

METAMORPHIC TECHNIQUE

First, I offer you my own brief consideration and reflection on the metamorphic technique.

When we accept our own inner beauty, then it will inspire us, and open us the path to ourselves and to spiritual knowledge and not only of ourselves.

Inner beauty will lead us to inner wisdom and to the truth.

Our dark side, which is also the pride that is hidden behind our ego, is trying to make us proud, exceptional, unique, at any costs.

Thus it puts us into the position and role of "victims".

If we have pride in ourselves, then we judge all of the people around us, including ourselves. We do not even realise that we judging ourselves, it takes place on subconscious level however it is severe and harsh.

We judge ourselves the most.

Thus our dark side obscures the reality and is very happy when we perceive the illusion, which it wants us to see and accept as the truth.

In this way, it supports our complacency and related feelings that we have become a victim of other people because only if we have pride, vanity in us and lack humility, so we judge and we criticise the behaviour and actions of other people and we think that only others are mistaken and that we are unerring and impeccable.

We cannot look realistically at our relationships and situations that happen to us from another point of view, because this other view is hidden for us behind our pride and vanity and so we see and we perceive only the illusion, which is offered to us by our dark side.

If, however, we realize that everything that happens to us, we have created ourselves with our thoughts, words, decisions, feelings, emotions and actions, and at the same time, we realize that we are fully responsible for all, in this way we can offer our pride and vanity.

This knowledge that we create everything with our own thoughts, words, decisions, feelings, emotions and actions whether consciously or subconsciously, it is very important to us so that we can accept our RESPONSIBILITY for everything that happened to us and for everything we have created in our life.

By accepting responsibility for our thoughts, words, decisions, feelings, emotions, and actions, we also accept our own vanity and pride.

If we can understand that our ego has created this vanity and if we let Love to clear and heal, it will turn it into Compassion.

Thus we gain the strength to change the situation or relationship.

Then, we will be able to give ourselves and also to people around us the compassion that we have gained.

With compassion comes the ability to Forgive the alleged injustice and pain that others have caused us so we are able to realise that first and foremost we need to forgive ourselves.

With this understanding and realisation comes inner peace, serenity and especially gratitude for life, for everything beautiful and joyous in our lives.

With time comes also humility and reconciliation.

As if the Responsibility was the necessary condition of life, but LOVE was a sufficient condition for life, because when we have LOVE inside us, then with LOVE comes also RESPONSIBILITY.

When we are looking for a way to ourselves, when are looking for a way into ourselves so the most important thing is LOVE.

LOVE is the energy that opens up, reveals, shares and heals.

LOVE GIVES THE SOUL WINGS.

What is a metamorphic technique?

It is linked to the process of the transformation from caterpillar to chrysalis which later turns into a gorgeous butterfly. Metamorphosis literally means transformation.

It is applied to the life patterns that need to be transformed.

It changes and transforms our life behaviour patterns.

Harmonizes mental, emotional and physical health.

Supports the change of the relation to ourselves also change of the relationships with other people. It helps us to see clearly our life situation.

It brings us back our full health potential, our vital energy and our abilities.

Metamorphic technique is pleasant, gentle, relaxing and very effective method to release any emotional block, fear, stress, and pattern created in the period of prenatal development – during pregnancy, which subconsciously influence our life. The prenatal development and the quality of giving birth have an impact on our attitude when solving everyday or more complicated life situation in our life.

Experience, stress and trauma, which we perceive as the fetus during different prenatal developmental stages can have a major influence on our temper, health, beliefs, shaping attitudes and behaviour patterns in the course of our life and in creating a relationship with our mother. Subsequently, it affects our relationships with others and our compassion and empathy.

Metamorphic technique removes mental blocks and transforms our behaviour patterns and schemes in our life.

It allows achieving a lasting effect for releasing negative mental patterns and traumas, fear and stress created in the period of conception, during the prenatal period and at birth.

Metamorphic technique is based on the principle of releasing the energy that nourishes the created blocks caused by mental stress of the baby and mother from conception until the birth, which is fixed to the reflex zone of the spine, on the soles of the feet, on hands and on the head. The cells in our body in itself store all our life experiences including the prenatal stage. And this summary of all those memories is what we can transform with the metamorphic technique. The vital energy of the recipient, the innate intelligence of his/her organism and his/her ability of regeneration represent the source of healing.

