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Your “Power Hours” How to Align Your Day (and Night) with Your Chinese Medicine Biorhythms!

Chinese medicine is an ancient science that developed a map of how your qi, or life-force energy, flows through your body in certain ways. But what most people don't know is that this same map applies to how energy moves through your *life* as well, and if you follow it, you can much more easily navigate to find happiness and success, and to always stay in balance no matter what happens.

One way you can apply this knowledge on a daily basis is to do certain activities at specific times. This is because thousands of years before Western medicine developed the concept of the body's biorhythms, Chinese medicine discovered that in every 24-hour period, our systems move through different phases that affect us physically, emotionally and spiritually.

If you align your activities with the phase in power at each stage, you'll match the natural rhythm of life, which means you're then supported to more easily make progress, adapt to changing circumstances, and be ready to take advantage of new opportunities that come your way.

So, here are five of the most important and powerful phases during each 24-hour period, and what you can do to align with that energy in the best possible ways:

7:00 – 9:00 a.m.

Chinese medicine teaches that if you don't have some food in your stomach at some point during this two-hour phase, you won't be able to digest your thoughts at that time either. In other words, if you don't eat breakfast, you won't plan your day well and then you won't complete tasks that are important, not only for the day, but also for the long run in terms of your dreams and goals.

Even Western medicine has recently discovered there is a direct connection between the gut and the brain. This time of day is most supportive of the digestive process in the stomach, but also in the processing of thoughts in your mind.

So, eat breakfast between 7:00 and 9:00 a.m., and you'll be able to think things through at the start of your day and thus complete the work you need to get done. But it's not just about being efficient with your day – This affects how well you can bring to fruition what you want overall, the kind of life you want to create that will make you truly happy. (Avoid cold smoothies for

breakfast, however, as pouring cold liquid into the hot digestive juices actually stops digestion. If digestion is halted in the stomach, it stops in the mind too.)

11:00 a.m. – 1:00 p.m.

This is a time that where your energy is in a natural state of stimulation, and that gives you two choices. One, you might use these hours to your advantage by working on any projects that require you to have a sharp mind. However, don't expect to focus on any one thing for very long because the energy here is about a short attention span, not a long period of concentration! That's partly why this time of day is when we break for lunch, a natural interruption that aligns with these biorhythms. So if you're working, expect to switch among a few projects and you'll do fine.

However, if you're feeling frazzled and *over*-stimulated as you approach mid-day because it's been a frantic morning, the second option would be to use this phase to become more calm and peaceful. For example, you might choose to have a quiet lunch alone rather than with chatty friends in a noisy restaurant, or go for a walk in nature.

But overall, this is a time to get in touch with your joy. Find something fun to do; or talk to someone you love; or remind yourself of what you're passionate about in life and put time for that into your schedule so it doesn't get sacrificed for work!

3:00 – 5:00 p.m.

It's not uncommon for people to experience a noticeable dip in energy starting around mid-afternoon, and they often reach for coffee, chocolate, or some other stimulant to keep going, or they slow down and start watching the clock for the time they can leave work and go home!

Chinese medicine explains that we're *meant* to slow down for at least a portion of this time period. It's designed by nature to be "downtime," necessary rest and replenishment, and you should not use stimulants or try to force yourself to keep pushing through your fatigue so you can get more done.

You can think of it as the need to reboot your system, to shut it down for a short period of time, so it can start up again refreshed and functioning even better. If you don't, over time this can lead to real issues with burn-out, physically or emotionally, or both. To align with this natural schedule, make time for even a brief rest between the hours of 3:00 and 5:00 p.m. It could even be as short as a 20-minute power nap or meditation, or just gazing out the window and daydreaming, letting your mind wander without feeling guilty. And if you can manage to take more than 20 minutes, even better!

11:00 p.m. – 1:00 a.m.

Have you ever said "Let me sleep on it" when you were trying to make a decision, and then after a good night's rest, it occurred to you exactly what to do? This is because when you're asleep during the time period of 11:00 p.m. to 1:00 a.m. your unconscious mind clicks into an effortless decision-making mode.

But if you're not asleep at this time, you may not only end up having trouble making decisions. Because this phase also supports creating effective action plans that help you move forward with your decisions. So if you consistently stay awake after 11:00 p.m., the result could be that you keep feeling stuck in life, find it difficult to make progress, mysteriously stymied at reaching a goal, or even not feel able to create a vision for what you want next in life.

So it's an incredibly important time of night, and the general rule is to be in bed with your eyes

closed by 11:00 p.m. at the latest. You might alter your nightly routine so that you stop watching TV or using any devices by 10:00 or 10:30 so your system has a chance to naturally calm down. If you have to make some minor adjustments in your evening schedule, you won't regret it!

5:00 a.m – 7:00 a.m.

The energy in this phase supports awakening a sense of the sacred, or, as the Chinese define it, your "connection with Heaven." It's a time that re-establishes your awareness of the divine, however you define it for yourself, and allows you to get in touch with what's most meaningful in life.

It's not surprising that in many religious and spiritual traditions around the world, practitioners engage in prayer and meditation at these hours. These patterns of energy equate to patterns of nature, and we're all part of nature. So it would make sense that people in any culture would just naturally align with them, without knowing others around the globe are doing the same.

You can benefit from this time period by devoting even a few minutes to some spiritual practice. Aside from praying or meditating, you might do yoga or qi gong, or create a simple ritual to greet the day. It'd be fine to even just take a few minutes to breathe quietly and become totally present and aware. It's not a coincidence that most of us love to get time to just sit peacefully with our cup of coffee or tea first thing in the morning and just "be" before launching into the day, and that can be considered a spiritual practice too.

When you align your daily actions with these natural rhythms, you'll be in the flow, and life can unfold so much more easily! You can learn many more ways to use the spiritual side of Chinese medicine on my website – [Visit me at www.JeanHaner.com!](http://www.JeanHaner.com)

Jean Haner teaches and consults using the little-known spiritual side of Chinese medicine as "acupuncture for the spirit." In other words, not like a physician treating people's health, but using these ancient techniques to heal their *spirits*, solve their problems, and compassionately guide them to find love and success in life.



hearted compassion.

With her over 30 years of study and research as well as experience in doing thousands of personal consultations, Jean is well known for translating this age-old wisdom into ways you can put to immediate use in life. People all over the world have discovered in Jean's workshops a community of like minds who support each other in their commitment to a more conscious path, one that is based on open-