



living in resonance

Sei-ki & non-doing:
beginner's mind, improv
and Clean Language

The Non-Doing of Diagnosis: exploring the roots of Sei-ki and Shiatsu with Clean Language, Improv and Zen

with Alice Whieldon & Nick Pole

13th to 15th February 2020

St Deny's Hall,

Church Street

Chiswick

London W4 2PH

Cost £250 (£100 deposit on booking)

Enquiries and to book: contact info@living-in-resonance.com

"When you are diagnosing, you are actually giving a life diagnosis. This means that you are not looking for a specific disease but improving the patient's life by working from the roots of his existence and enlightening the patient to a better way of life."

Shizuto Masunaga in "Zen Shiatsu"

The Workshop

Diagnosis in its modern sense means ‘the recognition of a disease from its symptoms’. In Shiatsu and Sei-ki the aim is not to know the disease but to know the person. It is a different, deeper kind of knowing which resonates with the Greek roots of ‘diagnosis’, which imply a ‘*coming to know*’, or knowing something truly rather than superficially. In this kind of knowing, there is no separation between diagnosis and treatment. Masunaga and Kishi both stressed that diagnosis *is* treatment, and treatment is the *process* of diagnosis.

In this workshop Nick and Alice invite you to experiment with Clean Language, Improvisation and Katsugen to develop the ‘non-skills’ of Not-Doing and Not-Knowing that are so essential in practicing ‘Syo’, the unity of treatment and diagnosis that is at the core of Sei-ki. The aim is to develop your practical understanding of these concepts in a manner which both satisfies the intellect and develops the silent knowledge of no-mind in our lives and in our work.

This workshop will give you the tools and the space to explore how to weave these different sources of inspiration together in your own Sei-ki practice. You will leave the workshop with a greater understanding of the Zen and Shinto behind Sei-ki, and how to use them to develop sensitivity in your practice with clients.

Alice:

The job we have as practitioners is to keep looking; looking until we *see* things as they truly are. Our clients may not know it, but that is why they come to us: they want to be *seen*. When you truly *recognise* another person, you also recognise that there is nothing to do to them. There is only something to do while there are ideas. In not-doing, there are no ideas.

For instance, if I diagnose a problem, this suggests I intend to do something about it. Problems require fixing. Naming it also creates a separation between you and them. This is inherent in medical diagnosis. But if I recognise another person with the attention of my hara, not my head, there are no ideas and no judgement; no need to fix.

The practice is in bringing the diagnosis to the surface and letting it go, over and over. Not in finding it and treating it. What is it you think you are treating? Reality is perfect, always perfect, oblivious to our tinkering. When you ‘treat’ it, you miss it, you trap it, you name it and you give it meaning it does not have and keep yourself and your client imprisoned in the meaning game. Only by recognising and letting go, by finding a comfortable place with the paradox and by understanding that you cannot change reality do you start evolving again.

Nick:

Clean Language and Improvisation are two western methods that resonate profoundly with the principles on which the Japanese healing arts and performing arts are based. In both Clean Language and Improv, you have no script, no agenda, no plan and no ego. You are simply there, present, listening with your whole body and ready to respond.



And both Clean Language and Improv are powerful ways to explore Not-Knowing, that invitation to open ourselves to pure beginner's mind, where there are no maps or preconceived notions whatsoever. In clinical Shiatsu we learn to use our expert mind, with its left-brain ability to give things names and to put them into categories. But language also separates us from our direct experience of the thing that is named and in Sei-ki we need that more than anything else. Touch brings us back to the bodymind and to the right brain's capacity for empathic connection. This space of Not-Knowing is an invitation to train ourselves to be able to inhabit, or be inhabited by, the emptiness that is there before any names or labels come. Through the utter simplicity of Clean questions, and the delightful challenges of Improv we can experience the joy of truly seeing another person which is at the heart of Sei-ki.

Background reading for this workshop:

Alice Whieldon: Syo Diagnosis - The Indivisibility of Diagnosis/Treatment

<https://living-in-resonance.com/2018/12/11/syo-diagnosis-the-indivisibility-of-diagnosis-treatment/>

Nick Pole: Zen, Shiatsu and the Art of the Clown

<https://nickpole.com/zen-and-improv-article/>



Alice Whieldon MA PhD FwSS SFHEA

Alice worked with the founder of Sei-ki, Kishi, from 1997 until his death in 2012. 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 2011, this book has ensured that Sei-ki continues to grow worldwide.

