Dear friends and colleagues, welcome to this bumper issue of SHEN TOUCH which is full of news, views, information and inspiring stories.

I love this time of year. For me it’s a time of coming together as friends, families, communities, nations and, as the Climate Change Conference in Denmark showed, a planet. It is a time for sharing and exchanging with loved ones.

Thank you for all your love and support over the past year. SHEN TOUCH is from you, for you. Peace on Earth starts with the next SHEN session.

Whether dreaming of a white Christmas and the sound of sleigh bells, planning a beach barbecue, roasting chestnuts over a roaring fire or piping in the Haggis on Hogmanay, I wish you all joy and happiness.

Tony

Richard sends his best wishes to all in the SHEN community at his joyous time of the year and hopes to see many of you in the coming year.

Opening Thought:

“When you are no longer the slave to your own emotions and thoughts – when they no longer have their way with you without your consent – you have become the Master of your own being, and your entire life in the outside world will be transformed. You will be the Master of the law, you and your life.”

From The Secret: Daily Teachings
“I came to Ayleyaell with fibromyalgia and a host of weaknesses that resulted in a stroke two years ago. The most disturbing and accelerating of these was an alarming loss of kidney function. I also had numerous problems with my kidneys and ureters; I walked out of a urologist’s office after screaming in agony at his exam. (I was the only woman there in a crowded office.) I passed a kidney stone at home, suffering excruciating pain. Then, after my stroke, my urinary flow was scant or absent for days at a time. I had this pattern during my cycle, which would be relieved when my menstrual flow stopped, and I would pass the blocked stream in torrents. Now, over two years into menopause, the urine had stopped and rarely got released any longer. I’d been living on cranberry concentrate, cranberry juice, as well as asparagus to encourage the flow, any flow at all. A Chinese traditional physician said that the weak kidneys were the cause of my stroke.

Ayleyaell made me feel so comfortable and safe that I could go back down the stream of time and find the source of this issue. She uses a ‘cradle’ and has a very gentle touch, along with a gentle and sincere presence. I had always known about how I was (inadvertently) neglected in my childhood, but I had never connected with those emotions.

When I was a baby, my mother, enamored of the new technology, bottle-fed me. She propped me up in a chair, left me with a bottle, and walked away. My breast-fed sister, who was 18 months older than me, would drain the bottle, a novelty to her, and I was left mysteriously crying with an empty bottle. What I processed were the emotions of feeling abandoned, hungry, and unwanted. I felt this keenly in my second chakra, my center of self-esteem, as well as my root.

I decided to work on forgiveness and appreciation in order to more deeply understand and appreciate my mother to release these toxic emotions. I went back to the feeling I had for my daughter when she was born. Despite a painful pregnancy and traumatic birth experience, there was a point at which I truly felt the motherly connection. It was a pure, unconditional, all-encompassing love for my daughter and joy at her choosing me on this earth journey. I remember blessing her in every possible way and feeling ecstatic at having the honor to be her mother. I realized that my mother must have felt this for me, despite making wrong parenting choices. In other situations in adulthood, she showed me that she loved me. Yes, she must have felt the mother/daughter bond; that sacred, pure, love of the Creator, of “life’s longing for itself,” a Godly love! With this realization, and Ayleyaell’s encouragement, I sobbed out and released the negative unconscious feelings about myself that had always constricted my kidneys and my bladder, my primary complaint and most likely the root cause of all my health problems.

It took a few weeks for me to process this deep transformation, but now I have completely normal urinary function for the first time ever. I attribute this healing to this single session with Ayleyaell. She is an angel on earth. Amazingly, I didn’t have much time that day and had to cut the session short, but nevertheless I had the most powerful healing of my life. Thank you, Ayleyaell, for giving me back my life.”

Beverly Brodsky is an author, speaker and regional coordinator for International Association for Near-Death Studies (IANDS). You can read Beverly’s Biography and Near Death Experience (NDE) by following the link below:

Editor: We hope to run a feature article on Ayleyaell Kinder in the next issue of SHEN TOUCH.
Over the last couple of years I’ve been experimenting with some options for myself. Of course there is self-SHEN, which often really helps, especially if things aren’t lodged really deep or if I’m not in too much resistance. In addition to self-SHEN I’ve come to use the breath and sound to help things along.

I’ve found that if, while in a meditative state of mind, I direct a very focused breath into the ‘heart’ of the area my body is telling me needs work, shifts can occur. It generally seems to take several very focused breaths to start the shift and then a continued purposeful breathing pattern to help bring it to the surface for release. These breaths seem to work most effectively, have the most power, when I send them down the back of my throat and down the back of the body to the area I’m targeting. That area may change of course as things start to move.

Sometimes I use the breathing in conjunction with self-SHEN if I can position my hands so they don’t interfere with the process. Knowing how the release process feels from regular SHEN sessions helps in guiding this process. I’ve had success with this in dealing with headaches, sore throats, heart pain, chest congestion and nausea.

