



living in resonance

Manchester 2019

Sei-ki Training Programme

Sei-ki: The Secret Art of Shiatsu Training Programme 2019

February 14-17 | June 13-16 | September 21-22

Introduction

Welcome to the *Living in Resonance*, Sei-ki Training Programme, 2019.

Sei-ki is the flowering of Japanese Shiatsu, a powerful practice for self-insight and helping clients. We have elsewhere called it the *secret art of Shiatsu* because Sei-ki is inner work. In order to be skilful practitioners, we must be centred and clear. This takes supreme effort but bears great dividends for you and your clients. If you would like to take your touch therapy to a new level, Sei-ki is the door opening onto a landscape that is dynamic. This approach will challenge your ideas and practice at every turn, but it will never be boring.

The strength of Sei-ki comes from its roots, entwined in Shinto and the Japanese Arts, and also from its modern, avant garde edge. Like any good art, Sei-ki bows to its past while also questioning the way things have been done. Its time is now, a perfect offering to a world hungry for mindfulness, touch and connection.

This training programme is designed to empower you on your Sei-ki journey, whether you already have experience or are just starting out.

It is the first of its kind in offering ongoing training and presents a unique opportunity.

*'One's life is conducted by one's spirit...a treatment has to move the spirit to restore wellbeing...In creating a quiet space through a quiet mind and body, illumination comes...The spirit moves because the environment of the space encourages it to be moved....Well-rooted presence and virtue of the practitioner are key to this environment. Close windows and shut doors to create a space that is calm and quiet enough for concentration, so you can promote a relationship of unity between your spirit and the patient'.
Ling Shu (1,8,9) and Su Wen (27)*



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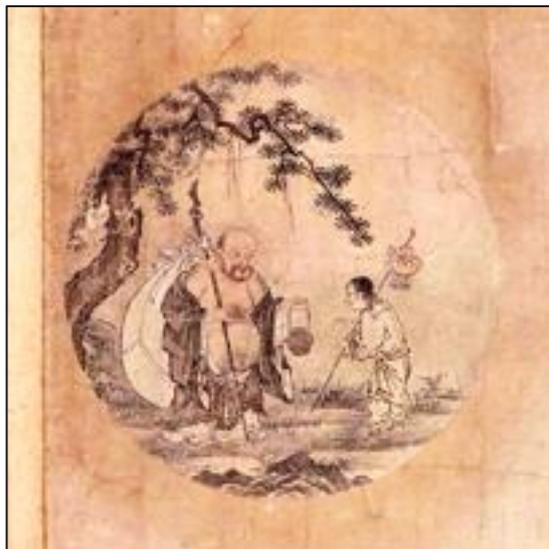


Living in Resonance (LiR)

Living in Resonance takes its name from Kishi & Whieldon's 2011 book, *Sei-ki: Life in Resonance, the Secret Art of Shiatsu*.

Resonance affects everything, like ripples in a pond. It is life lived in harmony and flow, internally and in relationship, moving and stilled. Effortless and economical, it is impact without trace.

Simple though it is, it is difficult to walk this path alone. From time to time we need a guide or companion, whether we are practitioners supporting others or private students of this resonant life. **LiR** provides this in the form of workshops, supervision and community, confluent with the direction of travel and in the spirit of research.



The image above comes from the Zen ox-herding series depicting the journey to enlightenment. The bodhisattva, having recognised the nature of reality, dedicated to the service of others, is seen *returning to the marketplace with bliss bestowing hands*.

Wherever we find ourselves right now, our journey is the same, yet unique. At first you catch just a glimpse of what you want. You have read this far, so maybe you have heard of Sei-ki or experienced a session that suggested something a bit different from what you have felt before. Maybe you just have a feeling there is something you are looking for and catch sight of almost-knowing in these pages. Or you are a seasoned traveller and wish to walk awhile with others. That first glimpse is the beginning. Finding it again and following it is the only thing to do next.

LiR has its feet in the marketplace of ordinary life and seeks to recognise and appreciate the extraordinary ordinariness of fulfilling our relationships with others and seeing with clearer eyes.

It is an ambitious project, but life is precious and if we do not make it count, we risk sleep-walking through this wildly lovely opportunity.

A History of Sei-ki

Kishi Akinobu (1949-2012)

Sei-ki is the name given to his work by Kishi Akinobu. While training at Namikoshi's Japan Shiatsu College, he became interested in the work of Masunaga Shizuto who was looking for ways to describe and teach Shiatsu that would be in tune with its foundations in eastern philosophy, rather than continue to try and fit it into a medical model.



