

1: WHAT WE ARE MADE OF - SHEN

One of our Three Treasures.

Shen is a Chinese concept that covers the essence of self in a spiritual sense. It governs who we are and how we express ourselves. Having a well-nourished Shen allows us to present a consistent personality to the outside world. Shen governs our clarity of speech, our brightness of eye, our coherence of thought, and our ability to live in mental and emotional tranquillity.

IDEALLY

A strong and well-nourished Shen allows us to be sane and to 'fit in' so we are 'normal' and are seen to be acceptable to others. We are able to weigh up consequences and to choose to go with the pack, or not. To be able to sleep well, and hence replenish on all levels. It gives us the ability to think clearly, respond appropriately: to perceive and act reasonably.

This is all governed by the amount and quality of our **Blood energy**, as it is our strength of Blood energy that nourishes our Shen.

What messes with the Shen – and thus destabilises the person forever often?

How to recognise?

A DISTURBED SHEN

(May not be all of these - any combination is possible)

- Having sleeping problems.
- Not making 'sense'
- Not being/looking as though not 'at home'.
- Having a wild/vacant look to the eyes.
- Being emotionally unstable/volatile/aggressive.
- Possibly being loud and abusive.
- Nervy disposition
- Unfocussed eyes/thoughts.

WHAT UPSETS OUR SHEN

A - LOSS OF ITS HOME

– in **shock**, or **when another influence has overpowered the Shen**, it may seek temporary refuge elsewhere (thus we appear to ‘lose’ consciousness). Shocking the person to be stuck in ‘fight or flight’ mode. This may then be how they appear for the rest of their life – till they resolve the latent shock. Life may go on in this state – differently. Thus you can start to see PTSD very differently immediately.

In minor cases this may be as a result of a trauma (sometimes the shock of being present in an area where a traumatic event has happened has been ‘caught’ unintentionally and you may be unaware your energy field needs cleansing).

When a door very loudly bangs unexpectedly . . . and there may be a **huge fright** experienced by the person who is already ‘full up’ with . . . **In profound cases** (see the section on life impacts) an experience as a vulnerable soul of being very unwanted in utero, or surviving a traumatic pregnancy or the mother’s induction and subsequent ‘emergency’ C section plus all the drugs used, may cause the person to NEVER express who they could have been had they had a serene start to life).

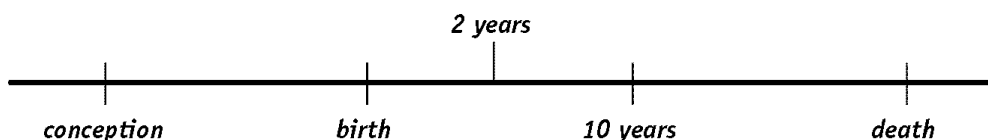
In extreme cases, there may be no external responses to stimuli. (Think of those who are surviving in a limbo state – catatonic /paralysed or in some way non-comprehending, or in coma/with extreme loss of all reason – no consciousness after a stroke and maybe on life support).

An aspect of self may automatically be keeping the physical vehicle ticking over. If the constitutional strength is sufficient, and all other life sustaining raw materials are provided – our Shen can survive, like a car idling in the garage. But – we are not ‘at home’/in charge.

Shocked – when a baby

This sets a person up for life. When we are the closest to our beginnings, any distressing occurrence affects us far more. Shock in a birth affects so many babies. This renders the idea of ‘safe’ very differently. The medical dictates written to explain hospital policies and the scheduling of birthing mothers for their convenience does not near witness to the appalling loss of empowerment new mums feel and the loss of bonding, and often their very maternal enjoyment.

Let alone the **fracture baby feels** – keenly and often forever afterwards reshaping his/her personality and entire being. An upset baby happens for a reason. Breaking baby’s equanimity begins a life of difficulty. (See appendix for hot blooded baby article).



The potential person is lost under a set of reactivity and this overlay of panicked reaction will play out unless the early upset is neutralised and the reactions to it remedied. You could just think ‘s/he was always like this . . . Unfortunately baby

has a big problem and quickly is seen as itself **being** the problem; often then controlled or managed (think some form of behavioural intervention – like controlled crying) rather than being assisted to return to the pre-set normal.

