

Body, Mind & Spirit

SHEN Therapy

BY SANDY SHORE, PH.D., C.S.I.

SHEN, a physio-emotional release therapy, works with the emotions as they are held in the body. Energy is passed through the body in precise ways producing relaxation, increased blood flow, and the reduction of chronic patterns of tension. Words cannot describe the profound peace, acceptance and recognition that fill a person during the work. You may get a sense of it in the following description of a session.

A woman comes in. Most of her life is working well except that she's regularly under time constraints which creates a blend of tension and recurring sadness. Her efforts at self-help have been futile. In a way, she has done everything except relax, deeply feel and accept her feelings. What you do not trust, you try to control.

After checking in, we move to the table. With the first energy flow, her breath begins to quiet down and her face softens. Within ten minutes, she is deeper and more allowing as her body stays asleep and her mind stays awake.

Her body is returning to its natural order as displayed in spontaneous small movements in the limbs. Two minutes after moving to the space between the heart and solar plexus, I can feel her benumbed pain. It is her chronic pattern of tension, her energy signature, how she has contracted over and over around the feelings that would not leave.

My hands move to the solar plexus. Five minutes and the root of the tension starts to rise and uncurl. The neck arches and the

arms tighten so I coach her to relax the muscles, let it come, breathe, accept what is happening.

My hands move to the heart. She goes still and respiration becomes uneven. A small sound is coming on the exhale. Tears are welling out - so clear and long overdue. I coach to breathe, relax into it, accept. She lets herself go further into the release before naturally quieting into a deep rest. It's a sense of recognition beyond words.

Finishing up, there are a few hand placements to help her body to integrate the experience. She is still feeling spacious and deeply peaceful.

SHEN is not for everyone. There needs to be a good enough match between the practitioner and client. Three sessions are enough to tell in this work.

SHEN diagnosis can determine the sequence of hand placements for predictable results. This means that we can help on two levels.

Our work directly accesses stress, depression, anxiety, fear and esteem issues. It also works with these emotions as they influence and exacerbate the symptomology in migraine, PMS, irritable bowel syndrome, chronic fatigue, chronic pain and other disorders.

Locally, I am available as an instructor. The organization offers trainings. For those who want further instruction, there is a clinical internship program. We have individual and group supervision for practitioners and interns. If you have questions, please call Sandy Shore at (503) 650-7075 or Susan Overback at (503) 239-4059.

Eldridge Cleaver Comes to Portland on April 18th

BY LINDA NEALE

Eldridge Cleaver is a unique product of America. Raised in the brutal realities of the ghetto, he has experienced imprisonment, was hunted as a fugitive, and has been praised and honored for his literary achievement "Soul on Ice". In 1966, along with Huey Newton and Bobby Seale, Cleaver founded the Black Panthers to counter instances of police abuse that were rampant at the time. With his reputation as a respected writer he became "Minister of Information" and created a Black Panther newspaper which is given credit by many for spurring the 60's revolution. Eldridge states that he patterned his ideas and approach on the great Thomas Payne, one of the foremost American revolutionaries.

In 1967, two days after the death of Martin Luther King, there was a shoot-out with Oakland police. Eldridge faced 82 years in prison for "attempted murder". When he was finally granted bail, he left the United States for Cuba, and J.

Edgar Hoover declared him a fugitive from justice. He returned in 1975, eventually released and given 2000 hours of community service, one of the longest community service sentences ever handed down.

Now, as secretary of the Church of Religious Science on Fontana, California, his mind and spirit have gone beyond petty jealousies and resentments. He speaks now of ideas that challenge and defy the very foundations of our conventional, set ways of thinking. His ideas are far beyond those typical of the revolutionaries, brandishing their rifles and shouting for vengeance against injustices. He is an icon of the civil rights movement who has undergone his own spiritual transformation and teaches others through his life story and his own experience.

Eldridge Cleaver will be here on April 18th, speaking at the Interfaith Earthday Conference and Celebration. He will speak on The State of Creation: Earth's Soul on Ice. He will be joined by Jack Ward Tho-



Eldridge Cleaver is the founder of the Black Panther Movement and will be the head speaker at the Earth Day Conference on April 18.

mas, former Chief of the US Forest Service and currently a professor at University of Montana who will be speaking on "Honoring Connections: Trees, Owls, Fish, and People".

