

# Cultivating Shen

How can readers incorporate the healing light of Shen into their lives? The following is a mix of tools and methods:

**Shen Biofeedback:** This newsletter, with its Kirlian photographs and color photos will encourage students and patients to develop skills with Shen. However, as they say, a picture is worth a thousand words:

We have done exercises in our workshops during which we take Kirlian photographs before and after doing Qi collecting exercises or circulating Qi through the heart. In this way, students see that brightness increases during Qi enhancing exercises and the nature of the picture shifts toward a halo during Shen enhancing exercises.

You may also wish to experiment with photographing energy activities with Fuji film. Seeing that you can produce fields of light on film can be highly motivating.

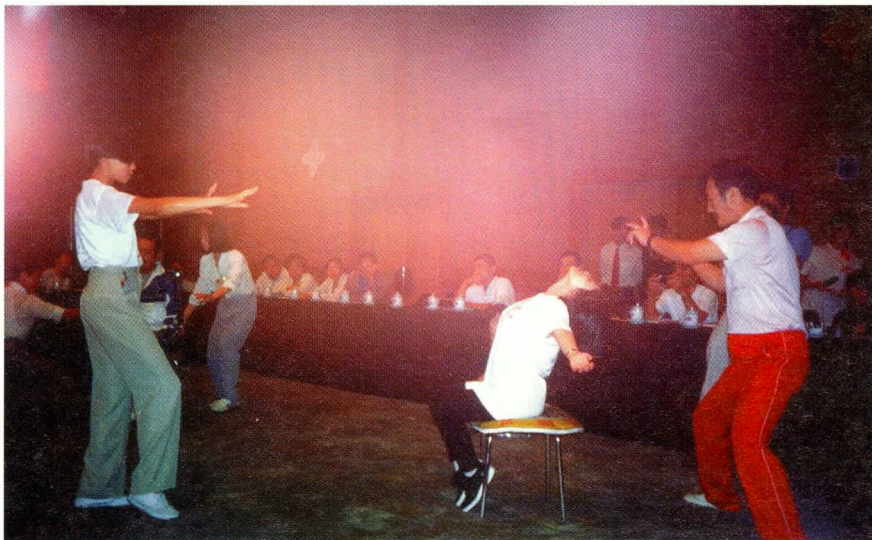
**Qigong Exercises:** Practicing exercises that circulate Qi through the heart transmutes it to Shen. Thus, both care giver and patient can accelerate healing through these practices.

Production of Shen requires Qi and production of Qi requires Jing. Since Jing is stored in the kidneys, you may feel an aching in the lower back after prolonged meditation exercises as Jing of the kidneys is depleted.

To strengthen kidneys apply your palms to your lower back over the kidneys and allow warmth and vitality to flow into the kidneys to strengthen

them. This is particularly effective after meditation when your hands are warm and full of Qi and Shen.

**Reducing Interference:** Unresolved emotions and mental overload cause Qi to stagnate, making it difficult to focus our concentration on Qi circulation exercises. And when Qi stagnates, we both stop collecting Qi and stop transmuting Qi to Shen. The Infratonic QGM relieves this stagna-



*Master Wan and his assistant treat a participant to increase her ability to work with Qi. Note that three clouds of light above them are of different colors. A fourth cloud, to the extreme left is associated with another group of healers.*

tion by breaking up the unresolved emotions of Theta and the mental overload of Beta. If the condition is physically generalized, the QGM can be placed over the sternum (on high or medium if the person is agitated setting it down to low as the person becomes calmer.)

If there are localized symptoms of tension, discomfort, or agitation along the midline of the body, either along the front or the back, or at the perineum or prostate, the QGM can be applied directly on these points. This will break up stagnation, increasing the flow of Qi. As this flow increases, the process of transmuting Qi to Shen is accelerated.

## Qi Field Supplementation:

Where people are low on Qi and wish to transmute Qi to Shen, they can use a CHI Stone while doing deep breathing. The ionic and magnetic fields produced by the CHI Stone will allow them to cultivate Qi more rapidly and with less effort. With a greater supply of Qi, they will transmute more Qi to Shen.

## Transmuting Qi with Jade:

Whereas stroking an area of pain with a Gua Sha tool made from water buffalo horn is highly effective at stripping out painful or stagnant Qi, stroking with Jade transmutes Qi into Shen.

**Healers:** If you are a healer, you probably already know how to project Shen. Healers simply project light or love from their hands to the person needing healing, or simply allow it to flow through them. Shen follows thought. The heart, which produces

Shen, is connected to the hands by the heart and pericardium meridians. Thus, the hands are a principal way to direct Shen. The brow chakra, or "third eye" is also often used.

## Love Transmutes Qi to Shen:

The most effective way to increase Shen is to experience daily life with an open and loving heart. Love your work, your home life, and your daily activities. Feel a loving connection with everyone you meet. See for yourself whether love expands consciousness. When you feel love, see if the world doesn't seem a little brighter, clearer, and more sensible. Love purifies Qi and cultivates Shen.