生命充能学概念框架白皮书

White Paper on the Conceptual Framework of Life Refueling Science

底层逻辑宣言：生命天然需要充能 Foundational Thesis: Life Intrinsically Requires Refueling

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版本 Version 1.2（中英对照 Bilingual）• 2026 年 9 月 September | 修订依据 Revised from v1.1（September 2026）

执行摘要

Executive Summary

本白皮书由浙江万色城生命科学研究院（WLSI）发布，旨在为"生命充能学（Life Refueling Science）"这一新兴交叉学科建立系统性的概念框架。我们从一个最简单、最底层的生物学与哲学真理出发——生命天然需要充能——将这一命题发展为可操作、可测量、可传播的学科体系。

This white paper, published by the Zhejiang Wansecheng Life Science Institute (WLSI), aims to establish a systematic conceptual framework for "Life Refueling Science," an emerging interdisciplinary field. Starting from the simplest and most fundamental biological and philosophical truth—that life intrinsically requires refueling—we develop this proposition into an operational, measurable, and communicable discipline.

白皮书提出以下核心主张：（1）生命能量的耗散是生命存在的本质特征而非病理现象；（2）现代人普遍经历的精力耗竭与亚健康体验，根本上是一场"充能失衡"危机；（3）生命充能涉及生理、心理、社会三个相互作用的域，任何单一维度的干预均不充分；（4）东方生命哲学——尤其是蜜蜂生态哲学——为理解能量的共生补给提供了重要认知框架；（5）**三层一体**：本学科由三个相互衔接的层级构成——**三域模型是理论层（回答"为什么充能"），五维充能是实践层（回答"怎么充能"，详见大同轩理论体系文件），蜜能值是测量层（回答"充得怎么样"）**。

The white paper advances the following core propositions: (1) The dissipation of life energy is an intrinsic feature of living systems, not a pathological condition; (2) The widespread experience of energy depletion and sub-optimal vitality is fundamentally a "refueling imbalance" crisis; (3) Life refueling encompasses three interacting domains—physiological, psychological, and social—and no single-domain intervention is sufficient; (4) Eastern life philosophy—especially apian ecological philosophy—offers a valuable cognitive framework for understanding symbiotic energy replenishment; (5) **Three-Layer Architecture**: the discipline consists of three interlocking layers—the **Three-Domain Model as the theoretical layer (why refuel), the Five-Dimensional Refueling as the practical layer (how to refuel, elaborated in the Datong Xuan theoretical document), and the Life Energy Score as the measurement layer (how well refueled)**.

白皮书同时提出"生命充能三域模型（Three-Domain Model of Life Refueling）"与"蜜能值（Life Energy Score, LES）"量表框架，并阐明三项核心研究假说，为后续实证研究提供理论锚定。

The paper further proposes the "Three-Domain Model of Life Refueling" and the "Life Energy Score (LES)" measurement framework, and articulates three core research hypotheses to provide theoretical anchoring for subsequent empirical investigations.

前言：一个时代的命题，与一个时代的答案

Foreword: The Question of an Era, the Answer of an Era

系统综述与荟萃分析显示，全球约十分之一的成年人受慢性疲劳（持续六个月以上）困扰，约每五个成年人中就有一人自诉总体疲劳，特定职业人群中这一比例更高达四成以上（Yoon et al., 2023）。世界卫生组织已于 2019 年将"职业倦怠（burnout）"正式纳入 ICD-11，定义为"长期工作压力未被成功管理而导致的一种综合征"，其首要特征正是"精力耗竭感"——并明确指出它是一种职业现象，而非疾病。睡眠医学、健康心理学、职业健康等学科已从各自角度研究精力与疲劳，但这场普遍的精力危机，尚缺乏一个以"充能"为整体视角、对其加以系统描述、测量并给出生活方式层解法的学科框架。

> Systematic reviews and meta-analyses indicate that roughly one in ten adults worldwide is affected by chronic fatigue (persisting for six months or longer), about one in five adults reports general fatigue, and in certain occupational groups the proportion exceeds forty percent (Yoon et al., 2023). In 2019, the World Health Organization officially included "burnout" in ICD-11, defining it as "a syndrome resulting from chronic workplace stress that has not been successfully managed," with energy depletion as its defining feature—and explicitly characterizing it as an occupational phenomenon, not a medical condition. Sleep medicine, health psychology, and occupational health have each examined aspects of energy and fatigue; yet a disciplinary framework that takes "refueling" as its integrative perspective—describing, measuring, and offering lifestyle-level solutions for this pervasive energy crisis—is still lacking.

这不是一个医疗问题，而是一个文明问题。人类花了几百年时间研究疾病，而对"充满活力的生命应该是什么样的"、以及"如何科学、系统地为生命充能"的整合性研究仍然稀缺。这个空白，正是浙江万色城生命科学研究院决定填补的地方。

> This is not a medical problem—it is a civilizational one. Humanity has spent centuries studying disease, yet integrated research on "what a fully vital life looks like" and "how to scientifically and systematically refuel life" remains scarce. This gap is precisely what the Zhejiang Wansecheng Life Science Institute has resolved to fill.

