



A Healer's Almanac

a traditional Chinese medicine village life sim

OFFICIAL DOCUMENTATION

Getting Started Guide

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GETTING STARTED

Welcome to A Healer's Almanac. This is a gentle, unhurried game about settling into a mountain village, growing medicinal herbs, caring for your neighbors, and learning the rhythms of traditional Chinese medicine. There is no combat and no clock racing against you, so take your time. This guide walks you through your very first session, one comfortable step at a time.

There is no wrong way to play. There is no clock racing against you: time passes gently as the day goes on and pauses during dialogue, menus, and main-story moments, so feel free to stop, read tooltips, and explore at your own pace.

Your First Session, Step by Step

1. Launch the game and choose your language. From the title screen, open Settings and use the language toggle to pick English or Simplified Chinese. Your choice is remembered, so you only need to set it once.
2. Get moving. Walk around with WASD or the Arrow keys. The world is built on tiles, and your character strolls smoothly between them. You can also left-click a spot on the ground to walk there.
3. Interact with the world. When you face something you can use, a small prompt appears. Press E or Spacebar to interact, talk, harvest, or advance dialogue; clicking on something with the mouse does the same. That single habit, walk up and press E, covers almost everything you will do.
4. Meet Angelica and the village. Angelica is the village herbalist and a wonderful first friend. Wander the Village, say hello to the neighbors you pass, and let conversations introduce you to the community. Simply talking with people gently builds your friendship with them.
5. Gather your first herbs. Explore until you spot a wild herb or forage patch glowing with a prompt, then press E to collect it. Each herb you pick lands in your backpack and becomes raw material for future remedies. Foraging is the heart of an herbalist's day.
6. Plant something. Find a patch of soil, till it with your hoe, then select a seed and press E to plant it. Water it each day to help it grow, though rainy days water everything for you. A small progress bar fills as the plant matures, and when it is ready you press E to harvest.
7. Open the Journal and Almanac. Press I to open your Journal at any time. This is your personal almanac: your character and three core energies, your backpack, your neighbors and their preferences, your quests, and an illustrated encyclopedia of everything you discover. Browse the tabs to get your bearings.
8. Try your first diagnosis. When a neighbor feels unwell, you can offer to help. You gather clues by observing, listening, asking gentle questions, and reading the pulse, then you name the pattern and apply soothing remedies. Your early cases are forgiving, so treat them as practice and learning, not a test.
9. Sleep to save and end the day. When you are ready to rest, walk to a bed and press E to sleep. The game shows a short summary of your day, restores your energies, saves your progress, and starts the next morning. You can also save and load from the pause menu during normal play, using ten manual slots plus the automatic slot; ending each day in a cozy bed is still a lovely habit.

Your Three Energies

Instead of a single health bar, you have three core energies shown in the corner of the screen. Most activities draw on one of them, and a good night's sleep restores them. There is no penalty for resting often, so rest whenever you feel low.

When you feel low on any energy, eat something or head to a bed to rest.

Energy	What it is for
Jing (Essence)	Deep, slow-burning stamina that carries you through many busy days.
Qi	Everyday energy spent on walking, foraging, planting, and crafting.
Shen (Spirit)	Mental clarity used for diagnosis and careful, focused work.

Handy Controls to Remember

Move with WASD or Arrows and interact with E or Spacebar; everything else builds from there.

Action	Keys
Move	WASD or Arrow keys
Interact, talk, confirm	E or Spacebar
Open the Journal and Almanac	I
Open the Inventory tab	B
Open the World Map after receiving the Village Map	M
Close a panel or open the menu	Esc

Places to Explore First

Your starting world is small and welcoming. Wander a little each day and these spots will become familiar.

- The Village, your social and crafting hub where most neighbors live and work.
- The Herb Garden, a quiet cultivation zone the village opens up once you have helped build it.
- Your Home, with farm plots out front and a bed inside for resting and saving.
- Bamboo Valley, a riverside area to forage and explore once you are settled.
- The Orchard, opened through the village's building projects, where fruit trees grow season after season.
- Indoor rooms such as homes and workshops, where neighbors keep their workstations.

What to Do Next

1. Visit a few neighbors each day and learn their favorite gifts from the Folks tab in your Journal.
2. Keep a small plot planted and watered so you always have something growing.
3. Forage a little wherever you go; harvested patches return after their own cooldowns, which can take several in-game days.
4. Open your Almanac whenever you find a new item or recipe and watch your collection fill in.
5. Say yes when a neighbor needs healing, and treat each diagnosis as a chance to learn the patterns.

A Few Encouraging Tips

- Setbacks are recoverable. If a diagnosis or a crop does not go perfectly, you can learn from it, prepare again, and start fresh tomorrow.
- Sleep is generous. Resting restores your energies and saves your progress, so it is always a good move when you feel tired or low.
- Let curiosity lead. Talk to everyone, pick up what glows, read the tooltips, and let the village reveal itself one warm day at a time.