

## What Participants say about Waveform

- ◆ Inspired me to look into more research into how Waveform can work in other areas. It has made me revise my manner with clients and how much talking to do and not to do, or for them to do or not to do, how much information to get, or give out.
- ◆ It had benefited me in enabling me to clarify the areas of the body, be they meridians or not, that require working, or not working. My treatments have already become more concise.
- ◆ I feel that I have realised more clearly my own issues and obstacles to feeling the energy... there is no use it seems, in playing out the same old story lines. Thanks for everything; I also feel like I have a new family and my heart feels fuller.
- ◆ Being more aware of energy. Since part 1, I have picked up on what my partner was going to say before he said it and I am starting to pick up even more.
- ◆ I have deepened my knowledge of sensing energy, very pleased with the first treatment as I was sensing more than I thought I would.
- ◆ I have (sensory) confirmation of what I am doing and experiencing new insights.
- ◆ I felt supported on the course in the consolidation of my developing perceptions, for increased effectiveness of treatments.
- ◆ It doesn't get much better than question and answer, and personal experience. (Re expectations of the course) I didn't know what to expect, so it was filled to overflowing! I am now confident that I can feel energy.
- ◆ The benefits of the course are too many to list at the moment! Far reaching implications for many aspects of life above and beyond Shiatsu need to be explored before I can succinctly answer this question. Excellent all round; Many thanks Mike and Stella.
- ◆ 'Made me aware of areas of self-development, which I need to focus. Also how much more sensitive and aware my shiatsu can be from now on. I feel that I am less likely to overwork a meridian from now on. Inspired me to supplement my shiatsu with other health improvements i.e diet, supplements, etc more so than previously'.

- ◆ 'It was very helpful to have the third weekenders to provide feedback and give something to aim for and work towards'.
- ◆ 'Making me more aware of my energy and how to sense the energy. Have to improve being able to sense things happening in my whole body, not just in my hands'.
- ◆ 'More awareness of the energetic frequencies around us. A new way of looking at my own feelings and how my body senses other people' 'Exercises excellent' 'Thank you very much for an enjoyable weekend. Excellent lodgings, food and nice people it has been a pleasure'.
- ◆ 'Complexity made simple! A breakthrough in my contact with every other human being'.
- ◆ 'I feel much more aware of my own, and another's energetic field'.
- ◆ 'I was expecting to learn to quantify and qualify the wave energy movements I feel. i.e to put it in a square box. Instead the box was opened!'. 'Life changing benefits. More doors opening...profound healing'.
- ◆ 'A sense of being more aware of my own centre. Otherwise, not sure what the impact will be on my life yet. I found the teaching and general atmosphere very supportive'.
- ◆ 'I feel the course has helped me ground myself... look into issues with more compassion... it's hard to say it all cos I feel I'm still reeling from the intensity of it all. I can honestly say I feel hope, more deeply than ever, that change is possible. Plus spending time with such lovely people has been a gift. Thanks for all'.
- ◆ I thought the course was presented extremely well given the difficulty of describing the nature and behaviour of energy.
- ◆ A completely different view of perceiving energy! Although it is only the beginning for me I feel it has opened up many questions which will lead me forward on a new path, in a new direction.
- ◆ 'To increase one's awareness in this way is the greatest gift anyone could be given, as it will enhance their life and choices made in life. To get to understand ones self and recognise what it is in life that could make you more fulfilled is an ongoing process, one which Waveform has greatly enhanced'.

