

Waveform Energetics® and Reflexology

Although my discipline is Shiatsu, my work as a teacher of energy skills brings me into close contact with a range of therapies, in particular those, which use energetic change as a prerequisite to healing. This skill known as Waveform opens the awareness of the practitioner to energetic changes in the energetic field in a far more tangible way than ever before. It is also a gauge of effectiveness for any discipline.

Most skills are taught for effectiveness at the, 'speed of the slowest ship', and often in 'failsafe' terms i.e., a wide range of techniques/skills almost guaranteed to produce change. Rather like replacing every part of the engine in your car in order to guarantee eliminating a small fault within that system. Effective, but time consuming and costly.

In the human energy field this approach can overwork the system, when shorter and more specific, focussed, informed treatments will produce more positive and effective results.

With treatments approaching near 'routine', vital information is often overlooked, whilst some areas are overworked for lack of specific information. My experience is that therapists are rarely totally unaware of what is going on in a treatment however how many are totally aware?

Recently I was joined by my life partner Stella on a Waveform course in Zurich. Stella is a qualified Reflexologist, and was participating in the course. Waveform practitioners are all able to sense energetic changes as they take place, whilst observing, or in the vicinity of, a treatment. The course is designed to enable therapists to be aware of the effects of their own and other treatments; Stella's reflexology was no exception.

My experience of reflexology in the past had consisted of being 'done' by an expert, a hard, painful experience, difficult to forget. Even during Stella's training her touch had sensitivity, quality and awareness. Shamefaced I found myself apologising to her for my previous scepticism born of a bad experience.

In Zurich, as Stella worked, all others were able to access and witness the changing energetic pattern, what was working, and what wasn't! It was found that during some treatments, the preliminary/warm up actions, rotating and stretching of foot and toes created as much, if not more changes than working the reflexes on the feet. In Shiatsu, palming and rotating, stretching, etc. are also considered to be preparation. The results of our research indicate that these 'warm-up' actions can produce major therapeutic changes and can constitute the most effective part of the treatment. Stella structured her treatment identifying energetically sensitive areas, as

well as physically identifiable areas, and, working with whatever responded to her, was able to maximise the effectiveness. She also learned to accept that, sometimes there was nothing happening energetically. One is then left with a choice, to continue with the treatment for the relaxation factor, taking care not to overwork the energetic system, or curtail at the point where energetic change ceases to respond and consider that the treatment from a therapeutic point of view is complete.

All of us who were observing Stella work were able to know exactly which movements produced the energetic changes. For those assembled from other disciplines it was confirmation in a very real sense that Reflexology works.

Stella for her own part was able to access the treatments of the others; Shiatsu, Reiki, and experience for herself their effectiveness.

When one experiences the effects for ones self, believing becomes knowing.

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