

SHEN Emotional Healing & Personal Empowerment

by Tony Bailey

The major goal in SHEN Therapy is to bring painful emotional episodes to a final conclusion and empower people emotionally.

There are wide differences between the methods and concerns of the counsellor and psychotherapist and the concerns and methods used by the therapist offering SHEN. With SHEN we are not concerned with the words and thoughts about our client's emotion; we are concerned with the feeling of the emotion or emotions and work to enhance and promote the inner experience of those emotions.

SHEN Therapists do not address themselves to resolving life situations or to justifications or blame. SHEN concerns itself only with the raw emotions, not whether they are/were justified or even who originally caused them. Bringing an end to the feelings of grief, fear and/or shame and completing the emotional episode is SHEN's goal and this is accomplished entirely through non-cognitive means – with our hands. While we use our hands in our practice, SHEN Therapy is considerably different from – and much more than – massage or other bodywork that occasionally brings emotion to the surface. The complexity of the emotional episode requires a

thorough understanding of the emotional matrix as separate from mental processes, as well as a deft handling of the therapy session.

Pioneering a breakthrough approach to emotional health, SHEN Therapy links a radically new understanding of how emotion interfaces with and influences the body and the mind and the recently defined physics of the embodied emotional biofield – the source of emotion.

SHEN Therapy was developed out of clinical observations of the effects of the emotions upon the body which confirmed that emotions such as love, joy and happiness are expansive – making us feel good, whereas other emotions such as grief, fear, anxiety and low self esteem seem to close us down as the emotions contract deep inside our bodies.

What happens during a SHEN session?

A SHEN session usually lasts about an hour during which time you lie down, fully clothed, on a specially designed cradle. The SHEN Practitioner places their hands in a series of precise locations indicated by your needs, using the qi (ch'i) from their hands to release the contractions trapping the painful emotions, safely lifting them to the surface to dissolve and leave.

As the painful emotions come to an end, the deeper, empowering emotions of joy, love and confidence, are freed to establish a robust, resilient emotional core upon which to move forward in life.

Following SHEN Therapy many report relationships with family, friends and work colleagues improved as their inner emotional conflicts resolve – others tell of surprisingly rapid recovery from childhood abuse, inner grief, fear, shame and/or hopelessness – still others report that their negative behavioural patterns ended as their emotional pain cleared with SHEN. Most found they had more energy as the weight of their emotional past lifted and many have said "SHEN worked for me when nothing else did."

For over 30 years SHEN's clinically established techniques have been the benchmark of rapid emotional recovery and solid, balanced, emotional evolution.

For more information on SHEN Therapy visit website: www.SHENtherapy.info

For more information on SHEN Therapy Retreats, Workshops and Practitioner referral in the UK visit website: www.ask4sanctuary.co.uk

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