I suppose sound provides a vibrational field in some ways similar to the field produced between “SHEN hands“. In any case I’ve found sound vibration can also be used to effectively stir things up and bring them to release. I’ve worked mostly with the cd’s of Tom Kenyon and the Hemi-synch series but Tibetan bells or such and undoubtedly other artists’ work would do as well. The cd’s I’ve used are effective I feel for the most part because they are not melodic but very intense sound vibrations which seem to interface with areas of the body holding tension. Sometimes I use these in conjunction with self-SHEN and sometimes on their own. I’ve found using the breath in conjunction with these gives a little extra “umph” also.

I’m not suggesting these methods as a substitute for regular SHEN sessions or to be used with clients but for those times when I’ve been on my own with issues that need to be worked with and I’ve found them helpful. I’d be interested in hearing from other therapists as to their ideas or views on “therapy for the therapist”.

Cathrine Greene CST

And what about therapy for the therapist?

There are times as a SHEN therapist when I’m aware of issues of my own surfacing or, more likely, lurking just under the surface and needing to be released and cleared. It’s great if, at those times, I can go to another therapist for sessions but sometimes that’s not an available option. What then?
Message from Vancouver from Donna Harcos

I live on Vancouver Island in British Columbia, Canada and have been a certified SHEN Therapist since 1994 - haven’t been active the past couple of years but Richard still lovingly keeps me up to date with what is happening in SHEN.

I wrote to Russell Fox and thanked him for his great article (as it resonated well with me) and thought he had something to do with putting this wonderful piece of work together. He kindly wrote me back encouraging me to write to you and tell YOU just how much I appreciated all your time and effort in putting such a wonderful Newsletter together for the many of us SHENNERS to enjoy and I’m sure appreciate. I loved the heron - he just reminds me of Richard so much, waiting at the door for all to arrive to class and settle in...I think his photos are magnificent.

I have not practiced any modality of healing for the past three years. I was 70 this year and I’m spending more time in contemplation of being. I love SHEN for its simplicity, yet powerfulness with such grace and ease - well most of the time...I was at the conference in Sterling, Scotland in 1995 I think it was. I know you have been involved a good long time as well.

Any way, I just had to write to you and let you know how beautiful your SHEN TOUCH Newsletter is and I hope that it will continue on for a long time. I guess I thought that someone in the US did the work because of the beautiful scenic pictures, some of which I recognized. Looks like I still have not learned in life to take time to read and register information clearly. Everything appears to be so clear and crisp, fantastic job. I’ll be looking forward to your next issue.

Blessings
Donna Harcos

AFRICA - GREETINGS FROM KENYA.

Thanks for the messages from UK.

I am now in Mombasa and it is too hot. I believe that the coming of baby Jesus will dispel the negative heat of anger and conflicts, of greed and poor management of human and other physical resources. Let us hope that he will bring peace and a gentle touch of his love, which recognises the dignity of all human beings.

It is my Christmas and New Year message from Africa.

Greetings all.

Sister Clothilde Kulola CST
At Christmas we bring in the Holly and the Ivy as a reminder to banish resentment and to allow love to flow. It has developed its spiritual arguments very well.

Its leaves are very strong in winter and if you come too close to the Holly with wrong ideas you might get your fingers pricked. The Holly can withstand anything and is safe no matter what is directed at it. Its strength in the Forest is an inspiration to other trees because it is a wonderful catalyst. The Holly stands apart, tall and straight.

For many of us facing difficult economic times, it is time to up-skill and think creatively about our career and how to expand and promote our businesses.

In SHEN in Ireland, I’m finding that there just aren’t enough therapists to fill the need in Ireland. I am constantly fielding calls requesting therapist from all around Ireland.

If you are interested in SHEN, interested in building a booming business helping people fulfill their physical, emotional and psychological potential, then perhaps becoming a SHEN therapist is the career investment that is right for you.

With the aim of getting the right people qualified to meet the growing demand for SHEN therapists in Ireland, the fees for qualification in Ireland are now almost ½ price!! For the upcoming seminar, fees are reduced to 600 Euros – down from 1,000!

A small investment for a secure and fulfilling career!

To help keep costs at a minimum for this Clinical Skills Seminar 2010 we are self catering in a beautiful spot overlooking the sea. Website: http://www.gorsehill.net/cabins.htm Accommodation is included in the investment. Those attending share the food cost. Hopefully the weather will allow for some walking along Greystones beautiful beach.

If the rain keeps away we will stand apart, tall and straight on Gorse Hill.

**Clinical Skills Dates and Time 2010**
Monday 4th January to Sunday 10th January
9.00am to 5.30pm + extra hours to fulfill day 8
Venue: Gorse Hill, Cliff Road Windgates, Bray County Wicklow
Clinical Skills Investment only €600 (normal price was €1,000) Plus, we will share the food cost. Seminar Facilitator: Deirdre Leavy, CST, CSI. Assistant TBA.