This source that contributes to the overall improvement, is his/her own life's vital force, which, through gentle massage by the therapist applying metamorphic technique, activates the energy that has been blocked in the prenatal period. Thus old matrix is dissolved and the process of natural transformation is activated that operates in all areas of our existence. This has resulted in the launch of healing processes of mind, body, and spirit. When the blocks dissolve, the body also begins to detoxify.

Energy blocks in the body are darker.

During the nine months between conception and birth is our soul connected to the mother. All the sensations and feelings that she experiences are transmitted to the unborn child. The emotional state of the mother is stored in cell memory of the child and it becomes the basis for its future life experiences. Joy, trauma and physical sensations give a child and later on an adult the information matrix for its thinking and behaviour patterns.

Prenatal experiences largely define how we perceive our life events.

A human being without the blocks is clear and radiates a translucent pulsating light. The place where blocks are created will be clogged with negative experiences and feelings and subsequently will darken. Vital energy this way can not freely flow and the total vibration of the man and his/her emanation is reduced.

If the mother during pregnancy suffers for example, under difficult life circumstances, or complicated relationships, negative experiences or feelings, it will be reflected in the elementary vital feeling of the child. And it accompanies the child throughout his life although unconsciously.

The sooner it is possible to dissolve these injuries and trauma, the greater is the chance to live in an atmosphere of safety, self-confidence and physical health.

A man acquires a vigour and joy. It gives him or her the possibility to use internal intelligence, wisdom and beauty and be yourself.

For whom is the metamorphic technique designed:

Metamorphic technique **is suitable for all, adults and children.**

Metamorphic technique **is successful also in solving the health problems of very old origin.**

Metamorphic technique **it has a lasting, profound and nonviolent effect. It has no side effects.**

The method of application of metamorphic techniques:

It is applied **by touching gently the reflex zones** of the feet, hands and head.

Feet – Movement: we lean them on the ground, it is our inner balance.

Hands - Action:the channel of communication, creation, expression in relation to the surrounding environment.

Head- Idea: it is the seat of our thoughts, of our thinking processes and is our connection with heaven.

Duration of a single treatment is 60 minutes and at least 10 treatments are needed to achieve a thorough transformation. Children and babies have shorter times of massages and more frequent intervals.

From the history of the metamorphic techniques :

The founder of the MT is a British naturopath and reflexologist Robert St. John (1914-1996). He came to realise the scientific knowledge, that the events experienced during pregnancy, in which foundations of a new and unique personality are placed, are affecting our way of life after birth. His successor is Gaston San-Pierre, Canadian, who worked together with Robert St.John, named this method metamorphic technique in the 70's of 20th century.

He founded The Metamorphic Association 1983, which in 1983 became an ethical organisation with a goal to promote awareness of the metamorphic technique through education and instructional training to the theory and practice of this form of healing and personal development. Gaston San-Piere incorporated into his courses also Cosmic laws and principles, which are inseparably linked with the essence of the metamorphic technique.

Its propagators are A. Gruber – Keppler, author of the book a Gentle massage – metamorphic technique and Jitka Trešnáková from the international holistic association Inspirála. The related theories are also confirmed by the research of the biologist of the new era Bruce Lipton.

Metamorphic technique and its use :

Metamorphic technique dissolves mental and emotional blocks of the accumulated energy from the prenatal period and it transforms behaviour patterns acquired in our lives, in a simple, effective and relaxing way. With the application of a fine, so-called butterfly massage on the reflex zones of the feet, hands and the head man gets the opportunity to get rid of negative programs and traumas, to dissolve them and start to use his/her full potential.

The butterfly massage has also the added value – it erases energetically the negative patterns that were transferred from generation to generation. Thus we can be liberated from our past, that is no longer serving us and it only slows us down and burdens us.

It's most often manifested in the form of behaviour disorders, hyperactivity disorder, aggression, ADD-attention deficit disorder, autism, health problems of very old origin, the so-called hereditary diseases.

Treatments must be booked in advance . Please contact me on: +421 0908 771 499