

Waveform Energetics: A gauge of effectiveness for Therapists and Teachers

Nine students, eight Shiatsu therapists and one Reiki Master, assembled on a fine summer day for training in Waveform Energetics with Mike Webster in Colchester, UK.

I feel very fortunate to have been amongst this lively group, spending the weekend learning all about this wonderful bodywork tool.

Trying to explain all that I learned that weekend would not do the teaching justice, however I feel compelled to talk about what having Waveform as a tool has brought to my treatments.

In a nutshell, during this course, we learned how to sense a shift in energy in a client that we are working on. Why is this that important?

With Shiatsu, as well as other bodywork therapies, we are trying to generate a change in the physical body, (relaxation, muscular and mental for example). With Shiatsu, although we directly act on the physical body, we aim to influence the flow of Qi in the body so the ideas behind Waveform should be easy to grasp for most therapists.

As Shiatsu therapists, we know that in order for change to take place on the physical level, there has to be an energetic shift first. Luckily for us, quantum physics has scientifically proven what we have all felt with our hands! We can therefore rely on the fact that the presence of an energetic during treatment indicates that a physical shift is occurring. If you are aware of the change in energy, you know that your treatment is working. As far as my own practice is concerned, I was not always able to sense energy shifting during my treatments, for various reasons, although the change must have been taking place since my clients often experienced improvement of their symptoms.

Now that I use Waveform, I can monitor the energetic shifts as or if they are happening

I can therefore get immediate feedback concerning my treatments and can adjust them accordingly. For example, when you have thoroughly analysed a client's presentation, problems, aches and pains, and you know exactly what to do to help him/her, you start the treatment. What you have thought up is supposed to work, but is it?

With Waveform Energetics, you have a tool that allows you to find out right away, as you start the treatment, whether you are being effective. You have a tool to measure energetic change that tells you if and when anything is happening. If there is no change in the energy pattern, your well thought out treatment is not having the effect that you were hoping! You can modify the treatment right away so that it works, rather than wait for a couple of sessions. This allows for better use of your treatment time, probably shorter treatments and of course happy clients who are getting results for their money!

Once you have your sensory receptors tuned using Waveform, you can monitor energetic shifts not only on the client you are working on but also on the client one of your colleagues is working on for instance. In class this is very obvious and a bit disconcerting at first when you are unsure where the shift is coming from. It is all part of the learning process: recognising where the change is taking place. Why is this so important?

Have you ever been at an event and watch somebody work and wonder if they are effective?

Are you teaching bodywork and looking for a tool to allow you to monitor student progress and /or aptitude? Well, Waveform allows you to sense what is happening when somebody else is working. By the end of the course, I was able to pick out energetic shifts in a room in which 5 therapists were working and find out where/ who the shift was coming from. I was able to sense this after only two days, so imagine what you can do with practice.... Mike did recommend that we do not use our newfound tool on family and friends, as it would give us an unfair advantage in certain situations!

I cannot recommend Mike's workshops too highly to any body worker; your clients will thank you.

By Veronique Broger, RST (2001)

(Veronique Broger was Chairperson of the Shiatsu Therapy Association Of British Columbia, Canada in 2001)