**SHEN Workshops for 2010**
I have just completed a year certificate course that included Human Development. For that reason I did not facilitate many workshops in 2009. Hopefully, in 2010 we will make up to the many people who were inquiring and I will get a list of workshops up on the web: www.shentherapy.ie very soon.

At the close of another year, we gratefully pause to wish everyone warm and happy Holidays and bright New Year.

My best wishes

Deirdre

---

Winter at Gorsehill
Whilst nursing in a special needs unit, a 10 year old boy came to the residential home for weekend respite care allowing some relief for his family.

His diagnosis: Epilepsy and Autism.
His speech was not clear, so expression for him was frustrating; he knew what he needed but was not understood by those around him.
The first weekend he was admitted, I was on night duty and it was so painful to witness what he may have been experiencing emotionally: separation, fear, abandonment, sadness, embarrassment; inability to connect with staff members. He seemed to lack trust and we, as staff members, felt helpless to him.
He was not touchable as this frightened him so much. His reaction was to hit out at those around him. He could not be cuddled or shown any form of affection, which is a part of the Autism condition.
As the child was getting older and stronger, he was becoming less manageable in the unit; showed his frustration by hitting out, kicking and spitting. I must stress that this behaviour was not constant, but only in some situations e.g. a different key worker (fear) or if he was in bad form following admission (Abandonment/sadness, leaving his family).
There had been numerous discussions held with his key workers and other professional members including his parents as to how best to handle him; there were many suggestions but few solutions to the problem.

My own observation
Even though there may be little emotion evident in those with the Autism condition, I observed that when this child hit out there seemed to be remorse afterwards.
Due to all the conflict that appeared to be going on within him, I had an inkling to try SHEN. I first contacted his mum and explained what SHEN is and that I was not trying to cure the child of his condition but to try giving him a better quality of life. Mum gave her permission. Staff members were sceptical.
I only worked with the child while he was fast asleep, as otherwise it would not have been possible.
First Session: The first night was a double SHEN session. I felt I needed to stay with all that was coming through emotionally involving the Kath, Solar Plexus Throat and Heart. All centres seemed to release emotion and I followed the body where I saw centres needing attention.

His whole torso appeared to relax in stages; there were various facial expressions, mouth gestures, fear, sadness - Kath stuff was rampant. Lots of REM.
Whilst working at his throat centre, there were different sounds coming from his throat. Also lots of deep sighs and mouth gesturing.
I left him to sleep following the session, I also kept a check on him throughout the night, and he did have a sound sleep.

Touching in every sense of the word
In the morning I quietly checked in on the client and he appeared to be asleep, I proceeded to tip toe from the room, as we normally did, in order to let him sleep. Suddenly I heard “Hi, come here.” Immediately I thought, “trouble.” I went back to him waiting for a tantrum and he gently said “come here” I got near to him and he got on to his knees in the bed and wrapped his arms affectionately around my neck and gave me a big hug. This was unreal – how touching - I was amazed. I wanted all staff members to witness what was happening but I didn't want to call out in case I startled the child, (Remember this was the boy who was untouchable).
How amazing is that? The child had no idea (I think?!!) that I had been working on him as he was sound asleep.
Staff members did agree that he was much more approachable and calmer
Further SHEN work was done at later stages to coincide with my weekend night duty and his respite weekend. All sessions produced emotional releasing
The child became calmer, more trusting and speech became clearer. We understood his verbalised needs. He became more manage able, even became affectionate, was making eye contact, had a softer facial expression, as well as the odd outburst as a human being does.
I left the unit in 2007 and I don't have any contact with him or his parents.
His response to emotionally held stuff was by hitting, kicking and spitting and I have no doubt SHEN did good work for him.
SHEN was his special need at the time.
Wishing you all A Merry Christmas and Best Wishes for 2010.
Rose O'Donnell
How I came to know SHEN
My early childhood

It was noted that I had back & neck problems as a child and I was sent off to hospital age 20 months. My mother travelled 40 miles by boat and car to hand me over to an ambulance nurse, for an all day road journey from Donegal to Dublin Orthopaedic Hospital.

I didn’t see my parents again until I was 4 years old. The reason I didn’t see my parents was that we lived on an island and the hospital was a full day’s drive away by taxi. They had no money for travel and my brother and sisters needed them.

When I came home from hospital, my father met me in a small town where we stayed the night, I do remember running towards him but I don’t consciously remember why? Did my inner self recognise him? I had no conscious sense of knowing him.

Treatment for the next 2 years at home

My treatment was to wear a hard, heavy leather neck collar and even stronger, heavier leather back brace from neck to tail which was removed at night and strapped on each morning, held in place by straps around my shoulders, waist and groins. The collar had also to be strapped on around my neck to keep my neck upright. I wasn’t allowed to play like other children in case I got damaged. I was unable to comprehend that as I needed freedom to run and play.

This was my treatment for scoliosis; physically the treatment worked but how did this separation from my family and the treatments affect me?

