

Dear Mike,

It is my pleasure to let you know the benefits I have gained from attending the Waveform workshops, which are numerous in both a professional and personal sense. The one thing that really surprised me was how attainable it was for everyone on the workshops to reach the specific goals of the Waveform courses. Having trained in Shiatsu and Reiki, I was used to some people on the courses who weren't sure what was going on or being lost when it came to sensing/feeling or being aware of energy, and those people just had to trust it was happening and hope that it would develop over time. One of my Shiatsu colleagues said that they didn't start to feel energy until after completing a three year Shiatsu course and two years of practice as a Shiatsu therapist and that they felt very left out and unsure of their work because of it. You can imagine my surprise when everyone, no matter what their background could all identify areas of energetic activity and the strength of them in relation to each other, in a volunteer client. The most surprising aspect is that it wasn't subjective – everyone picked out the same areas – there wasn't any arguments over which were the most suitable areas to work on and in which order. This has never happened in any teaching class I have been in before, where different people pick up different things, which generally makes up a bigger picture – we were all getting the bigger picture at the same time, which is remarkable.

The other interesting thing for me was the use of simple Tai Chi/Qi Gong exercises to enable us to experience Waveform/energetic activity. I have been doing these kind of exercises for over 13 years and it showed me that you were teaching something special – to experience Waveform while doing Tai Chi is quite something - knowing when energetic change is taking place, I can pause in the form and hold the position until the change is complete – I am reaping the benefits of this as I am getting positive change very rapidly, and I know when I have been doing it for long enough, (rather than just keeping going because it must be good for me). A lot of the movements in Tai Chi are repeated quite a few times in a form – I have noticed that if I don't pause and hold a position when I notice energetic activity, it is still there if I repeat the movement later in the form, (though quite often at a lesser degree than initially). This means that Waveform has enabled me to reduce the amount practice time with enhanced benefits – how do I know this? A level of peace, acceptance and compassion that would normally only come with a daily practice of Vipassana Meditation for at least an hour instead of 10-15 minutes of gentle movement. It does also mean of course that if I then do an hour of meditation or some other practice it then goes to a far deeper level than before.

The effect of Waveform on my work as a practitioner and Reiki Teacher has been a wonderful and interesting experience. I have always felt that transcending facts/theory is important in any line of work to excel and progress, and we all do this as practitioners, there is that point in a session where you have to drop the intellect and go into the zone, and tap into the creativity of the universe, use the senses we have developed rather than what the books say. Waveform has enabled me to not only go straight to the areas that are willing to change, but also to know when emotional releases are happening during a treatment, and the nature/essence of any emotional releases. Waveform also means I can check out meridians and specific points to see if its worthwhile spending time on, if nothing is happening I can move on, to something that has the potential to change. Although I have always been sensitive to energy and feelings, Waveform has enabled me to be more specific/accurate in treatments, and more accurate in how a series of treatments are progressing, as I can monitor energetic change easily each time a client comes. The hara diagnosis in Shiatsu can be subjective at the best of times, now I have the feedback mechanism (receptors) that make it crystal clear. It has meant that I have had let go of past methods of working, and this isn't always easy, but from my experiences on the course I knew it would benefit clients so I decided to embrace it fully and it has been worth it.

On Waveform 3 that I attended there was a lady on the course who had no experience of learning or practising a therapy, and had already completed Waveform 3 earlier in the year. She used waveform on her adopted son who has physical and learning difficulties, and just identified areas of energetic activity, then put her thumb or hand on that area. On doing a swap treatment with her on the course, I experienced probably the most effective 'Shiatsu' treatment I have had for a long time. She didn't have the quality of touch or the techniques to manipulate the body that a Shiatsu practitioner would have, but she had the most important element, being able to create positive change in the meridian system - without knowing where the meridians and points are in the body – it's like she had by-passed the need to do a three year course. This showed me that Waveform was really effective no matter what previous experience you have had, from the experienced to complete beginner, anyone and everyone can get it. Since I qualified in 1999 every year I do a course as part of CPD, and I can't recommend this course highly enough, it is universal to any therapy that works with energy, and there are no barriers in gaining proficiency in Waveform. I'm not sure how much of this down to the talent of the teachers or the nature of Waveform itself, but I know that it has greatly enhanced my work and life and I envisage Waveform being a big breakthrough for all complimentary health therapies being better understood in the future.

I never expected Waveform to have such a big effect in so many areas of my life, it seems it can be applied to anything, it has helped me ascertain the

physical and emotional state of a friend's lost cat and help locate it, helped me know when something was wrong with the braking system of my car - I had all new brake discs but my 'receptors' kept going off nearly every time I braked for about a week, I took the car to Kwik Fit and it was a leaking rear brake cylinder caught in time. Being able to pick up emotional resonances has been valuable at the special needs school where I have been working, especially with children who have communication difficulties. I know how my friend's and family are really feeling when they are not able to tell me.

Best wishes for the future, and many thanks for passing on your knowledge, it has been an exciting year for me since taking part in Waveform,

Miriam Luckhurst MRSS,
Shiatsu practitioner, Reiki & Karuna® Master/Teacher