我们从一群小小的蜜蜂身上得到了启示。中华蜜蜂，这种在中国大地上生活了至少数千万年的生命，从未停止充能——它们采集百花的能量，将其转化、浓缩、储存，并以精妙的集体方式分配给整个生命共同体。蜂巢，是自然界历经亿年演化出的一个高效充能系统。而我们，是否也可以向它学习？

> Our inspiration came from a small creature: the Chinese honeybee (Apis cerana cerana), a species that has lived on Chinese soil for tens of millions of years and has never ceased refueling—harvesting the energy of a thousand flowers, transforming, concentrating, and storing it, then distributing it to the entire living community with exquisite collective intelligence. The beehive is a highly efficient refueling system refined by hundreds of millions of years of evolution. Can we learn from it?

第一章 底层逻辑：生命天然需要充能

Chapter 1 The Foundational Logic: Life Intrinsically Requires Refueling

1.1 从热力学到生命哲学

1.1 From Thermodynamics to Life Philosophy

热力学第二定律告诉我们：任何封闭系统的熵总是趋于增大——系统会自发地走向无序与衰竭。生命有机体作为开放系统，通过不断地与环境交换物质与能量来对抗这一趋势；一旦这种交换停止，生命便终止。这为"生命需要持续的能量交换"提供了物理学的启发背景——但热力学描述的是物理能量层面的交换，本文所讨论的"充能"是在这一背景上建立的行为科学与生活实践概念，并非由热力学定律直接推导：生命不是因为"生病了"才需要充能，而是因为"存在着"就需要持续的补给。

> The Second Law of Thermodynamics tells us that entropy in any closed system always tends to increase—systems spontaneously move toward disorder and decay. Living organisms, as open systems, resist this tendency by continuously exchanging matter and energy with their environment; once this exchange ceases, life ends. This offers a physical heuristic background for life refueling: thermodynamics describes the exchange of physical energy, while "refueling" as used in this paper is a behavioral-science and lifestyle concept built on this background, not derived directly from thermodynamic law—life does not need refueling because it is "sick," but because it "exists" and thus requires continual replenishment.

诺贝尔化学奖得主伊利亚·普里高津（Ilya Prigogine）的耗散结构理论进一步揭示：生命体之所以能维持高度有序的结构，恰恰是因为它持续地耗散能量——消耗是维持秩序的代价。这意味着，能量的持续补给不是"奢侈品"，而是生命维持自身组织性的必要条件。

> Nobel laureate Ilya Prigogine's dissipative structure theory further reveals that living systems maintain their highly ordered structures precisely because they continuously dissipate energy—consumption is the price of order. This means that continuous energy replenishment is not a "luxury" but a necessary condition for life to maintain its own organizational integrity.

充能不是治病，充能是存在。
能量耗散是生命的本质，不是生命的失败。
Refueling is not treatment; refueling is existence.
Energy dissipation is the essence of life, not its failure.

1.2 现代人的充能危机

1.2 The Modern Refueling Crisis

如果充能是生命的本能需求，为什么现代人普遍感到精力匮乏？本框架将这一普遍体验概括为：在工业文明极大提升物质供给能力的同时，自然接触减少、信息负荷增加与社会联

结减弱等因素共同作用，形成了"充能失衡"的现代图景——与自然的联结趋于疏离（自然充能通道受阻）；高强度信息刺激使心理负荷持续累积（心理充能亏空）；原子化生活方式使人际间的能量共鸣趋于稀薄（社会充能断裂）。本框架将这三条通道的受阻视为对现代人充能困境的一种概念化解释模型，其因果强度有待实证检验。

> If refueling is a primal need of life, why do modern people so widely lack energy? This framework characterizes this widespread experience as follows: amid industrial civilization's vast gains in material supply, reduced nature contact, increased informational load, and weakened social connection jointly shape a modern landscape of "refueling imbalance"—connection with nature growing distant (natural refueling channel impeded); psychological load accumulating under high-intensity informational stimulation (psychological refueling deficit); and interpersonal energy resonance thinning under atomized lifestyles (social refueling rupture). This framework treats the concurrence of these three channels as a conceptual interpretive model of the modern refueling predicament, whose causal strength awaits empirical testing.

危机维度 Dimension	现代症状 Modern Symptom	本框架关注的相关因素 Factors Considered in This Framework
生理层 Physical	慢性疲劳 · 睡眠障碍 · 代谢综合征	自然食物能量摄入结构破坏
心理层 Psychological	焦虑 · 抑郁 · 职业倦怠 · 精神耗竭	意义感与心流体验极度匮乏
社会层 Social	孤独感 · 信任危机 · 群体失联感	人与人能量共鸣通道断裂

1.3 充能是权利，也是责任

1.3 Refueling as Right and Responsibility

我们主张：生命充能不仅是每个人的基本权利，也是人类对自身和后代的责任。一个无法为自己充能的个体，无法为家庭、社区与文明贡献持续的能量；一个不教导充能之道的文明，终将因集体能量耗竭而走向衰退。"充能"因此不仅是一个健康议题，更是一个文明可持续性议题。

> We assert that life refueling is not only a fundamental right of every individual but also a responsibility to oneself and to future generations. An individual who cannot refuel cannot contribute sustained energy to family, community, or civilization; a civilization that does not teach the art of refueling will ultimately decline through collective energy depletion. "Refueling" is therefore not merely a health issue—it is a civilizational sustainability issue.

