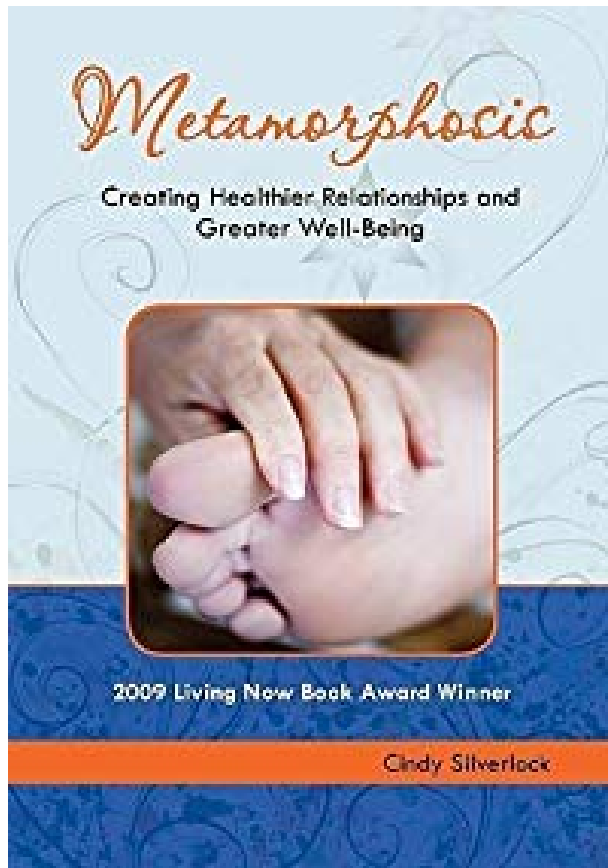


# Metamorphosis, Creating Consciousness Through Touch



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Creating Healthier Relationships and Greater Well Being! Living Now Book Award Winner 2009! Do you love change, creation, simplicity and touch? Learn to work on yourself, others and animals. Robert St. John, the founder of Metamorphosis, noticed that throughout time the primary stress patterns of war, conflict, illness and disharmony have never really changed. He saw that all of our individual and collective problems stem from the same source, with varying degrees of severity. Metamorphosis is a self-healing art and a philosophy on creating greater consciousness within. We use the principle of reflex points to address the unconscious blocks that arrive at conception that create conflict, disease and disharmony in our lives and in our collective experience. As these patterns release we experience greater awareness, better health, genuine relationships and conflict in life. As we change the world around us changes. This book teaches you the principles and practice of Metamorphosis, so that you can practice within your home. Experience in the healing arts is not necessary. You can work on yourself, others and animals. Robert did a wonderful job of reminding us that we are our own healers, and when we step into that mindset, our bodies and minds are capable of tremendous change - a true Metamorphosis!