



THE SHEN TOUCH

Newsletter for the Worldwide SHEN Community



“Change is inevitable Change is constant”

- Benjamin Disraeli 1804 – 1881

British Prime Minister – first in 1868 following law allowing admission of Jews to Parliament; and then from 1874 -1880. Created 1st Earl of Beaconsfield by Queen Victoria

There is only one thing certain in life and that's change.

Change is natural, in many ways we're used to it. What we sometimes find hard to cope with though is the speed of change, sudden change and change which is imposed upon us – change over which we appear to have no control.

You can embrace change, making it work for you and allowing you to move on, or you can try to resist and let circumstances decide your fate.

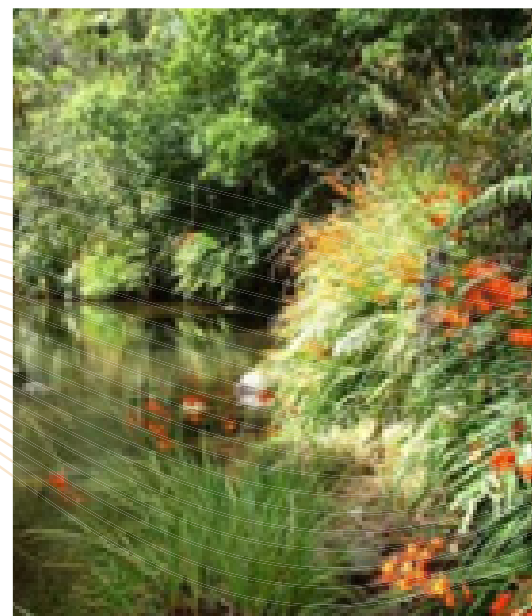
The world is currently in the grip of momentous changes. With instant communications universally available every one knows what's happening and what every one else is thinking and doing. The old order is being challenged as never before. The universal cry now is for 'Freedom'.

I have noticed that this is being reflected in the SHEN workshops. Recently, during

the feedback at the end of the workshop day, one participant said, "I cannot get this song out of my head – it's been there all day. It's the words from the song by Freddie Mercury of Queen - "I want to break free" At this, another workshop member jumped in and said "I have had exactly the same words running through my head all day". These revelations and sentiments struck a chord with all those present.

As SHEN Therapists we are uniquely positioned to be the "mid-wife" in the birthing of a new world order based on Freedom. Freedom from the tyranny of past emotional conditioning holding us back from being the glorious beings we truly are. 'What you do unto one, you do unto me. What you do unto me, I do unto others'.

What a privilege!



Waitakeres stream - Aio Wira, NZ Clinical Skills Seminar, see page 9

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Drama at the Opera House as
Sunset turns to Moonrise





Around the world with SHEN



Like a phantom 'neath the darkened sky, where the Moon is hung for the Artist's eye

One thing I have found with many years of receiving as well as giving SHEN is how it has changed me to live more and more in the NOW. So, feeling a desire to fulfil a life long wish to "see the World" reinforced by the thought of spending the winter months in warm sunny places, I accepted the call and decided to celebrate a major birthday by booking a Round the World Trip for 2. I gave Christina, my wife, the job of project managing the adventure and we set off on 30th November bound for London Heathrow Airport. We were chased down the motorway by snow flurries and took off the following day, leaving the UK under a heavy blanket of snow and minus 21 degree temperatures.

Our first port of call was Hong Kong which proved to be a glimpse into the amazing growth taking place throughout China. We took time to visit the famous Po Lin monastery on Lantau Island to see the largest seated Gold Buddha in the world, and then enjoy a delicious lunch prepared by the resident Monks.

Next stop was a 20 day tour of the East Coast of Australia beginning with Queensland with visits to the Tropical Rain Forest, the Great Barrier Reef, The Gold Coast, Blue Mountains and a magical Christmas Day lunch with Santa overlooking the Opera House and Bridge in Sydney. Meeting various Therapists along the way convinced me of the openness of the 'Aussies' to try new therapies and thus the opportunity for SHEN to flourish in Australia. I should be delighted to hear from anyone with an interest or ideas for establishing SHEN in Australia.

We left Australia shortly before the flooding in Queensland which covered an area the size of France and Germany combined.

Auckland, New Zealand, was our destination the day following Christmas Day, celebrated as Boxing Day, where I met with Saranya Tarrant, CST, CSI and Barbara Smith, CST at my Auckland hotel for a traditional afternoon High Tea and to share experiences and ideas for developing SHEN.



Tony with Saranya Tarrant and Barbara Smith under the Christmas Tree in Auckland, New Zealand.

