

**[74] Human development XX:  
[75] A theory for accelerated, spontaneous existential healing  
(salutogenesis): “human adult metamorphosis”**

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### Abstracts

We have with a number of patients in intensive holistic therapy observed a process of accelerated, spontaneous healing of body, mind, sexuality and existence. The healing process seems to upgrade the purpose of life (life mission) of the patient, recover physical, mental, and spiritual character, deepen consciousness and self-insight and even sometimes “reshape” the patient’s body. It is characterised by an introvert, visionary state of intense transformation that parallels what happens in the butterfly’s pupae; therefore we have called the process “human adult metamorphosis”. We believe that many interventions depending on personal development of talents, spontaneous healing, personal transformation and other forms of personal growth are all modifications of the basic process of human adult metamorphosis. Adaptation patterns from early childhood and even embryonic life that helped us to survive has given us as adults many irrational, neurotic or psychotic patterns of perception and behaviours, that seem to come from adaptation though “downgrade” metamorphosis. Even bodily problems like cosmetic problems with too small or too large breast or labia seems to be a product of the person not being in the optimal state and seem to be corrected, when the person enters metamorphosis and develops a natural deep understanding of life including sexuality. We presents a model, discuss its genetics, the therapeutic tools that induces it, the relation between complexity of cosmology and spontaneous metamorphosis, spontaneous healing of cancer after metamorphosis, induced recovery from schizophrenia with metamorphosis, body reshaping after metamorphosis, and shamanism and drug induced human adult metamorphosis.

**Keywords:** Quality of Life, QOL, holistic biology, theoretical biology, clinical holistic medicine, holistic sexology, public health, human adult metamorphosis, hallucinogenic drugs, shamanism.

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## Introduction

When the butterfly larva reach a certain point, it transforms into the pupae. All its organs melt down and cells becomes seemingly undifferentiated, able to make the completely new set of organs that composite the butterfly. The cells of the pupae seemingly have unlimited access to the genetic and biologic information about the adult individual. The amazing process of metamorphosis normally takes about 10 days. Known from biology not only butterflies have metamorphosis, but a large number of insects, vertebrates like frogs, and even unicellular organisms have it. Even humans go through metamorphosis early in life a certain number of stages during ontogenesis. In the womb a long series of morphic transformations remodels the growing embryo, so the whole embryogenesis might in fact be seen as one large metamorphic process. Therefore it is hardly shocking to find massive genetic equipment for metamorphosis in the human being, very similar to the genetics of the butterfly and the frog.

What might be much more shocking is that we appear to preserve the ability to enter the biological process of metamorphosis, even as adults. We have observed a spectrum of personal growth going from human development that often take decades, over healing that takes years, human transformation that takes months, to extremely accelerated personal growth and healing, where the patient in a few weeks goes through from a very poor state of being though a radical shift in personality, mind-set and even physical appearance, to a more conscious and much more functional state of being. A radical improvement in quality of life, self-assessed health, ability and talent seems to rise from a recovered existential coherence. The patient often change and reframe their purpose of life and release negative attitudes related to early life traumas, giving the patient a much more positive set of attitudes towards self, life at large and others. Philosophy of life is often drastically deepened, the patient starting to appreciate spiritual aspect of life. The cosmology is often growing more complex with the number of concepts in active use going many times up (1).

The healing connected to metamorphosis is often dramatic. Existential responsibility is often drastically improved, turning the mentally disturbed patient into

a much more sound and capable person. If the patient receives a serious somatic disease like cancer, metamorphosis is often a sign of raised ability to survive and heal. If the patient had sexual and gender issues, these are often solved; if the problems were connected to specific organs like the breasts, the genitals, or the shape of the pelvis or another body part, quite surprisingly the involved organs are often also reshaping, in the same time as the patient's inner experience of the area is drastically improved. The healing process of human adult metamorphosis seems to attempt to correct any human flaw, being existential, mental, physical or sexual.