Baby shock can be easily diagnosed – look to the bridge of the nose – is there a blue mark /line/vein there? Or is there a red line or a mark possibly going up to the forehead? This may have been there ever since you met your baby. It may have been that baby was shocked in utero, or through the birthing process.

Or through being scanned many times in the pregnancy as mum was told things MIGHT go wrong. Mum in self protection mode may stop being as happy and bonded to her developing bub, as she is scared of getting too attached' in case – 'something goes wrong' ...

It did . . . we forget that the soul of baby is still in there feeling . .

My hometown (Christchurch) recently suffered multiple and continuing earthquakes. A spate of over-stressed and inconsolable babies being born - their mums were terrified. The babies were catchers of this trauma. They get to relive it constantly. They carry it with them. The babies' nervous system has been founded in being 'quaked.' Reprogrammed out of blueprint and into forever panic mode. This shows as baby being 'broken'. Likely to be not living out his/her potential, but screaming - and being clingy/'nervey' /frightened /unsettled/ difficult. Growing into being a child growing up as a very difficult person, who may be reactive to everything. (['PTSD' again](#)).

Shocked – when older

This often shows up as a sleeping problem. Actually warning you of a life/SELF/ Shen problem. Sleeping is disturbed when the Shen is not peaceful. Can't rest enough to regenerate. Can't renew self or to recharge batteries, so there is a cycle of further inner damage as a consequence. This too grows into a bigger snowball.

Sleeping is the gift of a calm Shen, and anyone who is experiencing difficulties, especially in the middle of the night (1 – 3 am) can assume that something is severely disturbing them to create this. By not sleeping, the body is unable to heal by regenerating. This in turn becomes cause of further body breakdown.

General paleness of complexion and timidity may result. Sleeping issues, talking and walking in sleep, not thriving and/ or being easily distressed and jumpy in general, nightmares, irritability and 'nerviness' ensue.

Shocked – when as an adult

Most tend to label the aftermath of an incident or experience 'post traumatic stress syndrome', (PTSD) yet often it is a matter of our ENTIRE lives upsetting us. A continually potentially survival panic – living with an alcoholic parent, with violence or the threat of it may destabilise one – especially if you started life created within the baby shock scenario - less resilient for later on.

As an adult, having to cope with something not too apparently traumatic to an outsider can appear to send us over the brink and into disorder.

We may have just had too much to deal with. Without 'defragmenting' ourselves (having a lack of reflective contemplation in life), we may have 'just' snapped'.

SOLUTION:

Undo what happened.

The responses to these reactions will depart.

Multiple ways may be needed at once

The sooner the better before patterns of behaviour become too entrenched.

1 - *Resolve the shock* – Rescue Remedy or similar vibrational or homeopathic assistance to help antidote the after effects of the shock on the circulation/Shen is invaluable.

2 - *Provide a safe, comfortable environment* to heal – possible energy healing work to hasten this. *Find a pranic or other form of energy healer* to help return your energy fields back to being to strong, and totally your own. Maybe also find a shamanic retrieval worker to bring back part of you that may be missing and remove parts of ‘not you’ that are not helpful.

3 - *Take supplements to calm the nervous system* – a good quality B complex supplement, (preferably liquid) Zinc and topical Magnesium (bypassing the stressed and less absorptive digestive system).

4 - *Chinese herbal Blood tonics* and Shen calming herbal tonics may assist the return a calm nervous system, hence the body energy to balance.

5 - *Reframing of ‘life’* to allow a less judgmental (“it was bad/shouldn’t have happened”) attitude to prevail – some form of emotional freedom techniques, may be far more reaching than counselling.

6 - *Physically* – gentle chiropractic/*osteopathic corrections* may allow the blueprint to reassert itself to ensure that the potential is free to unfold as planned – birth and gravity are big adventures. Cranio sacral work is vastly important especially in a new born to reassert the potential – and especially so if the normal birth route was avoided. (C-sections are particularly shocking to babies as they were not tuned in to be born/to arrive here).

Currently there is a medical equivalent of “pointing the bone” – being given way too much information. Often of the unlikely, but possible (not probable), maybes.

