

Waveform and Aromatherapy

I have recently qualified as an Aromatherapist. The course I studied was a two-year course. As part of my work I had to submit 80 hours of case studies.

During the period when I was working on my case studies, and after I had finished and was starting to see paying clients I always felt there was something 'missing' from my massage sessions. I would select the oils specifically for the client and their 'condition' in mind, using my knowledge of the chemistry of the essential oils and how they can affect the body mentally, emotionally and physiologically.

I would apply the oils through soft tissue massage and whilst I could feel tingling and heat through my hands I kept wondering how I could enhance my treatments. I wanted to make a significant difference to the person who had come to see me and I didn't feel that the massage and oils on their own were making enough of an impact on my client.

I did the Reiki course in the hope that perhaps this would make a difference and whilst it did heighten my feeling of what I knew to be energy in my hands whilst I was treating my clients, I still didn't feel that I had made a significant difference in the person. I was still asking myself during and after every appointment, 'Is this all there is to offer?'

Then I took the opportunity of attending the Waveform Courses, which were being held in Malawi right on my doorstep.

By the end of Waveform 1, I had gained confidence in what I had been feeling during my treatments – yes it was energy and now I had a sense of what I may be able to do with it!

Waveform 2 however was the step forward I had been looking for. I was shown how to manipulate and release the back and neck, using my receptors, and my sense of when the energy wanted to change and where. I finally felt that I was being given the tools to make a difference to my clients.

During the daytime I tried out some of the new techniques on my unsuspecting clients. Initially the massage was a bit halting as I worked out how to merge the Aromatherapy massage techniques

with the stillness needed to allow the energy to change. After a couple of appointments it all started to flow together and my 'receptors' were working overtime!

I was no longer searching my mind during the massage for other things I could do to help my clients – I felt I had found a way to bring another dimension into my treatment without radically changing what the client had booked for – an Aromatherapy massage. I also had a newfound sense of confidence and felt myself finally to be a therapist.

The reactions I have had from my clients after the 'new style' treatments have been overwhelmingly positive. Some of the people I have seen over the last week have been first timers, and I have heard through the small town grapevine that they have been really impressed with the treatment they received.

One woman told me that after she had an accident overseas, several years ago, she had many hours of massage treatment as part of her recuperation, however she had never had massage that was as powerful and made her feel so good as she had had with me.

I felt elated, empowered, and finally equipped to make a difference to the well being of those who had chosen to come to see me. Thank you Mike and Stella for bringing Waveform to us here in Malawi and for adding the missing dimension to my work.

Jeni Macpherson, Aromatherapist. Malawi, March 2005