

The Metamorphic Technique



Véronique Rooney MTMS, Member of the Metamorphic Society

Practitioners trained by the society have to obtain a high standard to achieve their certification. They will have studied the history & theory behind the metamorphic technique, and completed an assessment exam to ensure they are capable of giving a session to the standard required by the society.

The Metamorphic Technique was developed by Robert St John who, while practising Reflexology, realised that while working on certain parts of the feet a client would speak about their mother or father, often releasing memories of their birth.

Our birth is one of the most traumatic things that ever happen to us. We carry the memory in our subconscious mind.

The first decision we ever make in life is the decision to be born. If this decision is taken from us, i.e. Induced birth, this can sometimes lead to indecisiveness in life.

A study of twins has shown that one twin is often more dominant than the other. This twin was the one that made the decision to be born; the other child had no choice but to follow. Therefore they will rely on the more dominant twin to make decisions for both of them.

Caesarean births are necessary for the safety of the mother and baby, but again the baby was not able to make its first decision i.e. to be born, therefore can often be indecisive.

If we think of how the baby enters the world, thrust into a crowd of people, when in crowded situations it can sometimes evoke this memory and cause them to panic slightly.

We are now aware that the baby knows what is happening outside of the womb. Any trauma through the pregnancy or during the birthing process, would cause anxiety, which could cause energy blocks, the person could then carry this characteristic into later life.

The purpose of the session is not to diagnose illness or address specific problems, but to support self-healing at an emotional and psychological level.

We all have great potential, but due to limiting beliefs that we hold about ourselves and our lives, we tend to get ourselves stuck in particular patterns that keep us from fully realising that potential.

It is not possible to tell what will happen after a session, it is the person's own life energy that causes the transformation. The practitioner is merely a catalyst and remains detached during the session to allow the client to release past blockages in their own way.

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The Metamorphic Technique

The Session

The Metamorphic Technique is a gentle and soothing massage of the feet, hands and head and a simple approach to self-healing and personal development, which can help to release energy blocks.

During a session the client remains fully clothed, seated in a comfortable chair, while the practitioner performs the massage.

The practitioner will apply gentle circular or tapping movements initially on the feet, then on the hands, and finally on the head.

Clients say they feel really relaxed, some even fall asleep during the session.

The actual session is one of complete relaxation clients are very calm while releasing blockages in their energy channels, which allows them to go forward and move on in their lives.

Having a metamorphic session is an amazing experience; it is beneficial on an **emotional** and **psychological** level. People are often sceptical of new things; give yourself this opportunity to try this experience with our recommended therapist.

Feedback

Clients say they feel really relaxed, some even fall asleep during the session.

After having the Metamorphic Technique many people find themselves managing their lives in a different way.

Relationships may change and they often take a different path in their career, as they transform their patterns of behaviour.

*"I had this treatment done and it is amazing!!!! Well worth it.
It completely shifted my mindset and moved me into a deeper sense of my own power in my life.
Now I feel I really can take responsibility for my life. Thank you Véro" Aideen*

Investment

- One 60 minutes session: €70
- 4 60 minutes sessions: €250

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