

Metamorphosis

Using Awareness with Gentle Touch to...
Create Healthier Relationships & Greater Well-Being

Metamorphosis is a non-verbal, gentle approach to letting go of unconscious tension that stands in the way of living the life you desire!



www.MetamorphosisCenter.com

Introduction

Creating Healthier Relationships & Greater Well-Being

For use as a Holistic Practice and in the Home.

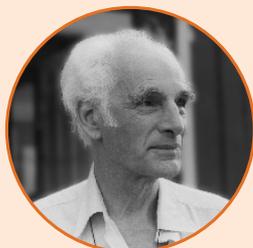
Metamorphosis is a set of principles that offer an insightful perspective on relationships and well-being. The gentle hands-on practice helps you let go of deep and chronic tension.

Together they offer a comprehensive approach that enables us to create happier, healthier lives and as a result, a peaceful world.

Robert St. John, the founder of Metamorphosis, noticed that throughout time the primary stress patterns of war, conflict, illness and disharmony have never really changed. In his search for a solution he observed that there is a profoundly simple explanation for these patterns. By not focusing on the problem (symptomatic thinking) and understanding a dynamic of tension, you can change on all levels without analysis or effort. In fact, keeping the mind out of it is beneficial. We have been stuck in our minds, analyzing and thinking for a very long time.

We all have varying degrees of unconscious tension which is helpful in understanding why some people cope with life better than others. It is the degree of unconscious tension under the surface that determines how much external tension a person can cope with. We compulsively function from this tension which is why we cannot always live or behave as we desire.

The practice of Metamorphosis uses reflex points to address the unconscious patterns of tension that arrive at conception that create conflict, disease and disharmony in our lives and in our collective experience. As these patterns let go we experience greater awareness, better health, genuine relationships and less conflict in life. As we change, the world around us changes.



Robert did a wonderful job of reminding us that we are capable of tremendous change - without a lot of education and effort! Offering a true Metamorphosis!

Robert St. John, 1914 -1996

Metamorphosis as...

Greater Well-Being

Metamorphosis eases unconscious tension which is what creates mental, emotional, physical and behavioral disturbances. As these patterns let go, we naturally experience greater well-being.

Metamorphosis does not actually aim to heal, for that is a symptomatic approach. The intent is to ease unconscious tension and thus *CEASE TO CREATE* illness... (For those in the healing arts, this is a vital shift in thinking to work with Metamorphosis.) The beauty of this is that you do not need to focus on your problems. This encourages you to focus on what you love in life.

“Metamorphosis heals at the most primary level, that of the principle of life within us. Metamorphosis does not “cure”; it enables us to create a different attitude towards life, and it is this, which alters our troubles, we cease to create illness.” - Robert St. John

Way of Life

The principles of Metamorphosis help you view your issues, past and present relationships and our global dynamics in a new light. Understanding that patterns are unconscious and compulsive helps you feel more accepting of yourself and others. This allows you to accept yourself and others *‘as they are’* which is quite freeing. It also gives your mind a break from trying to decide what is wrong with you, how you got that way, whose fault it is, etc.

Metamorphosis trusts the innate intelligence of the recipient to let go of unconscious tension. As this tension eases you will find that you are able to be the person you want to be - happier, healthier, more in-tune and less reactive. Without the effort and analysis that we have been using. As we ease unconscious tension, we *CEASE TO CREATE* chaos, drama and conflict.

Spiritual Path

As tension eases, you naturally begin to feel the connection to the greater source of life. The connection was always there but unconscious tension creates a sense of separation.

Taking responsibility for your own patterns of tension is the greatest thing that you can do to assist with the challenging global situation. As we individually lighten our loads, collectively we will create more peace and harmony.

Metamorphosis Treatments

Metamorphosis is non-invasive, non-verbal and non-directive. You get to relax while letting go of deep seated tension without analysis! Anyone, at any age, can benefit from Metamorphosis!

A practitioner acts as a catalyst for your own letting go. We pay attention to your inner tension, and in doing so, your unconscious mind is drawn to notice and change patterns of thought that create disease and disharmony.

A treatment is done fully clothed. Using gentle touch, we work on the bony structure of the feet, hands, head, and spine. The feet and spine address the primary patterns behind the discomfort and dis-ease in one's life. The patterns that came in with us at conception.

The head addresses tension in relation to thinking. This is often experienced as headaches, analyzing, worrying, over thinking, can't stop thinking, confusion or mental illness. The hands address our executive ability, the ability to 'do' things as well as handle or cope with our patterns, emotions or life itself!

As Unconscious Tension Eases...

Personal Growth: You get to the root of your problems without endless analysis. Take your focus off what is wrong in your life and allow change to come into your life! This is allowing versus doing - a huge shift in our consciousness!

Health and Well-Being As you come into better balance within, your ability to heal within is a natural response. (Please note: Metamorphosis does not medically claim to heal. Consult your medical doctor for serious health issues.)

