



# **An Overview of The SUN SHEN System**

## **The 3 Parts of the System**

1. Absolute Principles
2. Approach - Journaling and Communication System
3. Tai-Chi / Cultivation System

## **General Outline of the 3 Parts of the System**

### **Part 1: Absolute Principles**

1. The View / Philosophy / Theology
2. The Principles
3. The Way to Read the Scriptures

### **Part 2: Approach - Journaling and Communication System**

1. Self Integration System - One Prayer/Virtual Monastery
2. Integration / Processing Methods
3. Communication

### **Part 3: Tai-Chi/Cultivation System**

1. Healing
2. Individual Cultivation
3. Interactive Cultivation

## Detailed Outline of all 3 Parts of the System

### **Part 1: Absolute Principles**

#### 1. The View / Philosophy / Theology

Model of of the world and it's nature.

- a. Christian Theology
- b. Taoist Philosophy
- c. Science

#### 2. The Principles

Pith instructions.

- a. Christian Principles
- b. Taoist Principles
- c. Non-Sectarian Principles

#### 3. The Way to Read the Scriptures

The way to read the scripture really is the genesis of the SUN SHEN communication system, processing, reprograming and the SUN SHEN approach to exploring reality.

##### a. Exegesis

- i. Textual criticism
- ii. Cultural and Religious History and Context
  1. Jewish
  2. Christian
- iii. Reading literally, until you see the underlying unconscious pattern, and the law of the universe, which is the same thing.
  1. Seed, Path, Fruit
  2. Context, Impact, Feedback
  3. Outer, Inner, Secret
  4. Rider, Elephant, Peanut

##### b. Hermeneutics

## Part 2: Approach - Journaling and Communication System

### 1. Self Integration System

a. One Prayer - A Self-Management System based on who you are, to manage the energy you have and arrange your life according to that, where you instinctively and emotionally satisfied. Most of life is about emotional satisfaction, and emotional satisfaction equals more energy.

#### i. Mind

1. One Word - Your Essence.
2. One Sentence - Your Purpose.
3. One Paragraph - Your Mission.
4. One Page - Your Vision.

#### ii. Heart

##### 1. Emotional Needs

- a. Emotions I seek / Methods to achieve the emotions.
- b. Emotions I avoid / Methods to get out of them and into emotions you seek.

#### iii. Body

##### 1. Strengths

##### 2. Weakness

##### 3. Function

###### a. Enneagram Type

###### b. Kolbe Score

###### c. Ideal State

###### d. One Problem you are trying to solve

###### e. Seeking Mechanism

###### i. Automated/Unconscious Mechanism

###### ii. Blind spot due to Automated Mechanism

##### 4. Hedgehog Concept

###### a. Your Passion

###### b. Your Talent

###### c. Your Economic Engine

###### i. As measured by an Economic Denominator.

#### iv. Reference List

##### 1. Daily Practices

2. Weekly Schedule
  3. Goals
  4. Strategy to Achieve Goal
  5. Projects
  6. Tasks
  7. Future Projects
  8. Victories
  9. Growth Milestones
- b. Virtual Monastery - A Path of Awareness
- i. Acceptance - Awareness of your present life.
    1. The Power of Routine
    2. Establishing Baseline
    3. Foundation for Change
  - ii. Becoming - Awareness of your desire to grow.
    1. Priority
      - a. Daily Practice
    2. Tracking
      - a. Scheduling
        - i. Rocks (Appointments)
        - ii. Sand
        - iii. Building on what works. vs. theory
    3. Urgent and Important Spectrum
  - iii. Energy Management - Awareness of what you can and cannot do.
    1. Task Management
      - a. Difference between project and task
      - b. Breaking tasks down into actionable items
      - c. Planning for things to take longer than expected
      - d. Decision Management
        - i. Benefit vs preference based decisions
      - e. Needs vs. Nice to Have
    2. Shabbat

## 2. Integration/Processing Methods

### a. Mind

- i. Questions - What benefit does this give you?