Of dire consequences if not undertaking an apparently needed (recently dictated for/to all) medical intervention. This bullying when vulnerable has been taken to a level unseen/unheard of even 10 years ago. As also in the case of many recently deemed ‘must have’ inductions/ testing/ vaccinations and so on.

Where is mammalian maternity and Leave Well Alone?

Following the natural template? Returning to ‘Do No Harm’ and supporting the Shen to support the self is where we could aim in all (especially around maternity) medical engagements.

B - LOSS OF NOURISHMENT

Blood ENERGY is the base or foundation for the Shen.

We are far more likely to take fright/react as though being personally attacked and generally be more 'flighty' when our Blood energy is not nourishing the Shen well.

- 1 - If the **Blood is not circulating**, or
- 2 - is **lessened in quality or amount**, there may be eventually become sanity and or emotional stability issues. This may happen over time, with excessive dieting/ semi starvation, and/or with worry, lack of repair/regenerative time out, and loss of regenerative sleep.
- 3 - Women continually **over-bleeding** with heavy periods, or bleeding, **leaking amniotic fluid** at the end of pregnancy, or haemorrhaging at any time, especially during or after birth – will always create a depletion of ability to sleep well/think / stay both sane and happy.

SOLUTION

Blood is a precious resource.

Always treat over-bleeding as a major problem – it is NOT healthy/normal to haemorrhage with periods or experience flooding, gushing or any otherwise extreme loss of blood.

Blood needs conserving for women to be at their best

(Perhaps see more on the role of the Blood Energy in the body in the following chapters). Good quality Blood energy may be all you need to focus upon to radically change who you even thought that you were.

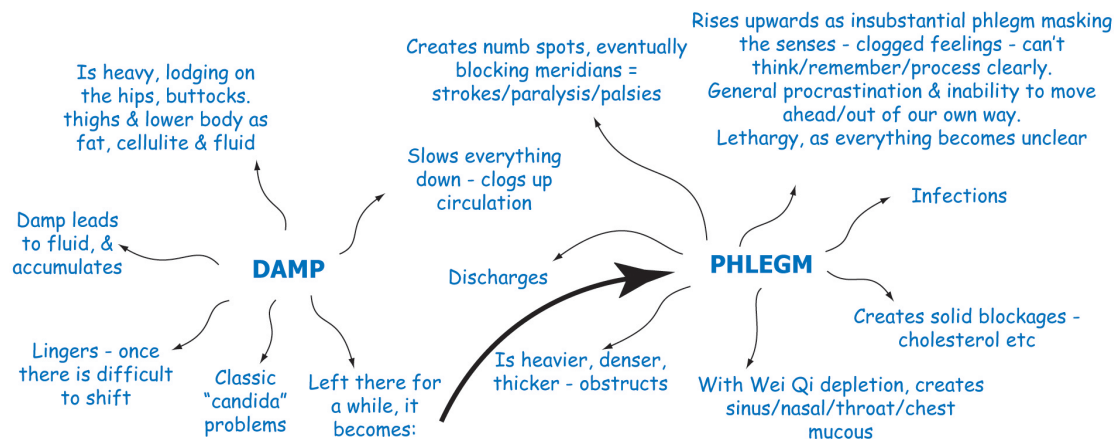
WHAT TO DO - BLOOD DEPLETION

- 1 - *Stop the reason for the Blood loss. (This does not mean stop the cycle. This in itself is merely a major warning sign of a body in distress.*
- 2 - *Stop focusing on the menstrual cycle;* it normalises when your life does. Your period is a report card of your past month/life. By allowing your digestive and nervous systems to return your entire system to balance, you heal your periods.
- 3 - *Take Chinese herbal tonics* to strengthen digestive system, Blood energy & all the body. If you do not, you may well start the following loss of clarity issue also.
- 4 – Drink much more pure, non chilled water daily.
- 5 - Maybe follow also the *SHOCK protocol*.

C - LOSS OF CLARITY

Often follows on as a secondary effect of the shock and loss of nourishment.

Damp - An acupuncture term that explains what happens when we are exposed to too much humidity – inner when the [Spleen Qi/Yang](#) is unable to keep itself clear and functioning as it should, or from the outside climate – usually being too cold and then damp/mouldy/humid. We make this worse through lifestyle choices - especially when we let the craving for the sweet taste get out of control, and eating, drinking and being [too cold](#) for the Yang to cope.



