

# Metamorphosis

## Pregnancy, Childbirth and Holistic Family Care

By Cindy Silverlock, copyright



Metamorphosis is a hands-on healing art that realizes the importance of the gestation period and the stress patterns brought in at conception. By receiving Metamorphosis treatments one is able to let go of limiting patterns, blockages and attitudes that keep us from living fully and joyfully in the present.

Metamorphosis (originally called Prenatal Therapy) was founded by Robert St. John in the late 1950's. While working with Reflexology, St. John noticed a correlation between the prenatal period and the spinal reflex points on the feet. He realized that while he was assisting with the release of tensions in the spine, people were also changing in a very profound way. Not only were there physical changes, but also changes in the attitudes of mind. The change in the attitude of mind is the premise of what Metamorphosis is about, for it is through our attitudes that we view and experience life.

Another important aspect of how Metamorphosis was discovered came from St. John studying Naturopathy. He noticed that the focus of Naturopathy, as well as most healing arts, was to treat symptoms. Although people's symptoms often went away, new ones often arose. St. John realized this was because the underlying stress was not being addressed, the prenatal patterns.

Many of us are aware of how the 'trauma' of birth can affect us later in life. The premise of Metamorphosis is that all of our disturbances arrived at conception via our genetic and karmic patterns. These disturbances shape our attitudes towards life in general. They determine whether a birth is 'traumatic' and how we interact with life. Our physical, mental, emotional and behavioral disturbances are a reflection and a result of our underlying stress patterns. Using the concept of reflex points, we are able to access these prenatal patterns.

St. John thought that the degree of stress at conception determined how creative we are in our coming into life as well as how we correspond with life. This means that our experience in the womb, childhood and all of life traumas are secondary stressors. They are secondary because the level of tension present within determines how we are able to cope with our external environment.

Working with a child while in the womb is important because the child's frame of consciousness, which is determined by the amount of stress brought in at conception, affects how he/she will move through the prenatal developmental stages.

The degree of internal stress will impact the child throughout the pregnancy, the birthing process, and all through life. If there is a lot of tension at conception the following stages of growth, preparing for birth (life) and birth (action, change, coming into life) will be affected. For example, children with down syndrome or autism would have experienced extreme tension at conception and as a result, were held up in their development.

The other benefit of working on pregnant women is that the mother and child receive a treatment at the same time. Addressing the prenatal patterns of the mother during pregnancy and/or labor often creates a more relaxed natural birth.

From the Metamorphosis perspective, difficult labors and births are created as a result of the stress patterns of the mother and child. Often, due to the prenatal stress patterns, a child is resistant to

coming into life. This can easily be addressed by receiving Metamorphosis treatments prior to birth. Thus the mother and child can enjoy the awesome nature of the birth process! In addition, the mother may feel more relaxed about parenting. Fathers, siblings and other relatives can benefit from receiving treatment as well! New family members, however welcome, usually stir up the family dynamics.

Mothers can greatly benefit from realizing that often a child's "problem, condition..." is actually an expression of prenatal stress patterns. It is comforting for Mothers to know how to address the stresses of their children, especially in such an organic holistic way. Children love to have their feet worked on and respond very quickly to Metamorphosis. Common examples of stress patterns with children are: hyperactivity, emotional problems, learning disabilities, physical challenges, and so on. Metamorphosis looks at these as 'patterns' and not permanent situations, illnesses or conditions. Amazing changes have taken place practicing Metamorphosis on Autistic and Down's Syndrome children within their first 5 years.

Metamorphosis is a very profound approach that can alleviate unhealthy stress in the home and in the world. If we can begin to understand the importance of the prenatal process and its affect on our lives, then humanity as a whole can shift out of it's dysfunctional patterns. Metamorphosis is easy to learn and can be used in the home to help children find a more healthy and creative approach to life, rather than trying to 'fix' them.

A midwife, labor companion, nurse, doctor or anyone involved with the introduction of children into the world will greatly benefit from understanding the philosophy and hands-on approach of Metamorphosis.

Metamorphosis is for everyone of any age, not just pregnant women and children. The benefit to working with pregnant women is that children get a 'head start' in living a more functional and joyful life. This does not imply that it is ever too late to get started. Metamorphosis is easy to learn and an understanding of the healing arts or the birth process is not necessary.