

Accounts of Seiki Treatment - Various authors (2000)

From the point of view of a receiver

I go for treatments for a variety of reasons. It is great to have someone's full attention, to be touched in a way that feels very open, accepting and allows me to enter into myself and relax. The whole experience of receiving a treatment is one of friendly intimacy, compassionate contact and the relief of uncomplicated relating. So, on one level, it simply feels good, but Seiki Soho works for me on a much deeper level too, one that is more difficult to explain.

What is touched is not just my body, sometimes I am not physically touched very much in treatments, my psyche or subconscious and my soul in the very fibres of my muscles and sinews are also gently addressed. It is as though I am being magnified and feelings, sensation, emotion begin to rise to the surface, like dust in the corner of a room that has gone unnoticed but is now uncovered and swept out.

What arises is often unexpected and I find myself in familiar territory but with a sense of having been away from home for far too long and glad to be back however confronting some of these feelings may be. Also, the more open I can be to myself, the more I can relax and allow movement and sensation to work their way through me, the more valuable the treatment is to me - like a really thorough spring cleaning and more. Afterwards, I have felt many things, ranging from nothing to thoroughly changed with changes echoing on for weeks or even months as my relationship with myself and the world changes and opens.

These treatments are not just mechanical, relaxing, invigorating nor are they panaceas, they have been instrumental in supporting and promoting fundamental changes in my life. Seiki Soho as a life practice has helped me towards ever-increasing degrees of peace, satisfaction and autonomy.

From a practitioners point of view

I love to give treatments. To do so is meditation, a satisfying conversation with another person, a real honour and an invaluable opportunity for developing my touch and awareness of myself and myself in relation to others. This is why I do it.

Treatments vary from client to client and moment to moment and it is impossible to say categorically what they are like. Sometimes my whole being resonates with the client and I know just what I want to do, how and when to wait, the client's body just shows me the way and opens up like a flower in the sun, sometimes with little more than my best attention.

Other times it seems more difficult, both to see the client and to feel what I want to do. Sometimes there is no feeling. But, with rare exception, if I wait and am open, eventually there is a feeling of being quietly called - sometimes this is very quiet indeed and I need to be very still in myself and very present to feel it. And at other times, it is loud and clear. If I can catch that moment or call, follow the movement, that feels great and we both relax and open more.

At times I sense that a movement or need is there but it is hard to catch, I pour all my attention into the present and wait, it might come to me, it might not. Often I catch that

movement for a moment, sometimes longer, chasing it round one small area or the whole body - whatever seems appropriate.

I'm never bored practicing Seiki Soho. My clients are a constant source of wonder to me, their openness deeply touching and the resonance between us satisfying at a soul level - I come away with a heart felt sense of honour.

What is Seiki Soho?

Not so far removed from Shiatsu as you may think, it couldn't be, for a couple of reasons; Firstly because of the immense part it has played in the life of it's originator Akinobu Kishi, who brings his whole life experiences to bear in his work. Secondly because we work on the same human body and energy. The differences between Shiatsu and Seiki are = nonetheless manyfold, but essentially you can see it as this. A car travelling along a road at 60mph could be seen to represent Shiatsu. The energy that moves the car along could be seen as Seiki.

Seiki Treatments

No-one can know what form it will take until its being done. The client dictates its form. What happens is a direct response to the clients need. When it happens is at the discretion of the perceptions of the Practitioner.

That may sound a little frightening, but as practitioners of Seiki do not deal with diagnosis or the impositioning of other patterns, what becomes the focus of treatment is what you show to the Practitioner. You are always the centre of focus, so nothing that happens will be other than an expression of your will to health or a response to it.

My own treatment experiences have been profound, and even in a world filled with hyperbolae they have changed my life. My first treatment proved to be an experience I still felt moving four months afterwards.

From it's start to its finish, my mind was never engaged. It was the first time I felt I had been addressed directly, without need to do so through the faulty lens of understanding that the mind brings to bear. Someone had dealt with the core Me, not the one that answers people who ask my well-being with a simple, "Oh, I'm alright".

Walking away from the treatment without a head filled with recommendations, the natural vacuum nature abhors was filled with my own perceptions of myself in it's ever changing state.

As an apprentice practitioner (I cannot in all honesty refer to myself as anything other than a person learning about Seiki, a process that I hope will take years and years) my own treatments are tests of how well I can empty my head of all thought. A surrendering of the tendency to impose learned patterns or imagined beneficial practices upon clients, replacing it instead with what (I hope) is a growing sensitivity to the clients own "Will to health". Armed only with this, imbalances can more easily be felt or seen, and their own wish to self-correction encouraged. Seiki is not a "cure", it is a step in the direction of relief and release. Take it.