Opening Thought:

Christmas is a wondrous reminder of the nature of birth and renewal. The story of humble beginnings and a simple life spent as a Teacher/Healer which changed the world.

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Seasons Greetings to the SHEN Worldwide Community

We hope you enjoy this 20th issue of your Newsletter: SHEN TOUCH
SHEN Community FORUM for YOUR NEWS, VIEWS & FEEDBACK
Comments following the September issue number 19 of SHEN TOUCH

Jenny Jones writes from Kent, UK
Just to let you know, I’m getting busier with SHEN - I had a new intensive client this week (thanks to the SHEN Therapy UK website) plus I have 2 other local SHEN clients, totaling 16 sessions this week, plus 1 new client starting when I get back from holidays! I’m so loving being busy with it again. Long may it continue!
I’m off on a working holiday to Rhodes, to another yoga retreat - I’ll be doing SHEN and my other therapies there. Then to my Turkey house with my 2 girlfriends (one of whom is going to have some SHEN with me there). There’s no rest for the wicked! - Love Jenny

Sheila Kay writes from Goa, India
Work has been coming in good for me this season and I have been having a fab time! SHEN Clients have been travelling to stay and have intensive SHEN sessions. I am also doing quite a bit of massage and getting rave reviews from the visitors to a yoga retreat which has hired me for 2 days a week. They have given me a room at the top of the resort which looks out over thickly wooded jungle. It is paradise – and I am doing what I love in a beautiful environment.
Anyone wanting winter sun is welcome at my villa in Goa where I offer luxury, poolside, en-suite accommodation - an ideal place to play and heal. (See page 7)
Have a lovely Christmas and thanks for all you do.

Stephanie Nel writes from the UK
Thank you for emailing the SHEN Touch newsletter - it's so good to keep all of us in the loop of the goings on of other SHEN students and therapists. It's great to see that yourself, Helena, Jonathan and Sara contributed to the Complementary Therapies Health Day and that members of the public showed interest! It's a very special community to be a part of!

Gillian Bell writes from the UK
Thanks for the newsletter, really interesting to hear what is going on in the world of SHEN. At some point in the future I hope to make a workshop.

Marion Fergusson writes from Scotland
Just got round to reading the last SHEN newsletter. I really do appreciate you keeping me in the loop also I do greatly admire your enthusiasm and effort you manage to project & sustain!
I am sending my warm wishes for Xmas and very good wishes for 2013. Marion x

Poppy Palimeri writes from Athens, Greece
Congratulations !! this newsletter is fantastic. I enjoyed so very much your impressions; full of fascinating details about Epidaurus, Asklepios, Apollo - and the photos are masterpieces!
All the articles in this Newsletter are very interesting. What Deirdre Leavy from Ireland and Saranya Tarrant from N.Zeland wrote helps me a lot with ideas for our future SHEN meetings.
This coming Saturday the (Athens) SHEN group has its first meeting for swaps and bringing up and sharing ideas for the future.

Rose O’Donnell Writes from Ireland
Congratulations to you and all who contributed to SHEN TOUCH. Very interesting reading. I do look forward to it.
Best wishes, Rose

Marilena Komi writes from Athens, Greece
“Thanks for your wonderful newsletter!”
Deirdre Leavy writes from Ireland
Congratulations on another brilliant SHEN TOUCH newsletter, well done you have the genius.

Donna Harcos Writes from Canada
Your SHEN News Letters are wonderful to receive – Thank you so much for putting it all together for the many of us.

Careers with SHEN Therapy in the UK and Ireland

The SHEN Community is growing – and so are the opportunities to gain from professional training leading to formal qualifications and a fulfilling life allowing you to make a profound difference to the lives of others.

