



# 一炉清香，治愈日常：零基础读懂温柔千年的中国香文化 | A Hint of Incense, A Peaceful Life: Beginner's Guide to Traditional Chinese Incense Culture

## 前言 | Preface

**English Abstract:** Chinese incense culture is an ancient and elegant lifestyle art with a history of thousands of years. It is not a niche and esoteric ritual, but a simple way to soothe the mind, purify the space and calm the mood. This beginner-friendly guide takes you through the origin, evolution and spiritual value of traditional Chinese incense art, helping every incense lover easily understand and integrate incense into daily life.

在快节奏、高焦虑的现代生活中，我们总在追逐喧嚣，却渐渐丢失了安顿身心的松弛感。很多人对香道的第一印象，是古风、雅致、小众，甚至觉得门槛很高，需要静心禅坐、通晓古韵才能入门。其实不然，香道从不是遥不可及的风雅绝学。

*Many people regard incense culture as ancient, elegant and niche, believing it requires profound knowledge and meditation practice to get started. In fact, this is not the case.*

中国香文化从来不是束之高阁的雅事，而是古人藏在烟火日常里的生活美学。它延续数千年，从宫廷礼乐、文人雅趣，慢慢走入寻常百姓家，本质上就是**借一缕清香，安顿身心、温柔度日**的生活方式。无需刻意附庸风雅，普通人也能轻松读懂、随心体验。

*Chinese incense culture is never an unattainable elegance, but a lifestyle aesthetic hidden in ordinary daily life. With a history of thousands of years, it has evolved from royal rituals and literati hobbies into popular daily enjoyment. Essentially, it is a simple way to calm the mind and relax the body with delicate natural fragrance. No fancy practice is required, everyone can easily appreciate and embrace it.*

## 香，是刻在中国人骨子里的浪漫 | Incense: The Romance Rooted in Chinese Culture

香的历史，贯穿了华夏文明的脉络。早在神农尝百草的时代，古人就发现草木芳香之物，可洁净环境、舒缓身心、调养身心，开启了最早的用香历史。春秋战国时期，文人雅士便有佩香、焚香的习俗，《诗经》中“采兰赠芍”“椒聊且远”的字句，足以见证古人以香寄情、以香修身的雅致情怀。  
*The history of incense runs through the entire Chinese civilization. As early as the Shennong era, ancient people discovered that aromatic plants could purify spaces and soothe the body and mind, starting the earliest history of incense use. During the Spring and Autumn Period and the Warring States Period, intellectuals wore incense and burned fragrance. Classic poems recorded the custom of expressing emotions and cultivating temperament through incense.*

彼时的香，不只是一缕气味，更是一种礼仪与修养。《礼记》记载，古人晚辈拜见长辈需佩戴“容臭”，也就是香囊，以香洁身、以示恭敬。小小香草，承载着家风礼法、温润品性，让香从一开始，就跳出了单纯的嗅觉体验，拥有了人文温度。

*At that time, incense was far more than a pleasant smell; it represented etiquette and self-cultivation. The Book of Rites records that juniors wore incense sachets to show respect to elders and purify themselves. These small aromatic herbs carried family ethics and gentle virtues, endowing incense with profound humanistic connotations beyond simple fragrance.*

## 从宫廷到市井，香道的千年演变 | A Thousand-Year Evolution: From Royal Rituals to Daily Life

秦汉时期，焚香成为宫廷礼制的重要部分，用于祭祀天地、敬奉先祖，庄重肃穆的香气，赋予仪式虔诚的氛围感。到了盛唐，国力繁盛、文化包容，香文化愈发兴盛，香印、熏香等多种用香方式盛行，“闲坐烧印香，满户松柏气”，一纸诗句写尽唐人闲时品香的悠然心境。

*In the Qin and Han dynasties, incense burning became a core royal ritual for worshipping heaven, earth and ancestors, creating a solemn and devout atmosphere. In the prosperous Tang Dynasty, incense culture flourished greatly with diverse incense methods such as seal incense and fumigation. Poets often described the peaceful and leisurely mood of enjoying incense in daily leisure time.*

而香文化的巅峰，当属风雅两宋。彼时物质丰裕、文风鼎盛，焚香、点茶、挂画、插花并称“文人四艺”，成为宋代文人修身养心、消遣闲情的日常雅事。香不再专属宫廷贵族，慢慢走入市井民间，无论是读书静思、独处休憩，还是好友小聚、居家闲坐，一炉清香皆是常态。

*The Song Dynasty marked the peak of incense culture. In this prosperous and elegant era, incense burning, tea tasting, painting and flower arrangement were known as the Four Arts of Literati, serving as daily elegant pastimes for self-cultivation. Incense was no longer exclusive to nobles but popularized among ordinary people for reading, relaxing, gathering and daily leisure.*

历经元明清的传承沉淀，香文化走入民间、深耕日常。明代经典香学著作《香乘》，系统梳理了千年香方、香器、香俗，汇总历代香学精髓，将零散的用香习俗、技法、美学整合为完整的香学文化体系。千年流转，香褪去了宫廷礼制的庄重肃穆，留存了温润治愈的底色，成为独属于中国人的生活诗意与精神慰藉。

*Xiang Sheng* After inheritance and development through the Yuan, Ming and Qing dynasties, the Ming Dynasty classic comprehensively sorted out ancient incense formulas, tools and customs, forming a complete systematic incense culture. After thousands of years of evolution, incense has shed rigid ritual constraints and retained its gentle and poetic temperament, becoming a unique Chinese lifestyle aesthetics.