Conditions: One of the wonders of Metamorphosis is that deep seated patterns can change. Down syndrome, Autism, ADD, ADHD... society has a tendency to label patterns, which causes people to identify with them. Children do not identify with their patterns, so their ability to move beyond them, regardless of the severity, is profoundly evident. Metamorphosis is helpful at any age.

Emotional Issues: As unconscious tension eases your emotions come into better balance. The impact of past events and traumas ease as the past ceases to have an impact on your present life.

Chaos and drama have their basis in unconscious tension - as the tension eases so does the chaos and drama.

Many people find Metamorphosis helps with the ability to cope with deep loss and pain, easing the recovery process.

Relationship Issues: Negative behavior and dynamics are compulsive and stem from unconscious patterns. Understanding this helps you take things less personally. As you change yourself, you will naturally experience a change in your existing relationships and gravitate towards healthier situations.

Injuries: You are naturally self healing. When you get injured and are slow to recover or do not fully recover - there is something blocking the natural self-healing process. Metamorphosis addresses the unconscious pattern that is inhibiting your recovery.

Addictions: Metamorphosis views addictions as a coping mechanism for unconscious tension. As tension eases, the negative behavior falls away. I have actually seen this take place in my own life and know it to be true.

Transition: What a great time to bring support into your life. Change is often scary, unwanted or unexpected. Metamorphosis helps you move forward in a positive direction. All challenges have the potential for growth - even a Metamorphosis!

Animal Care: Animals are very responsive to Metamorphosis for behavior, health and overall well-being. Great for all animals big and small.

Pregnancy: Metamorphosis done during pregnancy addresses the underlying patterns of tension, allowing women and men to become more relaxed, healthy parents. Working on a pregnant woman has the added benefit of working on the unborn child, so the baby is also born with less tension to begin with.

Another benefit for pregnant women is that we work gently on the spine. As tension affecting the low back lets go, labor and delivery often become easier and less painful.

Book, DVD, Classes

Metamorphosis Book / DVD

**Metamorphosis - Creating Consciousness Through Touch - by
Cindy Silverlock *Living Now Book Award Winner, 2009***

This book is an excellent resource for anyone interested in learning about Metamorphosis. Cindy Silverlock studied with Robert St. John and has been living Metamorphosis for 22 years.

The principles and practice are discussed at length.

Metamorphosis DVD by Cindy Silverlock

The DVD is designed to be used with the book. A comprehensive 1 1/2 hour DVD on the principles and practice of Metamorphosis with demonstrations on the feet, hands, head and spine.

Additional sections with information on Stressed Family Dynamics and Abuse, Autism & Down Syndrome and a deeper explanation for Holistic Practitioners. An excellent resource for practitioners and those interested in learning about Metamorphosis

Metamorphosis Classes

Cindy Silverlock teaches classes nationwide and abroad.

She can travel to your area if you want to coordinate a class.

Working with the principles and practice of Metamorphosis helped Cindy find inner strength and well-being. Cindy and her husband Dean met Robert St. John just after they got married.

They both attribute their supportive and positive relationship to Metamorphosis. The principles and the practice are the backbone of their marriage.

Cindy has been living the work in her daily life for 22 years. Metamorphosis has helped her tremendously with anxiety, addictions and simply coping with life. It is her passion to share this incredible work with others. She is delighted when couples and parents learn the work and bring it into the home.

**Online Bookstore & Class Calendar available at:
www.MetamorphosisCenter.com**

For Use in the Home

*Learn to work on yourself, others and animals.
Parents, Individuals, Couples, Animal Lovers*

Learn to help your family grow instead of trying to change, discipline or punish.

Metamorphosis offers a gentle, non-judgmental approach to letting go of unconscious tension so that each family member can contribute more positively.

The principles will help you gain a deeper understanding of negative dynamics and patterns of tension. Children (and adults) want to be well-behaved, well liked... It is their unconscious patterns that are creating negative behavior.

The hands-on practice gives you something that you can do about negative dynamics and behaviors without thinking or analyzing. This creates a sense of love and nurturing instead of improving, fixing or punishing.

Children are very receptive to Metamorphosis. They appreciate the absence of pressure to change how they are. They just know that Metamorphosis makes them feel better and willingly let you work on them

As a Holistic Practice

Holistic Professionals, Midwives, Doulas, Counselors, Vets
Do you love Change ~ Simplicity ~ Touch

Metamorphosis is unique in its perspective. The focus is not on healing ~ for that is ultimately a symptomatic approach. As we ease unconscious tension we become more conscious. As we ease unconscious tension we heal naturally. Healing is the outcome and not the goal. And more importantly we CEASE TO CREATE illness...

We have been approaching healing from outside of ourselves since the beginning of time. Metamorphosis offers a unique perspective to view our tensions and as well as a simple yet comprehensive approach to addressing tension. Metamorphosis. Metamorphosis does not integrate well into other approaches and is best used on it's own.

Class Calendar, Book & DVD available online

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