

Vijay Rana



## emotional integration



Always searching,  
Stop, ask yourself  
What am I avoiding?

After some years of trying to make sense of what emotions are, and how to deal with difficult feelings, I came across SHEN therapy. By that time, I had tried various ways to clear repetitive negative feelings with no success.

I was amazed at SHEN's simple yet highly effective way of working. During the treatment, difficult emotions were completed and integrated. I had finally cleared my past emotional pain.

Because of this therapy, my overall health has improved and my ability to experience and express my feelings is much better. I feel happier and more confident about who I am and what I do.

I am a qualified SHEN therapist and a Certified Practitioner and Teacher of Focusing.

free yourself from unwanted  
negative feelings

For more about my work please call:

**020 7976 6759**

**[www.emotionalintegration.com](http://www.emotionalintegration.com)**

## What is Emotional Integration?

When difficult feelings aren't fully experienced they get stored in our bodies, creating unwanted patterns of stress, negative emotions and illness.

Emotional Integration works to gently release these trapped feelings, so they can enter our awareness and be processed. Once negative emotions are felt through to completion, our bodies and minds are then free from their adverse effects and we are restored to our natural emotional health.

This is a non-verbal therapy. The aim is to cut out the endless talk about your 'story' and safely feel your feelings to completion.

## What can it help with?

If you are frequently experiencing negative emotions, or you feel split-off from your feelings, then you may have blockages in your *emotional body*.

Emotional Integration can help with:

Low self-esteem

Anxiety and depression

Trauma recovery

Unresolved grief

Blocked creativity

Frequent fear and anger

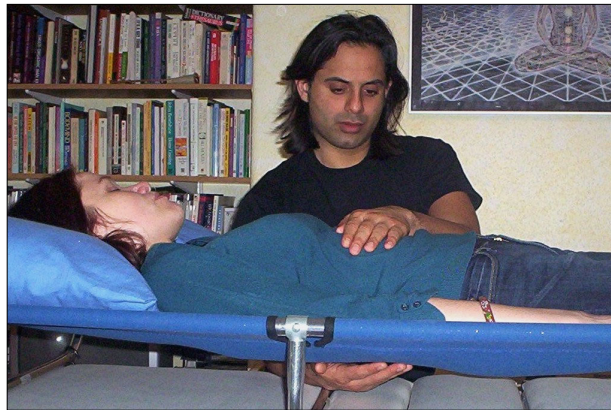
Repetitive guilt and shame

## What are the benefits?

When the backlog of blocked emotions has been cleared from your body, you will feel positive and fully alive again.

Your life will dramatically improve once you are in touch with your feelings in a healthy way, without the restriction from past pain.

Old habits and recurring themes from the past will no longer affect you.



## How does it work?

I place my hands around your torso and use their natural electro-magnetic energy to open up your emotional centres. Specific emotions are located at these centres, e.g. throat = self-expression, heart = sadness, solar plexus = anger. Once the centres are opened, suppressed emotions arise and are safely experienced. When emotions are fully experienced, their natural cycle is completed and your body is no longer holding on to them. You are then freed from the negative side-effects of emotional suppression.

## What if I'm afraid to feel my feelings?

Resistance to experiencing difficult emotions is perfectly normal and natural. I work to gently open your body, allowing you to feel through any resistance in a manageable way.

## How long does it take?

A typical course is a series of 10 one-hour sessions. This can vary depending on your response to the therapy and what you bring to the work. I can assess your needs after the first few sessions.

## How much does it cost?

Each session lasts one hour and costs £40.

## Where is it based?

My practice is located in Westminster, Central London (near to Big Ben, Parliament Square). Easily accessible by bus and tube; the nearest stations are Pimlico, St. James's Park, Victoria and Westminster.

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