

Developing your Energetic and Universal Awareness

What is Energy Awareness?

How can one learn it?

How can it be taught?

Introduction

The Energetic Matrix is known by many names; the Universal Mind, the mind of God, Union with God, dwelling in No Mind, the Absolute, the Void, Satori and many more. It could be argued that these are Spiritual aspirations, and not necessarily 'energetic' ones, however energy and spirit are part of the whole, in the same way that heaven and earth are also part of a spiritual whole.

We cannot therefore talk about energetic awareness separate from spiritual awareness, unless we wish to consider energetic awareness as a tool in isolation to the whole of the energetic matrix to which it undoubtedly belongs, and to which it ultimately responds.

It is energetic awareness that transforms our view of nature and our perception of life from a breeze amongst the trees, to a dance of energy of which we are a part; an invited and welcome friend.

What is Energy Awareness?

Here are some different examples of energy awareness applied in different ways.

Morihei Ueshiba (Founder of Aikido) said "If a man thinks of attacking me, his Ki proceeds his action".

Thoughts of 'winning', fear, intention etc. create a ripple. Those ripples are tangible to the mind that is unclouded and aware, and signal the intention of the attacker in advance of his actions.

Nigel Spence, Author¹.

That morning I realised that my senses had changed. Even my sense of time had changed. The whole world had slowed down. People took ages to finish a sentence. Before they got to the end of the sentence, I felt that I knew what they were going to say, what they really meant, what was

troubling them, and what they were going on to say in the next sentence. I had gained great clarity of mind.

This clarity of mind and the feeling of being connected to all around me have stayed with me since.

My sense of time has become more "real" because it considers only the here and now, not the past or future.

Alasdair Mearns BSc (Hons) M.A. PhD Acupuncturist ²

I've had another 'distance' experience with 'receptors' and a pregnant woman. I used Waveform to work on back points. There was a good pulse change, so I was pleased.

At home relaxing on Sunday however, I felt very strong receptor activity and she (the pregnant woman) came to mind. I mentioned to Brenda (my wife) that I thought something might be occurring.

Some days later the woman came into our shop and told Brenda that her contractions had started on the Sunday, and she thought she was going to deliver, just as I had picked up!

MW³

'...I began to realise that other things had changed- my food tasted different, sounds were clearer and crisper and everything seemed fresh and new.

Walking through the London streets, I noticed that a shrub in a front garden stretched colourful fingers beyond its physical borders.

The people of London bustled by, going about their business with heads down and were missing so much. It was only with great restraint that I stopped myself from attracting their attention and showing them the world that they were missing.

Smiling, I caught the attention of an eye or two, and immediately felt a real sense of recognition, yet I had never seen these people before today. Something inside them was known to me; like an old friend'.

MW⁴

Interaction of energy creates a response which varies in degree of duration and intensity.

You are already immersed in the energetic quality of the client, however when you approach the energetic core of any particular quality (i.e., a meridian) interaction is intensified, a degree of excitation takes place and active tsubos demonstrate their potential to create expansion or contraction'.

Takano Shigeyoshi - Swordmaster⁵

"It goes without saying that as soon as one cherishes the thought of winning the contest or displaying one's skill in technique, swordsmanship is doomed.

I seem to transform myself into the opponent and every movement he makes as well as every thought he conceives are felt as though they were my own and I intuitively, or rather unconsciously, know when and how to strike him.

All seems to be so natural".

(With a personal realisation of the substance of Ki – spirit, universal force there is a change in perception. The busy mind is tangible, creating ripples, betraying its intention, but the mind that is open and aware creates intangibility, invisibility; there is nothing to detect, lay hold of. The strike of the former is perceived before it starts; the strike of the latter arrives before it is perceived - MW).

MW⁶

"Within the space of a few seconds a whole new world had opened up and provided me with the answers I had been actively seeking for more than ten years. What I had seen made sense, what I had felt had substance, knowing how and why; I could access them at will.

It had only taken a few seconds to move from 'blindness' and ignorance, to 'sight' and understanding.

I could **feel** people walking down the isle of the train; I was physically aware of each step they took, and could sense changes in their moods.

The 'empty' space between us was full of life, constantly moving, providing information, each movement of a hand or head could be sensed and identified as this person, or that person.

My perception of reality had changed beyond all recognition".

Myriam Favre French (MRCVS) Vet⁷

...One of the last things that Mike did on Sunday was telling a story regarding a man, who said that after the Waveform course his perception of the world and the way he perceived music changed. At that point I thought YEAH, RIGHT!! people get a bit excited after these kinds of courses....then my Monday morning arrived!

