

TCM Congress - Workshops

4th Scandinavian TCM Congress

„Chinese Medicine and Spirituality: Cultivation of the Practitioner, the Healer and the Alchemist “

Lillian Pearl Bridget, USA

Looking into the Window to the Soul

Shen Reading, Shen Diagnosis and Healing the Spirit

Shen is a manifestation of the individual soul shown in the light of the eyes, radiating from the skin and expressed through the smile. The quality of this light reveals the health of the mind and the spirit and is a prism for the expression of the emotions. A person's intrinsic quality of Shen can be determined from facial signs and learning to read the changes in Shen can be the basis of accurate diagnoses for mental, emotional and physical health.

This lecture will teach participants how to evaluate Shen in new ways. Particular attention will be paid to the spiritual aspects of Shen and the expression of the Transcendent Emotions. Participants will also be given the unique perspective of diagnosing mental illness as a spiritual crisis rather than as a brain dysfunction, as seen from the facial signs. The most enticing part of Shen, Peach Luck, will also be discussed as an embodiment and emanation of divine energies that heal the Soul's wounds.

