

SHEN FIRST AID

For Humans and Pets

Print this page and keep it in your medicine cabinet along with your other First Aid Instructions.

SHEN First Aid

Because the biofield is an integral part of everyone's body everyone has the ability to place their hands on another person with beneficial healing effects, if you know what you are doing and why it works. Many of these procedures are very easy to learn, we call them SHEN First Aid.

Have you ever hurt your knee badly by bumping it and held you palm over it tightly and found that the pain dissipated rapidly? Why does this happen? It happens because micro-electrical tensions build up in the body around every wound, bump, abrasion and burn. We sense these electrical disruptions as pain. Placing the micro-electrical field of our palm over the area of pain dissipates the micro-electrical charge of the pain.

It doesn't matter whether you believe the biofield is a part of everyone; it doesn't matter if you can feel the tug of the biofield qi between your hands; in fact, using the biofield qi between your hands is a very good way for you to prove to yourself that it exists.

Swollen Knees, Elbows and other Joints

Hold the joint between the palms of you hands for about three or four minutes. Change and do this from several angles. Often the person will report feeling tingles, or some subtle forces moving in their knee. (You may feel tingles or an 'electrical charge' as well.) Usually you will feel a great deal of heat (or the feeling of magnetism or electricity or tingles) which builds up between your hands and then dies down. When it dies down you are finished.

Sunburns and other Burns

SHEN First Aid is excellent for sunburn and other burns. Hold your palms on both side of the burned area. You may see the color change as you do this. This often happens. If it is sunburn, place one hand to the side of the burned area and the palm of the other over but not touching the sunburned area. After about ten minutes the redness should be about gone. And most of the pain.

SHEN and Children

SHEN is very helpful with children and not only for headaches and scraped knees. Have the cranky or fussy child lie on the floor, or a cot or bed. Place one hand on the left side of his or her abdomen and your other hand opposite it on the other side. Hold them in place for about four or five minutes. This can have a very calming effect and is useful in promoting sleep as well as helping with crankiness.

Headaches

SHEN for Tension Headaches. Not all, but many tension headaches can be helped greatly by placing the palms of your hands lightly on the person's temples and holding them still for several minutes. Do not try to massage. Do not do this technique if the person is in labor.

SHEN for Sinus Pain. Place the palms of your hands lightly across the eyes and ears. Placing one hand on the side of the forehead with the painful sinus and the other on the opposite cheek will sometimes help.

Other uses for SHEN

SHEN for False Labor Cramps (Braxton Hicks Cramps). Place your hands flat on opposite sides at the line when the cramping is centered.

SHEN during Labor. SHEN can help greatly during labor but we do not recommend that you try it until you have received the necessary training.

Now that you have seen and felt for yourself what can be done naturally, imagine what a trained SHEN practitioner who has learned how to work with emotional conditions can do.

Imagine what you can learn by attending a SHEN Workshop.