

## Seeing The Light!

Shen is described in Chinese texts as the light of consciousness. The light in this photo and others appearing in this newsletter is a measurable phenomenon which fits the description of Shen. These photos may help us to understand the pictures of saints, prophets, and holy men from many cultures which show halos and columns of light around their heads.

Shen is the third and most spiritual of the three vital treasures of traditional Chinese medicine. The other two, as discussed in previous newsletters, are Jing and Qi:

Jing is the substance of the physical body, being closely associated with blood, sperm, and bone marrow. It is the glue that holds every cell of the body in its proper location, form, and function, our genetic structure.

Qi is the vital energy which activates the physical body. It has strong electro-magnetic qualities.

The three are closely interrelated. Jing acts as a catalyst as our bodies produce Qi from breathing and digestion. Shen, in turn, is dependent on Qi. As Qi flows through the open heart center, it is transmuted into Shen. Shen in turn, strengthens the Jing, the physical, as we turn our loving conscious awareness toward our internal organs.

In a sense, Shen is the product of love and the substance of light.

Love and Light, *-Richard H Lee*



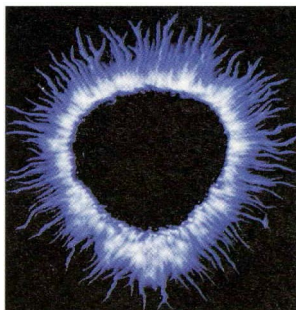
Clouds of light are photographed as Qigong healers "open the meridians" of participants of CHI Tour '96 in Beijing China. No special lighting effects were used.

## Shen: Light of Consciousness

Shen, in traditional Chinese medicine, is the substance of consciousness. Just as water is the substance of a river, Shen is the substance of mind or awareness. To a Westerner, the whole idea that a "substance" of mind would exist seems absurd. We believe that the brain thinks through the sequential excitation of synapses. We don't look further because we think that no additional explanation is necessary.

My first suggestion that Shen might be more than an empty metaphor came through my work with Kirlian photography. I had taken thousands of Kirlian pictures. A recurring pattern which had puzzled me for years was "the halo" as shown in the Kirlian photograph to the right, below. This halo is a smooth glow around the fingers of healers which replaces the more common balls and streamers. See photo on left.

Kirlian Shows Qi



Kirlian Shows Shen



Kirlian photo on the left shows streamers and balls as electrons enter and leave finger.

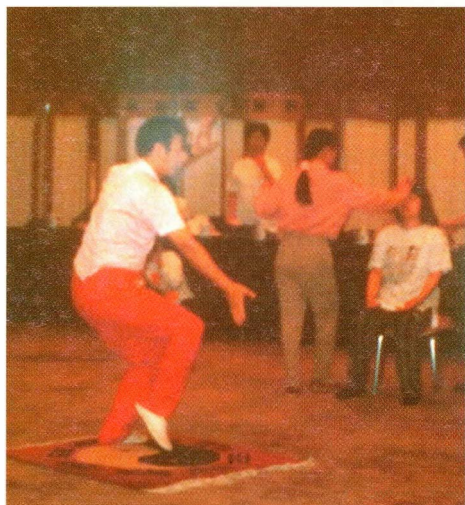
On right, the finger of a healer is surrounded by smooth illumination. This shift is caused by strong Shen.

As you can see, these two photos are decidedly different. The balls and streamers are a common phenomenon of high voltage corona discharge. The halo, on the other hand, is not explainable simply as a corona discharge.

As I continued my research I discovered that some people always had halos while others always

*continued on page 2*





AKIKO HONDA

*A field of Shen appears to connect Wan Sujian, M.D. to the heavens.*

had balls and streamers. It was not a question of time of day, weather condition, or washing hands. I identified three types of people who often had the halo:

Those who practice prayer or meditation more than an hour per day, Those who use their hands in creative work, particularly music, And those who use their hands for healing.

Interestingly, I frequently found Kirlian photographs in which one or two fingers, usually thumb, index, or middle finger had a halo but other fingers did not. As I asked, I learned that nearly all of these people practiced massage or other manual therapy and used just a few fingers for patient contact. For example, those who practiced Shiatsu, a Japanese form of acupuncture involving thumb pressure, often showed a halo around the thumb while balls and streamers appeared around their other fingers.

I also learned that healers with the halo around their fingers can often sense pain and tension in another person through those fingers. Those without the halo seldom have this super-normal awareness.

**Haloizing My Own Fingers**  
Ancient Chinese texts tell us that circulating Qi through the heart produces Shen. Based on this, I reasoned that, if I did a Shen-producing

exercise for long enough, and if the halo is indeed due to Shen, then my fingers should begin to "have Shen" and thus, show the halo. For a week straight I did the Micro-Cosmic Orbit exercise described in the book *Awaken Healing Light* by Mantak Chia, which involves circulating Qi from the lower abdomen, up the back, and down the chest, through a smiling, open heart. I did it for two or three hours every day. And by the end of the week, two of my fingers had developed the halo! My ring finger and pinky also showed initial signs of a halo. I had transmuted Qi into Shen!

In another experiment, I discovered that advanced Qigong Masters, when they emit Qi to a test subject's hand in a Kirlian camera, gradually cause the Kirlian image to change from balls and streamers to halos. It would seem that they either projected Shen or transmuted a patient's Qi into Shen. My Kirlian research is presented in my new book *Bioelectric Vitality*.

**Photos From Japan** One of the participants on our last trip to China sent me a photo showing a cloud of light over the head of a Japanese Qigong teacher who had led a delegation to the conference. I had seen photos like this in the past, and had rejected them, assuming that spotlights or other lighting effects had caused them. This time, I chose to keep my mind open. I traveled to Japan to see if Michiko, the Qigong teacher, could explain the photo. Instead, she presented me with more than a dozen other photographs which people in her group had taken. All showed strange lights around Qigong therapists during Qigong treatments.

Over a dinner of sushi we discussed the mechanism. Akiko Honda, who took the photos on page 1 and above, joined us. She showed me the camera she had used, a standard, inexpensive version.

I returned to San Clemente with the photos of Shen taken at our most recent CHI Tour Qigong training in Beijing. When I showed them to Marie,

our office manager, she pulled out two similar photos which she had taken during one of our earlier Qigong trainings in Beijing. These photos are particularly interesting because, in them, the light appears to move according to the hand position of the Qigong therapist. I was determined to get to the bottom of this phenomenon!

This phenomenon is scientifically real because it can be reproduced. I have associated it with Shen because it fits with the ancient Chinese description of Shen as the substance of consciousness.

Perhaps the ancient Taoists were accurate when they described Shen as the Light of Consciousness.



*These photos, taken by Marie our office manager while at a Qigong training in Beijing, show the field of Shen.*



*Note that in this photo the light has moved away from the student, following the hands of the Qigong therapist.*