After spending New Years Eve in Napier on the east coast of North Island we drove across the magnificent countryside of North Island to Wellington, the capital of New Zealand catching a connecting flight back to Auckland and on to Fiji.

Fiji is where we left our hearts with the warmest and most open people I've ever met. With the staff and ourselves in tears at our departure and amidst promises to return. we flew to Hawaii.

What struck me about the Polynesian people we met and spent time with in New Zealand, Fiji and Hawaii is how connected they are to Source. In Waikiki I sought out someone who could offer me Lomi Lomi ola the islands traditional healing massage and found the whole experience to be a spiritual journey beginning with a ceremonial offering and prayer and carried out with great reverence. The Masseuse told me she had been born into a family whose way of life was centred around the Lomi Lomi and Ho Opononono ceremony, as taught by the kumu (teachers) whose lineage is from "Kahuna Lomi Lomi" which she had been practicing since she was a little girl.

Shortly after leaving Hawaii, Honolulu was inundated by flash flooding.

San Francisco marked the last leg of our journey and I was able to visit Richard Pavek on his House Boat home in the delightful seaside town of Sausalito where we spent a most congenial couple of hours. The ferry trip back to San Francisco provided great photo opportunities as we sailed under the iconic Golden Gate Bridge and past the infamous Alcatraz Prison Island.



A 2 day stopover in the deep freeze of New York and then it was back to the UK which was pretty much how we left it – cold and snowy!



Sausalito Ferry



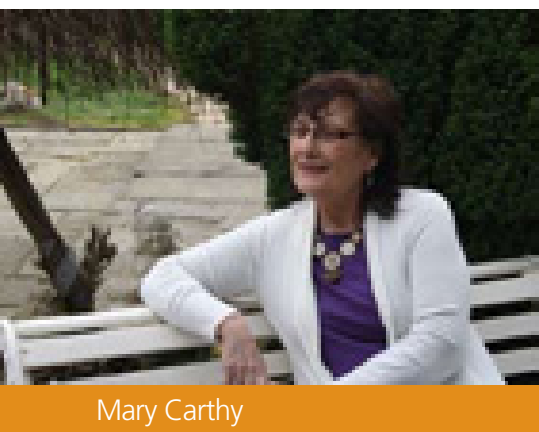
Tony arrives at Sausalito

European Union Announcements:

A very big welcome to newly certified **SHEN Therapists**, new **Interns** and **Returnees** as **SHEN** expands in Europe



Mary Carthy, Newly Certified SHEN Therapist



Mary Carthy

"I started my healing journey in 1994 when I received SHEN Therapy for the first time for what the doctors told me were stomach ulcers. Whilst on the SHEN table I had a strange experience. It seemed I was experiencing a past life in Egypt where I was tied to a stake and a ramrod was pushed through my

stomach. After this session I felt peace and I have never had pain in that area since.

All my life I had been very unsure of myself or what I wanted to do. I have worked as a Spiritual Healer and reflexologist for 20 years. I had all kinds of treatments and they were all good but I was always left with this doubt that I wasn't good enough. I wanted to have more SHEN but it wasn't available in Ireland at that time as the therapist I received the session from had left. I had a feeling that if the opportunity arose that I would like to train as a SHEN therapist.

In 1995 I met Deirdre Leavy in Dublin. I thought I knew her and walked straight up to her, got talking and she told me who she was, about SHEN and how

she was teaching it (talk about destiny). I went to my first workshop in Galway in 2001. This was a brilliant week for me as it started to change my whole life. All the pain and hurt I had came to the surface and left me for good.

As a child I experienced a lot of trauma in my life which left me with extremely low self esteem and NO confidence. On the SHEN table I re-experienced all those traumas. I was really taken by the way the body responded to those treatments, how the coaching brings you into feelings and afterwards the whole experience is forgotten.

Thanks to SHEN I am a different person. As a SHEN Intern I learned so much but all my own treatments have given me a



great understanding of what my clients are going through. I am glad to say I have more strengths than weaknesses. I am not frightened of anything the client comes up with. I would say I am very intuitive and able to access where the treatment is needed. I am not affected in any way by my clients

emotions. I am not judgemental and I have no trouble coaching.

In September 2010 I became a CST and hope to be able to give to my clients as much as I received from SHEN.

I am a very happy, loving, confident person now thanks to SHEN.'

Love and Light, Mary.