Phlegm is when the process is worse and actual physical matter is present. Damp energies obstruct. They arise from incomplete circulation and metabolism and eventually cause all manner of potentially fatal complications.

Along the way, few now live and eat well. They avoid a reasonably balanced diet, as they are told that animal fats and coloured salt, and even being in the sun are dangerous. This is all untrue, unproven, and leading us to where we are all in trouble. Instead, eating nothing sweet, few if any fruits – (they are too sweet) – and no foods that convert to sugar within – alcohol though not a food – is a major blind spot for all – and few grains. The food choices of modern Westerners, plus their usually sedentary work lives (all day sitting pools/congests their lymph) is a classic way to create a damp/phlegm life. (Add to this the presence of mould).

We get fatter, hold more fluid, can't seem to get out of our own way, get depressed, get medicated, and gradually feel like we are grinding to a halt. Mucous disorders may or may not be present. No one seems to think of improving the metabolism – yet the [lack of Yang](#) in the body is the driver for all of this bodily discontent. Also lack of bioavailable [iodine](#). See more [here](#).

Often underlying mental imbalance is Candida and gut imbalances – due to the sweet taste running amuck. Diet is a crucial part of all 'disease' states. Eating plates of greens daily does not usually feature in the treatment of any of them. That may well have alone prevented problems from happening.

WHAT TO DO?

We are not only made from what we eat, but what we can do with what we choose to eat. This comes right back to the [Yang Qi](#). Metabolism . . .

1 – Access to more **topical iodine** is essential. See what [blocks this here](#).

2 - **Changing your fuel** may well be the real answer when the body falls over eventually due to the lack of quality and bioavailable ingredients (nutrients)

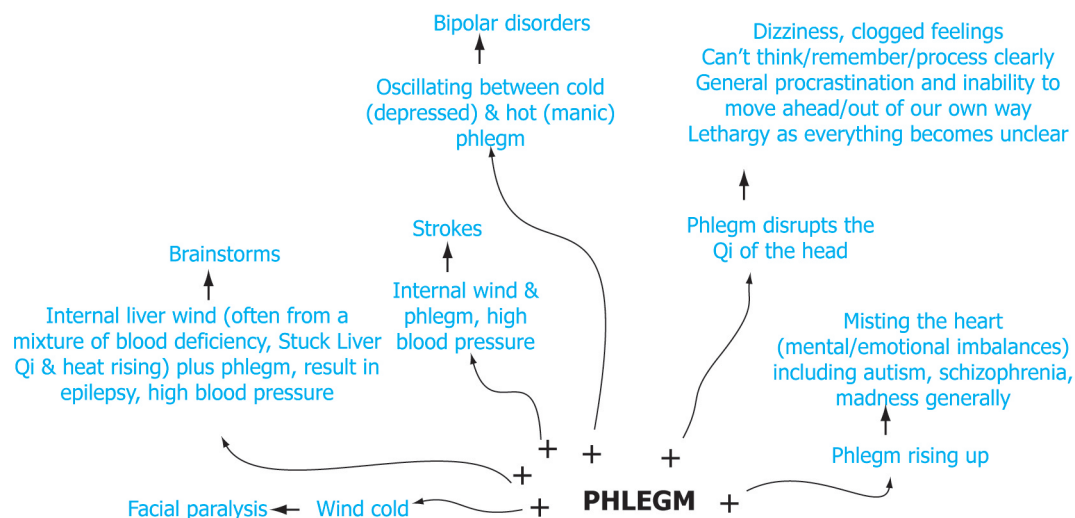
Perhaps watch one doctor finally discover this for herself. (They are not taught nutrition and its role in health).

[Dr. Terry Wahls - Minding Your Mitochondria](#)

3 - **Banishing all chemicals, alcohol, caffeine and all the other ‘soft life’** options that have lead to the lifestyle diseases epidemics.

4 - **Avoid mould exposure.** Get serious about this as it may transform your life.

When we upset the balance of fluids in our body and when the body is depleted in Iodine (many ways) there is a preponderance of damp leading to Phlegm.