No emotional help in those days

My hospital days were never discussed at home, as in those days the perception was ‘don’t mention it and it will go away; children forget easily’. Not So!

On returning home from hospital I had huge, horrific nightmares and loud buzzing noises in my head with gigantic frightening images most nights. I couldn’t explain to my mother why I was so frightened and crying during the night when she came to help me. My terror was indescribable. I was always afraid to sleep at night because of the same huge scary nightmare and the loud buzzing noises in my head and images which I did not understand. It must have been equally difficult for my family. Imagine the emotional turmoil in that child. Separation, Abandonment, Sadness, Fear, Terror. Uprooted again to come home to the same turmoil - strange people - again!

Embarrassment because I was different to other children. New siblings and alone in myself again until I found my way. All those feelings trapped within - is it any wonder there were nightmares?

I seemed to do OK in life until I had my first child, then my physical aches and pains began.

Aches and pains.

I developed lots of physical aches and pains: headaches, joints, chest and abdominal aches and pains with lots of sleepless nights. All were investigated and I was told ‘wear and tear of joints’ - at age 30? I was advised to dress beds on my knees to prevent further back strain, given a back brace to wear, prescribed calcium tablets and painkillers which were put aside after a while. I refused to wear the back brace; I felt muscles would lose ability. I also had enough of back braces.

Various investigations revealed no abnormalities, heart tests for my chest pains were normal so why did I have all those aches and pains? Did I imagine them? No one had answers; it seemed I was to live with them - until I discovered SHEN.

My wonderful discovery and pain relief

I trained and worked as a nurse and midwife. I married and had four wonderful children. Always had huge fears for them that they may also have inherited my old condition.

In later years I trained in Reflexology/ Bach Flower Remedies/Reiki and practised Transcendental Meditation.
I had a great inkling to train in Aromatherapy and massage; I decided that was where all training was to end for me once I completed this wonderful course.

In the course of my training, while I was working with clients during my case studies in Massage and essential oils, I felt that there was a deeper level in those clients that I was not reaching. This was just an inner feeling of mine as clients always came off my work table feeling great.

When the day came to do my Massage and essential oils exam, I had asked a friend to be my massage model, she agreed willingly as this was a great opportunity for relaxation on her part. Meantime she informed me of this “SHEN Therapy” that she had just heard about. I was too anxious to mull over this SHEN stuff as I had enough on my plate for the day. I was feeling nervous about this written, oral and practical exam. However, my model was perfect as she was relaxed and asleep in no time.

All went well for me on the day and in due course I was informed that I was qualified in Aromatherapy and Massage. That was a dream come true for me, no more learning, until one day, lo and behold, an article on SHEN appears in the national newspaper and again on local radio. Curiosity intervened and I made the phone call enquiring about this therapy that got my attention from three different sources. As I was getting info on SHEN from the SHEN Instructor I intervened and said it sounds very much like Reiki, to be firmly told “it is nothing like Reiki” and there was a workshop starting that weekend. So, off I went.

The workshop was a great social event as well as therapeutic, there were so many wonderful people on the workshop from various parts of the country

**My SHEN workshop experience**

I was an awkward client on the table as I had so many physical aches and pain. I was having difficulty relaxing, trying to get ease and comfort. Nothing major emerged for me in the session. What was evident after my first session, and a great relief to me, was that I could now take a deep breath and my chest and ribs didn’t hurt. Freedom to breathe and no pain I was happy with that.

However! - that night I had a vivid dream of my childhood days in hospital; of me as a child in a cot pulling out fistfuls of my hair, screaming and shouting and being physically held down by a number of staff members. This actually happened to me in real life in the hospital. I can still visualise those faces teasing me as well, one of my many unpleasant experiences there. My hospital days were never discussed at home. No one ever asked me what it was like to be in hospital which had been my home for those early years.

Also when I woke from the dream during the night I felt a strong presence in the room which scared me so much I was saturated in perspiration. I was amazed that this had come up for me. I was so frightened, even terrified. Now I know why this emerged for me.

In further sessions lots of fear emerged session after session. I didn’t know what it was but it was huge together with sadness. I also had awful feelings of being suffocated, my head kept bobbing from side to side. I went with it and realised it was the neck collar feeling. It was a terrible feeling to go through in many sessions but it had to be re-lived to get past it.

I would not have thought that my deeper self held all this emotional memory and caused my physical body to ache so much. But it apparently did

The good news – my aches and pains dissolved. No more headaches; more trusting, I sleep well and I am still human. I see and feel differently. (Not because of age alone)

Needless to say “I was the one who needed SHEN” and not those clients I felt I needed to reach on a deeper level.

