

# Healing Touch



**Our emotions can have a profound impact on our health and SHEN therapy provides a technique based on this fact. Danielle Tatton investigates by undergoing a session or two**

I love therapies and am only too happy to lie down, close my eyes, and let any form of treatment, healing or energy pass through my body. Anger, grief, a verruca, whatever you might find, you are welcome to pull it out from the root. Intrigued by what SHEN therapy is all about, I made an appointment to see a practitioner called Vijay Rana.

Vijay has been offering the SHEN technique from his home-based, softly lit, therapy room for the past decade. Based on what I had read, I already had a good feeling about SHEN. The acronym stands for Specific Human Emotional Nexus and it is a western version of an ancient hands-on healing technique. A SHEN practitioner draws out old emotions stored in the body, through a series of precise patterns using the hands. Emotions exist in the electro magnetic field or 'biofield' that surrounds and permeates the physical body. Specific emotional centres are the throat, heart, solar plexus, navel and root, which is just below the genitals. Involuntary contraction of the muscles around these centres can cause feelings to be held in our bodies.

Conditions that can be treated by SHEN include pre-menstrual or menstrual tension, post traumatic stress disorder, nocturnal teeth grinding, irritable bowel syndrome, eating disorders and migraines. But it's not an abrupt process and the body has a natural barrier which means that, if the body is not ready to feel or the client is not willing, SHEN cannot force the issue to the surface.

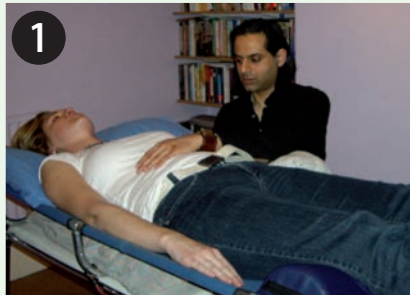
The SHEN bed is similar to a canvas camping bed but it is raised higher off the ground. The canvas supporting the body allows Vijay to apply the treatment from above and beneath. At times I could feel his hands on me and at others they hovered close by. Either way I could feel warmth emanating from his palms and at times I felt a tingling sensation. My first session was particularly relaxing and I fell into a deep sleep a few times. When I got off the bed I felt like something really powerfully liberating had taken place and I did feel more open.

One session can last anything from an hour to two hours and it is not uncommon for a patient to attend as many as 10 sessions or more if necessary. "It is goal orientated," explains Vijay, who from the very beginning will want to know what your objectives are and see that you get as much out of each session as possible. He monitors your progress, consulting with you before and after every session, and, in my experience, gives a very accurate impression of what he thinks is going on with you.

I had some idea of what I would have liked to see come out of my treatment but I said very little and what Vijay brought to my attention was much more profound. Before giving me his impressions he made it very clear that if he was wrong, I should not take it on board.

## Recognising needs

Following my body's natural energy, he went straight in deep to the centre self where it is



## Biofield balancing

The biofield responds to touch and a SHEN practitioner opens up these centres releasing feelings that we may not even be aware we are holding onto and which may be blocking us in life. It is nothing to do with gifted healing; a SHEN therapist knows the correct hand positions and simply follows the body's lead in where it wants the energy to go. The technique was developed by an American scientist called Richard Pavek over 25 years ago.

Vijay describes it as an 'uncovering therapy' that can be really powerful and it is said to safely accelerate recovery from even the most severe emotional trauma that can be the cause of chronic pain with no medical cause.

- 1 Directly opening up the solar plexus centre that contains the emotions of anger, fear, irritation, boredom, anxiety, excitement.
- 2 Working along the left side of the body to scan for localised blockages.
- 3 Directly opening up the throat centre - a key centre in opening up the whole feeling being, much like a bottle opening, an open throat centre allows feelings to flow freely.

- 4 A cross section flow that is relaxing the muscles around the 'Hara' (the centre of Self) which contains the feelings relating to who we are.
- 5 Directly opening up the heart centre and freeing up the emotions of either sadness, grief, heartache, loneliness, joy.
- 6 Directly opening up the 'Hara' (the centre of Self) that contains the feelings of self-identity.
- 7 Relaxing the head, the area where we habitually go to in order to avoid feelings - escaping in our heads to think about feelings rather than feeling them.
- 8 Relaxing the legs/feet. An area that is an extension of the root centre and which helps in grounding the client.

*...it is said to safely accelerate recovery from even the most severe emotional trauma that can be the cause of chronic pain*




a lot about self identity. He felt strongly that there was something around achievement and needing to be recognised. Several times he came across a little girl with a quivering bottom lip, looking to her carer for recognition. A recurring theme of "I can, but where's the recognition?" He felt that a lot of grief, hurt and frustration had built up around this and that it was coming into my present.

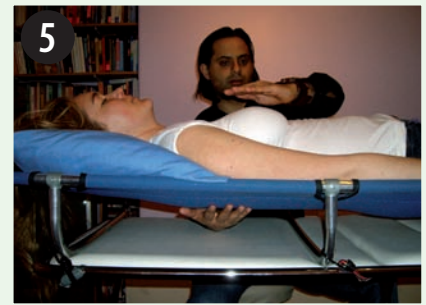
Everything he said resonated with me and my early childhood education. I remember polishing my shoes, putting a ribbon in my hair and anxiously watching the clock. I was worried that my family wouldn't make it to the school hall in time to see me collect my prize. But I was eight then, what should I be doing about that now, today?

Vijay had loosened the muscular contractions holding onto these feelings but I was obviously not ready to grieve just yet. I didn't cry or feel any emotional discomfort and he speculated that perhaps in the next session the body would lead him to introduce more of the heart. "When the heart really opens up and the hurt is felt, that will be the balancer," explained Vijay.

Back on the SHEN bed a couple of days later, he found that my heart was a little bit closed and shut down, hurt and compact. My throat also demanded his attention and he said it was physically pulsing "like the clappers". Vijay describes the throat as an amazing centre, as people often say they are choked, which could be described as wanting to feel but being blocked.

I intend to go back to Vijay, this time with a clear set of goals, objectives and a willingness to give him full reign to bring to the surface whatever he can. He appreciates that it may not be the most popular form of therapy, as people are often afraid of what they might feel, but it is rarely as painful as you might think and the resulting closure is profoundly healing.

I went away respecting my feelings, knowing that they are real, important and deserve my time and attention. They weren't originally thoughts in my head, and I should never have moved them there, intellectualising them, just because they were foreign and uncomfortable. There are some things that none of us can think our way out of. 



### More Information

Vijay Rana offers a 1hr SHEN session for £40, a 1hr 30 min session for £60 and a 2hr session for £80. Visit [www.emotionalintegration.com](http://www.emotionalintegration.com), email [vijayrana8@hotmail.com](mailto:vijayrana8@hotmail.com) or call 0207 976 6759.