

WAVEFORM – A COMMENDATION – Gez Lamb D.O

I was recommended to the waveform website by an osteopathic colleague in Canada, who had heard about it from one of his associates who had done the course in Canada. Something about the website got to me and I said to my partner that I just needed to take the course and really see what it was about.

I had been in practice at that time for 22 years but I have always made it a habit to keep my mind open to new ways of looking, perceiving and working so that I continue to hone my craft until the day I retire, if ever!

I was not to be disappointed. Mike Webster, the course leader and exponent of the waveform technique, was a very assured and relaxed presenter and he led the group through two days of exercises to get us familiarised with the process. He is a nutritionist and a shiatsu practitioner and the course fundamentally uses shiatsu terminology and form to demonstrate how to become familiar with the process.

I was quite at ease with the exercises from the beginning and as the weekend unfolded I gradually began to sense more and although I had all the usual reservations about whether or not I would have the ability to feel what Mike was inviting us to perceive I found that my desire to get the technique working for me was so strong that I persevered even despite my doubts about my ability.

Mike was always reassuring and reminded us that it took him many years to become an adept and that we were as a group making great progress as beginners. I have now completed the basic three weekends spread out over more than a year and I now have mastered the technique and integrated it into my osteopathic ways and means.

Waveform is the awareness of energy in motion. As an osteopath I already had my experiences of energy in motion and I was quite familiar with the signs of energy release and relied upon this ability to be aware of the phases of treatment and especially when a treatment is complete. Waveform however enabled me to be aware in a much more refined way of when energy was releasing and more importantly when it had completed so that I was spending far less time waiting for releases which had effectively run their course. As I began to refine my palpation in this way I also found that my treatments were more effective and that releases of soft tissue tension were happening far faster and with very pleasing results in resolution of painful presentations.

The three weekends extend well beyond the application to physical treatment and many avenues of approach are explored to familiarise the student with the possibility of being aware of energy transformation at a distance and I now understand how ‘distant healing’ can be so effective.

I have been a lecturer and teacher of osteopaths for 25 years at both an undergraduate and graduate level, throughout the world. I would recommend the Waveform training to any practitioner of any discipline as a means to enhance the effectiveness of their modality and as a way to be more ‘scientifically’ precise about the process of healing.

Mike Webster is an excellent teacher and a very skilled practitioner of the art of awareness of energy in motion. His style is deceptively relaxed and he manages to take the student through an opening to an ever present phenomenon, the movement of energy, to equip them with a tool for life.

To be a student of Waveform is to be on a journey of exploration which is endless and intensely fascinating and the applications to all areas of life, make it a 'tool of great price. If you are an explorer and your mind is open, then Waveform is your ticket to the stars.

Gez Lamb D.O.
Osteopath and Teacher