Opportunities exist for you to be involved at all levels – both in SHEN Therapy practice and also in a support capacity. Check out the following options:

**SHEN Therapy practice:**
- Supervised SHEN Intern (SSI)
- Certified SHEN Therapist (CST)
- Certified SHEN Instructor (CSI)
- Certified SHEN Mentor (CSM)

**SHEN Therapy Support roles:**
- Certified SHEN Instructor Trainer (CSIT)
- Certified SHEN Clinical Skills Seminar Leader
- Member of the ISTA Standing Committees ie:
  - Executive Committee
  - Certification Committee
  - Grievance Committee

**SHEN Therapy Support roles:**
- SHEN Workshop Registrar
- SHEN Workshop Assistant
- SHEN Swaps Organizer
- SHEN Retreats Organizer

**Voluntary SHEN Supporter roles:**
You may be able to use your special skills, knowledge, and life experiences to further the development of SHEN Therapy in the UK and Ireland. This could include:
- Marketing support
- Web Site design, development and management, internet Search Engine Optimisation
- Organising Festivals, Mind, Body & Spirit Fairs, Open Days, Exhibitions, Presentations, Demonstrations etc
- Media Relations
- The list is endless!!!

To find out more contact:

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Email: tonybailey@talk21.com

**Deirdre Leavy, CST, CSI, Mentor**
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Email: deirdreleavy@eircom.net

To whet your appetite the following article is an overview of Training to be a Certified SHEN Therapist.
Training to be a Certified SHEN Therapist
- an overview.

“For most people, receiving SHEN Therapy for the first time is a profound experience. Offering SHEN Therapy to others is a joy.” - Tony Bailey, Certified SHEN Instructor

Professional Training in SHEN Therapy is available to members of the International SHEN Therapy Association (ISTA), a professional association that sets and maintains standards of competency, ethics and practice throughout the world and is the sole certifying authority for Certified SHEN Therapists. Our worldwide community of SHEN Therapists come from every walk of life.

The Intern Training Program, combining classroom seminars and the Mentor supervised practicum, prepares the Intern for Certification as a SHEN Therapist.

The aspiring Intern will firstly complete the ‘SHEN Emotional Healing & Personal Empowerment Workshop, a 7 day Workshop which is also available as a 4 day Part ‘A’ followed by a 4 day Part ‘B’ workshop.

This workshop is specially designed for those searching for a way of letting go of deeply rooted, painful emotions that inhibit life on the physical, emotional, mental and spiritual levels.

Over the seven days you will gain a comprehensive understanding of how emotions work and why they can be so troubling and experience their relationship to the healing properties of the human biofield.

This is an intensive experiential workshop with an emphasis on learning and experiencing the giving and receiving of SHEN Therapy’s unique techniques for emotional release and self empowerment. You will work from a comprehensive manual and clear instructional charts which are yours to keep.

This Workshop can lead to a pivotal experience for those seeking to break away from the limitations imposed by past emotional conditioning.

Repeating the Workshop is a pre-requisite for applying to the International SHEN Therapy Association (ISTA) to become a Supervised SHEN Intern where you will benefit from the appointment of a Mentor whose primary task is to be the Intern’s guiding assistant.

The Internship is expected to be taken over an 18 month period. During the course of the Internship, the Intern will take an 8 day SHEN Clinical Skills Seminar twice, initially during the first 6 months of Internship; the second time during the last 6 months of Internship - but at a higher level of learning. The Clinical Skills Seminars are held at various locations in the world.

“If you choose to train to become a SHEN Therapist, you will find yourself on the dual path of outward learning and inward change. Your clients will benefit nearly as much as you will.” Richard Pavek, Founder of SHEN Therapy.

A detailed description “Training to be a Certified SHEN Therapist” is available upon request from:

Tony Bailey, Certified SHEN Instructor.
E-mail: tonybailey@talk21.com
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OR

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IRELAND
From: The Irish SHEN community of Therapists:
Submitted by: Deirdre Leavy CST, CSI, Mentor

AN IRISH CHRISTMAS PRAYER

The light of the Christmas star to you
The warmth of home and hearth to you
The cheer and good will of friends to you
The love of the son and God’s peace to you

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Christmas Lights
By Deirdre Leavy CST, CSI, Mentor

Yesterday saw the Christmas lights switch on; Christmas has arrived and I am thinking about the candle in the window and my mother. In Ireland the candle in the window is an old Irish Christmas tradition. The lit candle marks the way to warmth and hospitality to anyone who finds themselves, like Mary and Joseph in the New Testament, without a place to stay at Christmas time. Once the Christmas lights are switched on I am reminded of happy childhood memories, my mother making us clean windows so that she could put up spotlessly clean curtains followed by the candle in each window, a reminder of this very special occasion.