第二章 核心概念定义体系

Chapter 2 Core Conceptual Definitions

2.1 生命能量（Life Energy）

2.1 Life Energy

【生命能量】个体在特定时间点，在生理、心理与社会三个维度上，维持有效功能运作、应对环境挑战、并产生主观活力感受的综合性内在资源总量。

> "Life Energy" refers to the individual's total integrated internal resources—across physiological, psychological, and social dimensions—available at a given point in time to maintain effective functional operation, respond to environmental challenges, and generate subjective feelings of vitality.

注：此处"能量"为行为科学意义上的构念（construct），具有可操作化的测量途径，不等同于物理学中的能量（以焦耳计）。

Note: "Energy" here is a behavioral-science construct with operationalizable measurement pathways; it is not equivalent to physical energy (measured in Joules).

2.2 生命充能（Life Refueling）

2.2 Life Refueling

【生命充能】通过有意图的行为、环境接触或社会互动，系统性地补充、恢复与提升生命能量水平的过程。生命充能是主动行为（非被动恢复），包含三个核心机制：能量摄入（Intake）、能量转化（Transformation）、能量留存（Retention）。

> "Life Refueling" refers to the process of systematically replenishing, restoring, and elevating life energy levels through intentional behaviors, environmental exposures, or social interactions. Life Refueling is an active process (not passive recovery), comprising three core mechanisms: Energy Intake, Energy Transformation, and Energy Retention.

2.3 充能失衡（Refueling Imbalance）

2.3 Refueling Imbalance

【充能失衡】当生命能量的消耗速率系统性地超过补给速率，且这种失衡在至少一个域（生理/心理/社会）持续超过两周，个体便处于充能失衡状态。充能失衡是本框架用于描述部分日常低活力状态的一种概念化模型，不构成已证实的疾病前驱机制。

> "Refueling Imbalance" occurs when the rate of life energy expenditure systematically exceeds the rate of replenishment, and this imbalance persists in at least one domain (physiological/psychological/social) for more than two weeks. Refueling imbalance is a conceptual model this framework uses to describe certain everyday low-vitality states; it is not an established precursor mechanism of disease.

2.4 充能媒介（Refueling Medium）

2.4 Refueling Medium

充能媒介是本框架用于描述可能影响个体生命状态的物质、环境或互动载体。不同媒介可能通过营养、感官、环境接触或社会联结等不同路径发挥作用，其具体效果与机制需分别研究，不预设存在统一的"充能通路"。依据 WLSI 研究框架，充能媒介可分为以下四类：

> A "Refueling Medium" is a substance, environment, or interactive medium that this framework posits may influence an individual's life state. Different media may operate through different pathways—nutritional, sensory, environmental, or social—and their specific effects and mechanisms require separate investigation; the framework does not presuppose a unified "refueling pathway". According to the WLSI research framework, refueling media are classified into four categories:

类型 Type	代表性媒介 Representative Media	主要作用域 Primary Domain
生态营养类 Ecological-nutritional	中华蜜蜂原蜜 • 蜂花粉 • 蜂王浆 • 野生草药	生理域为主 Physiological (primary)
感官仪式类 Sensory-ritual	香道 • 茶道 • 音疗 • 正念冥想	心理域为主 Psychological (primary)
自然环境类 Natural-environmental	森林沉浸 • 山地徒步 • 水域静观 • 蜂场体验	生理 + 心理域 Physiological + Psychological
社会联结类 Social-connective	公益参与 • 共同体仪式 • 利他行为	社会域为主 Social (primary)

第三章 生命充能三域模型

Chapter 3 The Three-Domain Model of Life Refueling

生命充能三域模型（Three-Domain Model of Life Refueling, 3D-LR）是本学科的核心理论架构，主张生命能量的完整充能必须同时覆盖并整合三个相互依存的域：

> The Three-Domain Model of Life Refueling (3D-LR) is the central theoretical architecture of this discipline. It posits that complete life refueling must simultaneously address and integrate three interdependent domains:

域 Domain	核心问题 Core Question	充能路径 Refueling Pathways	不足时的表现 Deficit Manifestations
生理域为主 Physiological (primary)	身体是否拥有足够的物质能量基础?	优质营养 • 睡眠 • 运动 • 自然环境接触 • 节律调整	慢性疲劳 • 体力下降 • 免疫失调 • 代谢紊乱
心理域为主 Psychological (primary)	心理是否拥有足够的功能性能量资源?	意义感建构 • 心流体验 • 正念仪式 • 感恩实践 • 美学体验	焦虑 • 注意力涣散 • 情绪耗竭 • 决策疲劳
社会域为主 Social (primary)	个体是否与他人及生命共同体保持充能联结?	深度社会联结 • 利他行为 • 公益参与 • 群体仪式 • 生态责任	孤独 • 疏离 • 意义危机 • 社会倦怠

3.1 三域的相互依存关系

3.1 The Interdependence of the Three Domains

三域不是相互独立的平行轨道，而是以动态方式相互影响。已有研究提示：长期生理能量匮乏可能损害心理能量的生成；心理能量的耗竭可能导致社会回缩；而社会域的充能匮乏（孤独与疏离）也可能反过来加速生理与心理能量的耗散。这一三角循环意味着：任何单一维度的干预，在没有其他两个维度支撑的情况下，效果都可能是局部的、短暂的。

> The three domains are not independent parallel tracks but dynamically interconnected. Existing research suggests that chronic physiological energy depletion may impair the generation of psychological energy; psychological energy exhaustion may lead to social withdrawal; and social-domain deficits (loneliness and alienation) may in turn accelerate the dissipation of physiological and psychological energy. This triangular loop implies that any single-domain intervention, without support from the other two domains, may produce only partial and transient effects.

