

DIYMINER.COM — PRACTICAL LABORATORY

San Cai Alignment Checklist

Embodying Heaven, Earth & Man in Physical Work

This checklist translates the operational principles of the 16 San Cai masters into clear, practical steps to eliminate friction, right-size physical systems, and execute work effectively.

PHASE 1: HEAVEN ALIGNMENT (TIAN) — MINDSET, TIMING & CLARITY

- ☐ **Still Internal Noise:** Clear daily distractions to observe true conditions without mental distortion.
- ☐ **Reflect Without Bias:** Practice "Water Mirror" awareness—assess situations objectively before acting.
- ☐ **Yield to Incoming Force:** Adapt gracefully to structural or environmental resistance instead of forcing outcomes.
- ☐ **Address Root Intentions:** Resolve underlying issues at the root intention before applying heavy physical fixes.
- ☐ **Align with Natural Timing:** Structure key work efforts around natural energy and seasonal windows.

PHASE 2: EARTH ALIGNMENT (DI) — PHYSICAL REALITY, TOOLS & EFFICIENCY

- ☐ **Practice Minimum Interference:** Design setups that yield maximum production with minimum forced labor.
- ☐ **Right-Size Your Systems:** Eliminate oversized tools, software bloat, and redundant physical assets.
- ☐ **Maintain Active Circulation:** Ensure water, materials, and funds move continuously without stagnation.
- ☐ **Utilize On-Site Materials:** Build solutions using the land, soil, and tools immediately around you.
- ☐ **Observe and Store Energy:** Capture and re-use natural resources within your living space and garden.
- ☐ **Work with Local Geography:** Adapt shelter and land maintenance to existing environmental patterns.

PHASE 3: MAN ALIGNMENT (REN) — EXECUTION, DISCIPLINE & STRATEGY

- ☐ **Maintain Daily Routine:** Establish simple daily discipline as the scaffolding for personal output.
- ☐ **Control Your Responses:** Focus strictly on personal actions when external events are unpredictable.
- ☐ **Execute Meticulous Planning:** Combine strategy with calculated execution to finish tasks smoothly.
- ☐ **Translate Principles to Action:** Convert broad principles into direct choices you can execute today.
- ☐ **Keep Tools Simple:** Maintain clear, accessible documentation and practical tools that require zero friction.

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Bridging natural metaphysics with practical work — land, tools, and shelter.