



How to survive emotional Trauma AND LIVE THE LIFE YOU WANT



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

The SHEN Process by Tony Bailey

“I want my emotions to help run my life – not ruin my life”

Why do our emotions have such a powerful hold over our daily lives – able to change our moods and bodies in an instant? Where do emotions come from and why is it that our emotions seem to have a life of their own, so often causing pain and disrupting our lives – and more to the point, what can be done about it?

Few doubt the immense power of our emotions. While some enrich our hearts and souls, others distress our bodies, sabotage our reason and negatively affect everything that we do. Our lives are made up of a long series of responses to various stimuli – both internal and external. The response always starts with a primary, emotional reaction and may result in a strong physical response. When these emotional reactions – or lack of reactions – to life accumulate into discernable patterns, we call them ‘behaviours.’ Later, if our physical reaction to a new stimulus is beyond normal we call it ‘overreacting’ or ‘inappropriate’.

What causes these behaviours? Are they truly inappropriate?

Labelling them ‘learned responses’ does nothing to illuminate them or their origin. If we are reasonable people with some degree of intelligence, then why do we inappropriately over-react or under-react so often? Why are we unable to recognise that we are over-reacting or under-reacting? What drives us? And why is it so hard to change all that?

Understanding the Emotional Episode

Whether pleasant or unpleasant, long or short, benign or horrendous, every incident or life event we experience sparks, not just an emotion, but the beginning of an ‘emotional episode’ usually comprising a multiplicity of interrelated emotions.

Unlike the life event it was born with, the emotional episode almost never ends when the life event ends. The few exceptions are those emotional episodes associated with pleasurable life experiences and those end all too quickly!

Troubling emotional episodes linger for many, many years as the emotions they bring to life live on, damaging the health and life of the affected person long after the initiating event or incident has been forgotten. Multiple emotional episodes interact, weaving together into a tangle of complexities that eventually become virtually intractable. Most often the emotional episodes come into full flower long after their precipitating events have ended; often the flowering brings no associated memory, confounding counsellor, therapist, and physician alike as to their source and treatment.

Resolution of the emotional episode and its biological and physical after-effects has usually been a long drawn out process. This is largely because the emotional episode has largely been poorly understood.

You cannot be empowered if you are living, or trying to live, your life in present time when you are living out one or more old, disempowering emotional episodes in parallel.

Where is the origin of our emotions?

Based on extensive observation, we can conclude that the emotions originate in an emotional field, or Biofield, a zero frequency field in the electromagnetic spectrum; a field which is conterminous with and permeates throughout the physical body. As the emotions spring forth within this permeating field, they saturate and affect the surrounding tissue, directly impacting on bodily function.

The fact that we can directly access and affect the emotions by applying the Biofield from our hands supports this concept. Certainly we could not access them this way if they were in the brain. While physical manipulations will occasionally produce a limited range of emotional responses, we are unable to control the response action with manual manipulation in any reasonable way.

The fact that the brain has no direct control over the effects of emotions on the body through the nervous system is additional proof that they are not in the body.

In many ways, the concept of an emotion bearing Biofield echoes the Ancient Greek philosophers' concept of an Emotional Soul.

How do emotions become trapped in the physical body/Biofield

We notice that the painful emotions of fear, grief and shame cause the body to involuntarily contract around the area of the torso where the emotion is being experienced. This contraction, the Auto-Contractile Pain Response, is the body's normal response to physical pain gone awry, gone awry because the body cannot differentiate between physical pain and emotional pain. This instinctive reflex works against itself – the contraction prevents the pain that caused it from leaving, thus perpetuating the process and creating the emotional episode. While in place, the contraction adversely affects all organ, glandular and other body tissue that is caught within the circle of contraction. In this way the body's normal processes will be disrupted and remain disrupted until the emotions are completed and the emotional episode is brought to conclusion.

The SHEN Process

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, 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 improved as their inner emotional conflicts resolved – others tell of surprisingly rapid recovery from childhood abuse, inner grief, fear, shame and/or hopelessness – still others reported 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.



How is SHEN Therapy different from other techniques - some Frequently asked questions.

How does "energy healing" work?

Some techniques teach "that the energy knows where to go and what to do. Others that healing occurs because of the compassionate intent of the Practitioner.

In SHEN we teach that healing occurs by re-establishing the correct patterns of qi in the Biofield.

Where does this "energy" come from?

Some techniques teach that the energy, or qi, is a cosmic, spiritual energy and the practitioner connects the person being healed to this cosmic energy.

In SHEN we believe that the Biofield is an inherent component of all living beings.

Who can heal?

Some techniques teach that the power to heal is granted by initiation.

In SHEN we have shown that anyone can be trained to do this work effectively.

Where is the work done?

Whilst some techniques work on the surface of the body and placing of the hands near the affected area is considered adequate, others work largely in the Aura – the portion of the Biofield outside the body.

In SHEN we have shown that working directly with the core of the body is usually far more potent. SHEN flows are designed to pass through the emotional core of the body in patterns that will release trapped, painful emotion. We rarely work in the "emotion layer" or other layers in the Aura.

What conditions can be helped?

Some techniques are equally effective as SHEN with disorders that are purely physical.

SHEN is more effective with emotional empowerment and in relieving disabling physio-emotional conditions.

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