When Masunaga founded the IOKAI postgraduate school in 1968, Kishi was among the first to enrol. He swiftly became indispensable to his teacher, travelling with him and demonstrating while Masunaga lectured. In 1971, fulfilling a childhood dream, he journeyed to Paris and there began his career as an international teacher. For the next 10 years he set up practices and taught workshops in Hawaii, Munich and Switzerland, always staying in close contact with Masunaga.

However, the more successful he became, the more dissatisfied he also was with Shiatsu. Although clients regarded his treatments as miraculous, he questioned whether the cures were as fundamental as they aimed to be. On a personal level he could not avoid the knowledge that his own development was not being served. Finally, he stopped Shiatsu and dedicated himself to self-examination and Shinto soul-shining practices, culminating in a profound realisation.

Following this transformation, he and Masunaga agreed to part. In the Japanese model in which the student first dedicates him or herself to the fulfilment of the art, makes it their own and finally transcends the form, Kishi's mastery of the Shiatsu tradition demanded he take a new name for himself and for his work. He called the latter, Sei-ki.

Kishi demonstrated Sei-ki until his death in 2012. He always insisted he was not a teacher but one who showed his research for others to take as they wished. Many people have been touched by that work, sometimes not quite knowing why. But they kept finding their way to him.

Alice Whieldon MA PhD FwSS SFHEA

Alice worked with Kishi from 1997 until his death. She initiated the collaboration which produced the seminal book, *Sei-ki: Life in Resonance, the Secret Art of Shiatsu*, with the help of his wife, Kyoko. Published in the year before he died, this book has ensured that Sei-ki continues to reach people worldwide.



As soon as she met Kishi, Alice knew Sei-ki was what she had been looking for in Shiatsu and was resonant with her own realisation. She immediately stopped her Shiatsu work and determined to learn Sei-ki. Within a couple of years, she became the helping 'voice' of Sei-ki and medium for Kishi's wish to describe and disseminate his understanding.

In addition, since the 1980s, she has been involved with the work of Charles Berner and Lawrence Noyes in the Enlightenment Intensive workshop, a fusion of the zen sesshin and western communication techniques, as well as Mind Clearing.

Alice has worked for the Open University for over two decades and is a Senior Fellow of the Higher Education Academy. She was Chair of the Shiatsu Society (UK) 2016-18 and oversaw a major restructuring and renewal. With degrees in philosophy, theology and religious studies, she is skilled in presenting workshops and supporting learning. She established Living in Resonance in 2018.

Alice is honoured to be supported on this training by Adam Hellinger. Adam has 30 years' experience in Shiatsu, is a teacher at the British School of Shiatsu-do and internationally as well as a Chi Kung master. He was Vice-Chair of the Shiatsu Society (UK) 2016-18 where he performed invaluable service to the UK Shiatsu community, bringing people together and supporting change.

Teaching, Learning and Sei-ki



Learning is a decision to pursue understanding and skill. Since Sei-ki is not defined by techniques, learning it is a puzzle. To do so, we must work to catch the sometimes elusive glimpse of what we want and follow until the path becomes clearer. It can be useful to work with someone who has already done some of this research.

Teaching might be described as the art of demonstrating with skilful means. This training offers guidance in Sei-ki from experienced travellers.

How we embark on learning is partly personal, partly cultural. East and west have had different emphases. The good student of the east is quiet, observes with focused attention, absorbs the feeling of what is shown, takes no notes but is acutely present. Progress is through observation-copying-making the work one's own and maybe, finally, diverging from the master.

In the west we prioritise the eyes and theory and are individualists of a different kind. We watch to learn the moves, take notes, learn the theory and apply the techniques. We look for understanding and set out to feel what we have first understood intellectually.

These styles come to a subject from different starting points, but the subject is the same. We can benefit from both.

Experience is crucial in learning Sei-ki, so we prioritise observation and practice. But understanding is important too; without it we may lack discernment. This training will use forms of questioning in touch and language to assist you in becoming clearer in your understanding.

The Foci of Sei-ki Training are

- Quality of contact through being with an other through 'touch'
- An exploration of resonance
- Hara development
- The person as koan
- Single minded focus and close attention
- Catching movement and following
- The play of discipline and surrender
- Explorations of katsugen, gyo-ki and wa-ki
- Treatment and diagnosis as indivisible

Learning Outcomes

Sei-ki is research, the goal always shifting to a new horizon. This training will herald change for you, but we all start and arrive at different points, so comparison is not always helpful.