## From the UK after Waveform 1.

“Hello Mike and Stella,  
I just had to let you know.....I've just given the most amazing shiatsu!!! I thought I'd try and work with what you taught me and at first I thought it wasn't going too well, but then my receiver said "are you doing something different?" After that there was no stopping us, she was feeling all sorts of sensations and after the treatment said she couldn't believe how alive she felt (I usually send her to sleep).  
We then spent a good hour talking about it!!!  
She now wants a treatment every day and I can't wait to find more bodies to practice on. The thing now is how to take my usual stuff and blend it with my emerging skill. How exciting is that! Really looking forward to stage 2 now. Thank you again. Take care.” Val S (England)

## After Waveform 2 in Ottawa, Canada.

“I've had the opportunity to use waveform twice this week, both with friends. One incident was just scanning the person so that he could effectively give himself Reiki. He called me the next day to say that he had slept well and was pain free for the first time in a while.  
Another friend was more involved. I used the joint rotations to begin my treatment and he found it very relaxing. I scanned him before I started the Reiki session and found that I only needed to use about 4 hand positions” ....  
Katherine

## Waveform 3 students

- ◆ ‘Tuned in more, giving more clarity to feelings, still feeling a lot with emotional receptors.
- ◆ ‘Having both Mike and Gary with different directions to same aim, helped with clarity’.
- ◆ ‘Gained in confidence, good mix of people (having 1s and 3s was a good move). I feel more in touch with Waveform’.
- ◆ ‘A quantum leap in sensitivity and therefore confidence. This will affect many aspects of my life in a very positive way, not just Tai chi /Shiatsu. Also appreciation of sacred spaces etc’. ‘I like the attitude of experimentation’.
- ◆ ‘Clarified concept of resonances, (and felt them). I've resisted the technical aspect until Waveform 3... but now clearly see the Maths etc. is most useful in honing and underpinning the free flow of energy and inner music. I look forward to really practicing ‘holding the frequency’ with my clients. The whole concept feels to have beauty and will bring elegance and grace to our work just as music does’.

◆ 'Mike, thanks for a magnificent weekend. It shifted a lot of energy for me and I am filled with joy. My heart sings as I swim through an ocean of energy. Thanks also to Stella and Gary for the lovely food and the wonderful Chi Gung'.

### From Canada, on completion of Waveform 3

From my perspective as an acupuncturist healer and yogini, Waveform is huge breakthrough in working with energy on the body. Gigantic! It has the potential for revolutionising Acupuncture, thousands of years old and many other modalities; it boggles the mind. I am having spectacular results, cured a diarrhoea problem of a client which has been going on for 8 months – by working the hara and spots around the belly button – inserted 3 needles CV9, ST25 and worked on general energy field, plus stayed with the energy around the needles until it changed. There are other successes too numerous to go into right now –  
Parmatma (Ottawa)

### Waveform Pathfinder Workshop at Holycombe

◆ "Pathfinder" is indeed what this workshop is about – seeing clearly – profound benefit. C.G

◆ Helped me to set goals and know that I can achieve them. It is very exciting, and just thinking about it makes my heart beat faster. Empowerment to believe in my own abilities and the possibility of achieving my dreams. Thanks Mike and Erici- Forever grateful. R.P

◆ I gained some wonderful insights. – Thank you. A.G

◆ I feel that I have achieved a better knowledge of myself, and the place I am at, so that I can provide a better insight into my clients and provide better treatments. S.H

◆ More clarity to certain tools/problems areas in practice and personally. Pragmatic ways to move forward. Supportive environment. A happy stomach (thanks Stella). R.F

◆ Has assisted me in removing the blockage I brought with me. It is the overall nurturing quality of the course – Stella – the food – the place - meeting old friends – the space, that provides the unique essence of the experience. Thank you. A.B

◆ More understanding of myself and where I am now. Clearer thinking on my goals and how to achieve them. A.B

- ◆ Made me focus on what I have been putting off for a long time, and realise that I should just get on and do it! S.R
  
- ◆ Erics contribution was excellent and really set the scene for day 2, when Mike took it to another stage again. Better ways of communication at the right level.  
Walking the time line was illuminating, liberating, and at times painful but worth the effort. J.M
  
- ◆ Excellent use of personal experiences to relate to circumstances presented. Good practice; well demonstrated and explained.
  
- ◆ Excellent personal development, with the bonus of being able to help clients change patterns of behaviour/physical difficulties associated with such. L.D
  
- ◆ A greater awareness of energy, and people's emotions – how they feel, plus an effective method for asking people to confront personal issues. N.S