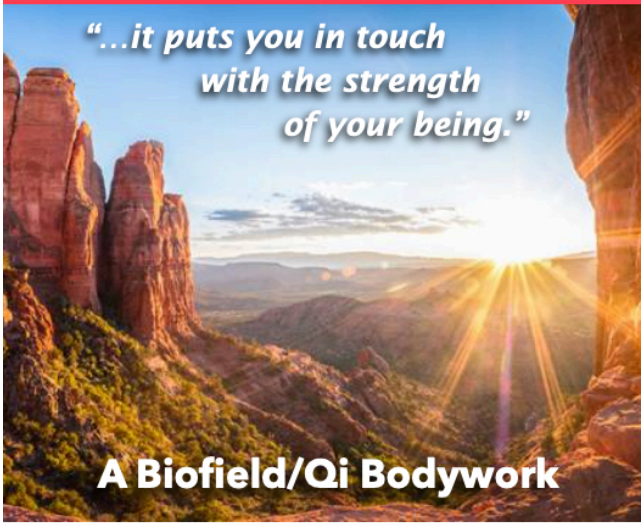


**A Conscious Connection To
Healing & Wholeness**

SHEN® Therapy



*“...it puts you in touch
with the strength
of your being.”*

A Biofield/Qi Bodywork

**A Profoundly Effective Approach to
Personal Clarity, Well-Being & Health**

Clinically researched & developed in the USA,
SHEN works to restore your self-assurance &
inner vitality while also relieving emotionally-
rooted & often debilitating conditions such as:

- *Anxiety, Stress, Burn-out, Chronic Pain*
- *Panic Attacks, Migraines, PTSD, Phobias*
- *Trauma, Unresolved Grief, Eating Disorders*

SHEN can also assist in accelerating physical
healing from injuries and surgeries.

‘Bringing Science To Emotions’

Russell Fox, CST/CSI

Certified SHEN Therapist & Instructor



It's Your Life: Live It **Now!**

Imagine living each moment free from past hurts and future fears, responding fully to what is actually happening now, without the distortion of old emotional filters. That's the goal of **SHEN Therapy**: You becoming fully available to yourself, and to those you love.

SHEN Therapy has been helping people for over 40 years to improve their lives, their work and their art. The process of **SHEN** lifts one's confidence, and brings unresolved issues to awareness where new options present themselves, while stress, fear and grief release their grip.

A series of one-hour **SHEN** sessions can effectively move stuck, stubborn issues bringing insight, clarity and emotional resolution, helping you re-access your innate creativity and enjoyment of life.

SHEN clients also experience accelerated recovery from surgery, as well as much improved mobility and increased range of motion in sports, exercise and yoga.

What is **SHEN** Therapy?

A dynamic fresh approach to whole-being health, **SHEN® Therapy** embodies modern clinically-researched concepts of how our emotions actually work. **SHEN** is based on the physics of the human 'biofield' where emotions reside affecting our body & mind.

SHEN is a profoundly deep process of physio-emotional de-layering, healing and personal evolution from the inside out. All of this works with the body's own natural processes rather than a verbal, mental or culturally-specific approach.

How **SHEN** can help you

SHEN clients experience more focus and energy once the weight of their embodied personal traumas lift. Clients often report greatly improved relationships with family, friends and in their work environment as their inner conflicts & emotional filters are released with **SHEN**. Others experience surprisingly rapid recovery from long-lasting stress & trauma-related behavioral and health issues as their internalized and deeply buried pains clear with **SHEN**.

***"SHEN worked when
nothing else helped me."***

"It's like starting life over again!"

What are **SHEN** sessions like?

You lie fully clothed on a comfortable **SHEN** table, close your eyes and breathe. That's it! There is no need to move or interact during the session. **SHEN** practitioners gently place their hands on and around the body in a specific set of 'unlocking' sequences that are carefully tailored to your individual needs.

During a session you may feel deeply relaxed and you may even fall asleep for a while. People sometimes experience mild tingles and/or other physical sensations. Emotions and memories associated with past events often come up. While these often vary in intensity, your **SHEN** practitioner will carefully support you through the experience. They are prepared to facilitate whatever healing you and your body are ready to achieve.

Any contraindications, which are rare, will be checked for by your therapist.

Who can benefit?

Anyone of any age including children and seniors can benefit from **SHEN** sessions. Personal Retreats and **SHEN** Workshops are also available. For more information, talk to your **SHEN** therapist, or check details at:

www.SHENTherapyNow.com

What are **SHEN**'s origins?

'**SHEN**' is an acronym for **Specific Human Emotional Nexus**, referring to the fact that we all feel specific emotions in our bodies, and all of us in the exact same locations. For example, we all feel the heavy pain of sadness & grief in our heart area, anger and fear in our solar plexus, and the grip of shame & guilt in our lower abdomen.

Richard Pavek, an American scientist and researcher ascertained and established the physics of the 'human biofield' in 1977-78. With that, **SHEN Therapy** was born. Over the next 12 years he clinically researched and documented the unique principles of human emotional dynamics which guide **SHEN** therapists. Now, after over 40+ years, Richard is still actively fine-tuning **SHEN**'s therapeutic protocols.

Honestly now, what would your life, your relationships and your creativity be like without all that self-limiting emotional baggage weighing you down?

Isn't it time for a fresh start?

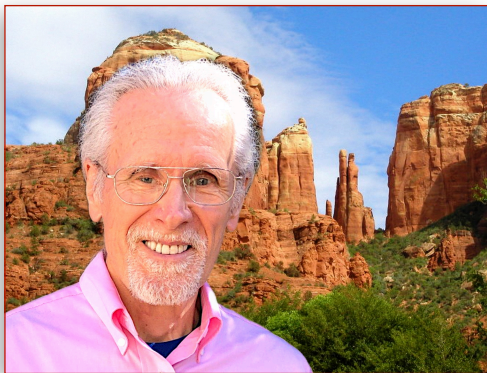


Your Therapist

“**SHEN Therapy** is a breakthrough approach to emotional health. A thoroughly Western development, **SHEN** embodies a radically new understanding of how emotion acutely influences the body, mind and soul.”

“Much more than an emotional triggering technique or learned repetitive suppression of internalized responses, **SHEN Therapy** is a profound process of personal unfolding, de-layering, empowerment and growth.”

Russ has over 30 years of experience as a **SHEN Therapist** and is **SHEN's** longest serving Certified Instructor.



Russell 'Russ' Fox, CST/CSI

Certified SHENTherapist & Instructor

Learn More at:

www.SHENTherapyNow.com

Contact Russ at:

SHENTherapyNow@gmail.com

or 928.821.5721 (Text & VM)

*Leave your name, cell/text number and
the best times to reach you.*