This training offers an environment in which to gain confidence to practise this art. What you will take from it is yourself, clearer in what you do and bolder in your Sei-ki.

You will be given tools to better identify what you want to know and then to pursue your goals, reflect on progress and map understanding. We invite curiosity and surrender to be our guides. We use discipline to give this art a minimal form.

Learning Outcomes

- You will have reflected on your personal learning style to make best use of your training
- You will have tools for developing Sei-ki and put together a personal learning programme
- Be able to use 'checking points' to construct and frame a basic, practise Sei-ki session
- Be able to apply the principles of finding and following
- Be able to practise in the spirit of research and describe what that means for you
- Be able to focus on the client as koan and describe what that means for you
- You will have experience of pursuing discipline and focus to develop discernment
- You will have experience, through demonstration and exercises, of surrender, to support you in developing your sensitivity
- Explorations of gyo-ki and wa-ki which can then be demonstrated in use
- You will have tools for practising and noticing resonance
- You will have tools for exploring and developing hara
- Knowledge about the history of Sei-ki and its place in the Shiatsu tradition
- Knowledge of the emotion-body, the mind and the person to the extent that you can discuss the differences between them and how they are relevant for working with people
- Be able to explain the difference between the Sei-ki approach and a medical approach

Assessment will be through discussion in small groups and in supervision; it is driven by your own curiosity and modelling of what you want to know and how you can gain understanding. You will be given questions and exercises to help explore your learning style and asked to write brief notes and model progress in 3-D over the course of the training to map your personal sense of progress, plan your own training and understand better what this work means for you.



Qualifications

Development in Sei-ki is related to self-development, so the ultimate assessment of progress relates to success in living your life. This is about your 'touch' in the world as much as it is with your clients.

Sei-ki training is closer to a martial arts training than learning to become a medical practitioner of any kind. You are invited to follow understanding in your own way, at your own pace, with guidance. Exercises are repetitive to an extent, and you deepen your understanding with each pass.

Our measures are personal, yet it can be helpful to explore them with others and speak about them. There will be specific exercises for helping you speak about Sei-ki with colleagues and clients and to enable you to better engage your own curiosity and learning.

This training is suitable for CPD and likely to be recognised as a module for the Shiatsu Society (UK)'s inclusion pathway for practitioners. We are investigating ratification and may be able to offer this in the future.

Further training opportunities will be added to our website soon www.living-in-resonance.com

The Training Structure

This Training Programme presents a unique opportunity for intensive learning with fellow practitioners with an experienced Sei-ki presenter, Alice Whieldon and team. The programme includes:

- 10 days of in-person intense workshop time
- Days run from 10am to 5pm and involve demonstration, practise, discussions, exercises and formal communication dyads
- Small practise groups that will meet in person and/or online
- One to one, online supervision between workshops
- *Living in Resonance* will continue to offer support in your ongoing research in the Sei-ki way, in opportunities to join with friends and colleagues for further workshops and supervision as well as informal points of contact

Requirements

Sei-ki is open to anyone interested in connection and resonance, however, it is preferable that you have some prior experience of therapeutic touch to join this training.

We will be working on the floor, so you need to know you can be comfortable for 4 days at a stretch in this environment.

Bring with you for the workshops

- You are encouraged not to take notes during demonstrations (though this is permissible) but you should bring a notebook for making notes and sketches during our collaborative self-assessment exercises
- If you can bring a yoga mat or blanket with you, this would be appreciated. We have futons but the floor is uncarpeted.
- You are encouraged not to use props such as cushions when working, but if you know you need support in sitting, then you should bring your own cushion/support
- Please bring a up to 20 small objects for modelling understanding and vision. The objects should small, approx 2-4cm². This can include things like coins, cotton reels, pencil sharpeners, toy soldiers, animals etc. There will be no significance attached to the objects themselves, but it is good to have a variety in order to differentiate between them.



The Location

The Venue

The Centre for Chinese Contemporary Art (CCCA) is a modern gallery and meeting space. A cutting-edge international arts venue <http://cfcca.org.uk/>

Northern Quarter

CCCA is in the heart of the Northern Quarter <http://northernquartermanchester.com/>, well known for its arts and crafts, cafes and shopping.

Accommodation

Manchester is a large city and has a variety of accommodation options to suit all budgets. Students are to arrange their own accommodation.

Manchester

Manchester is a vibrant city with good transport and accommodation. You can still see the marks of its history in the industrial architecture and feel the rawness of its past in its edge and dynamism. It is the perfect city in which to explore the discipline and surrender of Sei-ki Soho.