I am eternally grateful to Richard Pavek for this wonderful therapy known as SHEN.
Hi folks, greetings from sunny Rhodes, Greece. For those of you who don’t know me, I’ve been practising SHEN since 1997, when I was living in Kent, with private clients and also at my local NHS hospital in the Cancer Services Department, which was very fulfilling. Then in Sept 2006 I moved to Turkey with my husband to set up a B&B and retreat centre. The last time I wrote in the SHEN newsletter I was periodically working in a Personal Development Centre in Istanbul with professional SHEN clients, which was a great experience. Turkish women are very open-hearted and quickly get in touch with their emotions.

However, things did not quite go according to plan in Turkey, and last October we settled in Rhodes, just across the water. It has taken me a whole year to find any clients and it was only when we decided to move back to the UK in the Spring of 2010 and my energy shifted that I suddenly found myself with 4 new clients, and making new friends and contacts. There are a lot of different foreigners who live here and my clients so far have been English, American, Serbian and Greek. One of my clients had an amazing experience reliving the birth of her son by caesarean section – she felt violated by the doctors and nurses and forced into agreeing to give birth by caesarean – she felt their hands inside her belly and rip out her baby and an enormous void after. After her SHEN experience she felt healed and whole again.

So for now I am enjoying my limited time here. Rhodes is a small island and locals are slow to awaken to self-development. After we move to the UK I plan to return periodically to Rhodes to give SHEN intensives. I also have the opportunity to work in Athens but I have not decided yet.

We still have our beautiful house in Turkey and Eva Dillner and I are planning a SHEN retreat on 30 April 2010 – you are all invited – please see details on Eva’s Facebook (www.facebook.com/pages/Eva-Dillner/72066641269 - then go to Events on left of page and SHEN retreat). Also my website (which is incidentally out of date but has details about the house and area) on www.aslan_retreat.co.uk. Or email me on jennyjonesclarence@hotmail.com.

So, I’ll be back in UK soon and hope to get involved in SHEN workshops and to meet some of you again.

In the meantime, I hope that some of you will join us in my beautiful retreat home in Turkey.
At the end of October 2009 SHEN made a new step into its future by crossing the English Channel. A small ‘step’ (or better flight) for our well known SHEN Instructor Tony Bailey and a large jump for SHEN.

The first SHEN workshop in Holland was held in the beautiful medieval city of Delft, renowned for its blue Delft-ware, historic buildings and sites. And now also known as the starting point of SHEN Therapy in Holland.

This first workshop went very well under Tony’s clear and gentle guidance. All participants spoke of a great experience. A few testimonials to reflect this:

“After a short introduction about the biofield and how SHEN works, we started practicing. I was very surprised. No complicated theory, but experiencing it ourselves by giving and receiving SHEN. After I let go trying to understand it completely, I could almost immediately feel it. Surprisingly easy and very deep.” V.

“I am very grateful for my weekend course of SHEN. The method promotes deep relaxation and healing, both of body and mind. I found Tony to be patient and knowledgeable as a leader, and I was also grateful for the connection that I made with my fellow “students.” It really was a rewarding weekend. I feel confident that whenever I use SHEN, I will deliver a wonderfully positive, healing experience. It is an impressive technique” M.

My own thoughts on Part A, as a participant and an co-ordinator are:

“Learning SHEN is like peeling an onion. Although sometimes I’m the peeler and at other moments the onion! Every time I experience giving or receiving SHEN the experience is new, wider and deeper. New layers are discovered and more old layers are let go off. By now the hand positions are quite familiar and always time seems to fly when giving SHEN. Receiving a session is like a small holiday. One that it’s not always easy to return home from! Yes, SHEN is definitely going to stay and grow in my set of skills!”

‘Zo de kop is er af’ as we say in Dutch. Translation would be something like: Well, the head’s off, a new start has been made. Next is another Part A and then the first Part B!

Well done all who participated. Let’s go for more!

Peter Schravendeel, Delft
Practicing SHEN in a 16th Century Riverside House

by Tony Bailey.

The following article describes how Sanctuary, home to Heart of England SHEN Therapy Centre in Bewdley, Worcestershire would have been like to live in when it was built in 1599!

The next time you are washing your hands and complain because the water temperature isn’t just how you like it, think about how things used to be. Here are some facts about the 1500s:

The inhabitants of Bewdley used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery behind the House ......if you had to do this to survive you were “Piss Poor” But worse than that were the really poor folk who couldn’t even afford to buy a pot...........they “didn’t have a pot to piss in” and were the lowest of the low.

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell . . . . brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, “Don’t throw the baby out with the Bath water!”

Houses had thatched roofs - thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs and cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying “It’s raining cats and dogs.”

There was nothing to stop things from falling inside the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That’s how canopy beds came into existence. We still have a canopy over our Four Poster Bed!

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, “Dirt poor.” The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing.

As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way.

Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Some times the stew had food in it that had been there for quite a while. Hence the rhyme:

‘Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.’

Sometimes they could obtain pork, which made them feel quite special.
When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, “bring home the bacon.” They would cut off a little to share with guests and would all sit around and “chew the fat”.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the “upper crust”.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of “holding a wake”.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and take the bones to a bone-house, and reuse the graves. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night “the graveyard shift” to listen for the bell; thus, someone could be, “saved by the bell” or was considered a “dead ringer”.