In addition, since the 1980s, Alice 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

Nick Pole MA MRSS(T)

I went to Kishi's workshops when he was teaching in the UK in the mid-90s, and one thing that really impressed me was the way he would just sit and listen before he started a treatment - a kind of embodiment of pure Zen presence - a bottomless emptiness, just listening. Soon after that I heard about Clean Language and got really interested in how these very simple 'Clean' questions helped people to explore the inner resonance of the words they themselves had just spoken. With great simplicity, and without appearing to do anything except repeat the participant's



words in the form of another question, the facilitator helped people make what seemed like profound shifts in their relation to behaviour, beliefs and sense of self.

There was a practical and a philosophical attraction for me in this. In a practical sense, it was just so simple - with a handful of very open questions you invite the client to listen to what they just said and explore the deeper resonances that those words unlock, both metaphorically and somatically. In that way it seemed like the perfect introduction to a shiatsu session. And in a philosophical sense, unlike almost every other form of therapeutic dialogue I'd heard of, this Clean approach had no agenda, no framework, no diagnostic system of its own to impose upon the client. That simplicity resonated for me with the Sei-ki I had experienced in Kishi's workshops.

For David Grove, the originator of Clean Language, a New Zealander with - perhaps it's significant - a mixed Maori and European heritage, the ability to invoke that emptiness as the facilitator was also an essential part of the process. His aim in asking Clean questions was, as he put it, for 'the 'I' of the therapist to disappear'.

Nick has over 25 years experience integrating eastern and western approaches as a mind-body therapist. With a background in Shiatsu, NLP and Clean Language, he trained more recently in Mindfulness-Based Cognitive Therapy at the Oxford Mindfulness Centre and is the director of London Mindful Practitioners, a non-profit support group for health professionals who use mindfulness in their work. He has taught his course on Clean Language for Shiatsu therapists for over ten years in various countries and is the author of 'Words That Touch - How to ask questions your body can answer' (2017, Singing Dragon). www.nickpole.com

Training Fee and Dates

The Fee: £250

The Deposit: £100

Times and Dates

Thursday 13th – Saturday 15th February 2020

10.00 – 18.00

Contact

info@living-in-resonance.com

Please contact us before paying your deposit to check availability

Bank details

Deposit: £100 non-refundable

Payment – by bank transfer to:

30-90-59

07121503

IBAN: GB04TSBS30905907121503

BIC: TSBSGB2AXXX

Please put your name as reference

Paypal through alwhielon@gmail.com



Testimonials

Sei-ki

*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 Sei-ki 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 Sei-ki 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***

*Learning Sei-ki 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 Sei-ki-Shiatsu. **RF, Heidelberg, Germany***

Clean Language

In my opinion, what is facilitated by using "Clean Language" with a Shiatsu client is an opening up of the field. Using the method with some skill, the practitioner will know when "enough has been said". So, by the time the client is lying down, the field is tuned and vibrates at the level the client has chosen to work on. The focus appears to be easy to maintain, because the client still plays with the echo of the truth they have just spoken and are happy to let unfold further – supported by Shiatsu. Having witnessed the patients spoken truth, the practitioner is being asked to also witness the "felt experience" encoded, but not directly represented in the spoken word. The patient thus listens more intensely, staying with the treatment and its focus, even guiding the practitioner – rather than being taken by him or her – to the places where change can happen."
Dr RF, Brighton

'Clean Language has brought out far more expression and information from my clients than I ever thought possible. I've just been quite amazed by some of my clients who I've been working on for sometimes 20 years who've told me things in the last year that they've never expressed before.' **CA, Norwich**



Books and Articles

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*, Singing Dragon, London and Philadelphia

Pole, N. 2017, *Words That Touch: How to ask questions your body can answer*, 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

'Very, very traumatic': working with Trauma using Clean language and Shiatsu (2017)

Podcast on Clean Language for Acupuncturists

These are at: <https://nickpole.com/book-articles-2/>

