



living in resonance

Athens 2019  
Sei-ki Training

*'One's life is conducted by one's spirit...a treatment has to move the spirit to restore wellbeing  
...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)*

# Sei-ki: The Secret Art of Shiatsu Athens 2019

with Alice Whieldon

November 1-4 2019



## Introduction

Sei-ki is the flowering of Japanese Shiatsu, a powerful practice for self-insight and helping clients. In order to be skilful practitioners, we must be centred and clear. This takes supreme effort but brings great benefits for you and your clients.

The strength of this work comes from its roots in Shinto and the Japanese Arts, and also from its modern edge. Like any dynamic art, it bows to its past while also questioning the way things have been done in the past and the assumptions of the mainstream. 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 will challenge your ideas and practice at every turn, but never be boring.

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# 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 places as far flung as 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 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 and continue to find inspiration and a home in Sei-ki.

## Alice Whieldon MA PhD FwSS SFHEA

Alice worked with Kishi from 1997. 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 stopped her Shiatsu work immediately and set out 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. She wrote the first book on the latter: *Mind Clearing: the key to mindfulness mastery* 2016.

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.

*I was first introduced to Sei-ki 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. ... I attended many Sei-ki 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*

# 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. We must work to catch the sometimes elusive glimpse of what we want and follow until the path becomes clearer.

**Teaching** might be described as the art of demonstrating with skilful means.



While we must **take responsibility for our own learning, there is also help.** 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 and we can benefit from both approaches.

Experience is crucial in learning Sei-ki, so observation and practice are priorities. But understanding is important too; without it we will 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
- The holistic practitioner's path
- 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

## The Athens Workshop

Sei-ki Soho is performed as dynamic research. It is an art and the goal constantly shifts to a new horizon. So we work to clear our vision and recognise the moment....over and over again as the landscape unfolds before us.

This training offers an environment in which to gain confidence to practise in this way. What you will take from it is yourself, clearer in what you do and bolder in your Sei-ki together with tools to keep refining your approach.

It is intended that these four days be an introduction that is sufficiently substantial so you can take the work forward.

You will be given a basic structure or discipline through which you can develop your Sei-ki. You will be invited to reflect on your own learning and how you can set out on Sei-ki journey with confidence or continue it if you already have experience.

Unlike with technique-based approaches, Sei-ki cannot be learned in one workshop. It needs a wider context, dedication and practise. It is intended that this workshop should be the first in a series designed to support you and the wider community of practitioners engaged in this quiet revolution.

It will also be relaxing and enjoyable and a chance to explore depth in touch and connection without pressure.

## 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.

## Training Fee and Dates

Fees	370 Euros
Date	November 1 -4, 2019
Venue	Zen Center Athens <a href="http://www.zencenterathens.com/">http://www.zencenterathens.com/</a>
Contact	Kokori Maria <a href="mailto:ellomida@gmail.com">ellomida@gmail.com</a> (+30) 6976812703  Panayiota Polychroni-Giannino <a href="mailto:p_giannino@yahoo.com">p_giannino@yahoo.com</a> (+30) 697 2 08 3732



## 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**

*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](http://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.