Mary practices from Bannow, County Wexford, Ireland.
Email: marycarthy@hotmail.com
Tel: 00353 (0) 51 561 1400 & 00353 (0)87 655 5118



Doris Stroemich,
Newly Certified SHEN Therapist

Doris successfully completed her SHEN Internship in Ireland and has returned to her home in Berlin, Germany. We wish Doris a very happy and successful SHEN career.
www.stroemich@belgacom.net



Doris Stroemich

(We hope to include a profile of Doris in the next issue of SHEN TOUCH.)

Serene Miqdadi, New Supervised SHEN Intern



Serene Miqdadi

We are delighted to welcome Serene Miqdadi to the Supervised SHEN Internship Programme.

"About twelve years ago, following a stressful time in my life, I was diagnosed with autoimmune Graves Disease. My body was literally attacking my thyroid, which wreaked havoc with my hormones, weight, emotional wellbeing, and vanity. Without overindulging the details of the disease, it is enough to say that it sparked my earnest quest into the world of physical, emotional, and spiritual health.

During the past decade I happily played guinea pig to a host of alternative

therapies in the hope of feeling better, preventing the disease from recurring by maintaining optimal health, and certainly by then something in me wanted to give back. So I approached every thing I "tested" with an open mind for my own benefit but also with a critical angle from which to find the best fit for me to train in

I knew I wanted to offer relief as I had so graciously received it. This is where SHEN comes in. My own experience of it gave me insights into my self, in a new way that can only be described as the closest thing I knew that was my truth. Things that kept me stuck started to clear and I just began to feel better, but from a deeper place than I had known before.

"I don't believe in a magic formula - our humanity unfolds over a lifetime and it is the appreciation of the journey that enriches us. "

I cannot recommend SHEN enough as a tremendous support on that journey. I suppose what I love most about SHEN is the total respect for and faith in the client, in trusting that the body knows how to heal itself and feel better, be it emotionally or otherwise.

It is a privilege to be able to continue with my training now as a supervised SHEN intern, and to keep learning and growing every day."

Serene was born in Beirut, Lebanon, moving to Jordan in 1979/1980 due to civil war in Lebanon. She graduated with a degree in History of Art from NYU (New York University), and Masters in East Asian Art from Sotheby's. Serene has travelled to China and India, (related to studies) and speaks Arabic, English and can get by in French & Spanish!

Serene practices in West London
Email: serenemiqdadi@msn.com
Tel: 07900 496484 (mobile)





Jenny Jones CST returns to the UK SHEN Community following relocation to Kent.



Jenny Jones

"I first became interested in training in SHEN in 1997, initially with a view to helping my clients, some of whom were having emotional releases during their Reiki and Reflexology sessions. Little did I know how much SHEN would benefit me! I was recovering from

ME/fibromyalgia and soon realised there was an emotional element to my condition. I was gobsmacked during my SHEN training at how much emotional baggage I had and released and how much freer, more centred, self-empowered, decisive and inspired I started to feel.

After a long training I qualified in SHEN in 2001. I have worked with many different clients and conditions, including in an NHS hospital in the Cancer Services Department, with terminally ill patients and with clients from all over the world, in the UK and more recently in Istanbul, when I moved to Turkey, and then Rhodes, Greece.

In the past year I have moved back to the UK and I am establishing my practice in Littlestone, Kent, in my house on the seafront, as well as working periodically in Turkey and Rhodes. I still offer SHEN

retreats in my house in Dalaman, Turkey as well as retreats in Littlestone.

SHEN is the most fulfilling thing I have ever done and I am pleased to re-instate my membership of ISTA. It is amazing to play a part in the client's healing process at such a deep level and to watch them transform!

I also practice NES Health, Reflexology, Reiki and Indian Head Massage. I have also trained in Hopi Ear Candles therapy, EFT, Iridology, Melchezidek Method, and past-life regression therapy. I also teach meditation (Sahaj Marg) but not as a business."

Jenny Jones CSP, MIGHT Wheel of Life

Tel: 01797 458144

077910 55575 Email:

jennyjonesclareance@hotmail.com

www.aslan-retreat.co.uk

Helena Legg, newly re-instated Certified SHEN Therapist



Helena Legg

followed by Health Visiting Training.

My career in the NHS spans the last 37 years, with my current job role as Team Lead for Specialist Community Public Health Nurses (Health Visitors and School Nurses)

My interest in complementary therapy led me to initially complete my training in Holistic Massage in 1991. Since then I have never looked back and have gone on to

"I came to the U.K in 1974 to pursue a career in Nursing. Since completing my Nursing qualification, I went on to do my Midwifery

train in Aromatherapy, Reflex Zone Therapy, Indian Head Massage and Baby Massage. I am also a Yoga Instructor.