## 古人说：香有十德，治愈人间烟火 | The Ten Virtues of Incense: Healing the Mortal World

很多人好奇，古人为何偏爱焚香品香？北宋黄庭坚总结的**香之十德**，便是最好的答案，短短十字，道尽香的治愈力量：

*Many people wonder why ancient Chinese people loved incense burning. The Ten Virtues of Incense summarized by the Song Dynasty scholar Huang Tingjian perfectly interpret the healing power of natural incense:*

清净心身、能除污秽、静中成友、尘里偷闲、常用无障

*Purify body and mind, eliminate turbidity, accompany meditation, offer leisure in mortal life, and benefit daily use without obstruction.*

身处喧嚣浮躁的当下，我们奔波于生活，被琐事裹挟、被焦虑困扰，很难拥有片刻的宁静。而一缕清香，就是最低成本的治愈。

*In today's impetuous and fast-paced world, people are trapped in trivial matters and anxiety, lacking inner peace. A wisp of natural incense is the most accessible healing remedy for daily fatigue and restlessness.*

不需要繁复的仪式，不必刻意静坐禅修。晨起燃一支线香，驱散晨起困顿；午后焚一炉香篆，伴读饮茶、舒缓心绪；夜晚点一颗香丸，褪去整日疲惫、安稳入眠。香无声无息，却能净化心绪、抚平浮躁，在忙碌尘世中，为我们守住一方清净小天地。

*Complicated rituals are never required. Light incense sticks in the morning to refresh your mind, burn incense seals in the afternoon for reading and tea time, and ignite incense balls at night to relieve fatigue and improve sleep. Silent and gentle, natural incense calms anxiety and builds a peaceful spiritual haven in busy daily life.*

# 新手入门：普通人的轻松用香方式 | Beginner's Guide: Easy Ways to Use Incense in Daily Life

真正的香道，从来不是复杂的规矩，而是随心所欲的生活方式。对于入门者而言，无需追求专业繁复的古法仪式，从简单日常用香开始，慢慢感受香的美好即可。

*True incense culture is never about complicated rules, but a free and comfortable lifestyle. For beginners, there is no need for professional ancient rituals. You can start with simple daily incense use and gradually feel the beauty of natural fragrance.*

**线香、塔香、盘香**，是最百搭的入门选择，操作简单、适配所有场景，居家、办公、读书、冥想皆可使用，一缕清雅香气，温柔包裹日常。

*Incense sticks, cone incense and coil incense are the most beginner-friendly choices. Easy to use and highly versatile, they perfectly fit home relaxation, office work, reading and meditation, wrapping daily life in elegant natural fragrance.*

**香丸、合香珠、合香牌**，是中式独有的雅致浪漫。古法手工合香，糅合多种天然草木香料，低温炮制、匠心配伍，无多余添加。既可随身佩戴、时时闻香，亦可置于香炉慢熏，留香绵长，兼具颜值与意境，是养生与美学的结合。

*Incense balls, blended incense beads and incense pendants represent unique Chinese elegance and romance. Handmade with multiple natural plant spices through traditional low-temperature craftsmanship without extra additives, they can be worn for portable fragrance or slowly fumigated for long-lasting aroma, perfectly combining health preservation and oriental aesthetics.*

**香篆焚香**，是最治愈的慢生活仪式。将细腻香粉填入篆模，脱模成型、点燃慢燃，香火绵延、烟气温婉。慢燃的过程，亦是静心的过程，抚平内心焦躁，让人慢慢学会沉淀与从容。

*Incense seal burning is the most soothing slow-life ritual. Fill fine incense powder into seal molds, shape and ignite for gentle and lasting burning. The slow combustion process calms irritability, cultivates inner peace and teaches people to be calm and precipitated.*

搭配简约香炉、精致香插，无需刻意布置，一桌一炉一香，便是满室清雅、万般温柔。

*Matched with simple incense burners and delicate incense holders, no elaborate decoration is needed. A table, a burner and a wisp of incense create an elegant and peaceful atmosphere effortlessly.*

## 以香为伴，慢度日常 | Stay with Incense, Slow Down Your Life

中国人的香文化，从来不是追求奢靡雅致的形式，而是**借香静心，以香修身**的生活哲学。

*Chinese incense culture never pursues extravagant formalities, but focuses on calming the mind and cultivating temperament through fragrance.*

它没有门槛、不分雅俗，不讲究资历、不苛求仪式。疲惫时，香是慰藉；浮躁时，香是安宁；独处时，香是知己。一缕草木清香，穿越千年时光，从古人的诗意生活，走到我们的烟火日常。

*It has no thresholds and no class distinctions. It comforts you when you are tired, calms you when you are impetuous, and accompanies you when you are alone. The natural plant fragrance travels through thousands of years, bringing ancient poetic elegance to modern ordinary life.*

不必追赶风雅，只需随心而安。不妨从今日起，焚一炉清香，赴一场温柔香事，在袅袅青烟与淡淡幽香中，告别浮躁、安顿身心，在平凡日常里，遇见中式生活的极致浪漫。

*There is no need to deliberately pursue elegance, just follow your heart. Start your incense journey today, bid farewell to impetuosity with curling smoke and delicate fragrance, settle your body and mind, and discover the ultimate romance of Chinese lifestyle in ordinary days.*

## **Conclusion | 结语**

香藏岁月静，心随清风宁。千年香文化，终其本质，不过是让我们在喧嚣世间，拥有一份从容自在的生活底气。

*Fragrance preserves the tranquility of time and calms the soul. The essence of thousand-year-old incense culture is to help people maintain calmness and ease in the noisy world.*

（注：部分内容可能由 AI 生成）