

General Order of business

**Always, always, always follow Nature
Calm the Shen**

Work Shen to Shen

Heartful hands . .

- 1 - **Get the Qi flowing** (easiest hand work - on the lymph).
(‘Round and round’ and the chest gouging after/as well as the **Stuck Liver Qi Release**)
- 2 - **Improve the Blood flows and production** – all the touch therapies and self help moves found in [‘The Healing Power of Touch’](#) and [‘Love Your Body Better’](#) – all components of the [Self Care](#) course
- 3 - **See to the organ placement** – after the **ligaments** (SLQR) – and the sacral alignment have readjusted themselves now that they have different instructions. This is covered in LL I as we go on.

*All else – health follows.
Structure determines function*

In acupuncturists’ language/model of care – ‘dampness’ is the cause of all hard cases. Dampness - lymph not flowing. Here we declutter/decongest/undo the body’s waste disposal system - so it can do the job well.

We also must undo storage of that which stops perfect happening:

Shock – Heart hence the blood flow is being impinged upon
(See [Dr John Shen’s Cardiac issues](#) for more – ‘personality’ ‘defects’).

Cold – [covered elsewhere](#)

Scars – will block normal Qi flow through all meridians and even more so -

Adhesions – inner (unseen yet binding all tissue and organs so there is diffuse and often unrelenting pain and discomfort/loss of fluidity. See the Foundational Manual for more on this and the practicals in LL I
This is called ‘belly’ work - yet we are working get the overall Qi flowing.

The Yang Qi can be liberated so there is more in circulation – take out the stored cold, add in the Yang Qi (Rescue the Yang with moxa after the cold removal).

Please read through the Foundational and the ‘How a Well Body Work’ document for further understanding.