I was first introduced to SHEN in the mid 90's. The many sessions of SHEN I had during the course of my training has helped me in particular with the release and freeing of the emotional pain and unexpressed grief of the loss of my Father, which I held for many years.

I have found SHEN to be a gentle Therapy, yet powerful in terms of accessing the deeply held emotional pain in the body, allowing these to be released and freed.

I qualified as a Certified SHEN Therapist in 1997. Since then, I have practiced SHEN both as a stand alone therapy as well as incorporating

SHEN in my Complementary Therapy Practice.

I feel very privileged to have had the opportunity to learn about SHEN and now being able to offer SHEN Therapy to clients to facilitate their emotional healing.

My practice is based in Aylesbury, Buckinghamshire. I see my clients primarily during evenings and weekends."

Helena Legg, Certified SHEN Therapist

Aylesbury, Buckinghamshire United Kingdom.

Email: Helena.legg@virgin.net

Mobile: 07783 108299

Helena is also Assisting in SHEN Workshops in London.



Gabriela Wright, CSP A "heartfelt thank you" to Gabriela who is retiring from her SHEN Practice



Gabriela Wright

"I will always be grateful to SHEN for what it did for me. It released much more than years of psychotherapy, or perhaps I was very ready for SHEN because of the psychotherapy. I qualified as a Certified SHEN Therapist 8 years ago.

I am 69 years old this year and have decided to retire from my SHEN practice. Tony has offered me the opportunity to continue to Assist on SHEN Workshops and because I find SHEN is so rewarding I'm sure I will still be involved.

I'm continuing to work as a counsellor and working with the body is an essential part of my counselling practice.

Love and good wishes to all"
Gabriela Wright.



Russell Fox

AMERICAS – United States – West Coast



Report by Russell Fox CST, CSI

The San Diego Level I/Part A went very well with the four new participants each actively involved in health professions, from Watsu and massage to Yoga teacher

trainer and school psychologist.

Leaving extremely enthused, these folks just may be the core that helps reactivate the SHEN community in the US West Coast.

Year of the ONE:

2011 has been named Year of the ONE. First of all, we have these dates in it: 1/1/11, 11/1/11, 1/11/11, followed by 11/11/11.

But here is the most fascinating bit: if you take the last 2 numbers of your birth year & the age you will be on your birthday this year, and add them together: it will equal 111.

Freaky? I have a feeling, though, that in this Year of the ONE, we should expect the unexpected.

Condolences

For most of us Tuesday 8th March was just another day but for Xavier Boeynaems CST, his fiance Eithne Leavy and his family it was a day filled with loss, sadness and grief. On this day Xavier bid his last farewell to his papa (dad). As a tribute to him and a way to extend our sincere sympathy to Xavier, Eithne and his family here is a poem from a headstone in Ireland

"Death leaves a heartache no one can heal, love leaves a memory no one can steal"

From all your fellow SHEN Therapists and friends we hope you can forget the things that made you sad and remember the things that made you glad. May your Dad rest in peace.

De tous vos collègues et amis SHEN thérapeutes nous espérons que vous pouvez oublier les choses qui vous ont fait triste et se souvenir des choses qui vous a fait plaisir. Reste papa Puissiez-vous en paix.



Healing Touch Network Annual Health & Wellbeing Day 2010

Saturday 6th November 2010 - Honeypot Lane Clinic, Harrow.

Report by Helena Legg, CST, Vice Chair of the "Healing Touch Network" (HTN).

Introduction:

I had very mixed feelings when Tony Bailey asked me to write about the "Healing Touch Network" Health Day for SHEN TOUCH Newsletter. Whilst I felt very privileged to be asked, I was also doubting my ability to do a good job of it. However, I decided it was too good an opportunity to miss. This is an opportunity to promote the work of "Healing Touch Network" and its members; to open up opportunity to recruit new members and also for "Healing Touch Network" members to learn more about SHEN Therapy

What is "Healing Touch Network"?

"Healing Touch Network" is a professional organisation, affiliated with the Institute of Complementary Medicine.

It offers its members support and clinical supervision to enhance their continuous personal and professional development; promotes the public awareness of complementary therapies through Open Days and helps raise funds for various Charities.

The members come from different professional backgrounds. Many work in the National Health Service and some are full time complementary therapists. Many of our therapists are qualified in a range of therapies including Holistic Massage, Aromatherapy, Reflexology, Indian Head Massage, Baby Massage, Reiki, Spiritual Healing, Yoga and SHEN Therapy.

HTN maintains a Register of Professional Practitioners available to the Public and Health Professionals.

