

WAVEFORM ENERGETICS®

QUESTIONS AND ANSWERS BY MIKE WEBSTER MRSS

Q. Just recently we have heard the term, "WAVEFORM" being linked with your name, and seen a short article in the Network news which has produced a lot of interest.

Is Waveform a style of Shiatsu?

A. No!-it is a sensory means of accessing energetic response/interaction, duration and intensity.

Q. What does that mean, in simple terms?

A. It means that you have an accurate means of assessing exactly the degree of energetic change taking place, at any time during any treatment.

The information received is so accurate that, for example you can tell immediately you access the tsubo as to whether it is active or not, and to what degree i.e. the degree of duration and intensity of the energetic changes as a result of stimulating the tsubo.

There is no guesswork involved. (['Accessing the tsubo' is a simple description of a non tactile process, which can be achieved even at some distance away from the client](#))

Q. Are you going to tell us how we will experience or feel this change?

A. No! There is no short cut to developing the means to experience the interaction of energetic change, and even if there were, without the knowledge as to what to do with it, it would have little more than entertainment value. ([To explain 'what, and where' would rob you of your own profound realisation; the personal 'journey' is every bit as important as 'arrival'](#))

Q. It all sounds too good to be true, can it be used by any style of Shiatsu?

A. Yes, it can enhance **any discipline** which professes to use energetic change as a pre-requisite for treatment.

Q. Is it complicated to learn?

A. No!, it is based on sound scientific principles in partnership with a reasonable degree of awareness. ([Becoming 'aware', rather than 'learning'](#))

As long as the principles are understood it is then a matter of identifying and developing the receptors or sensors which we all have, and understanding the information which is always there and being continuously relayed to us, if we so wish

Q. What are these scientific principles you have mentioned?

A. The movement of energy and the light spectrum, also the principles of Quantum Theory have played a large part in the development of Waveform. Any further explanation would be more appropriately dealt with on the course currently being prepared for training in the system.

Q. Is it like intuition?

A. No! Students are trained to experience, in a sensory way.

We don't have a feeling about it- **we feel it.**

That is the difference, intuition is then freed to carry out more important jobs.

[\(Intuition is then unconsciously free to take an overview of what is happening within the treatment\)](#)

Q. Are you saying that the interception of energetic change and all that it means is not important?

A. No! Quite the contrary.

Shiatsu is about energetic changes, in fact the whole of existence is about energetic change in one form or another which continues within us and interacts around us in an never ending process of development and transformation.

My point is, that energetic interaction/change is a fundamental fact of life. It is what we are working with in Shiatsu.

If energy is the tool for transformation to good health, on whatever level surely in the interest of the client we should use the best means of accessing it and extracting as much accurate information as possible in order that the best, and most appropriate treatment can be given. Waveform provides immediate, accurate information whenever you require it. By comparison, on this level of interaction, intuition is vague and slow.

This can mean that, in energetic terms, you cannot, 'miss the boat' by working a limb or tsubo, well after the energetic change has taken place and the time to move on has already passed.

Energetic change precedes physiological change precedes structural change. Waveform relays change immediately to your receptors so that there is no wasting of opportunity, or the energy and focus of yourself or your client.

Q. It all sounds a little cold and calculating. Is there room in your system for compassion?

A. Waveform is nothing but a tool to access energetic information provided by the client upon which you endeavour to act in their best interests. It is not a substitute for caring and compassion, which I consider to be a fundamental requisite for a good practitioner. When you access energetic changes in a client, you are experiencing them, sharing their space on a tangible level, sharing their vibrational quality and energetic change.

Acting upon these changes requires awareness, knowledge and sensitivity as does the sharing of space with anyone.

Q. With your new discovery, do you think that you have arrived at the end of the line, discovered all that there is to know with regard to energy~

A. Far from it!

I have learned a great deal from Waveform: clarification with regard to the role of the Meridian System within the energetic structure, and the interesting relationship between kyo and jitsu.

This is but the start of the list of realizations as a result of accessing the energetic system. However, for me, the most important realization was that, instead of "arriving"

I now have a new starting point. This has opened up a whole new area of research in, what has been until now, a shrouded area of operation. This is already bearing fruit

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Q. Can you give me an example of this?

A. Certainly

Once I realized I could feel the energetic changes taking place during a treatment, I discovered that I could also feel, and identify the source of energetic change, as an observer, in a room full of practitioners carrying out treatments. This has developed into a very useful teaching tool.

Q. How do you know that all this is not just a figment of your imagination?

A. You are looking at a fully paid up "doubter"

When I discovered the end product of so much work, my first reaction was to doubt what I had got, particularly when the initial results were not consistent.

Going back to my initial theories I found the results were consistent with these. The fault actually lay with me and the conditions under which I expected to obtain energetic information.

I made the necessary adjustments and found that I could obtain energetic information whenever I wanted. The real proof is, however, to be able to teach it to others and, whilst being aware of your receptors is not enough to be able to use the system. I have been able to show enough to a small group of trusted people (one of whom is a well respected teacher and practitioner), for them to realise that the system is teachable, and that it works incredibly well. Although the learning process is ongoing, I no longer have doubts.

Q. Why haven't we heard about it until now?

A. I have no idea! Articles have been provided for the Shiatsu Society for the last three issues ([in 1996/97](#)) and there have been promises to print but it is yet to happen.

Q, Are your theories so radically different from those handed down to us by tradition?

A. No But Waveform, which was the result of my research into colour, has clarified considerably much of the haziness surrounding some aspects of Shiatsu theory and practice. (This was only hinted at by my colour article, which is yet to be put into print, and about the movement of energy, the description of which would be outside of most peoples experience and requires a broadening of perspective).

To anyone practicing, and in particular, teaching in a strictly traditional way, it may mean being presented with a degree of change both in theory and practice which was unacceptable.

Tradition handed us the "bare bones" and a lot of unnecessary clutter, perhaps this is the way the great masters hid the simplicity of it all. Zen is about direct seeking and experiencing. As far as I'm concerned Zen Shiatsu is no different.

About six years ago at Grimstone Manor, Pauline Sasaki hinted strongly that, if you understood how energy worked you didn't need to use the meridian

system.No one took her up on it, or challenged her statement.

Personally, I found her statement exciting, as it confirms all that I had been taught in Orkney. However, almost everyone else seems to have found it more convenient to forget it, and that is their loss.

Q. How did it all start?

A. It has been a life-long search however, I finally became involved with a spiritual teaching group on Sanday, in the Orkney Islands. This group and its teaching changed my life. Discovering that I had the ability to see the colours within the human energy field set me on the path to understanding the movement and interaction of energy. I am still on that path

Q. Do you therefore no longer use the meridian system?

A. I still use the meridian system because, for me, it is the easiest means of access into the energetic system, providing me with instant feedback. However I do, in certain conditions, work off the body.

Pauline's remark, I believe was to make people look at the end product instead of being bound to the tools which only assist in getting you there. Removing all the unnecessary clutter which, in time, obscures the object of the exercise.

One mystical ,but particularly relevant analogy would be to say that our gaze is on the finger pointing at the moon, when it is the moon we should be looking at. Let us return to direct seeking.

Seek to understand the working of energy and how you may best use it in a practical way in Shiatsu.

Cut out the clutter, both physical and intellectual and spend more time listening to what the client is telling you energetically.

In other word, complete intellectualisation before starting the treatment, listen to the energetic interaction, it speaks volumes. Do only what you have to do, above all-**listen**. ('Listen', means to be energetically aware).

Q. Is training in Waveform available?

A. Anyone interested can contact me directly at;-

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