Whilst we may be lucky enough to find a practitioner to diagnose and treat the probable underlying thyroid deficiency, most just gradually accept this as ‘aging’.

Medical tests such conditions as cholesterol, arteriosclerosis and various other apparently clogged up and degenerative diseases fail to see that a (natural) simple healthy lifestyle change can return the body to health.

Damp and Phlegm happens as something has insulted the basic engine room of the body - the Spleen energy, or digestive/immune and fluid metabolism/ circulation. When it is unable to support the nourishment process – a great way is to start eating /drinking too much cold and /or raw and/or sweet things.

Damp/Phlegm is a major source of muddy thinking (poor memory, losing what was saying, can't make decisions, and can't think at all – catatonia if extreme) –

Clouds of insubstantial phlegm, perhaps wafting up from a turbid digestive system feed this. (A diet of highly damp inducing foods – chilled and cold and raw foods and fluids, overly sweet and /or alcoholic - consumed especially when the body is in a very young /unformed/exhausted/weakened state, or when unbalanced from past immoderate and irregular lifestyle/and having stored experiences as yet unprocessed will keep this going indefinitely.

As will living in a damp and often mouldy environment.

WHAT TO DO - PHLEGM MISTING THE HEART ('MADNESS' OF MOST SORTS)

Please note that all states of autism, or altered awareness or inability to respond as expected will have a component of phlegm damp – as by definition – anything that is obstructing normal shows the presence of dampness . .

Although it may not be physical - it creates the exact manifestations of physical presence of dampness.

1 - *Attend to diet*, especially avoiding foods/fluids that create Phlegm (anything cold/cool in temperature or in vibration – as in too watery – anything raw or sweet in taste)

2 - Have a *regular, moderate nourishing food intake*.

3 - *Use digestive enzymes/fermented foods* to aid the assimilation of food.

4 - *Avoid all sugar, sweet foods, fruit* as Candida is a major cofactor here.

5 - *Avoid all substances* that create the gateway to 'possessed' states – alcohol, marijuana and other recreational drugs.

D - LOSS OF GRIP ON 'REALITY' DUE TO HEAT INVASION

Can be due to either/or from **heat creating reckless/rebellious Blood energy**, or through **external invasion**. Heat causes the Blood energy to become super charged, and the usual balance and peaceful calm demeanour may be lost).

If combined with the effects of stimulants & the flow-on effects of Spleen Damp forming, Heat and Phlegm energy together may give classic “mad” symptoms, at least pre-menstrually. This is because there is a relative abundance of Blood (Heat travels in the Blood) in the body in preparation for the monthly bleed.

Sometimes this can also occur when there is severe Blood loss, and the 'Sick Heat' syndrome is on board. If blood loss occurs when upset emotionally, and if rage/anger is involved, there will be that much more of an emotional component.

WHAT TO DO – HEAT

When upset, we attempt to self medicate and in so doing often distress the body far more. Using alcoholic/caffeinated and sugary substances destabilise the balance of Yin and Blood. These habits can stir up, cycling through further Shen problems.

1 - *Avoid all heating & processed foods, and activities: **drink much more water.** Avoid all sugar and foods that convert back to sugar* in the body all drive the heat – that is also all fruit – anything that tastes sweet.

2 - *Start with your own heartfelt hands – use the [techniques found here](#).*

3 - *Recognise that personal responses are often just that – personal – our perceptions change according to how we feel – and hence the subjective reality we choose to react within can be causing more issues than are needed.*

Maybe start a [mindfulness meditation](#) – and if no group near you – possibly invest in [this self help package](#).

4 - Find yourself a [Maya/Arvigo®](#) and/or [Mercier worker](#) to assist you to undo the women's catastrophes that befall all of us when we put everyone else first. The belly care that you can access to assist yourself and the other wise womanly ways will stun you in their simplicity.

5 - *Seek appropriate natural health care - acupuncture/herbal assistance.*

Take Chinese herbs to calm the Shen – and restore normal balance - especially important if a hyperactive child.

6 - *Life skills needed?*

Seek the online courses I have to [help you love yourself better](#).



LOVE YOURSELF BETTER