3.2 蜂巢隐喻——三域充能的自然意象

3.2 The Beehive Metaphor: A Natural Image for Three-Domain Refueling

中华蜜蜂的蜂巢为三域模型提供了一个来自自然界的隐喻意象，帮助理解营养获取、功能分工与群体协作之间的关系；它不作为三域模型有效性的生物学证据。在生理域的意象中，蜜蜂通过采集花蜜与花粉获取营养，并以蜂蜜形式储存能量；在心理域的意象中，每一只工蜂都高度专注于其特定任务；在社会域的意象中，蜂群的利他性集体协作——每一只蜜蜂都为整个群落服务——展现出高度高效的群体协作与放大结构。万色蜜园 1 万余群中华蜜蜂，为观察这些行为模式提供了规模可观的现实场景。

> The Chinese honeybee's hive offers a metaphorical image for the Three-Domain Model—one that helps illustrate the relations among nutritional intake, functional specialization, and collective cooperation; it is not biological evidence for the model's validity. In the physiological image, bees obtain nutrition by collecting nectar and pollen and store energy as honey. In the psychological image, every worker bee is highly focused on its specific task. In the social image, the hive's altruistic collective cooperation—each bee serving the entire colony—displays a remarkably efficient structure of collective coordination and amplification. Wansecheng Apiary's 10,000+ Chinese honeybee colonies provide a substantial real-world setting for observing these behavioral patterns.

蜂巢是自然界亿年演化出的高效充能系统。
向蜜蜂学习，是人类古老的智慧之一。
The beehive is a highly efficient refueling system refined over hundreds of millions of years.
Learning from the bee is one of humanity's time-honored forms of wisdom.

3.3 三层一体：理论 · 实践 · 测量

3.3 Three-Layer Architecture: Theory · Practice · Measurement

本学科的完整框架由三个相互衔接的层级构成，共同回答三个递进的问题：

> The complete framework of this discipline consists of three interlocking layers, jointly answering three progressive questions:

层级 Layer	框架 Framework	回答的问题 Question Answered	载体 Carrier
理论层 Theoretical	三域模型 Three-Domain Model	为什么充能？ Why refuel?	本白皮书 This white paper
实践层 Practical	五维充能（快充 / 蓄能 / 深充 / 静充 / 续航）	怎么充能？ How to refuel?	大同轩理论体系文件 Datong Xuan theoretical

	Five-Dimensional Refueling		document (theory-001)
测量层 Measurement	蜜能值 LES Life Energy Score	充得怎么样？ How well refueled?	蜜能值量表 LES scale

五维充能与三域模型的对应关系如下（五维中的"续航"同时跨越多域，体现三域相互依存的原则）：

> The correspondence between the five dimensions and the three domains is as follows ("Sustained Vitality" spans multiple domains, reflecting the interdependence principle):

实践层：五维充能 **Practical: Five Dimensions**	**理论层：对应三域** **Theoretical: Corresponding Domains**
快充 • 生理能量 Quick Recharge • Physical Energy	生理域为主 Physiological (primary)
蓄能 • 储备能量 Daily Nourishment • Reserve Energy	生理域为主 Physiological (primary)
深充 • 结构能量 Deep Restoration • Structural Energy	生理 - 心理交互域为主 Physio-psychological interface (primary)
静充 • 意识能量 Stillness Recharge • Mental-Spiritual Energy	心理域为主 Psychological (primary)
续航 • 持续能量 Sustained Vitality • Enduring Energy	社会域为主，兼及生理节律与心理意义感 Social (primary), with physiological rhythm and psychological meaning

三层一体意味着：三域模型为五维实践提供理论依据，五维实践为蜜能值测量提供干预内容，蜜能值测量反过来检验三域理论与五维实践的有效性——实证研究阶段的证据将持续回馈并迭代整个体系。

> The three-layer architecture means: the Three-Domain Model grounds the five-dimensional practice; the practice supplies the intervention content for LES measurement; and LES measurement, in turn, tests the validity of both theory and practice—evidence from the empirical phase will continuously feed back into and iterate the entire system.

第四章 蜜能值：生命能量的量化框架

Chapter 4 Life Energy Score (LES): A Quantification Framework

"蜜能值（Life Energy Score，LES）"是 WLSI 提出的生命能量自评测量框架（工具原型，信效度待验证），旨在为三域模型提供可操作化的量化评估框架，使"生命充能状态"从主观感受转变为可追踪的指标。

The "Life Energy Score (LES)" is a self-report measurement framework (an instrument prototype whose reliability and validity await validation) proposed by WLSI, designed to provide an operationalizable quantitative assessment framework for the Three-Domain Model—transforming "life refueling status" from a subjective feeling into a trackable indicator.

