooking without optimization is a quiet rebellion. It says: this moment matters. This act matters. Not because of what it produces, but because of what it is.

在一个痴迷于产出的世界里，不优化的烹饪是一种安静的抵抗。它在说：这一刻重要。这个行为重要。不是因为它的产出，而是因为它本身是什么。

## Section V | The Meal Does Not Begin at the Table

### 第五节 | 餐食不从餐桌开始

We have fragmented eating. Separate shopping from cooking, cooking from eating, eating from feeling. The meal becomes an isolated event.

我们把进食碎片化了。购物与烹饪分开，烹饪与进食分开，进食与感受分开。餐食变成了一个孤立的事件。

But the meal is not an event. It is a current — running through the entire day, connecting how 2026 HanFlow. Licensed under CC BY 4.0.

Part of the HanFlow Series: Mindful Eating for Gentle Nourishment

2026 汉风 HanFlow. 采用 CC BY 4.0 许可。

属于 HanFlow 系列：温和滋养正念饮食模块

you shop, how you prepare, how you eat, how you feel hours later. Break the current at any point, and the whole thing fragments.

但餐食不是一个事件。它是一股流——贯穿一整天，连接着你如何购物，如何准备，如何吃，以及几小时后你感觉如何。在任何一点打断这股流，整件事就破碎了。

When you shop with attention, you enter relationship — with the season, with the farmer, with what will become your body. When you cook with presence, you ride the current. When you eat with awareness, you receive. When you notice how you feel after — an hour later, before bed, the next morning — you complete the loop.

当你带着注意力购物时，你进入关系——与季节，与农民，与即将成为你身体的东西。当你带着临在烹饪时，你乘着这股流。当你带着觉察吃饭时，你接收。当你注意到餐后的感受——一小时后，睡前，第二天早晨——你完成这个循环。

This is not a system to master. It is a current to follow. And it is already there, waiting.

这不是一个需要掌握的系统。这是一股需要跟随的流。而且它已经在那里，等待着。

## Section VI | You Need Attention, Not Authenticity

### 第六节 | 你需要注意力，不是正宗

There is a myth that eating well means eating authentically — the right ingredients, the right recipes, the right lineage.

有一个神话：吃得好意味着吃得正宗——正确的食材，正确的食谱，正确的传承。

This myth keeps us outside the kitchen. It makes eating well into something we consume, not something we practice.

这个神话把我们挡在厨房之外。它把好好吃饭变成了我们消费的东西，而不是我们实践的东西。

But authenticity is not the goal. Attention is. You can eat the most authentic meal in the world — cooked by someone's grandmother, with ingredients from her garden — and if you eat it scrolling through your phone, you have missed it. The food passed through you, but you did not live it.

但正宗不是目标。注意力才是。你可以吃世界上最正宗的餐食——由某人的祖母烹饪，用她花园里的食材——但如果你刷着手机吃它，你错过了它。食物经过了你的身体，但你没有活过它。

And you can eat leftover takeout, reheated in a pan, sitting on your couch — and if you are fully there for even one bite, you have found it. You have found the meal. You have found yourself in it.

而你可以吃剩菜外卖，在锅里重新加热，坐在沙发上——但如果你完全在那里，哪怕只一口，你找到了它。你找到了餐食。你在其中找到了自己。

**HanFlow is not a cuisine. It is a way of inhabiting food.** The questions travel. The answers will

2026 HanFlow. Licensed under CC BY 4.0.

Part of the HanFlow Series: Mindful Eating for Gentle Nourishment

2026 汉风 HanFlow. 采用 CC BY 4.0 许可。

属于 HanFlow 系列：温和滋补正念饮食模块

be yours.

HanFlow 不是一种菜系。它是一种栖居于食物的方式。问题可以传播。答案将是你的。

## Section VII | The First Bite Is a Doorway

### 第七节 | 第一口是一扇门

You do not need to change your whole life. You need only one bite.

你不需要改变你的整个生活。你只需要一口。

The first bite is a threshold. It is the moment food stops being out there and becomes in here. Cross it with attention, and the whole meal shifts. Not because the food changes, but because you do.

第一口是一个门槛。它是食物从在外面变成在里面的时刻。带着注意力跨越它，整餐饭就变了。不是因为食物变了，而是因为你变了。

Try it today. One meal. Put down your phone. Look at the food. Smell it. Take the first bite. Chew slowly. Taste it. Just this one bite. Then go back to whatever you were doing.

今天试试看。一餐饭。放下手机。看着食物。闻它。吃第一口。慢慢咀嚼。品尝它。就这一口。然后回到你正在做的事。

That one bite is not a technique. It is a remembering. A return to something you have always known: that eating is not just fuel. It is life. And life is worth paying attention to.

那一口不是一个技巧。它是一种记起。一种回归——回到你一直知道的事：吃饭不只是燃料。它是生命。而生命是值得关注的。

## Conclusion | The Table Is Always Set

### 结语 | 餐桌始终为你摆好

The next meal is always coming. And with it, another chance to return — not to perfection, not to mastery, but to presence.

下一餐总是在到来。伴随着它的，是另一次回归的机会——不是回到完美，不是回到精通，而是回到临在。

You do not need to be good at this. You need only to show up — one meal at a time, one bite at a time.

你不需要擅长这个。你只需要出现——一餐一餐地，一口一口地。

The rest is practice. The rest is life.

其余的是练习。其余的是生活。

The next meal is waiting.

下一餐正在等待。

## HanFlow Eating Includes:

### HanFlow 饮食包含：

**Mindful first bite** — arriving before eating

**Five taste awareness** — noticing what is present and missing

**Seasonal alignment** — eating with the year, not against it

**Attentive cooking** — the kitchen as practice

**Continuity** — from shopping to feeling, the meal as a current

正念第一口——在吃之前抵达

五味觉察——注意什么存在，什么缺失

季节协调——与年共食，而非对抗

专注烹饪——厨房作为练习

连续性——从购物到感受，餐食作为一股流

*This manifesto is part of the HanFlow Series — an invitation to return, through food, to the body, to the moment, to yourself.*

本宣言是 HanFlow 系列的一部分——一份回归的邀请，通过食物，回到身体，回到此刻，回到你自己。