Currently a professor of wildlife biology at the University of Montana, Thomas is the author of the "Spotted Owl Report." He has received numerous awards for his work benefiting wildlife, and he has written about 350 publications.

Cleaver and Thomas will open the Earthday Conference at 9 AM at First United Methodist Church, 1838 SW Jefferson. Tickets for the opening keynote addresses are available through Lookingglass Books, Cedar Mt. Drum Company, and New Renaissance Bookshop in Portland, Living Bookends in Wilsonville, and Words of Wisdom Bookstore in Lake Oswego.

PROJECT QUEST

Project Quest is a non-profit program aimed at supporting people living with chronic, life-threatening illnesses and their families.

Our goal is to be holistic, sup-

porting each individual in creating a treatment plan that fits within his or her belief system, providing education as to possible complementary treatments that could be beneficial.

The aim of Project Quest is to support persons in defining a program for optimum health and in getting the treatments and support

needed. We do not have medical treatment but provide the therapy and complementary approaches.

Complementary treatments such as acupuncture, naturopathic treatments or hypnosis can greatly decrease side effects of medicines, decrease nausea, pain, and insomnia. These therapies can promote a

sense of well-being.

Persons taking powerful drugs such as protease inhibitors or chemotherapy can greatly benefit from acupuncture and herbs.

Project Quest is located at 3117 MLK Jr. Blvd. For more information, call (503) 493-0288.

SHEN® Physioemotional Release Therapy

There is a basic energy source, or life force, which, when moving freely through our body, enables us to live in joy, aliveness and health. All emotional and physical trauma affects the flow of this vital force. Areas of our body can become banded, effectively blocking our energy; and energy centers, which should move energy through the body, can become distorted. These blockages can lead to physical and emotional disease.

SHENSM Physio-Emotional Release Therapy is a site-specific and gentle touch therapy which locates and releases the blocked energy to allow the life force to flow freely and unimpeded, revitalizing body, mind and spirit.

Portland Phase A training on April 23-26
Phase B training on June 3-6

For information, call Sandy Shore, Ph.D C.S.I.
at 650-7075

PROJECT



QUEST

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Monitoring Your Health—At Home

(NAPS)—For the first time, patients on anticoagulant therapy may be able to avoid life-threatening complications by using an at-home monitoring test. The system, available through a doctor, measures the clotting activity of blood.



A new at-home monitoring system may help patients on warfarin achieve better health outcomes.

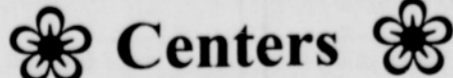
The new monitoring system, called ProTimeSM, was recently cleared by the U.S. Food and Drug Administration.

People who have had heart attacks, mechanical heart valves, atrial fibrillation and other medical conditions, have lived with the frightening knowledge that their life-saving anticoagulant medication including warfarin may cause serious complications.

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255-7355

Earth Day '98: Honoring Connections

An Earth Day Interfaith Conference & Celebration
Saturday, April 18, 1998 -- 9 am to 5:30 pm
First United Methodist Church, 1838 SW Jefferson, Portland, Oregon
Information & Reservations: Call Earth & Spirit Council @ 503.452-4483, x4

Keynote Speakers (9 to 11:30 am) **Eldridge Cleaver & Jack Ward Thomas**



Soul on Ice, now espouses reconciliation between humanity and the rest of Creation.

Eldridge Cleaver, a former Black Panther, author, civil rights advocate, and minister who received the Martin Luther King award for literature for his book,

Jack Ward Thomas, author of the *Spotted Owl Report*, is the former Chief of the US Forest Service, and currently is Professor of Wildlife Biology at the University of Montana.



COST

Morning Keynote: \$10 for adults & \$5 for students and seniors.
Afternoon workshops and evening celebration: FREE.
Parking Available, or take the #57 bus.

TICKET OUTLETS

New Renaissance Bookshop, 1338 NW 23rd. Phone 224-4929
Unity World Healing Center, Words of Wisdom Bookstore, 366 - 3rd St., Lake Oswego. Phone 697-9765
Cedar Mountain Drums, 2237 E. Burnside. Phone 235-6345
Looking Glass Bookstore, 318 SW Taylor. Phone 227-4760
Living Enrichment Center, 29500 SW Grahams Ferry Rd, Wilsonville. Phone 682-5683

