



reconnect

the green living magazine for Exeter, Plymouth and South Devon

Dangerous Dads

Positive parenting is child's play



FREE

PLEASE TAKE ONE AND PASS IT ON



The generation game

Making energy in the community



Back to their roots

A floral tribute to local produce

Festivals in 2012

Our guide to the best in the West



The Wellbeing section

Natural health and development





THE TOTNES CANCER HEALTH CARE CONFERENCE

An international event dedicated to exploring a deeper understanding of alternative Cancer Health Care.

- Dr. Tullio Simmoncini • Dr. Robert Verkerk
- Matthew Manning • Barbara Wren
- Dr. Stephen Hopwood and more...

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WWW.TOTNECANCERHEALTHCENTRE.ORG

Technique 'changes lives'

METAMORPHASIS is defined as "a change of the form or nature of a thing or person into a completely different one".

And the Metamorphic Technique changes lives, says Hélène Demetriades, by helping people to "overcome their limiting beliefs and transform ingrained patterns of thought and behaviour" so they can achieve their full potential.

"All emotional, behavioural and physical problems are regarded simply as an expression of energy," says Hélène. "By a process of light touch, the Metamorphic Technique provides the environment in which transformation can happen."

Hélène trained as a practitioner after receiving a session of The Metamorphic Technique herself.

"I experienced something subtle but profound," she says. "It made me want to share this with others."

Hélène says the Metamorphic Technique is different to other

hands-on therapies because the practitioner is not actually trying to effect any kind of change.

"I am merely a catalyst," she says. "It is the recipient's own life force that determines the nature and degree of transformation. You will only experience as much as you are ready to cope with."

A Metamorphic Technique session lasts an hour and the recipient remains fully clothed, except for the feet. It is experienced as the lightest of touch on the feet, hands and head and the practitioner does not seek to address specific symptoms or problems, but is "guided by the flow of the session".

Hélène practices from her home in Dartington and at Neal's Yard in Totnes. She also runs training workshops on the Metamorphic Technique, and is an experienced accredited counsellor and psychotherapist.

Call 01803 868655 or visit www.helenedemetriades.co.uk

Care for yourself - and your dog

WE all know how our dogs pick up on how we're feeling - if you've been through a period of negative emotion, your dog will almost certainly be feeling, and showing, the effects.

So Rachel Bolton, an intuitive healer who works with people and animals, says that if you're seeing that lack of wellbeing reflected in your pet, it's time to take action - for both your sakes.

Says Rachel: "Feelings and sensations of guilt, fear, anger and anxiety are all read and felt by your animals, so if you want to gift your dog with a feeling of balance and calmness for the new year, you need to take the necessary steps to achieve a state of wellbeing - and then see your dog smile at you with gratitude!"

"Maybe you are caught up in the past or anxious about the future. Just be grateful that he or she reflected your feelings back to



you in the first place - we don't always realise how we are holding ourselves, but our dogs will never miss it.

"Just breathe and trust all is well, address your needs and then calm and assertive energy will ooze from you to your faithful friend - and you will have a better relationship in which to experience 2012."

Visit www.touchnthespirit.co.uk or call Rachel on 01364 653 788 or 07957 597 618.



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