Ah, life was so much simpler then……No SHEN needed!
A SHEN Student’s view
by Zoë Martlew

Zoë lives in London and works as a freelance cellist, composer, broadcaster and performer. She has played all around the world as soloist and with classical ensembles, rock, pop, jazz and improvisation artists and has written/performed for dance, theatre, film and her own one-woman cabaret show. Zoë was a judge on BBC2 TV’s Maestro; is a regular commentator/presenter for the BBC TV Proms and Radio 3’s Hear and Now; recently appeared on BBC 2 Newsnight Review and was on the UK panel for the 2009 Eurovision Song Contest. She is a practising Usui/Karuna Reiki and Magnified Healing master, has studied many other forms of healing and is dedicated to the path Home.

“When a healer friend of mine told me about SHEN a couple of years back, I immediately knew that this was something I HAD to explore for myself. The transformational experiences that have followed with SHEN have accelerated my personal development and understanding of life in a profound way.

The journey began with a series of SHEN retreats, followed by training courses, in the wise and compassionate hands of SHEN Therapist and Instructor, Tony Bailey at his wonderful Sanctuary in the picturesque Georgian river town of Bewdley.

Sheltered from the world at the in-house retreat apartment, lovingly maintained in home-from-home comfort by Tony’s understanding wife Christina, was the perfect way to really let go and allow the powerful initiations into inner truth brought about by this extraordinary healing therapy.

Every session has been different from its predecessor, each one removing another layer of blocks to wholeness thus enabling greater clarity in understanding my destructive behavioural patterns. On the SHEN cradle, my body released long-held tensions with involuntary shakings, judderings and twitchings that sometimes amazed me with their force, on occasion nearly throwing me off the table. No wonder I’d felt so exhausted for so many years harbouring such unexploded volcanic forces within!

Aside from physical releases, the most important learning and subsequent healing for me in SHEN has come through visions. A powerful example of this was the vivid experience of my own birth whilst in a SHEN-induced deeply meditative state during which I went through the agonising sensation of being completely cut off in the birth canal not only from my mother (who, poor thing, took three days to deliver whilst being given a medley of drugs which caused temporarily paralysis), but also from God. As a committed student of a Course in Miracles, it was a very important for me to encounter this consciously as it recreated with wonderful clarity the “tiny mad instant” when we thought we were separated from God – a foundation stone of Course in Miracles teaching and thus vital for me to really understand. It also explained why I have always had the feeling of having to fend for myself in life, to “hunt alone,” unsupported.

This misguided belief with its accompanying joyless struggle and sense of heavy burden was explored in more depth in subsequent healing sessions in which I saw myself martyred in a series of grisly ways, apparently in different lifetimes. The crimes for which I was being punished were always connected with speaking
out, going against established systems, having an independent will, which again made clear my own sometimes pathological distrust of authority and also fear of allowing my original creative projects to flourish, a situation which is now changing for the better as a result of my new understanding.

The moment of releasing the blocking emotion itself, usually with gentle tears, brings such blessed relief and peace, especially in the knowledge that it has gone for good. Interestingly, my chronic shoulder pain has significantly improved now that I no longer believe I’m “shouldering” such heavy loads.

Other sessions have given powerful insights into the nature of Karma with visions of various lifetimes both as victim and abuser, including lives as a corrupt captain of a slave ship, starving mother of dying children, blood-thirsty Roman Emperor, chained prisoner in a dungeon, and so on. A perfect illustration of the endless cycle of rebirth broken only when judgement is released and Oneness realised.

A later reinforcement of these spiritual teachings whilst on the SHEN table helped me to release grief over a recent relationship break-up. I “saw” many life times together with my ex, always in different roles: father, grandmother, daughter, even as Generals on opposing sides in the Napoleonic wars! Once I’d really got the message that life is transitory and that there’s no point in clinging onto anything or anybody, I was able to let go of the relationship, which, weeks later, has unexpectedly returned with greater depth, understanding and love; a beautiful example of how SHEN can affect the outer reality through powerful inner realisations that shine through once blocking emotions are released.

These are just some of the spiritual insights and healings I’ve received with the help of SHEN therapy, for which I’m deeply grateful. For those committed to personal development and empowerment, this is a fantastic boost along the path. For me, SHEN holds up a mirror to what’s there, allowing one to see pain for what it is: a smoke screen hiding the truly amazing Being that remains unchanged beneath. In spite of appearances, I’ve realised that there is nothing to be frightened of on this path, because all that is revealed is more Joy, more Peace, greater Love and thus acceptance of what is.

Thank you all my fellow SHEN students for all your teaching and compassion."