The organisation was set up by Alex Chew following a request from a pool of practitioners trained by him in Holistic Massage in the early 1990's.

Alex was chair of the organisation for many years and although now working abroad in Malaysia, still provides clinical supervision for the members.

"Healing Touch Network" has had a consistent membership ranging from 20-25 in number and is run by a small informal committee. The Organisation supports its practitioners by promoting high quality and safe practice for clients.

This is achieved through:

- Holding regular quarterly meetings. The morning starts with Clinical Supervision followed by an afternoon of on-going professional development. This can be invited guest speakers on various topics of complementary therapy or members sharing any conferences or training they have attended. Extra meetings are held for the organisation of the Health Day.
- The organisation also provides an annual bursary of £50.00 per member towards the cost of any training members might like to attend.
- The organisation holds an annual Health Open Day to promote awareness in the use of complementary therapy and also as a fundraising event. Over the years the Network has organised events at various venues including Northwick Park Hospital, Hillingdon Hospital, Edgware

Birthing Centre, Police Sports Club in Bushey, Honeypot Lane Clinic, St Joseph Respite Centre, Elliot Hall Medical Centre and have donated funds nominated by the hosts who provides the venue for the event.

HTN Health and Wellbeing Day – 2010

The event was held at Honeypot Lane Clinic in Harrow and the funds donated to St Luke's Hospice in Harrow.

The Health day has 3 objectives:

- To promote awareness in complementary therapy – speakers are invited to give talks and demonstrations on various complementary therapies.
- To give the public opportunity to have taster sessions of different therapies at very reduced costs.
- To donate funds raised to a nominated charity.

Preparation:

All members able to help on the day were given different roles and tasks and I was responsible for the organisation of the speakers. The speakers included Tony Bailey for SHEN Therapy, Peter Walfizz for Qi Gong, Ann Lewis came in place of Patrick Griffith for Yoga and Oonah for animal healing

Challenges:

The event presented some challenges in that it coincided with the festival of Diwali. Quite a number of our practitioners celebrate Diwali and were therefore unable to offer their time and help for the event



which meant we were short of practitioners.

Also, a high percentage of our targeted audience are Asians, and would be celebrating Diwali, which would impact on the number attending the open day.

Outcome of the day:

However, as always, all members that were able to offer help pulled together and worked very hard. Practitioners worked throughout the day offering therapy sessions, selling raffle tickets, answering queries and

giving information to the public and making the public feel pampered and nurtured. Feedback from therapy sessions was very positive.

Guest speakers delivered talks and demonstrations with participation from the audience, which were all very well received.

Conclusion:

In spite of the slow start to the event, the day was successful. Funds were raised from therapy sessions, raffle tickets and sale of lavender bags.

In total we raised £365.00 and

donated £300.00 to St Luke's Hospice, with the organisation providing lunch and refreshments for the practitioners and helpers.

The organisation is looking to recruit new members to join the network. Any practitioner interested can contact Looi Tan (membership secretary) on 07779894272 or HTN facebook.

We look forward to another successful event for 2011, to be held on the 18th of June, and seeing many SHEN Therapists joining our network.

SHEN Presents to the "Healing Touch Network" Health Day

Report by Tony Bailey



Preparing for the 'Healing Touch Network' presentation.

SHEN Therapy was invited to participate in the "Healing Touch Network" Health Day held in Stanmore in November.

An introduction to SHEN Therapy was followed by a Question & Answer session and demonstration of SHEN which resulted in an immediate release for the willing volunteer. Not surprisingly, the audience were most

impressed and requests to try SHEN immediately followed!

A request for a follow up day was issued and the event provides a roadmap for presentations intended for future Mind Body & Spirit Fairs.

"It was a most enjoyable day"

Tony Bailey, Certified SHEN Instructor

What connects Clint Eastwood, Matt Damon, Steven Spielberg, and SHEN Therapy?

The answer is the movie "Afterlife", directed by Clint Eastwood and starring Matt Damon filmed on location at the Columbia Hotel, Lancaster Gate, London. Steven Spielberg also put in an appearance during filming!

The Columbia Hotel is the venue for all of the London SHEN Workshops which included the Clinical Skills Seminar in August last year.

I went to see the movie on its opening night and, as I had spent the previous week staying at the Columbia, you can imagine my surprise when the location suddenly shifted to an outside shot of the Columbia Hotel with the action moving into the reception area and then to the hotel room of George Lonchan the character played by Matt Damon.





The hotel is on the north side of Hyde Park about one mile from Marble Arch which is where you will find London's premier shops on Oxford Street and Bond Street. This then leads you to the theatres and the other main tourist attractions of London.

