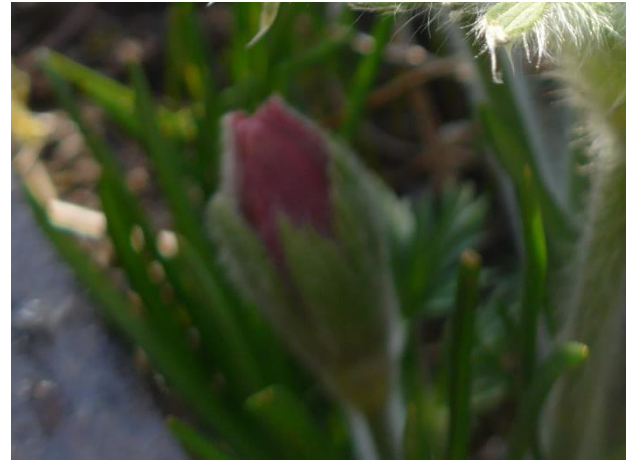


The Practice of Metamorphosis – Conducting a session

1. Start by sitting yourself either opposite or at right angle to the person who wishes to receive a session with their right foot resting on your lap.
2. Take the foot firmly in both hands, allow your hands to move over the whole foot, to establish contact and to avoid initial ticklishness, but then follow on very gently and avoid a tight grip.
3. Using your fingers and thumbs begin working up and down the spinal reflexes along the bony ridge at the inner of the foot from the big toe to the heel.
4. Pay attention also to the reflex areas situated at the inner corners of the nail of the big toe – the upper and lower corners.
5. From time to time work across the instep (dorsum of foot) and also on the whole inner part of the heel.
6. Finish by rubbing the foot all over again a few times., before proceeding to the other foot. Use up to 20-30 minutes for each foot.
7. Take the client's right hand – preferably on a pillow or cushion., then work the same way as you did with the feet, beginning at the top outer edge of the thumb, working down the base and across the wrist... finish by stroking the side of the thumb a few times... then do the other one. (5-10 minutes or longer). Remember also to touch the inner upper and lower corners of the thumb nail.
8. Stand behind your client... you may support the forehead with one hand.
9. Work from the centre of the top of the head down to the nape of the neck, and also across the base of the skull and up behind the ears to the point near the top of the ears on the skull. Use ca 10 minutes or longer. Please avoid tapping or strong touch.



After the session, please wash your hands with cool running water. This is a small ritual to firstly clean you hands, but also to step away. During the work it is also good not to suppress yawning, sighing, sneezing or burping while you give a session, also your client should not suppress any of these! They are just expressions of moving energy.

It is possible to not work the whole session as a whole, but to break it up, which is often good when working with children or the very sick.

Tell your client after the session to just do or not to do what feels right for him/her afterwards. Some people may need time for themselves, others may wish to paint the kitchen...

Is it that easy? Yes, it is! Have fun...

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