- ii. What made you feel that way?
    - iii. What if you already had that?
    - iv. What is the worst case scenario?
    - v. Listing it all out.
  - b. Emotions
    - i. The Onion - Tracing the emotions back.
    - ii. The 3 Spaces.
    - iii. Center of Heart.
    - iv. What else?
  - c. Body
    - i. Eyes.
    - ii. Breathing.
    - iii. Meditation.
    - iv. Conditioning.
    - v. Chakra release,
    - vi. Meridian release.
3. Communication
- a. Concept of Bidding.
  - b. Listening/Processing - Seek first to understand and then be understood.
  - c. Telling/Sharing/Processing - Seeking to be understood.
  - d. Negotiating/collaboration - Seeking win/win.
  - e. Giving feedback.
  - f. Leveling / Making a complaint without being critical - The truth! Brutal honesty, and sticking with it.
  - g. Making a request.
  - h. Declining a request (Saying No).
  - i. Problem solving.
  - j. The non-dual pat. - A place beyond assumptions, beyond identity, beyond past emotional trauma.
  - k. Making it all more effective.

### **Part 3: Tai-Chi / Cultivation System**

- 1. Healing
  - a. The Basics - Chi and Interaction

- i. General Introduction to SUN SHEN healing
  1. Enjoying the opportunity that presents itself
  2. Class Etiquette: Respect, Commitment, Dust Gathering into Mountain
  3. Cultivation, Development and Growth
  4. Cultural Context
  5. Client Etiquette (Etiquette towards Teacher, to all)
  6. How to see this whole thing as a Mystic Experience
- ii. The Foundation / Central Column
  1. Central Column: Awakening
  2. 3 Dantiens and their significance
  3. Chakras (The centers in between the Dantiens)
  4. Listening - Energy
  5. Listening - Touch
  6. Shen → Yi → Chi → Xue → Li -
  7. CBARS - Consciousness, Breathing, Alignment, Relaxation, Synchronous Movement
  8. Tying it all together
- iii. The Pathway - Great Heavenly Circle
  1. Small Heavenly Circle
  2. Great Heavenly Circle
  3. The Way = Natural Intelligence
  4. Great Heavenly Circle
  5. Integration - The River Flows = Joint: Neck, Arms, Legs
- iv. Fields
  1. Matching Frequencies
  2. 3 Fields
  3. 7 Colors, 7 Fields
  4. Clearing the Rivers (meridians)
  5. Astral Body Healing
  6. A different dimension
  7. Past Lives
  8. Karmic Lines
  9. Shapes
  10. Lineages
  11. Angels
  12. Entities and Holy Objects
  13. Sound & Chanting

## 14. Distance Healing

### v. Business:

1. No debt Policy
2. Power of Generosity and Marketing
3. Power of Clear Boundaries
4. As a whole System
5. It's not about what you want, but about addressing a need

## 2. Individual Cultivation

### 1. Nei-Gong - Internal Chi - Internal Movement- Meditation

1. Attention on attention.
2. Dan-Tien training.
3. Small Heavenly Circle.
4. Great Heavenly Circle.
5. Central Column
6. External Chi to support.
7. Breathing Exercises.

### 2. Wei-Gong - External Chi - Need external movement

#### 1. Qi-Gong

1. White Crane.
2. Taoist Yoga.
3. Whole Body Standing - Conditioning / yoga.
4. Pressure Meditation - form.
5. Conditioning.
6. Weight/weapon.

#### 2. Form

1. 35 Form
2. 108 Form
3. Yin Yang Form
4. 13 Form

#### 3. Weapons

1. Sword Form
2. Staff - Seven Deadly Steps
3. Spear Form

## 3. Interactive Cultivation

### 1. Two Person form

1. 4 type - Master Chin style

2. 4 type - Cheng Style
3. 8 type - Master Chin style
4. San-Shou Master Chin style
5. 88 - Yang/Cheng style
2. Free Interaction Exercise
  1. Freehand pushing hand
    1. Horse stance
    2. Front bow stance
    3. Walking
    4. One arm
    5. Two arm
    6. One arm vs Two Arm
    7. Leg
    8. Free
    9. With weapons
    10. Anything goes