A short stroll away, Queensway is a bustling cosmopolitan thoroughfare with diverse restaurants, cafes, shops, pubs, cinemas and multi-storey shopping centre. In contrast, Hyde Park and Kensington Gardens facing the hotel are large, almost rural areas of peace and quiet in the middle of the city.

"AfterLife" - A suspense/thriller/love story. Report by our intrepid movie critic, Tony Bailey



Shot of the Columbia Hotel used in the movie



Richard Pavek

New Zealand - SHEN Clinical Skills Seminar, Auckland 2011



We are delighted to announce that Richard Pavek will be Leading and Facilitating the second SHEN Clinical Skills Seminar to be held in New Zealand.

8 Days "Beginning Training for SHEN Interns"
(Prerequisite, two 7 Day Workshops)

Dates: Wednesday 5th October—Wednesday 12th October inclusive
Course begins at 9:00 am and ends at approximately 5:00 pm

Venue: Aio Wira Retreat Centre, Waitakeres, Auckland.
(Website: www.aiowira.org.nz)

Course Leader: Richard Pavek, SHEN's Developer & Senior Trainer assisted by Saranya Tarrant CSI.

Non-residential Seminar Fee:
\$1550.00 NZD (Includes course fees, lunch, refreshments).

Residential Seminar Fee: \$1935.00 NZD (Includes the above and \$385.00

NZD for 7 nights dinner, bed & breakfast.

Note: All costs are GST inclusive.

If Seminar cancels due to unforeseen circumstances, all fees and deposits will be fully refunded.

Registrar: Saranya Tarrant. Please book with a non-refundable deposit of \$250.00 NZD to guarantee your place by July 20th 2011 – full payment by September 20th 2011

April: 4-Day SHEN Therapy Workshop in Auckland

Dates: Thursday 7th April - Sunday 10th April 2011

Starts 6:30 pm Thursday 7th April - Finishes 5 pm Sunday 10th April

Venue: Aio Wira Retreat Centre,

Would you like to start over, to begin again? A SHEN Workshop can be just that for you – a new dawn, a new beginning – as SHEN releases you from the old emotions that still hold you back

and interfere with the way you want to live your life.

During this fully experiential Workshop you will receive at least 9 SHEN sessions, where you will begin opening to your inner self. And you will learn how to use SHEN to help your family and friends as you and your classmates are guided through the basic non-professional SHEN techniques we will be using. SHEN is a powerful yet gentle process, one that can safely be used with the elderly as well as with small children.

Non-residential Workshop Fee:
\$650.00 NZD (Includes course fees, lunch, refreshments)

Residential Workshop Fee:
\$ 800.00 NZD (includes \$150.00 for 3 nights and includes all the above plus dinner, bed and breakfast.

Booking: Please book with a non-refundable deposit of \$250.00 to guarantee your space



June: 7-Day SHEN Therapy Workshop in Auckland

Date: Thursday 9th June — Wednesday 15th June 2011.

Non-residential Workshop Fee: \$1475.00 NZD (includes course fees, lunch, teas.)

Residential Workshop Fee: \$1800.00 NZD (includes 6 nights @ \$55.00 per night for dinner, bed & breakfast).

Early Bird Workshop Fee: \$1,275 NZD (+\$325.00 for residential option)

Note: All Costs are GST inclusive

If either the above Workshops are cancelled due to unforeseen circumstances, all fees and deposits will be fully refunded.

Registrar, Instructor/Facilitator:

Saranya Tarrant, Certified SHEN Instructor/Therapist in Auckland.

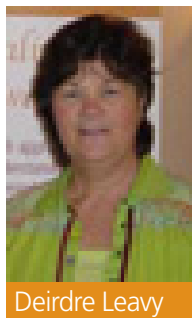
Address: SHEN Therapy NZ, PO Box 25-673, St. Heliers, Auckland 1071
Tel (09) 528 6735 or 027 656 6995
Email: shentherapynz@gmail.com.



"Look forward to seeing you!" Kiwi



Eva Dillner



Deirdre Leavy

Ireland - Therapist Retreat June 2011

Retreat and self nurturing event for experienced therapists including those trained in SHEN Therapy. *Feature by Eva Dillner*



Do come and join us Monday June 20 - Friday June 24, 2011 at Hollybrook in County Longford, Ireland. As an added attraction we share the mid-summer solstice celebration with the group on the evening of 21st June.