Cleaning the windows was a job I never wanted to do, I grew up saying “I will do things different”. Yes, I do things different - I leave the cleaning….. AAH….. the irony of it all! 24 days before Christmas and I find myself shopping for the candles for the windows. It is difficult for me to know, if like my mother, I live my life according to the true meaning of the tradition, I know she did.

On Christmas Eve if you are passing by you will see the lit candle in each window of my house. As I light them I will pray for love where there is no love, light where there is darkness. Blessings to all for 2013 ‘Nollaig shona duit’

Deirdre Leavy

GREECE
SHEN Workshop Dates in Greece for 2013
By Poppy Palimeri SSI

Athens:
Part ‘A’ 4 days Weekend Workshop ‘Emotional Healing & Personal Empowerment Workshop’
May/June 2013: Friday 31st May to Monday 3rd June inclusive
Come for an early summer to Athens and enjoy your part ‘A’ Emotional Healing and Empowerment Workshop.
We don’t promise anything more than we can offer:- A bright sun, clear sky, the moon and millions of stars at night, Akropolis overlooking the new superb Museum at her side, delicious food and friendly people.!!!
Ye Byzantine Church in Plaka, the heart of Athens

Greek Island Workshop & Retreat:
Part ‘A’&’B’ 9 days SHEN Emotional Healing & Personal Empowerment Workshop & Retreat
August/September 2013 Friday 24th August to Sunday 1st September 2013
This is a very special gift to yourself. Summer holidays on a Greek island and SHEN Healing! A warm summer without cloudy surprises. The sea at your feet; delicious fresh seafood and wine out of the recipe book of the 12 Greek Gods.
Don’t miss the opportunity to relax, heal and enjoy self empowerment drawn from Greece’s legendary re-vitalising energy. We throw open our hearts and welcome the SHEN Community to join us.

For more details please contact:
Poppy Palimeri
Email: popppypal@hol.gr
0030 6944 527 236
Mobile: 0030 210 8208 4457
UNITED KINGDOM

Part ‘A’ SHEN Workshop

Celebration time for Students on Bewdley Part ‘A’ Workshop, October 2012. Chopsticks at the ready!

Left to right: Linda Crookston, Janice Allgood, Jan Channing, Marina Gallagher and token male, Tony Bailey.

Part ‘B’ SHEN Workshop

Smiles all round on Bewdley Part ‘B’ Workshop, November/December 2012

Left to right, sitting: Marina Gallagher, Janice Allgood, Jan Channing. Standing: Corona McGurk, CSI & SHEN Mentor, our Senior Workshop Assistant.
I’ve recently had the pleasure of experiencing SHEN (Specific Human Emotional Nexus) therapy from a colleague and fellow practitioner at Amara Wellness Center, Ayleyaell Kinder, Certified SHEN Therapist. SHEN is a type of energy healing, and reminded me somewhat of an intense form of reiki. SHEN is a physio-emotional release therapy which means that it works to release emotions from the body. Anyone who has experienced the benefits of acupuncture would recognize the benefits of SHEN, with the end results being a deep feeling of relaxation and integration, and perhaps release of trauma. I was surprised by my awareness of my body aches; and the words, memories, emotions, images and deep insights that released with them. Ayleyaell shared with me that SHEN releases old emotional wounds beyond one’s awareness and that “you do not have to sort through every piece of garbage to take out the trash.”

Ayleyaell emphasizes that SHEN blends nicely with psychotherapy. She states that SHEN can help a “talk therapy” client move through an impasse or release trauma that they cognitively understand but can’t get past, and psychotherapy in turn can enhance the SHEN experience by helping them to process the releases and life changes occurring after a SHEN session. It was nice to experience a new mind-body healing modality and also to see the similar, but different effects and results as the Mind-Body techniques I use in my Mind-Body Skills Groups. While a participant in a Mind-Body Skills Group must display a certain amount of active participation and mindfulness while doing the techniques with the group, a client in SHEN can be a passive participant and let the experience and healing unfold while they are in a deeply relaxed, sleep-like state.

