

# Practical Shen-Gong

“What is Spirit / ‘Shen’?”

Three (3) kinds of Energy

## **jing:**

- raw energy created from food; eg. hormones/adrenaline/etc.
- feels like ‘tree sap’
- relax/circulate/refine into ch’i

## **ch’i:**

- body-energy, feeling, healing/issuing
- feels like ‘water’
- coalesce/refine into shen

## **shen:**

- spiritual energy, weightless, instantaneous
- visualized like ‘light’
- spontaneously transforms into void

*Body (jing, ch’i) - Mind (yi) - Spirit (shen)*

## Body

-Sensation - Emotion - Present-Time

## Mind

-Intent/Yi - Analysis - Memory - Ego

## Spirit

-Visualization - Awareness - Creativity

## Seminar Curriculum:

### I) Warm-up exercises

- 1) roll ankles, hips, 6-combinations
- 2) rock on heels, scatter-ch’i

### II) 5 Basic Tools of Practical Shen-Gong

- 1) Grounding-Cord
  - to center-of-planet
- 2) Running Energy
  - “2-Cycles” / Microcosmic Orbit
- 3) Center-of-Head
  - behind the 6th chakra
- 4) Blowing-up a Rose
  - destroying to create space
- 5) Amusement
  - “Kindergarten” = allow non-perfection

### III) Practice

- 1) Finding your Space
  - calm, equanimity, “enlightenment”
  - a. be in your center-of-head
  - b. distinguish between you & not-you
  - c. amusement
- 2) Creating
  - potential, an opening
  - a. “putting energy/attention on” (extend, outreaching)
  - b. choose one: Who/What/Where/When/Why
- 3) Healing
  - a. visualize: ground a [rose], ‘dust’ it off, wash/flood it with neutral energy
  - b. Hands-on: smooth the aura
  - c. hands+visualize:
    - gently ‘encourage’ stuck energy to start moving again;
    - foreign energy goes down the grounding cord

## School of Practical Mysticism

*Mysticism: direct knowledge of spiritual truth and/or ultimate reality is attained through direct experience*

*Practical: simple, straight-forward, useful.*

## Mystic Principles

- 1) The world around you is more than what you think it is.
  - Be Open
2. It’s not so much What you do, just that you’re Aware of doing it.
  - Trust Yourself
3. Everyone is sensitive to energy
  - Just Do It

*Explore your inherent spiritual abilities.*

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