Organized by Deirdre Leavy, CST, CSI. Ireland
<http://shentherapy.ie/>

Facilitated by Eva Dillner, Sweden
<http://www.divinedesign.nu/>

In my travels, I try to connect with those who have trained in various therapies including SHEN. What has struck me, as I trade sessions with individuals who do this work day in and day out, year in and year out,

is the incredible knowledge and experience they possess. Each has developed skills and know-how that I believe would be of benefit if shared with each other. You may not even realize that you're doing something special. Until someone asks you how you knew to do or say such and such.

I realized we were missing a way to meet up and share all that knowledge in a broader context. Last year we held the first 'SHEN and beyond' Retreat in Turkey, that turned out so well we want to do it again. You can read our article on <http://shenandbeyond.blogspot.com/2010/06/article-on-shen-and-beyond-retreat-in.html>

It was also published on page 12 in the SHEN TOUCH issue 11 in 2010 see www.SHENtherapyuk.com website



and click on Press Articles, scroll down to issue 11 of SHEN TOUCH

We trade (swap is another English word) sessions; share what we experience; where there is room for formal presentations as well as spur of the moment sharing. Often, it is after a session or during conversation that you realize you've collected know-how that is of interest to others.

Eva will be the facilitator, to give the Retreat a certain amount of structure, but with plenty of room to follow



the flow. This is your time, for you. If you want to share something that enhances the therapy experience, that's great. If you just want to get on the table and do swaps, that's great too. If you want to lead us in an exercise that supports the SHEN process, that's wonderful. I may have you do some art this year, as another way to connect to our emotions.

Deirdre will lead a walk or two along the canal which she says is beautiful in winter and more beautiful in summer.

Ireland is a magical place rich in history and nature and definitely moorish.

Hollybrook

Drumanure, Abbeyshrule, County Longford, on the banks of the Inny River and Royal Canal, in the lakeland, green and healthy heart of Ireland

Hollybrook is an old family home, lived in for nearly 200 years and recently upgraded. It is suitable for family holidays, small group retreats/ health breaks/ seminars.

Situated in the heart of Ireland, the house stands on its own grounds in a picturesque area in view of The Whitworth Aquaduct (1810 - Royal Canal over River Inny), on the Royal Canal Walkway and Bog Road Walks. Canal garden with picnic tables and

seating 'on doorstep'. Canal is now navigable from Dublin to the Shannon at Clondra County Longford.

Local services, facilities, special interest activities including flying. Central for touring. Open all year.

Swimming pool and gym local amenities.

Do let us know soonest if you plan to come. For those booking overseas flights the sooner we know the better.

Please send this on to your connections who may be interested in coming. It will be posted as an event on our Facebook Group and posted on the SHEN and beyond Blog <http://shenandbeyond.blogspot.com/>

The retreat is a peer sharing event for those already practising SHEN and related therapies. Our hope is to connect across the spectrum of

all those who started out with SHEN. Therapy. May all of you fly in on a breeze to Ireland in June.

For details of Costs, accommodation and travel please contact:

Deirdre Leavy, Organizer

Phone: +353 (0) 43 6671156 or +353 (0) 87 9607626

Email: deirdreleavy@eircom.net or shentherapy@eircom.net
www.shentherapy.ie

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Mobile: +46 733 864 364
www.divinedesign.nu

PS - If you're not a therapist you may help our cause by donating funds to defray our expenses. Retreats like these help us become even better therapists
eva-dillner.artistwebsites.com



SHEN Retreat

SHEN (Specific Human Emotions Nexus). Nexus (meaning link) is the means of connecting to the unlocked tension, stress and emotional pain which arises spontaneously rather than through a conscious effort, causing mental and physical strain.

One, two or three day retreat.

When we get tired and lack energy and motivation many people have found that a one day retreat is the perfect answer.

Give your body and mind time out if your body is saying 'I am tired'.

A retreat provides the space for inner looking, a deeper self awareness and healing.

Venue:

Abbeyshrule is a picturesque village situated in South County Longford in a valley of the River Inny. It is located on the Longford/ Westmeath border with the Royal Canal running through the village on its journey from Dublin to the Shannon.

The village is steeped in history from the Cistercian Abbey ruins

founded here in 1150 to the famous Whitworth Aquaduct built in 1817.

It was built to carry the Royal Canal over the River Inny.

Contact:

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or +353 (0) 87 9607626



It's SHEN, but not as we know it!

The introduction of ever more versatile mobile devices and rapid spread of Social Networks such as Face Book, Twitter etc. are changing every part of our lives.

With thousands of Apps now available to download, could a SHEN Session one day be available as an App? Here is a sample of how the enquiry might go.