To contact Ayleyaell or read more about SHEN therapy at Amara Wellness Center, visit:

http://shenworks.com

For a basic description of SHEN from SafeAlternativeMedicine.co.uk, visit:

http://www.safealternativemedicine.co.uk/bringing-emotions-fore-with-shen-therapy.html

For an interesting article on SHEN and a good overall description of emotions and how they work in the body by SHEN’s founder Richard Pavek, visit:

http://www.shentherapy.ca/nutsbolts.pdf

USA
Contributed by Ayleyaell Kinder CST, San Diego, California

Alternative Spotlight: SHEN Therapy
By Natasha Pantti-Dulberg, MFT. Article reproduced with appreciation from Oasis of Awareness Center newsletter.

GOA, INDIA
Festive Greetings from Sheila Kay & Shona Neil

Wishing you a healthy, happy and harmonious Christmas –
Why not celebrate the holidays in Sunny Goa where you can also enjoy SHEN sessions with Sheila or Shona?
m-commerce is set to revolutionise the way prospective SHEN clients will choose, book and pay for their SHEN Sessions. This is your wake up call!

Mobile commerce—increasingly known as m-commerce— is rapidly becoming an important part of the e-commerce landscape, creating exciting new opportunities for businesses of all sizes and in all sectors—and that includes your SHEN practice!

Consumer behaviour is evolving. In July 2012, 29 million people in the UK aged 13+ owned a smartphone, representing nearly 60% of the mobile population. Almost one in five of all website visitors were arriving from smartphones or tablet devices.

The embrace of the mobile web has made the UK a leader in m-commerce—researching, purchasing and paying for goods and services using a smartphone or tablet device. Dynamic businesses are meeting this new opportunity by ensuring they have a site that is optimized for visitors using mobile devices which is leading to dramatic rises in incremental sales.

So, who are these mobile shoppers?

Mobile shoppers are young and well-off
M-commerce changes buying behaviour

- Mobile shoppers are on the move
- Mobile shoppers are on the sofa
- Mobile shoppers are on the High Street

Mobile shopping is driven by convenience, impulse, urgency and confidence

Many businesses are not keeping pace with the change.

Businesses that adapt to serve mobile customers reap the rewards.

To succeed with m-commerce, consider it a completely new channel.

Here are some best practice tips to help you build and market a mobile-ready website or “tune” an existing website to better serve mobile customers.

These tips are a must to optimise your site for the mobile web experience.

1. Simplify navigation
2. Design for speed
3. Support fat fingers
4. Maximise text entry
5. Make checkout fast, simple and secure
6. Include phone numbers
7. Use mobile redirects
8. Offer Service (sessions, retreats, workshops etc) page checkout
9. Market your mobile site

Contact me for information offering a fuller explanation and exploration of this fabulous opportunity to grow your SHEN practice.

Email: tonybailey@talk21.com

NEW ZEALAND NEWS

Saranya Tarrant reports:
Report from Saranya Tarrant, CST, CSI

It’s been a quiet year for training courses and I hope next year will pick up for us. I have run two 1 day introductory workshops to introduce people to SHEN. Michael Owen from Auckland and James Alexander in Australia are doing well with the Internship programme and I hope to get more people interested next year.

I had my first client from Work and Income; they give 10 sessions of counselling fees and I had a WINS client suggest me and have me verified as a therapist via her psychiatrist.

We are currently developing a local New Zealand SHEN website. Hope to get it up and running in next month.

The following article contains dates for SHEN Therapy Workshops 2013-2014
SHEN® Therapy Workshops 2013 – 2014

Attending these workshops will give you a concentrated number of sessions for your own emotional healing and well-being. You to be able to give friends and family relaxation and restorative sessions using core SHEN® techniques as well as swap with other participants.

If you are interested in SHEN Practitioner training we have scheduled SHEN workshops throughout 2013 with a 8-day Clinical Skills Trainee Seminar in early 2014. Attendance is required at two of the 7-day workshops or 2 4 day SHEN A and 2 4 day SHEN B workshops plus an 8-day Clinical Skills Trainee Seminar. This is followed by a 2 year Mentored internship programme with Saranya Tarrant, New Zealand Mentor.

