

SHEN THERAPY

Shen Therapy has the goal of bringing painful emotional episodes to a final conclusion and empowering people emotionally. It is a deep process of emotional unfolding, de-layering and growth based on a unique concept of the nature of emotion, its effects on the body, and its effects on the brain. Therefore the therapy can successfully aid the recovery from severe emotional traumas such as childhood trauma, sexual abuse, grief and loss, and confusion and disorientation following accidents.



Picture of Golden Buddha in Peace Garden

How does SHEN Work with Emotions?

Our emotions have an immense amount of power over us, our moods and our bodies. In our early research, we discovered that painful emotions such as fear, grief, or hopelessness trigger the Auto-Contractile Pain Reflex, (an instinctive spasm intended to stop tissue damage from broken bones), and that these emotion-contractions gripped and upset the heart, stomach and/or other nearby organs. Since the brain has no control over spasmodic contractions, they continue to upset the body for as long as the emotional pain continues – often for many years.

SHEN is a scientifically researched and verified, updated version of ancient hands-on healing techniques. Properly applied to specific areas of the body in particular patterns that were discovered through extensive research, it uses the naturally occurring low-level electromagnetic field (the biofield) produced by the human body itself to put an end to many kinds of chronic pain that cannot be linked to physical causes, as well as to release emotional blockages and psychological distress.

Is SHEN for you?

Do your friends tell you that you constantly over-react? Are you angry or upset all the time and don't know why? Unable to feel your emotions? Do your emotions constantly upset your life? Are you grieving and can't let go of the past? Suffer from anxiety attacks? Are you filled with self-doubt? Are you emotionally depressed? Do you feel stuck in your therapy or counselling? Unable to stand up for yourself? Do you ever wonder, "Why can't I get past this?"

Many people begin to wonder if they are somehow setting themselves up for the same fall again and again, but can't figure out why or how they are doing it. We often carry emotional wounds and deep-rooted expectations far below our



View across river in Autumn

conscious awareness, sabotaging our most earnest efforts to change. SHEN Therapy works to release old emotional memories, pain, and life-scripts buried in our subconscious minds, sometimes from very early childhood. It is safe and can create real, positive change when talk or other therapies no longer help or when you have become stuck in life.

Have your Emotions caused a Bodily Disorder?

Do you suffer from chronic pain without medical cause? Irritable Bowel Syndrome (IBS)? Pre-Menstrual or Menstrual Tension? Post traumatic stress disorder? Nocturnal teeth grinding? Blocked sexual feelings? An eating disorder? Migraines?

These and other similar disorders are part of a large group of physical conditions that are difficult to treat by ordinary medical means. However they are all caused by underlying emotional issues which, once resolved, will disappear.

Many bodily disorders that have no identifiable biological cause are labelled

"psychosomatic" and dismissed by some in the medics as not being real. These disorders are real and they are not in your mind. There is much evidence now for the source of these very real problems being rooted in the Auto-Contractile Pain Reflex (ACPR) which has been linked to these 'difficult-to-treat' conditions.

SHEN is remarkable for its effectiveness in the wide range of emotionally and physically related disorders and symptoms it can help. It works rapidly, often producing results more quickly than conventional methods, and without the risk of side effects. In many cases, SHEN is the best choice for treatment.

Post-Traumatic Stress Disorder

Unexplained panic or anxiety attacks, recurrent terrifying nightmares, outbursts of rage, grief that you cannot explain, flashes of memory of childhood emotional, physical, or sexual abuse or heart stopping terror when nothing is occurring to cause it are all symptoms of Post-Traumatic Stress Disorder (PTSD). It can even be possible to have PTSD without being able

to remember the initiating event because it was so terrifying or shocking that the conscious portion of the brain completely blanked out any memory of it. SHEN theory operates on the principle that residue of emotional trauma from earlier in life is held deep inside the body where it influences the way we live our lives, and disrupts normal bodily functioning. Compared to other approaches to PTSD, SHEN is rapid and its procedures bring the trauma to the surface and bring about its conclusion faster than other methods and with far less stress. Once the crippling emotions are dissipated, the person is again able to live his or her life normally.