Enquirer phones for the SHEN App:

SHEN Support: Yes, how can I help you?

Client: Well, after much consideration, I've decided to install the SHEN "Love" app.

Can you guide me through the process?

SHEN Support: Yes. I can help you. Are you ready to proceed?

Client: Well, I'm not very technical, but I think I'm ready. What do I do first?

SHEN Support: The first step is to open your Heart. Have you located your Heart?

Client: Yes, but there are several other programs running now. Is it okay to install Love while they are Running?

SHEN Support: What programs are running?

Client: Let's see, I have Past Hurt, Low Self-Esteem, Grudge and Resentment running right now.

SHEN Support: No problem, the Love app will gradually erase Past Hurt from your current operating system. It may remain in your permanent memory but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-

Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?

Client: I don't know how to turn them off. Can you tell me how?

SHEN Support: With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have been completely erased.

Client: Okay, done! Love has started installing itself. Is that normal?

SHEN Support: Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades.

Client: Oops! I have an error message already. It says, "Error - Program not running on internal components." What should I do?

SHEN Support: Don't worry. It means that the Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others.

Client: So, what should I do?

SHEN Support: Pull down Self-Acceptance; then click on the following files: Forgive-Yourself; Realize Your Worth; and Acknowledge your Limitations.

Client: Okay, done.

SHEN Support: Now, copy them to the "My Heart" directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete Verbose Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back.

Client: Got it. Hey! My heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over my Heart. Is this normal?

SHEN Support: Sometimes. For others it takes awhile, but eventually everyone gets it at the proper time. So Love is installed and running. One more thing before we hang up. Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you.

Client: Thank you, SHEN.

Closing thought:

"Action may not always bring happiness, but there is no happiness without action" Benjamin Disraeli



SHEN WORKSHOP DATES

Worcestershire

Heart of England SHEN Therapy Centre, Bewdley, Worcestershire

7 day SHEN "Emotional Healing & Personal Development Workshop" in 2 Parts - Workshop Leader – Tony Bailey, CSI

Part "A" 3 days Weekend Workshop

October 2011: Friday 14th October to Sunday 16th

Part "B" 4 days Weekend Workshop

July 2011: Friday 1st July to Monday 4th

December 2011: Friday 2nd December to Monday 5th

London

Columbia Hotel, Lancaster Gate, London

7 day SHEN "Emotional Healing & Personal Development Workshop" in 2 Parts - Workshop Leader – Tony Bailey, CSI

Part "A" 3 days Weekend Workshop

June 2011: Friday 10th to Sunday 12th

September 2011: Friday 23rd September to Sunday 25th

Part "B" 4 days Weekend Workshop

November 2011: Friday 4th November to Monday 7th

Glasgow

Lorne Hotel, 923 Sauchiehall Street, Glasgow, G3 7TQ

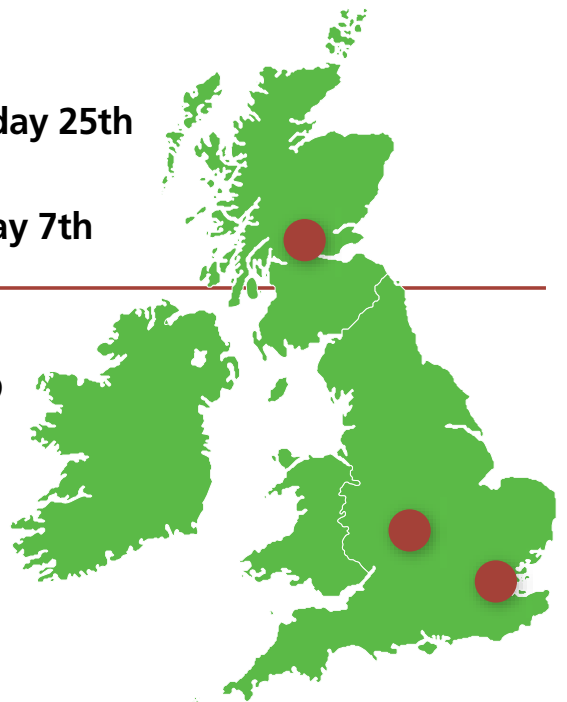
7 day SHEN "Emotional Healing & Personal Development Workshop" in 2 Parts - Workshop Leader – Tony Bailey, CSI

Part "A" 3 days Weekend Workshop

April 2011: Friday 22nd April to Sunday 24th

Part "B" 4 days Weekend Workshop

August 2011: Friday 5th August to Monday 8th



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: tony@shentherapyuk.com

You can also book & pay online at: www.shentherapyuk.com