术语说明："生命能量评分（Life Energy Score，LES）"用于研究与理论语境，指生命充能三域模型下拟议的自评测量框架；"蜜能值（Honey Energy Value，HEV）"是大同轩在"蜜能小测"等用户体验场景中采用的品牌化名称。HEV 的设计受 LES 理论框架启发，但二者属于不同应用层级，不应在学术研究与品牌传播中未经说明地互换使用。

Terminology note: "Life Energy Score (LES)" is used in research and theoretical contexts and denotes the proposed self-report measurement framework under the Three-Domain Model of Life Refueling; "Honey Energy Value (HEV)" is the brand-facing name adopted by Datong Xuan in user-experience scenarios such as the Honey Energy Quiz. HEV is designed with inspiration from the LES theoretical framework, but the two operate at different application levels and should not be used interchangeably, without explicit clarification, in academic research or brand communication.

定位声明：蜜能值是自评量表性质的测量框架，用于健康促进与生活方式管理场景，不构成医学诊断工具；其分级解释不替代专业医疗评估。

Positioning statement: LES is a self-report measurement framework intended for health-promotion and lifestyle-management contexts; it is not a medical diagnostic tool, and its grade interpretation does not substitute for professional medical evaluation.

4.1 计算框架

4.1 Calculation Framework

LES = (生理能量分 × 0.40) + (心理能量分 × 0.35) + (社会能量分 × 0.25)　量表范围：0—100 分

> LES = (Physiological Score × 0.40) + (Psychological Score × 0.35) + (Social Score × 0.25). Scale range: 0–100.

权重设计依据：生理能量作为基础性域，权重最高（0.40）；心理能量作为充能主观体验与行为驱动力的核心域（0.35）；社会能量作为能量放大与可持续性的关键域（0.25）。

当前权重为 WLSI 品牌自定义框架的设计值，将在实证研究阶段通过结构方程模型（SEM）进行验证与迭代。

> Weighting rationale: physiological energy, as the foundational domain, carries the highest weight (0.40); psychological energy, as the core domain of subjective refueling experience and behavioral drive, carries 0.35; social energy, as the key domain for energy amplification and sustainability, carries 0.25. **The current weights are design values of the WLSI proprietary framework and will be validated and iterated through structural equation modeling (SEM) during the empirical research phase.**

4.2 蜜能值分级解释
4.2 LES Grade Interpretation

层级说明：本节四档命名（充盈态 Flourishing / 平衡态 Balanced / 亏损态 Depleting / 耗竭态 Exhausted）为 LES 研究框架下的拟议研究分级；核心 KB 品牌侧另有场景化命名（微光待机 / 暖光回充 / 明光流动 / 盛光满格），二者分属研究与品牌两个应用层级，按本章术语说明在各自语境中使用，不未经说明混用。本分级仅用于研究测量与个体自评参考，不用于诊断或健康证明（见本章定位声明）。上述分档区间为研究设计中的暂定解释标签，不代表经验证的临床或健康状态分界。

Level note: the four-tier labels in this section (Flourishing / Balanced / Depleting / Exhausted) are proposed research-level labels under the LES framework; the core KB maintains a separate set of scenario-based brand labels. The two sets belong to different application levels—research and brand—and are used in their respective contexts as per the terminology note in this chapter. This grading is intended for research measurement and self-assessment reference only, and does not constitute medical diagnosis or health certification (see the positioning statement in this chapter). The score ranges above are tentative interpretive labels within the research design and do not represent empirically validated clinical or health-state cut-offs.

LES 区间 Range	充能状态 State	通俗描述 Description	建议干预方向 Suggested Direction
80—100	充盈态 Flourishing	生命能量充沛，创造力与幸福感高峰	维持习惯 • 深化联结 • 引导他人充能
60—79	平衡态 Balanced	基本充能平衡，有轻微消耗迹象	优化薄弱域 • 增加充能仪式频率
40—59	亏损态 Depleting	自评生命能量偏低，多个维度可能存在持续消耗	全面三域干预 • 寻求专业充能指导

0—39	耗竭态 Exhausted	自评生命能量较低，建议优先关注持续性疲劳、明显情绪困扰等状态	**如存在持续疲劳、明显情绪困扰或其他持续不适，建议寻求专业评估**

4.3 蜜能值的战略意义

4.3 Strategic Significance of LES

蜜能值的战略意义不仅在于测量本身，更在于它创建了一种"充能语言"——一种让普通人、健康专业人员、产品研发者能够在同一框架下讨论生命能量的共同语言。在三层一体框架中，蜜能值是连接理论与实践的闭环环节：五维实践改变充能行为，蜜能值追踪行为效果，效果数据反过来校准理论权重与实践方案。

> The strategic significance of LES lies not only in measurement itself, but in its creation of a "refueling language"—a common language that allows ordinary individuals, health professionals, and product developers to discuss life energy within the same framework. Within the three-layer architecture, LES forms the closed loop connecting theory and practice: five-dimensional practice changes refueling behavior, LES tracks behavioral outcomes, and outcome data in turn calibrate theoretical weights and practical protocols.

