

Waveform – A Testimonial

By Ray Pawlett B.Eng (Hons), Wvf (AT)

Achievements to date include:-

- Assistant Waveform teacher
- UK Tai Chi Champion 1999
- Study of many other martial arts including Tae Kwon Do, Karate, Hsing-I (5 Element Kung Fu), Judo, Aikido, Jujitsu
- Winning of trophies and medals in Tae Kwon Do, Karate and freestyle combat
- Author of 8 internationally selling books about Martial Arts and Healing Arts that have been translated into at least 9 different languages
- Study and practice of Shiatsu since 1998
- Trained in several Chi Gung styles
- In depth study of 9 star Ki
- Honours degree in engineering and professionally employed as a product engineering manager for a large multi national engineering company.

My Introduction To Waveform

I was introduced to Mike Webster who is the director of Waveform Energetics by Tom Litten, who was one of my Shiatsu teachers from the Rosewell Shiatsu centre in Lincolnshire.

Tom had attended the full set of waveform courses and had become a Waveform graduate. He was highly enthusiastic about the pragmatic nature of the Waveform courses and the fact that Waveform teaches on how to sense energy in a way that is not subjective. This along with the fact that Waveform has achieved some success with exploring the scientific background for the experience coupled with ongoing research convinced me that I should give it a try.

It all seems like such a long time ago now that I have difficulty remembering the individual stages. I remember being highly impressed at the clarity of the teaching that was being given to me by Mike and his wife Stella. This was at about the same time that the “Matrix” film was being released in UK cinemas. I remember quoting to my friends from the film that when I was going on Waveform training weekends that I was “Jumping down the rabbit hole”.

Just like Neo from the Matrix or Alice in Wonderland, I felt that I had jumped into a world of magic. Being able to sense energy and pick up on emotional resonances were like keys that unlocked a door to a world that was full of magic and excitement.

To me though, magic and excitement are not enough. My engineering and scientific background has taught me to be very pragmatic with my approach to life. I needed to experiment and play with the magic of waveform to make it real for me.

Development in Waveform

Through my fairly long time in Martial Arts, I have frequently heard of Martial Arts Masters who had such a good understanding of energy that they could perform amazing feats. I began to experiment with this.

In my Tai Chi form practice, through Waveform, I was able to understand when I energy was moving and if it was not moving I had the tools to work out what was going wrong. In Tai Chi, we talk about being “soft” when we practice. My Tai Chi form became softer very quickly with the assistance of Waveform. I am certain that it would have taken me longer to reach this without Waveform.

One of the tools that we have in Waveform is to be able to detect energetic changes in other people. This has become an integral part of the way that I teach Tai Chi. Waveform has given me the ability to determine in a completely non-judgemental way whether or not a Tai Chi player is simply going through the routine or what they are doing is actually working for them energetically or as is normal, a mixture of both. The fact is that if you are trained in Waveform you can even do this with your eyes shut or over a distance!

In Tai Chi, we have a training practice called “pushing hands”. It starts as a simple training routine and when one becomes adept at pushing hands you learn to play the game of pushing hands. Basically, you are trying to sense gaps in your partner’s defences and push into that area. Again, Waveform gives an advantage. If you know how to apply Waveform to pushing hands, the “gaps” in their defence become very obvious and are there for you to take.

This work inspired a group on Waveform practitioners who were also martial artists to look deeper into applying Waveform to martial arts. Another source of inspiration for us was the work of Sensei Ueshiba, the founder of Aikido.

One of the seminal moments for Ueshiba was during a real combat situation where he was able to sense the intent of an attacker before the attack came, thus being able to avoid the force of the attacker. Using Waveform techniques we were not only able to sense the attack but who it was that was giving the attack.

There is more work to do in this field but we have also had success with other martial arts “mysteries” such as “empty force” and upsetting the attackers energetic state to beat them energetically before you even come to the physical plane of attack.

More Lessons From Waveform

My development in Waveform has not just been about Martial Arts and Shiatsu. Another of my great passions is a love for nature. Through Waveform we learn to experience things directly as they are at that time. This direct experience has helped me to “open up to nature” and experience it more fully. In a world where most people are surrounded where we are all surrounded by mobile phones and computers, this is surely a perfect way of balancing our busy lives!

The Future for Waveform

As I see it, Waveform has been the most important stepping stone on my learning path for Tai Chi, Shiatsu and many other things that I love. After learning the techniques of Waveform many of the difficulties that can be associated with these arts have become far easier to master.

In Waveform, we not only have the “technical” side of learning the skills of our healing arts and martial arts, we have an extensive group of people who have a vast range and depth of experience. These people have become my valued friends and have, sometimes unknowingly, helped me to achieve things that I once thought were impossible.

There are many people in the World seeking knowledge. The techniques and practices of Waveform coupled with the very real sense of community and support that Waveform offer can help these “seekers” to become “finders”. This can only be to the greater good of mankind as a whole.