**North Island, Auckland 2013**

**SHEN “A” 4 Day Workshop – Weds 16th Jan - Sat 19th Jan**
7 Day SHEN Intensive Workshop – Weds 16th Jan - Tues 22nd Jan
Venue: Aio Wira Retreat Centre, Waitakere, Nr Auckland

**SHEN “B” 4 Day Workshop – Weds 6th Feb - Sun 9th Feb**
Venue: 6 Bay Road, St Heliers, Auckland

1 Day Introduction to SHEN Therapy Workshop – Saturday 9th March
Venue: 6 Bay Road, St Heliers, Auckland

**SHEN “A” 4 Day Workshop – Thurs 10th Oct - Sun 13th Oct**
7 Day SHEN Intensive Workshop – Thurs 10th Oct - Weds 17th Oct
Venue: Aio Wira Retreat Centre, Waitakere, Nr Auckland

**SHEN “B” 4 Day Workshop – Thurs 7th Nov - Sun 10th Nov**
Venue: 6 Bay Road, St Heliers, Auckland

**South Island, Canterbury**
1 Day Introduction to SHEN Therapy Workshop – Sunday 24th Feb 2013
Venue: to be confirmed

**SHEN “A” 4 Day Workshop – Easter Fri 29th March - Mon 1st April**
Venue: to be confirmed

**SHEN Clinical Skills Seminar, Auckland 2014**
Sunday 26th January to Sunday 2nd Feb 2014
Venue: Aio Wira Retreat Centre, Waitakere, Auckland

Your Instructor: Saranya Tarrant is an experienced Certified SHEN Therapist, Instructor and Mentor for the Certified SHEN Internship Programme.

For further information: Contact Saranya and visit the SHEN Website (see below)
SHEN UK WORKSHOP DATES FOR 2012/2013

Worcestershire - Heart of England SHEN Therapy Centre, Bewdley, Worcestershire
“Emotional Healing & Personal Development Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI
Part “A” 4 days Weekend Workshop
    October 2012: Friday 12th October to Monday 15th October inclusive
    March 2013: Friday 15th March to Monday 18th March inclusive
    October 2013: Friday 11th October to Monday 14th October inclusive
Part “B” 4 days Weekend Workshop
    November/December 2012: Friday 30th November to Monday 3rd December inclusive
    July 2013: Friday 5th July to Monday 8th July inclusive
    November/December 2013: Friday 29th November to Monday 2nd December inclusive

London - Columbia Hotel, Lancaster Gate, London
“Emotional Healing & Personal Development Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI
Part “A” 4 days Weekend Workshop
    February 2013: Friday 22nd February to Monday 25th February inclusive
    September 2013: Friday 20th September to Monday 23rd September inclusive
Part “B” 4 days Weekend Workshops
    May 2013: Friday 24th May to Monday 27th May inclusive
    November 2013: Friday 1st November to Monday 4th November inclusive

Glasgow - Lorne Hotel, 923 Sauchiehall Street, Glasgow, G3 7TQ
“Emotional Healing & Personal Development Workshop” in 2 Parts - Workshop Leader – Tony Bailey, CSI
Part “A” 4 days Weekend Workshop
    October 2012: Friday 12th October to Monday 15th October inclusive
    March 2013: Friday 15th March to Monday 18th March inclusive
    October 2013: Friday 11th October to Monday 14th October inclusive
Part “B” 4 days Weekend Workshops
    November/December 2012: Friday 30th November to Monday 3rd December inclusive
    July 2013: Friday 5th July to Monday 8th July inclusive
    November/December 2013: Friday 29th November to Monday 2nd December 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: tony@SHENtherapyuk.com
You can also book & pay online at: www.SHENtherapyuk.com

Ireland
7 Days “European Clinical Skills Seminar” Seminar Leader – Deirdre Leavy, CSI
    March/April 2013: Saturday 30th March to Friday 5th April 2013
For more information, Registration and Accommodation, please contact:-
Deirdre Leavy, CSI • Tel 353 (0) 43-66-71156 • E-mail: deirdreleavy@eircom.net  Web Site: www.shentherapy.ie