With love from

Zoë x
Back in late 1998..... Auckland, New Zealand, my home since moving from the UK in 1993, an infectiously enthusiastic and warm-hearted blonde lady, to whom I was chatting at a meditation weekend, handed me an A5 leaflet. I didn’t realise at the time to what degree that single leaflet would mould my life. It was entitled “SHEN THERAPY: New Science for an Ancient Tradition”. I devoured it. That lady was Saranya (Amanda) Tarrant, well-known to so many in the international SHEN world and now NZ’s tireless SHEN “mother”, our only Instructor here and one of only two CSPs. New Zealand is definitely the land of SHEN opportunity!

Having bombarded Saranya with questions as to how, where and when I could train in SHEN, synchronicity took over. It so happened I was going back to the UK to visit family (for the first time in six years) in April 1999, and it so happened there was a SHEN Part A Workshop (that was in the days of A,B,C&D) in London in April. Done! To cut a long story short, I spent most of the remainder of ’99 taking and/or repeating parts of the training and returned from NZ again in 2001 to repeat, and to take the Clinical Skills Seminar for the first time. With workshops and intensives, a good wedge of my “stuff” cleared during this period, and I echo Vijay Rana’s comment in April 09's SHEN Touch.... ‘The proof of SHEN's effectiveness lay in constantly witnessing people on the tables in workshops moving through and beyond their buried personal hells, real or perceived’.

It might appear that I’m gunning to set the record for the longest internship ever..... 8½ years to date! However, when I first started the internship in 2001, with no sophisticated computer-friendly forms or the current taken-for-granted luxury of Broadband email, scanners, Skype or cheap international phone calls, it was challenging, to say the least, for a skilled procrastinator to complete an internship from somewhere as remote from the SHEN hub as li’l ol’ NZ, with no local SHEN family to speak of. Saranya was active in the South Island (an hour’s flight south) and there was one lady 3hrs’ drive away who had once received some SHEN in the UK, and that was it!

The spirit was willing but the body-mind with its...
residue of uncompleted SP and K work (and why leave the H out - a measure of that too!) got in the way, and I drifted away from practising SHEN. I was always “going to do some”, but instead my other work hats took priority: massage therapy, admin temping, tour escorting in NZ and to Far East Asia, yoga teaching and occasional hospitality work. However, SHEN was always there in the back of my mind, snug and calmly waiting. I never forgot it, and luckily.....

Synchronicity reared her blessed head again! Saranya moved to Auckland and hooked up with Barbara Smith (now one of NZ’s 3 interns; see last SHEN Touch), and together that awesome twosome, with support from Anna Warner (our South Island intern) enticed the Bird Man himself, Richard Pavek, to throw caution and semi-retirement to the winds and come to anchor SHEN in the Antipodes. I suspect the lure of our rich endemic bird life may have been a deciding factor, and we are delighted!

It’s been a privilege and a great learning opportunity to assist at every NZ workshop and Seminar, and I’m moved to observe once again SHEN’s subtle (and sometimes not so subtle!) effect in changing people’s lives, perceptions and mien. The NZ response to SHEN is burgeoning, and we are blessed to have Saranya spearheading it.

Looking to the future, I consider one of SHEN's blessings to be that there's no retirement age for doing it, and in my case it will be wonderful to be able to continue doing SHEN long after my body ceases to be able to cope with the physical demands of a massage practice. A comforting thought!

Having now moved an hour north of Auckland to the dear little riverside town of Warkworth (ca 3,300 inhabitants) I’m continuing my half-completed internship from a lovely SHEN and massage space attached to my house; it’s a haven of peace, flanked by quiet native bush and a small stream - I even have glow worms! All I can hear is the birds, which remind me of Richard, the man who started it all in the first place.

On the morning of October 25th, 2009, Insui Ghiel, one of the original founders of the International SHEN Therapy Association died after a brief and thankfully nearly pain-free bout with brain cancer. She had served the SHEN community as a SHEN Instructor, the first vice President of ISTA, the second President of ISTA and a Mentor to many SHEN Interns.

Insui was a great influence on many early day SHEN students and is well remembered by many in Washington State and Canada as an Instructor, a good friend and counselor. While she only taught in those two countries, her work spread throughout the world through her students who took up residence abroad.

During much of her adult life Insui spelled her name as insui, without capitalization, on the grounds that capitalizing the pronoun “I” was an aggrandizement which was inappropriate — she did not wish to set herself above anyone else. Later, and in part to satisfy the wishes of many of her friends and students, she began capitalizing it.

Her gifts to the world included her many paintings and drawings and bringing Fred’s Original Play workshops to Seattle, Washington and Wisconsin which she did for ten years. When not promoting Original Play, Insui had a private practice as counselor/ mentor, healer and artist in Edmonds, Washington.

Insui will be greatly missed by her many friends in the SHEN community.