Our ability to induce the phenomenon of human adult metamorphosis is limited for several reasons. First we do not understand the process well; it is still a deep mystery under intense investigation in our laboratory. But it seems that human adult metamorphosis is under subconscious control of the patient and only when he or she feels completely safe and in good hands, then the possibility for transformation will be there. Another important aspect is that it almost always seems to generate from traumas early in life making the opening into the process an extremely painful process. The process itself is not painful, but the patient is normally extremely introvert and unable to work or even sometimes speak or think for days or even a week or two. Therapeutic techniques that send the patient into intense old emotional pains seem to provoke it (2) and also philosophical training evolving the patients consciousness in the direction of deep cosmology, i.e. cosmology of seven or more rays (7-numbered bifurcations in the structural three of the cosmology, see (1)). We first saw the phenomenon when we combined safe space, advanced tool for holistic existential therapy, and cosmology with ray-numbers of 7 and higher.

We first saw human adult metamorphosis several years ago (3) with schizophrenic patients, who participated in our intense summer courses on quality of life, but they had kept their diagnosis secret in order not to be excluded from the course. In the beginning we believed it to be provoked psychosis, which it can easily be mistaken for, but the intense healing effect of the episode of a few days of duration gave way to our suspicion that something else, something positive and even natural was going on.

Years later we came to understand this episode as a first example of a new and extremely intense and rapid pattern of spontaneous healing, which we now call human adult metamorphosis.

### *Genetics of human adult metamorphosis*

The humane genome project has revealed that human beings carry massive amount of master and metamorphic genes; the same genes that have been proven to be activated just before and during metamorphosis in many animal lines. In principle there seem to be no hindrance for human beings to go through a process of metamorphosis involving also the shape of the body, the patterns of behaviour etc., like the animals often does. Understanding the connection between the genes and the cellular and supra-cellular events in the organism has not been easy.

Ontogenesis itself is still quite poorly understood; it makes some sense that there is a cascade of events allowing the more complex structures to build on the less complex, very much as we believe evolution to have happened. The sequential recruiting of biological information making one pattern at the time available to the developing embryo gives us a safe feeling of a natural and well ordered informational process.

Understanding morphogenesis where the whole ontogenesis is repeated in a direct and explosive manner with no time to let one pattern build on another and letting the individual transform directly into something completely else is much more difficult to comprehend. How can this be done? How can the individual in a completely a-historical way suddenly address its full genetic potential and realise it from one day to another, transforming from one animal into a completely different? This is almost magic. The process of metamorphosis indicates a leap in evolution, symbolised by the insect suddenly getting wings. How did this happen evolutionary? Well, metamorphosis might be the model here: It happened because some insects began to shift, half through their life, into winged forms. They started to metamorphose!

The truth is that we never came to any understanding neither concerning the most basic principle of the creative side of evolution, nor even concerning the most basic principles of

morphogenesis, in spite of 100 years of intensive scientific studies. In a way metamorphosis shows us how wrong we have been to take biological phenomena to be simple, linear events. The organism's system providing biological information to the cells seem to work in a global way, allowing all cells to shift at the same time. The informational system presents the whole blueprint for the whole individual, and maintain it that way; if the organism changes this blueprint, the shape, structure and behaviour of the whole organism follows. The shift of the blueprint is mysterious. That it happens demonstrates to us how the blueprint holds the biological order of the organism at any time. And when it changes, the whole organism changes with it. The problem is now, what initiates this shift in blueprint?

In lower organisms it might be something quite mechanical, like need for food or water, or age that provokes metamorphosis. But in humans the process seems to be under our subconscious control; we speculate that this change could be a function of a shift in the individual's basic intent, a shift in its purpose of life[4]. This opens up for the interesting possibility that patients, that become conscious of their deep existential structures, can enter metamorphosis at will.

### *Therapeutic tools that induces metamorphosis*

In holistic existential therapy and holistic sexology, where both the development of feelings and the philosophy of the patient are addressed, the speed of personal development is very dependent on the skill of the therapist, the motivation and spirit of the patient. If the therapist is familiar with the steps and dynamical process of metamorphosis, and if the patient is highly motivated for this kind of therapy and see everything in life as learning events, the patient is likely to enter metamorphosis, when the supply of resources are sufficient. If the patient has been arrested in psychosexual development since childhood, the process can be extremely dramatic, sending the patient into a transformativ state that is very similar to the butterfly's pupae: a silent, visionary and complete introvert state of being. Interestingly, this state has been described in the

Native American ceremony called “the vision quest” (5).

