The International Metamorphosis-rsj™ Training Syllabus

1 Part One – History and Background

- Robert St John and Donna Armanasco
- Welcome to the study of Metamorphosis-rsj™

2 Part Two – Understanding the Philosophy

- What is Metamorphosis-rsj™?
- Core Principles of Metamorphosis-rsj™
- What is Innate Intelligence?
- Understanding Inherited Patterns
- The Mother/Father Principle
- Afference and Efference (explained in course)

3 Part Three – The Prenatal Pattern

- Robert St John's Charts
- Prenatal Therapy
- Prenatal Therapy vs Metamorphosis-rsj™
- Metamorphosis-rsj™ and Pregnancy

4 Part Four – Learning the Practice

- Charts of Feet, Hands, and Head
- Optional spine work
- What might clients experience?
- How many sessions are needed?
- Session duration and format

5 Part Five – Working with Different Clients

- Adults
- Children
- Babies and newborns'
- Elderly or Terminally Ill
- Animals
- Combining with Other Therapies

6 Part Six – Deeper Understanding

- Why Robert St John renamed his work
- Clarifying the meaning of Metamorphosis-rsj™
- Discovery of the Prenatal Pattern
- Characteristics in the Feet
- Case Studies

7 Part Seven – References Section

- "Specific Conditions" (emphasizing safety and working with innate intelligence)
- Contraindication Guide for Safe Practice
- Frequently Asked Questions
- Hand Symbols
- About the Association
- **Robert St John's Books**
- Guidelines for Safe Practice

Course Training Structure

Students can train for:
- Personal Development
- Professional Practice

The training is the same for both paths.

Training Options Available Worldwide

Home Study

- Manual sent by email
- Video demonstration of a session
- Study at your own pace
- Submit required documents when ready

Email your tutor with questions at any time during or after your training.

Fee: €95
(no hidden or annual fees)

In-House Training

- Taught by a Metamorphosis -rsj™ practitioner
- Tutors provide the training
- No written assignments required
- Students sign learning declarations confirming **understanding and capability**
- Tutors submit documentation to the association for certification approval

Fees and duration set by tutors

Membership Information

Robert St John intended the work to be shared freely, promoting openness and self-healing

- Membership is free and optional
- Certificates do not require renewal if membership remains active
- Students are not required to join the association

Only members listed in the official directory are authorized to distribute the official manual, charts and teaching packages issued on enrolment.

- All students can use the title Metamorphosis-rsj™ Practitioner after training

Westminster insurance coverage: is available but not mandatory

Teaching Metamorphosis-rsj™

No extra training or fees are required to teach after practitioner training.

Practitioners have all the knowledge needed to teach Metamorphosis-rsj™

The process includes:
- Informing the association of intent to teach
- Directory listing changes from Practitioner to Tutor
- Tutors provide official manuals to their students
- Tutors receive a Teachers Package to enhance study days
- Students can enrol with the association through their tutor
- Tutors submit signed documents on behalf of their students
- Certificates and practitioner packages are issued by the association to students

You may teach independently but will not have access to the official manual, charts and documents issued to tutors. Your students can still apply to join the association if they wish

Course Language and Enrolment

- The coursework is in English
- Tutors may obtain permission to translate the coursework into other languages

Who Can Benefit from Metamorphosis-rsj™?

- Hypnobirthing practitioners (helping mothers-to-be prevent passing unwanted traits)
- Babies (sessions available from birth)
- Reflexologists (who can integrate the technique into their sessions)
- Care workers supporting others
- **Pets and all animals**
- People of all ages, from newborns' to elderly, can benefit from this gentle and relaxing method

Many people are so relaxed they often fall asleep; others prefer to interact during sessions. It makes no difference to the outcome of a session.

Common misconceptions regarding Metamorphosis-rsj™

Robert St John a Reflexologist is the founder of the method of working with a light touch on the reflexes of the Feet, Hands, and Head.

He named the reflexes the Prenatal Pattern.

He found that after a session his clients became motivated and dealt with situations in their life in a positive way.

Robert St John's teaching:
Unwanted traits are inherited at conception and influence our actions throughout life.

You do not inherit further traits in the womb

Robert St John wrote: "Teaching events in the womb define future behaviour" shows the person does not understand my meaning of Metamorphosis.

Metamorphosis is not an art, technique, or therapy but a process without a defined methodology.

Inherited traits are not associated with energy blocks or meridians.

It is not related to species in nature transforming. Species keep their inherited traits to pass on to future generations...e.g., a bird knows how to build a nest that is not learnt; it is inherited behaviour past down at conception.

Metamorphosis-rsj™sessions help prevent passing unwanted traits to future generations.

The work is not a cure (e.g., Robert St John did not claim to **cure Down syndrome**).

Inherited traits do not cause a closed circuit.

Authenticity Notice

This course offers approved training in the original Metamorphosis-rsj™ method, with permission and involvement from the late Donna Armanasco, who held copyright of the author.

The work, including charts, is protected by copyright and may not be published, amended, renamed, or taught without permission from the current copyright holder.

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