OBITUARY - J. Insui Giehl

Scene of Tramp Okataina Tarawere Ohope
BOOK REVIEW -THE ALCHEMIST

By Paulo Coelho - Book Report by Deirdre Leavy

On Christmas day 2005 my now son-in-law gave me a present of a book called the Alchemist by Paulo Coelho. The book attracted my attention immediately because it has large print which I find easy to read and it is short having only 178 pages. I started reading and could not leave it down until I reached the last page. Like Santiago who is in the story I too had been on my personal quest for years. This book gave me hope and food for thought at a time when I was wondering if I would ever get to the end of my journey.

The Alchemist was first published in 1988. It follows Santiago, a young Spanish shepherd, on a journey to fulfill his Personal Legend or Dream.

What is the Personal Legend?

It is your blessing, the path God has chosen for you here on Earth. Whenever a man does that which gives him enthusiasm, he is following his Legend. However, not everyone has the courage to face up to his own dreams.

The story tells us that since childhood Santiago wanted to know the world. His parents sent him on a spiritual path to become a priest but Santiago lost interest. He wanted to travel. In order to afford the cost of travel and to pay his way he became a shepherd. A recurring dream brought him to consult an old woman gypsy and he finds that he must follow the dream and go find treasure that was hidden in the Pyramids. She explained that the dream was in the language of the world and she said dreams are the language of God. She said when God speaks in our language she could interpret it but if he speaks in the language of the soul it is only Santiago who could understand.

As I read, I traveled with Santiago on his journey through the desert. I was struck by his courage to keep going when the journey was proving challenging and he was alone, when he doubted, when he was confused, fearful, meeting many who betrayed and robbed him, confronted with dangers and he had language difficulties. Each time Santiago lost enthusiasm and wanted to give up, a message, meeting or happening renewed his enthusiasm to pursue his dream.

I was struck by the message that came across from the one year Santiago spent working for the crystal merchant. He needed to earn enough money to replace the stolen sheep so he could continue on his path. As he worked, Santiago observed the merchant on a daily routine of standing by the window watching the world go by. He noticed the merchant had a distant look in his eyes like he was looking further than the eye could see. The merchant had been in the same place for thirty five years, his eyes were gazing out to Mecca which he could only dream of. He did not have the courage to go follow his dream which left him stuck in a rut dreaming and wondering.

Many take the easy way, the lazy way in life, and stay in a rut like the merchant.

Along the journey Santiago fell in love with a girl who he felt was his soul mate. He first felt the connection to the girl through a non-verbal spiritual level of awareness. Santiago knew that deep down he would not be happy if he did not continue on his journey. What struck me was the boy’s courage to leave the girl and continue on his journey even though his heart was aching for her and hers for him. His trust that the universal plan would protect and guide their future, I thought, was courageous.

Santiago at first did not understand some messages. He began to listen to the wind, talk to the earth and through that he understood what the Soul of the World is. He learned to trust the language of the soul the omens the symbols and how he fitted in, they provided the answers and he trusted.

For me, when we have enough passion to pursue our dream it is the messages in the story that give courage and hope. In our pursuit, like Santiago’s, there will be challenges and hurts but nobody said life is easy.

This book is for those who are open to omens. I recommend you have a read.
SHEN WORKSHOP DATES FOR 2010

Heart of England SHEN Therapy Centre, Bewdley, Worcestershire
Workshop Leader – Tony Bailey, CSI

7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts:

Part “A” 3 days Weekend Workshop
- March 2010: Friday 19th March to Sunday 21st March inclusive
- October 2010: Friday 15th October to Sunday 17th October inclusive

Part “B” 4 days Weekend Workshop
- July 2010: Friday 2nd July to Monday 5th July inclusive
- December 2010: Friday 3rd December to Monday 6th December inclusive

8 day Clinical Skills Course - Course Leader - Richard Pavek
- August 2010: Saturday 14th August to Saturday 21st August inclusive

LONDON: Columbia Hotel, Lancaster Gate, London.
Workshop Leader – Tony Bailey, CSI

7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts:

Part “A” 3 days Weekend Workshop
- February 2010: Friday 5th February to Sunday 7th February inclusive
- September 2010: Friday 24th September to Sunday 26th September inclusive

Part “B” 4 days Weekend Workshop
- June 2010: Friday 11th June to Monday 14th June inclusive
- November 2010: Friday 5th November to Monday 8th November inclusive

GLASGOW: St Georges Studios, Charing Cross Glasgow
Workshop Leader – Tony Bailey, CSI

7 day SHEN “Emotional Healing & Personal Development Workshop” in 2 Parts:

Part “A” 3 days weekend Workshop
- April 2010: Friday 23rd April to Sunday 25th April inclusive

Part “B” 4 days weekend Workshop
- August 2010: Friday 6th August to Monday 9th August inclusive

All dates are inclusive and Workshops begin at 9:00am and finish at 5:00pm

Costs:
- 3 day Workshops: £300
- 4 day Workshops: £400

For more information, registration and accommodation, please contact:-
Tony Bailey, CSI  • Tel/Fax: 01299 401407 • Mobile: 07801 810016
Email: tonybailey@talk21.com • Web: www.ask4sanctuary.co.uk