Metamorphosis as a way of life!

 Metamorphosis is a gentle type of Reflexology done on feet, hands and head. The focus is to address the reflexes that relate to the spine.

On the spine we hold our first blue print of our basic attitudes towards our self and life. Our core patterns of how we view life and relate to life and ‘be’ in life are all held on our spine. Robert St John, the founder of Metamorphosis discovered that our core patterns are  established in the womb from conception to birth.

At conception the new being has to integrate many factors which include the genetic ‘make up’ of both parents, factors such as becoming a ‘human being’ on planet earth and integrating factors that relate to “soul choices,” possibly karma, astrology, the unknown aspects of life.

 Robert St John who practiced the Bates eye system in order to help people to balance their eye sight, noticed two basic stress patterns in his clients outlook on life as reflected in their eye sight:

A compulsive pushing forward into life or a compulsive pulling away from life.  These two stress patterns can create all type of dis ease states in people.

He used the Reflexology system as a way in which he could help people to become balanced and healthy. As he was experimenting with different reflexology systems (in the sixties) he discovered that when he worked on spinal reflexes his clients would start to talk about psychological issues ( father/mother issues), issues about self, relationships and life. He was fascinated and he discovered that the spine was holding the time period from conception to birth. Conception held at the top of the neck (C 1) and birth situated at the coccyx area. He discovered 6 points on the spine that were holding energy and as he was tuning into those specific areas he learned much about the patterns that are being developed in the 9 months gestation period.

  While working on clients spinal reflexes by simply being present with the areas where energy is lacking, stuck or excessive, once again flow is established and balance achieved. Stress patterns are released and the client can get on with life in a manner such that they can truly manifest their potential, authentic self.

What’s unique about Metamorphosis is that it’s not a symptomatic, fix it approach to life. In this way it’s a fulfilling manner of working with clients that does not drain ones own energy. As a practitioner we don’t claim to heal anyone as there’s nothing to be healed. A clients inner intelligence is awakened and lets go of places where there was a block. A metamorphosis is achieved of ones outlook on and being in the world.

Metamorphosis is great for children as their patterns are not strongly established yet. They thrive from regular short ‘foot rubs’ and will gladly ask for one when they are in need. The work is very helpful for pregnant women as the unborn child is being assisted in clearing stress patterns and gets a head start with a balanced beginning.

People who are in any type of transition are greatly helped by Metamorphosis sessions and elderly people who are preparing for their own ‘birth into the next place’ will benefit from the work.

For anyone to get a regular Metamorphosis session is beneficial in releasing stress and limiting patterns, experiencing flow and moving into a greater sense of well Being.

 In the class we will learn more about the core patterns and how they may manifest as foot issues, physical ailments and psychological conditions. We will learn the work, get lots of practice and create breakthroughs in places where we may be stuck in our own lives.

 Maryejo del Meijer, MA has been a practitioner and teacher of Metamorphosis for over 25 years. She has a Bodywork/Counseling practice in Santa Barbara, CA. She is a mom of a 6 year old daughter who receives foot rubs regularly and is a happy, strong, fully expressed child. Maryejo holds a Metamorphosis Footnight monthly and has observed that the participants have blossomed into unique, self expressed, thriving individuals.

If you have questions regarding the class please e-mail Maryejo at [maryejo@metaliving.com](mailto:maryejo@metaliving.com) or visit the website at  [www.metaliving.com](http://www.metaliving.com/). You may obtain more info also at <http://www.metamorphosiscenter.com/>