

*“A Conscious Connection to Wholeness & Healing...”*

You... Living Your Life With  
Intense Passion, Joy & Satisfaction  
That's Our Goal – ***Is it Yours?***

Welcome to  
**The SHEN Wellness & Tao Center | Sedona**  
Where Modern Science & Ancient Wisdom Join As One

**What is SHEN?** In Egyptian hieroglyphics **Shen** means ‘The Totality of Everything.’ In ancient Chinese wisdom, the word **Shen** merges *Soul* (Consciousness), *Heart* (Emotions) and *Mind* (Perceptions). Together with our native biofield ‘Chi’ energies and physical body, **Shen** is the very essence & totality of who we are.

**SHEN Therapy** is a revolutionary and profoundly effective hands-on biofield therapy for accessing your authentic self, for emotional delayering, release, recovery and re-empowerment. Through **SHEN**’s pressureless touch relaxation, clients report having rediscovered their innate strengths while deeply embodied traumas, sorrows, guilts, shames, current stresses and future-based anxieties are resolved and released. With **SHEN**, clients can rediscover their natural self-confidence, joy, well-being and love, all within the calm, powerful and ever-present ‘Now.’

What are you waiting for?  
**It's Your Life: *Live It Now!***

Learn more at: [\*\*SHENTherapyNow.com\*\*](https://shentherapynow.com)

For an Appointment: Text 928-821-5721

Russell “Russ” Fox, CST, CSI  
Certified SHEN Therapist & Instructor

**The SHEN Wellness & Tao Center | Sedona**

Located in The Village of Oak Creek  
(Just 5 miles South of Sedona)



**Free Download:**

**SHEN Therapy: The Role of Emotions in Your Health & Recovery**

<https://shentherapynow.com/wp-content/uploads/2023/02/Role-of-Emotion-230118.pdf>

**SHEN** Therapy Personal Empowerment Workshop  
Vancouver, WA / Portland, OR, USA  
September 24 - 30, 2023  
Russ Fox, Instructor

For Full Workshop Details & Contact Info, Use This Link:  
<https://shentherapynow.com/upcoming-workshops/>

“Imagine living each moment free from past hurts and future fears, responding fully to what is actually happening now, without the crippling distortions of old emotional filters...

“That’s the goal: You, becoming fully available to yourself, and to those you love.”

– Russell Fox

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“Imagine living each moment free from past hurts & future fears...

“Imagine being ‘fully you’ without the crippling distortions of old emotional filters...

“That’s the goal: You, becoming fully available to yourself, and to those you love.”

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This Is A TEST Only

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## Shen + Shen = SHEN

The Egyptian hieroglyph 'Shen' translates as 'The Totality of Everything.'



The Chinese character 'Shen' incorporates the three concepts of Soul, Heart and Mind, suggesting the intended goal of their full alignment.



This alignment of Soul, Heart and Mind is what **SHEN** Therapy makes possible.

Thus, in terms of human evolution, personal self-realization and the field of Tao Science, this full alignment of Soul, Heart and Mind, with the aligned incorporation of the human energy system (Qi/Chi/Prana) and the physical body (Jing), this would arguably constitute '**The Totality of Everything.**'



Ultimately, this is the Goal of both SHEN Therapy and Tao Science, that one's Soul, Heart, Mind, Energy and Body join as one in a 'Grand Unification' - **The Totality of Everything.**