第五章 东方生命哲学的充能智慧

Chapter 5 Eastern Life Philosophy and the Wisdom of Refueling

本章声明：本章属文化阐释与哲学对话范畴，提供启发式类比与美学意象，不构成生理学或医学论证。

Chapter statement: This chapter belongs to cultural interpretation and philosophical dialogue, offering heuristic analogies and aesthetic imagery; it does not constitute physiological or medical argumentation.

5.1 道家"天地精气"——一种古老的充能智慧

5.1 Taoist "Celestial Vital Qi": An Ancient Refueling Wisdom

道家哲学认为，宇宙间存在一种弥漫性的本原能量——"精气（Vital Qi）"，人体通过呼吸、饮食、修炼与自然接触，不断与天地精气交换，维持生命能量的平衡。这一思想与现代耗散结构理论可形成一种有启发性的对照：生命作为开放系统，通过与外部环境持续进行物质与能量交换来维持内部有序性。道家提出的充能路径——"法自然""守静笃""归根复命"——在当代行为科学语境下可被重新表述为：自然接触与恢复、正念减压与生命意义建构。

> Taoist philosophy holds that a pervasive primordial energy—"Vital Qi (Jingqi)"—permeates the universe, and that the human body continuously exchanges with the Qi of heaven and earth through breathing, eating, cultivation, and contact with nature, maintaining the balance of life energy. This idea offers an instructive contrast with modern dissipative structure theory: life, as an open system, maintains its internal order through continuous exchange of matter and energy with the external environment. The Taoist refueling pathways—"Follow Nature," "Attain Deep Stillness," "Return to the Root"—can be re-expressed in contemporary behavioral-science terms as: nature-contact restoration, mindfulness-based stress reduction, and life meaning construction.

5.2 弘一法师与"华枝春满"——充能的美学意象

5.2 Master Hong Yi and "Spring-Full Blossoms": The Aesthetic Imagery of Refueling

弘一法师晚年留下"华枝春满，天心月圆"八字，被誉为东方生命美学的至高表达。在大同轩的当代阐释中，这八个字被视为"充盈态（Flourishing）"的一种诗学意象——一种在生理安宁、心理丰盈与联结感中同时到达满足的状态。大同轩生命充能理论体系正是以这八字为精神原点，将东方审美充能路径纳入学科框架。

> Master Hong Yi's final words, "Spring-full blossoms, moon-round heavenly heart," are widely regarded as a supreme expression of Eastern life aesthetics. In Datong Xuan's contemporary interpretation, these eight characters are read as a poetic image of the "Flourishing" state—a condition of simultaneous fulfillment in physical serenity, psychological abundance, and connectedness. The Datong Xuan Life

Refueling theoretical system takes these eight characters as its spiritual origin, incorporating Eastern aesthetic refueling pathways into the disciplinary framework.

5.3 蜜蜂生态哲学——利他共生的充能范式

5.3 Apian Ecological Philosophy: Altruistic Symbiosis as Refueling Paradigm

在所有自然物种中，蜜蜂为人类社会提供了关于充能与共生关系的一个深刻隐喻。蜜蜂不为自己采蜜——工蜂一生所采集的蜂蜜，几乎全部回馈给群体，而工蜂自身寿命仅数周。然而，正是在这种高度的利他性充能行为中，整个蜂群获得了高度稳定、持续运转的能量系统；而每一只蜜蜂也在这种利他奉献中，维系着群体的协作结构——这正是社会域充能的集中体现。人类向蜜蜂学习的不是自我牺牲，而是理解：个体的充能与集体的充能是相互成就的，而非零和竞争的。

Among all natural species, bees offer a profound metaphor for the relationship between refueling and symbiosis. Bees do not collect honey for themselves—worker bees return virtually all the honey they collect to the colony, while the worker herself lives only a few weeks. Yet it is precisely through this highly altruistic refueling behavior that the entire hive achieves a highly stable, continuously operating energy system; and every bee, in this act of altruistic giving, sustains the colony's cooperative structure—the concentrated embodiment of social-domain refueling. What humans can learn from bees is not self-sacrifice, but the understanding that individual refueling and collective refueling are mutually generative, not zero-sum.

每一滴蜂蜜，都是一万次飞翔的能量转化。
每一次转化，都是生命充能最美的注脚。
Every drop of honey is the energy transformation of ten thousand flights.
Every transformation is a beautiful footnote to life refueling.

第六章 三大核心研究假说

Chapter 6 Three Core Research Hypotheses

基于上述概念框架，WLSI 提出以下三项可实证检验的核心研究假说，作为未来实证研究阶段的理论锚定。

> Based on the foregoing conceptual framework, WLSI proposes the following three empirically testable core research hypotheses as the theoretical anchors for future empirical investigation.

