

Waveform changed Mozart

I attended a weekend of learning Waveform One with Mike Webster, together with a group of Shiatsu and Reiki therapists. It was a great and rewarding experience, but the real fun started for me the morning after. I got up, washed my teeth, and thought that's funny, my toothpaste tastes different. That was a warning of what was to come. Before I started work that morning, I sat down to play the piano, to get a little peace and harmony into my mind before picking up the telephone and talking to the chaos of the outside world.

I sat at the piano. I chose something quiet, easy, and sweet to play: the slow movement of a Mozart piano sonata. I played the first three notes: then the first chord: then it happened. There was a loud crack inside my head, like the sound of ice cracking under foot when you stand on a frozen pond. The realisation hit me. Oh my God, I thought, the music has changed. Mozart was no longer just a series of notes going up and down the page to create a pretty tune, accompanied by pleasant chords in the left hand. Mozart had changed. The notes had become alive with energy. I suddenly saw what he was doing: he was using the notes to create energy on the page: he played around with semi tones: he formed clusters of notes to build up tension, energy that wanted to change. Then, having set up the electric charge, he releases it by resolution: tension and resolution: disharmony transforming into harmony. And what is even cleverer is that he uses both the notes of the melody (usually the right hand) and the chords (left hand) at the same time to maximise the effect.

Did Mozart know what he was doing when he wrote this music, I thought. Then I wondered how other sheet music would look to me. I picked up a piece of Chopin. I had always thought of Chopin as a lot of pretty tunes plus a few unusual chords thrown in as accompaniment. I played the Chopin: it had changed, like the Mozart: I was astonished to see that Chopin was doing exactly the same. He was playing around with energy: he built up tension with discord, and immediately resolved it. As a result, he created pleasure in the form of relief from pressure: relief from pain: it was pure therapy.

That morning I realised that my senses had changed. It started with the taste of my regular toothpaste: then came the sound of Mozart and Chopin: then I began to talk to people on the telephone, as part of my work. My perception of everything was different. Even my sense of time had changed. The whole world had slowed down. People took ages to finish a sentence. Before they got to the end of the sentence, I felt that I knew what they were going to say, what they really meant, what was troubling them, and what they were going on to say in the next sentence. I had gained great clarity of mind.

This clarity of mind and the feeling of being connected to all around me have stayed with me since. A few days later it snowed after dark. I drove down a motorway in the blinding blizzard: I was in danger of being late for an appointment, so I drove fast. I was surprised to feel how unafraid I was, how at ease I was, and how connected I was to the car and to the road. I could feel which of the wheels was slipping in the snow, and which was getting a good grip. The steering wheel felt alive: the whole car was sending me messages as different parts of it struggled to avoid slipping about on the snow. It reminded me of when I rode a horse, hacking out into the countryside. After a few minutes of riding, you and the horse settle into each other. It feels like you are merging into him. Your legs fuse into his flanks, and your back becomes a nerve centre for him. Whether he starts to climb a slope or descend, you can feel the slightest incline in your back muscles. You can feel each of his steps: you sense when one of his hooves stumbles on a rock. When you see a plastic rubbish bag flutter in a hedgerow, you know that it will spook him.

I thank Mike Webster's Waveform course for teaching me how to be more aware of energy. Thanks to Waveform, I now realise how closely connected we all are to one another, and to the world around us; how we can sense what others are thinking, and how they feel. Mike's Waveform course is not about theory. It is about experiencing energy, connections, and what wants to change. It is about awareness.

Waveform should not appeal only to practitioners of Shiatsu or Reiki. It deserves a much wider audience. This is because it can benefit anyone who wants to become more aware of everything going on around them. If only every musician could experience how Waveform changed Mozart for me, then their perception of music would never be the same.

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