I woke up and tried to feel the aura of my cat, which I felt was on the sofa of the front room, I went downstairs and there was the cat! I thought, just coincidence. Then on my way to work by car I felt something pushing me from the back and realised that a truck was coming too close. I arrived at the Vets Practice and saw one of my nurse's aura glowing.

I know before people speak what they are going to say and everything seems so slow.. I started listening to that voice in my head and buying the milk for the practice a split second before receiving the text message from the Vets Practice nurse "Can you buy some milk?".

... I helped the newsagent's guinea pig to pass away without injecting him drugs. Using "Receptors" to scan animals in the consulting room. Choosing Reiki symbols, and the right one lights up like a neon strip light..

MW⁸

Moments of clarity and inspiration come when the mind is most open and receptive. Within Shiatsu, the meditative mind exists in a sense, in that there is a point where there ceases to be (the two separate entities of) client and therapist. There is no analysis; all 'tools' disappear, there is no kyo or jitsu and there is no 'quality' of energy or touch.

One becomes aware of a sea of constant change and movement, felt, seen and heard; but who, or what is moving is difficult to describe, and to try and find out would break the 'spell'.

What can be said, without a shadow of a doubt, is that there is total unity.

In this higher state of awareness there is total integration –YOU are one with the energetic changes that are taking place.

What these different experiences have in common is access to information that cannot be obtained through the normal use of the five senses. What they also have in common, **is that the information** they individually perceive, **is available** to each of them - and **to every one of us, if we know how to access it.**

How do we become aware enough to access this information?

The truth is that each of us learns through **Direct Experience** however, our path to direct experience is often selected through whatever motivates us to embark on this journey. In other words, what exactly is it that we want to be more aware of?

- a) Life?
- b) Energetic activity in therapy e.g. locating active tsubos in Shiatsu?
- c) Situations and another person's emotions?
- e) Moving beyond the 'form' in Tai Chi and Chi Gung?
- f) 'Distant healing'?
- g) Creating a time-line, to locate the situation that triggered off years of migraine headaches.

The list is endless.

To some degree we do these things already, but being energetically 'AWARE' is to be able to access energetic information at will, anytime, anywhere, any situation.

Energy is the link between everything that exists, and the information (energy is information) that it conveys is limitless and available to everyone, without exception.

Developing our awareness allows us to access our areas of interest and 'filter' out what is not of interest to us, or what we cannot do anything about.

With constantly developing awareness, this filtering process becomes of greater importance as we are receiving a constant stream of energetic and emotional information that commands our attention.

Energetic awareness is not confined to any single application such as a therapy like Shiatsu. The principles of energetic change (for example in Shiatsu) are common to all energetic therapies, these are however only

one manifestation amongst a great many that are open to us as energetic beings.

What are the energetic possibilities open to us?

Listed earlier are some aspects of energy work that are already experienced at will by increasing numbers of trained 'energy' students, and others have developed their own individual applications as needs arise. As human beings our potential is limitless.

We are multifaceted energetic beings, and an increasing number of us are able to identify the individual parts of us which make up what we call the energetic 'fingerprint'. This fingerprint is unique to us as individuals, and connects us to the earth, and also to the universe. Energy awareness is also many faceted and enables us to move beyond the normal use of the senses, into a dimension beyond the perceived confines of what we call the 'physical' world. This dimension knows no boundaries, and access is unaffected by distance.

How Can We Learn Energy Awareness?

The simple answer is that we can learn energy awareness only by direct experience, only then is it real to us.

What you have experienced you can doubt and question, but you cannot deny.

Direct experience also has a power, in that when you know how energy works all then becomes simple.

Obtaining energetic or emotional information becomes simple.

Creating energetic change becomes simple

Shiatsu treatments become simple

Distance is not an obstacle.

We realise that we are constantly receiving and transmitting information that is accessible to everyone else, our emotions in particular.

We realise that thoughts have power, and that as human beings we have enormous potential.

The biggest obstacles to developing energetic awareness are:-

- a) Personal programming starting from childhood
- b) Doubt and Fear
- c) Following someone else's Path, or standing in their reflected light .
- d) Believing that if you wait long enough, you will eventually become AWARE.
- e) Trusting in 'Tradition' and the written word, instead of the reality of your own direct experience.

The Cornerstones of Energetic Awareness

Being totally **Present!**

Being in a state of '**Readiness**'.

Keeping **an open mind** which is free of preconceptions and expectations.

These are the keys to access all energetic information which is available to you right now;

Find a teacher who will not provide you with all the answers but has the skills to create the opportunities for you to 'experience' and realise the answers for yourself.

If skillful energy training is available, this leap in understanding should only take DAYS, not YEARS.

You already have all the information; you just need the means to access it!

