

# Metamorphosis ~ An Alternative to the Alternative!

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Metamorphosis was created out of the observation that the structures and systems we have in place are not working, which includes our healing arts. Our world is not thriving - so it might be a good idea to consider something entirely different!

We have been aiming to heal - which is not working. We cure one illness we create another. We fix one problem we have another... We are in an endless cycle. Our bigger picture of life, throughout time, has always included illness, conflict and war.

A lot of structures in life are changing - and it isn't too far of a stretch to consider that maybe we need to look at the nature of healing - and look at the structures we are working with and re-evaluate.

Robert St. John observed that there is only one symptom - that started at the onset of our existence. Oneness became duality - and in this consciousness and matter became separate. The farther apart they are the greater the degree of tension.

The shift into duality created time and space - which created the ability to pass tension on from generation to generation. So over time, we have a lot of 'patterns' and issues that all stem from the same place - the separation of consciousness & matter, or as Robert termed it afference & efference.

These patterns of unconscious tension come in with each person at conception, through DNA and thought. We all have a unique blend of tension that has its origin in the separation of afference & efference.

## ***Collectively we have been doing several things:***

1. We focus on our problems - thus locking them in. We do this in so many ways we don't even realize that we are doing it. We think about them, analyze them, write about them, study them and we treat them with things outside of ourselves. Robert always said the less attention you put on your problems, the more room they have to go away.
2. We treat symptoms - which means that we are always working inside the separation. The separation is the cause of all symptoms. Metamorphosis sees only one symptom - the distance between afference & efference. The greater the distance the greater the tension.
3. We look outside of ourselves for healing and guidance - thus giving our power away. We have done this so much and so well that we tend to forget that we have the potential to change within ourselves. What is without comes from within! If we change it within it is permanent, if someone else does it for us - it is temporary.

What this means is that we have been working hard to fix things - but within the system of dysfunction instead of outside of it. We have been trying to do it with our minds - analyzing and treating symptoms... but as we look around the world - things are not changing for the better. SO, it isn't really too much to ask to consider re-evaluating the structures in existence and consider that a new paradigm may be worth considering!

Metamorphosis offers a simple approach to addressing the distance between afference &

efference. Anyone can learn how to work on themselves and their families. Those in the healing arts have the opportunity to step back and consider the nature of healing and how we have gone about it - and how we can move forward in these new times. Metamorphosis is different - so it requires a willingness to step into a new perspective.

Metamorphosis is about ceasing to create illness and conflict rather than healing. When healing is the aim - one has to be symptomatic - which keeps you locked in the cycle of healing. Think about that for a moment!

As afference & efference come into better balance - healing is the result and not the aim. A very profound difference! The understanding of afference & efference gives you an explanation for all the challenges in the world - you will understand yourself, your relationships, your well-being and the global picture from one simple perspective - and Metamorphosis gives you something that you can do about it for yourself. A gentle touch approach without dialogue or analysis. Thus you can spend more time enjoying life instead of trying to 'heal'. As Robert used to say - when you are 'trying' you are failing!

***I invite you to consider a unique perspective  
to help you create a more joyful, easier way of being in life!***