假说地位声明：H1—H3 均为 WLSI 提出的**待检验研究假说**，截至本版本发布（2026-09）未完成实证检验。三组预设值（15 分钟 / 2—3 倍 / +20%）仅为假说预设参数，**只可在假说语境中完整引用，不得脱离假说语境单独对外引用，不得在任何宣传文案中作为既成结论使用。各预设参数的设定依据（效应量参照、时间窗依据等）本文不作论证，留待实证研究设计阶段结合预实验与系统文献检索予以标定。**

Hypothesis status disclaimer: H1–H3 are **research hypotheses pending empirical testing** proposed by WLSI; as of this version's release (September 2026) they have not been empirically tested. The three preset values (15 minutes / 2–3 times / +20%) are hypothesis parameters only and **may be cited solely within the full hypothesis context; they must not be quoted in isolation externally, nor presented as established findings in any promotional material. The rationale for these preset parameters (effect-size references, time-window justifications, etc.) is not argued here; as a forward-looking theoretical document, their calibration is deferred to the empirical study design phase through pilot studies and systematic literature review.**

H1 能量补给假说

H1 Energy Intake Hypothesis

标准化中华蜜蜂原蜜摄入可在摄入后 15 分钟内，显著提升自评生理能量水平（预设效应量 $d \geq 0.3$，$p < 0.05$，待检验）。**候选机制假设之一为血糖相关调节：**已有研究提示，蜂蜜与蔗糖的餐后血糖反应总体相近（Ischayek & Kern, 2006 实测四种蜂蜜血糖指数为 69—74，与蔗糖相近），可能伴随胃饥饿素分泌延迟与 PYY 反应增强（该机制的文献支持尚待核验，已列入实证阶段文献核验清单）；**肠脑轴激活作为探索性机制假设一并纳入**，其对短期（15 分钟内）效应的介导作用尚无直接文献支持，有待实证检验。

> Standardized intake of Chinese honeybee honey will elevate self-reported physiological energy levels within 15 minutes of intake (preset effect size $d \geq 0.3$, $p < 0.05$; to be tested). **One candidate mechanistic hypothesis is glycemia-related regulation:** existing research suggests that honey and sucrose produce broadly similar postprandial glycemic responses (Ischayek & Kern, 2006 measured the glycemic index of four honeys at 69–74, comparable to sucrose at ≈68), possibly accompanied by

delayed ghrelin secretion and enhanced PYY response (literature support for this mechanism is pending verification and is listed in the empirical-phase verification checklist). **Gut-brain axis activation is included as an exploratory mechanistic hypothesis**; no direct literature currently supports its mediation of the short-term (within-15-minutes) effect, and this awaits empirical examination.

H2 仪式转化假说

H2 Ritual Transformation Hypothesis

在 H1 成立（即蜂蜜摄入存在稳定的短期生理能量提升效应）的前提下，香道仪式中的调息（慢呼吸）成分（20 分钟标准方案）或可将该提升效应的持续时间延长（待检验预设值：2—3 倍），候选机制包括自主神经活动变化及相关皮层活动变化，反映为蜜能值心理域得分的显著改善。**机制锚点说明**：慢呼吸与自主神经活动（心率变异性）的关联已有荟萃分析级证据（Laborde et al., 2022，223 项研究），慢呼吸期间的皮层活动变化有初步影像学证据（Zaccaro et al., 2018）；泛化"冥想→副交感"的证据尚不一致（Brown et al., 2021），故本假说将机制锚点精确为"调息/慢呼吸"成分。

Conditional on H1 being supported (i.e., that honey intake produces a stable short-term physiological energy-boosting effect), the slow-breathing (breath-regulation) component of the incense ceremony (20-minute standardized protocol) is hypothesized to extend the duration of that effect (preset value: 2–3 times, to be tested), with candidate mechanisms including changes in autonomic activity and related cortical activity, reflected in improved LES psychological-domain scores. **Mechanistic anchoring note**: the association between slow breathing and autonomic activity (heart-rate variability) is supported by meta-analytic evidence (Laborde et al., 2022; 223 studies), and cortical activity changes during slow breathing have preliminary imaging evidence (Zaccaro et al., 2018); evidence for a generalized "meditation→parasympathetic" link remains mixed (Brown et al., 2021). This hypothesis therefore anchors its mechanism specifically to the breath-regulation/slow-breathing component.

H3 生态增益假说

H3 Ecological Augmentation Hypothesis

参与中华蜜蜂生态保护公益行动，可使参与者蜜能值社会域得分在干预后 1 周内提升 20% 以上（待检验预设值），且该效果持续时间与参与者对公益行动的意义感归因强度正相关。**证据基础说明**：观察性证据提示志愿/公益参与与抑郁改善、生活满意度提升及更低死亡风险相关（Jenkinson et al., 2013，40 项研究荟萃分析），**但因果性尚未被实验研究确证**，本假说的因果检验正是实证阶段需要回答的问题之一。

Participation in Chinese honeybee ecological conservation activities will increase participants' LES social-domain scores by more than 20% within one week post-intervention (preset value, to be tested), with effect duration positively correlated with the strength of participants' meaning attribution to the

activity. **Evidence-basis note**: observational evidence suggests that volunteering and prosocial participation are associated with reduced depression, higher life satisfaction, and lower mortality risk (Jenkinson et al., 2013; a 40-study meta-analysis); **however, causality has not been confirmed by experimental studies**, and testing this causal claim is precisely one of the questions the empirical phase is designed to answer.