How Can Energetic Awareness Be Taught

Although the reasons for the title of this section are understandable in the context of the conference, to fully explain a methodology of teaching and the steps to understanding is to fall into the trap of intellectualizing what is a experiential process.

Too much talk about the process of 'teaching' energetic awareness can also provide information that takes away the hard won experience and personal realisation of the student.

Strictly speaking however, energy awareness is not 'taught', and there are also no magic symbols or formula that can provide the student with their own direct experience, or change their perception of energy or life.

In order to realise what is possible, it has to be perceived directly.

Huang Po, a ninth century Chan (Zen) Master spent the whole of his teaching life trying to get his students to understand the importance of direct seeing, letting go of tools, labels, methods and concepts in their search to realise the meaning of life.

In essence, there is no difference between the Zen monk wishing to experience the unity of all things, and the Shiatsu practitioner, accessing the energetic matrix in order to carry out a treatment.

It falls to the skills of the teacher to create a range of energetic conditions for pupils to become aware of, and/or bring their attention to the process of (potential) energetic change as it manifests in front of them.

It also falls to the skill of the teacher to recognise the stage the pupil has reached, and creates an opportunity for them to experience the next step along the path.

When students arrive for training, they often bring with them preconceptions about energy and also about the workshop.

Sometimes they bring with them their perceived status as an energy worker, however almost all bring with them doubt and programming from decades of life experiences, training, book learning and intellectualization.

Some will ask what they need to learn, or read in advance of the workshop. I tell them to learn nothing, read nothing. What is required is a 'clean page' to write their experiences on.

No amount of debate, intellectualization or scientific proof as to whether energetic skills work, or that energy exists can replace one moment of direct experience.

What is the first step in energy training?

The first step is, **Understanding the Energetic Environment.**

In order to recognise what is changing energetically, one has to be aware of the energetic environment in which the change is taking place.

In Waveform we call this the 'Frame Of Reference' (the FOR).

An example in shiatsu of a 'frame of reference' is 'making friends' prior to the commencement of the actual shiatsu treatment.

Centering, concentrating, breathing, hara!

What this really means is 'What do I and the client feel like, what is the energetic relationship between us – what is **our** energetic environment?'

If I know what the environment feels like, I will recognise what is changing in this environment.

A very good example of understanding/recognising the environment took place in our home a few years ago when we were hosts to two Canadian friends, Olga and Jean-Gil.

One morning, looking out through our lounge window, I saw a deer down the field close to the woods. I pointed it out to my guests.

After a slight pause Jean-Gil saw the deer, but Olga didn't.

I started to explain to Olga exactly where the deer was using points of reference like a single large oak tree, and a fence which ran down to the wood, and still Olga didn't see the deer which eventually wandered off.

I realised that seeing, or not seeing the deer depended on your recognition and understanding of the environment.

Jean Gil was from Rigaud near Montreal, and his home was amongst the trees and woods which surrounded his house.

Olga lived in Ottawa and was surrounded by buildings. Nature was present in the gardens and verges but it played very little part Olga's life.

Although all the information was available to both of them, only one of them recognised it, and knew what to do with it.

If you understand the Energetic environment you can assess it, and adjust to it wherever you are (The FOR), you will also be able to extract the information it contains,

In a therapeutic situation, once we access the energetic environment of the client we learn that, although different qualities and textures are tangible, **not all have the potential for change.**

As each situation and treatment is absolutely unique, the questions of, what has the potential to change, and how can I make it change can only be answered through direct experience and understanding of the energetic environment.

Learn to be a 'receiver', instead of a 'transmitter' of information. Expand your access to the field of available information instead of narrowing it.

Finally

When your own 'direct experience' demonstrates to you, that you and the teacher are accessing the same information in a constantly changing energetic environment, the only difference between you and the teacher is depth and range of access, and also application which comes with personally supervised guidance.

The question you now have to ask yourself is:

Do I want to spend my life following someone else, and collecting more energetic 'tools', or am I ready and committed to taking that step through direct experience into the energetic matrix, which may change my perception of life forever?

Mike Webster

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¹ 'Waveform changed Mozart'. Nigel Spence 9th Dec 2004

² A letter from Alasdair Mearns. 2010

³ 'An Experience of Kensho' Mike Webster 2006

⁴ 'Transcending Kyo and Jitsu' MW October 1997.

shiatsutherapiebern.ch/.../transzendenz_von_kyo_und_jitsu.htm

⁵ From 'The World of Zen' by Nancy Wilson Ross

⁶ 'The Field of Clover' MW 1996

⁷ Course feed-back Didsbury - Feb 2008 Myriam French

⁸ 'Shiatsu and Altered states of Awareness' MW Jan 1998