Manchester's History

Manchester was at the centre of the Industrial Revolution of the 19th century. It was known as the 'shock city' at the forefront of innovation; the inspiration for Dickens' *Hard Times*. Its rapid development was the subject of intense study and writing by such as Karl Marx, Friedrich Engels, Elizabeth Gaskell and more.

Exciting in its pursuit of capitalist growth and mechanisation it was also the scene of grinding poverty, slums and cholera epidemics that came with new working practices and squalid living conditions. A city of extremes, alongside these miseries, it also saw great education projects and powerful labour organisation movements. The feel of this history is still present in the great factories, now mostly converted into work and living spaces.

Training Fee and Dates

The Fee

£800. This is a non-residential training programme. The fee includes all 10 days training, one to one / or online supervision, as listed in the Training Structure.

10% reduction for bookings before the end of 2018 *or* for Shiatsu Society (UK) members. £100 non-refundable deposit to secure your place. There are just 18 places on this course, the first of its kind.

Training Dates

February 14 – 17, 2019

June 13 – 16, 2019

September 21 – 22, 2019

Please note, these dates cannot be taken as stand-alone training weekends.

Contact

For bookings or any questions about the training, please get in touch with **LiR**

Email: info@living-in-resonance.com

Tel: 07957 233345 - Alice Whieldon

Web: www.living-in-resonance.com



Testimonials

*From the first workshop with Alice I realized that learning Sei-ki is the space for self-exploration and co-exploration with the other/-s. Alice gives the space and support to everyone to be in their space and do their work focused and undisturbed. For me every workshop with Alice feels like a meditation class where I let go and focus on the breath and keep asking myself like a koan "What is it?" One of the most interesting parts in learning Sei-ki is to see Alice working on another person – **this is an art!!!** It feels like reading and listening to a poem! Everyone in the class resonates, stays quiet and attends living art in front of our eyes. Thanks, Alice!"* **PPG, Athens, Greece**

"Over the last three years I have attended several Seiki weekend workshops with Alice. What has always struck me is the degree of focus expressed by Alice but also by the participants. Alice and Kishi's method seem to attract people with that quality, that maturity. I find that this sobriety, this intent, have helped me come closer and closer to the aim of Seiki i.e. a simple, true, profound connection with the "receiver" where I feel closer to myself, my true self I would say and where both "giver" and "receiver" equally benefit" **PB, London, UK**

I was first introduced to Seiki by Kishi Akinobu and took a number of workshops with him in the '90s, as well as organising some workshops for him in the UK. Paul Lundberg, who studied closely with Kishi for many years, was one of my original Shiatsu teachers and later post-graduate Shiatsu College colleagues. In this capacity I attended many of his Seiki presentations and demonstrations over long years. However, it was only through Alice's work that I finally felt I really 'got it'! Alice's clarity, and the keen intelligence she brings to presenting the work, make it fully accessible. Her breadth of understanding, her authenticity, presence and integrity are impressive – and are balanced with a style that's delightful! **DJ, Norwich, UK**

Alice is very clear and precise in her work and obviously can look back on decades of experience that led to a deep understanding of the art of touch. I recently participated in a Seiki-workshop and was able to take my work to a higher level. Learning Seiki isn't straight forward. You go around corners quite a bit and need to learn to read between the lines. We practised that a lot and her feedback helped me become more aware of what I'm doing on the one hand and also become more confident with my touch on the other hand. I highly recommend her work for anyone who wants to dive into the Mystery of the authentic, energetic bodywork called Seiki-Shiatsu. **RF, Heidelberg, Germany**



Books and Articles by Alice Whieldon

Books

Kishi, A. & Whieldon, A. 2011, *Sei-ki: Life in Resonance, the Secret Art of Shiatsu*, Singing Dragon, London and Philadelphia

Whieldon, A. 2016, *Mind Clearing: the key to mindfulness mastery* 2016, Singing Dragon, London and Philadelphia

Articles

Women in Shiatsu: Empowering us all (2018)

Diagnosis & Treatment (2018)

Soul Medicine (2016)

Kishi Akinobu Sensei (1949-2012)

Shiatsu and the Myth of Meridians

The Condition of Spring (2002)

The above articles can be found at: www.living-in-resonance.com

Other

The work of Carlos Castenada is also recommended.

This series of books, written between the early 1960s and mid 1990s, documents the relationship of the author with his teacher, Don Juan. They have been highly influential in the self-development world and yet discredited at times as being 'merely' fiction. Whether or not they are literally true, they undoubtedly contain many truths and resonate strongly with Sei-ki.