第七章 研究路线图与合规框架

Chapter 7 Research Roadmap & Compliance Framework

7.1 18 个月理论至实证布局

7.1 18-Month Theory-to-Evidence Roadmap

0—6 月 / Phase 1 [理论建构 Theory Construction]

完成《白皮书》修订终稿（本版）；建立蜜能值量表初稿（v0.1）；邀请 3 位学者加入学术顾问委员会；发布研究院官方学术定位声明

> Complete the revised white paper (this edition); draft the LES scale (v0.1); invite three scholars to join the academic advisory board; release the Institute's official academic positioning statement.

6—18 月 / Phase 2 [实证研究 Empirical Research]

完成 2 项探索性小样本研究（n≥30），针对 H1、H2 进行初步检验；投稿 1—2 篇理论框架文章至 SSCI/CSSCI 收录期刊；参加国际应用心理学大会（ICAP）；与 1 所高校建立联合研究协议

> Complete two exploratory small-sample studies (n≥30) providing preliminary tests of H1 and H2; submit one to two theoretical framework articles to SSCI/CSSCI-indexed journals; attend the International Congress of Applied Psychology (ICAP); establish a joint research agreement with one university.

18—36 月 / Phase 3 [话语建构 Discourse Construction]

累计发表 SSCI/CSSCI 论文 6 篇以上；举办首届"生命充能国际学术论坛"；推动"生命充能"写入相关行业团体标准；实现被全球 10 所以上大学课程引用

> Accumulate six or more SSCI/CSSCI publications; host the first International Academic Forum on Life Refueling; advance "Life Refueling" into relevant industry standards; achieve citations in courses at more than ten universities worldwide.

7.2 学术红线与合规承诺

7.2 Academic Red Lines & Compliance Commitments

⚑ **功效主张合规**：所有健康改善声称须以已完成的、经同行评审的研究为依据，不夸大、不提前使用

> Efficacy claim compliance: all health-improvement claims must be based on completed, peer-reviewed research; no exaggeration or premature use.

⚑ **边界清晰**：研究院明确不从事医疗诊断或疾病治疗，所有研究处于健康促进与亚健康干预范畴

> Boundary clarity: WLSI explicitly does not engage in medical diagnosis or disease treatment; all research is within the scope of health promotion and sub-health intervention.

⚑ **术语严谨**：″生命能量″″充能″在学术语境中须使用可操作化定义，不与物理量子术语混用

> Terminological rigor: "Life energy" and "refueling" must use operationalizable definitions in academic contexts and never be conflated with quantum physics terminology.

⚑ **数据透明**：所有发表研究数据开放同行查阅，建立独立伦理审查程序

> Data transparency: all published research data are open for peer review; independent ethical review procedures are established for each study.

⚑ **利益关系披露**：涉及大同轩产品的研究须明确披露资金来源与利益关系，确保学术独立性

> Conflict of interest disclosure: research involving Datong Xuan products must explicitly disclose funding sources and interests to ensure academic independence.

⚑ **假说纪律（自 v1.1 起）**：H1—H3 及其预设值只以假说身份出现；实证完成前，任何渠道不得将其表述为既成研究结论

> Hypothesis discipline (since v1.1): H1–H3 and their preset values may appear only in the status of hypotheses; until empirical testing is completed, no channel may present them as established research findings.

结语

Conclusion

生命需要充能，这是宇宙对生命提出的最基本要求，也是生命能够延续与繁荣的根本条件。浙江万色城生命科学研究院相信：在人类文明走向新拐点的今天，建立一门严谨的、系统的、兼具东方智慧与现代科学的"生命充能学"，既是学术使命，也是时代的呼唤。

> Life requires refueling—this is the most fundamental demand the universe makes of life, and the essential condition for life's continuation and flourishing. The Zhejiang Wansecheng Life Science Institute believes that at this moment of civilizational inflection, establishing a rigorous, systematic discipline of "Life Refueling Science" that integrates Eastern wisdom with modern science is both an academic mission and the call of the age.

我们从一群中华蜜蜂身上学到了最朴素的真理：充能，是为了更好地奉献；奉献，反过来又是最深层的充能。当个体的充能与集体的充能形成良性循环，文明的蜂巢便生机永续。

> From the Chinese honeybee we have learned a plain truth: we refuel in order to give more fully; and giving is itself the deepest form of refueling. When individual refueling and collective refueling form a virtuous cycle, the hive of civilization continues to thrive.

从杭州白马湖的一间研究室开始，
到我们所期待的全球十万个充能站的灯次第亮起——
每一步扎实的学术研究，都是那盏灯得以长明的燃料。

From a single research room at Hangzhou's Baima Lake, to the 100,000 refueling stations around the world we envision lighting up one by one—
every solid step of academic research is the fuel that keeps those lights burning.

浙江万色城生命科学研究院 • 大同轩文化品牌战略中心

大同轩文化品牌战略中心：杭州大同轩文化传播有限公司下设品牌部门

Life Refueling Science White Paper · Version 1.2 (Bilingual) · September 2026
Zhejiang Wansecheng Life Science Institute (WLSI) · Hangzhou, China

The Datong Xuan Culture Brand Strategy Center is a brand division of Hangzhou Datong Xuan Culture Communication Co., Ltd.