

## Anthony Fidler – Short Bio / CV to October 2018

My name is Anthony Fidler.

I am British, 47 years old, a graduate of Cambridge University, a Tai Chi teacher, Zen & Mindfulness teacher and Sei Ki Energy work practitioner & teacher.

Over the years, I have had to face many personal challenges with my physical and emotional / mental health and this has left me with a deep well of experience in this field.

I am passionate about assisting people with their emotional and mental health and am active in promoting evolution with the mental health care systems.



### Relevant Education:

- Cambridge MA 2:1 Computer Science & Management Science 1989-92

### Office Work:

- Financial Auditor with Price Waterhouse 1993-1994
- Computer Programmer with Paragon Software Systems 1994-1996
- Occasional small office / web-development contracts 1997-2017

### English Teaching:

- TESOL English Teacher Training 2002
- Casual teaching work in China 2000-2007

### Bodywork Experience & Teaching:

- London College of Massage & other Swedish massage courses 1997-98
- ESS Shiatsu Foundation Course: 2003
- ITHMA Aromatherapy & Massage Diploma with a focus on emotional care: 2004-2005
- Sei Ki with Akinobu Kishi (Shiatsu / Ki Therapy Master) 2005-2012.  
I attended the 2008 Japan Seminar, 2010 Israel Seminar and was organising the 2012 UK Seminar which sadly never happened, in addition to many workshops in the UK before and after this and lots of time in Brighton with Mark Burton
- I've run Sei Ki teaching workshops in Thailand, Luxembourg, UK, Poland, Holland, Germany, Italy, Brazil & Switzerland since January 2013 & offer Sei Ki as a therapy for individuals.

I am passionate about sharing Sei Ki more widely in different kinds of environments. I am happy working with bodywork professionals as well as those with no background or even great difficulty in connecting with others.

#### Tai Chi, Qi Gong & Dance Experience & Teaching:

- Trained in Yang & Chen Modern Style Tai Chi 1997-2009 1-1 in China (very intensively)
- Taught Yang Style Tai Chi & Qi Gong classes 2005-2007
- Trained in Yang & Chen Traditional Small Circle Style 2009-2018+, sometimes 6 months per year, training 1-1 daily with my teacher Yang Dong Bao.
- Taught Yang Style Small Circle & Qi Gong classes 2012+
- 2012-2018 Extensive training with a Dance Therapy teacher Pio Campo, workshops in India, Italy & Brazil

My vision with the Tai Chi is to create a form of Tai Chi Movement Therapy which can form a new therapy for neurological illnesses, fibromyalgia, ME, stroke recovery, heart attack recovery as well as anxiety-based disorders. I teach whenever I can.

#### Zen & Mindfulness Experience & Teaching:

- Goenka Vipassana 1997-2001: 15 10-day courses + intensive practice 2-3 hours daily + 2012-2015: 6 more 10-day courses + service course
- 2 Thai Vipassana & 1 Tibetan Buddhist Courses 2004-2008
- Zen with the Bodhisangha Zen Group led by Father Ama Samy: I lived at the Zen course for about 2 months a year from 2009-2016 with regular sessins, koan training, zen through community living and shared work. I became a Sangha member in 2013 and led a first 6-day sessin in 2014 for 45 people and then again in 2017 and 2018. In 2018 I also 'held the space' at the Zendo for three weeks.
- Mindfulness teacher Training with Breathworks in the UK 2013-2015
- I've been offering Zen & Mindfulness fusion courses of my own design with a spiritual focus, on handling daily life suffering since July 2015 in Luxembourg and they have been very well received.

My Mindfulness courses have attracted attendees with stress, grief from death of kin, breakdown / anxiety / panic attack, depression, OCD anxiety, anxiety dissociation, dysfunctional / alcoholic parenting. This happened naturally!

I have no interest in turning people away with emotional / psychological difficulty.

In September 2016, I chose to offer Zen courses specifically aimed at extreme emotional pain and difficulty and again these were well received. I am developing these courses further and am now combining them with touch-based practices from my Sei Ki background to work with emotions and 'find' the body. This led to my mental health work.

#### Mental Health Care:

- Personal Experience of Anxiety, Depression, Burnout, Chronic Fatigue: 1992-1996

- Personal Experience of Psychosis / Spiritual Emergency 2001 + Psychiatric Care including anti-psychotic medication to Feb 2002.
- Continued intermittent experiences of non-ordinary states 2002-2010
- Intentionally induced non-ordinary states with Holotropic Breathwork 2009-2013
- Workshops & presentations in Switzerland, Brazil and the UK on my personal experiences of ‘non-ordinary’ states and on applying body and heart centred mindfulness-based practices for people experiencing extreme states. 2017-2018

My intention right now is to offer workshops for professionals working in the psychological and psychiatric profession to see if we can make use of my experiences, my understanding from having them, and the ways I found to help myself (Zen, Mindfulness, Tai Chi Embodiment, Sei Ki Resonance Energy work) to develop more effective strategies for helping people who may not have the same capacity for ‘finding their way’.

I am also interested, with appropriate support, to work directly with people experiencing extreme psychological difficulties to see if I’m able to find ways to help, which aren’t in the ‘books’, both from using my own experience and from my spontaneous capacity to understand others and the situation in a direct, non-cognitive way.

I am interested to help people both in terms of coping with post psychotic life and recovering, and in developing navigation skills so they can successfully pass through extreme states of altered consciousness in a relatively healthy way if episodes reoccur. These can then be very informative, beautiful experiences for growth.

Author:

- I have been privately writing about my personal experiences for many years and am now actively writing a book which I hope will contribute to our understanding of the overlaps between spiritual emergence and psychosis and facilitate an evolution in the pathways of mental health recovery. 2009-2013, 2018-

Heart Path:

- All the above and more... 1992-

My main job since University has been to take care of myself, learn to relax and be comfortable in my body and mind, to open my heart and learn more about love and compassion and share this with others as best I can. It’s a slow patient education and unfolding.

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