What is Involved in a SHEN Session? Participants recline, fully clothed, on a special SHEN 'cradle'. You may feel tingles or other sensations as you relax deeply or enter a meditation-like state; sometimes forgotten memories of pivotal events from earlier in life are re-experienced. You will likely feel the emotions related to these and to recent events, as they surface and leave, but in a way you can readily handle. The treatment is gentler than might be expected, and as the practitioner's hands are always drawing the emotion out, the emotion that remains is always being reduced, so the pain is lessening all the time. The number of sessions necessary varies from person to person; your practitioner can advise you on this. All SHEN practitioners have received extensive SHEN themselves and will be comfortable with any emotional material that may come up.

SHEN Emotional Empowerment Workshops

SHEN workshops are held all over the world and are designed to empower the participants - and do it rapidly with very successful results. During a workshop you receive at least 20 SHEN sessions under the guidance of a certified SHEN instructor/facilitator while you learn SHEN techniques to help others. Learning to give SHEN is not a simple process, but it is not hard to learn, either. Participants work from a comprehensive handbook and clear instructional charts that are yours to keep after the workshop is over.



Civic space and bridge



Picture of Client on Cradle

The Effects of SHEN

Often during SHEN people recall decisions they made during early childhood about how their lives would 'always be' and now realize that these assumptions, or life-scripts, were faulty. Not surprisingly, the 'fated' life-scripts lose their control and their lives change.

Many who have received a short series of SHEN sessions report that their relationships with family, friends, and work improved as their inner emotional conflicts resolved with SHEN, others tell of surprisingly rapid recovery from childhood abuse or inner grief, fear, shame and/or hopelessness, still others that their negative emotional and behavioural patterns ended when their emotional pain cleared with SHEN. Most had more energy once the weight of their emotional past lifted-many exclaimed, "SHEN worked when nothing else helped."

For more information, or to book a Retreat at Sanctuary, home to Heart of England SHEN Therapy Centre, visit our website: www.ask4sanctuary.co.uk

SHEN THERAPY RETREATS SANCTUARY - home to Heart of England SHEN Therapy Retreat Centre

Sanctuary is a place for healing, where you can reach out for support to resolve current life issues and develop skills to help you not only live life but to love life. Sanctuary is home to Heart of England SHEN Therapy Retreat Centre, lovingly created to provide a protective space where you can safely let go of deeply held, painful emotions releasing you to move on in your life.

Situated on the banks of the River Severn in the heart of the beautiful Georgian Worcestershire Town of Bewdley, Sanctuary is a lovingly restored 16th Century house with a wealth of exposed beams and a delightful walled garden.

Although an integral part of the main house, Sanctuary has its own private entrance and fully equipped apartment comprising: double bedroom, lounge with TV/DVD/Video, Radio/Cassette, Bathroom with bath & shower and fully equipped kitchen. The beautiful walled garden at the rear offers complete privacy and a place for quiet reflection with waterfalls and fountains arranged as a peace garden and spiritual garden.

Retreats are very popular and can be organised to suit the individual. Clients can stay for a single night and receive a double SHEN Session on the afternoon of arrival followed by a further double session the following morning, or stay for 2/3 nights and receive up to 10 sessions. Retreats are priced per double session.

Accommodation is priced per night for single occupancy on a bed and self catering breakfast basis - for which everything is provided.

A short Retreat is a reasonably priced alternative which offers a complete break. Retreats can be available at short notice including weekdays and weekends.

You might like to visit the Retreat Centre website www.ask4sanctuary.co.uk and click on the "Video tour" icon which is a 2 minute tour of Sanctuary. You will need speakers for the voiceover.