### *Complexity of cosmology and human adult metamorphosis*

The complexity of mind needs to be of the type we call “deep cosmology” (1), that allows brain-mind to merge with body-mind. Deep cosmology opens up for existential introspection. It is an interpretation of the world that is build on a structured web of concepts, organised around a core of key concepts, that is the abstract essence of the other concepts in use (6). The “depth” is a popular term refereeing to a high-bifurcation number in the conceptual tree of the cosmology that has fractal structure (7). The more complex the cosmology of the patient is, the more rapid the process of personal development (1).

### *Accelerated development and human adult metamorphosis*

It will often be necessary to hospitalise the patient, if the traumas stems from early violent and sexual abuse, which often carry extremely negative emotional charge. The need for care and safety continues round the clock for days or weeks with these patients, while they re-live old traumas. Interestingly the patients often relive and reverse metamorphosis in the childhood that made surviving an impossible childhood situation possible. Often these patients in such a metamorphosis get 100 or even 200 hours of treatment in the process of intense healing. This would normally take several years in standard therapy even with weekly sessions and this is actually what explains these patient’s rapid development, radical changes, and dramatic healing.

### *Spontaneous healing of cancer and human adult metamorphosis*

Most surprisingly spontaneous healing of cancer and other severe diseases seem to need human adult metamorphosis to happen. The rehabilitation of existential coherence (6) and human character (1) can

be extremely fast, if it starts with the reorganisation of consciousness that comes from an upgrading of the purpose of life. The downgrading from early childhood traumas seems to be a product of metamorphosis in childhood, where the child adapts with masterly creativity and no other intent than survival to fit into its family. The flattening of cosmology (1) with respect to complexity and bifurcation number (ray-number) hardens the child emotionally in order to be able to withstand even the roughest of handlings. But the feelings that force the child to go through metamorphosis are often extremely negative and painful, where the repressed feelings seem to be absorbed by the tissues of the body (8-10). Cancer and other severe diseases like autoimmune diseases (11) tend to develop, where the tissues hold on to these emotions (12) and when the feelings are processed out of the body in holistic existential therapy the tumours seems to disappear by spontaneous apoptosis, that can only be explained as a consequence of the informational conditions of the cells being rebalanced.

Only with a metamorphosis into a deeper and more complex cosmology that mirrors the original metamorphosis out of the existential pain of the patient’s childhood, can set the patient free at the deepest existential level, and this is what it takes for the patient to integrate the emotional pain and heal existence, as well as mind and body. As it took a metamorphosis to get into the trouble, only a re-metamorphosis (a healing metamorphosis) will get the patient out of the trouble again.

## **Case story**

### *36-year-old woman with breast cancer and many metastases to the liver, not responding to chemotherapy*

This patient came to our research clinic several years ago and she is now a student at the Nordic School of Holistic Medicine. According to statistics and explained by her treating oncologist, she had 5.2 month left to live. She had a five years old daughter, so she desperately looked for a way to survive and entered our protocol for holistic treatment of cancer patients (12,13). She went though a mental revolution

renewing her philosophy of life, and she worked with and integrated many strongly negative feelings towards her mother and father. She is well today (three years later) and her oncologists at the hospital now believe she will survive her cancer.

### *Induced recovery from schizophrenia and human adult metamorphosis*

We know from many studies, often called “the recovery literature” that between 20% and 30% of the patients, who received the diagnosis of schizophrenia in their youth, do not have the disease in midlife. So they have spontaneously recovered. We have been able to induce healing in patients in the clinic by simply supporting the patients in the confrontation and integration of severe often very early life-traumas. The problem with the therapy has been the strangeness of it; the patients have almost always experienced severe violent or sexual abuse in the childhood, but the largest traumas have often appeared to be even before birth. It really is surprising that you can be almost completely arrested in your psychosexual development and 20 or 30 years later you can reclaim your life, transform and grow up to step forward – as yourself. The person you were meant to be. The core of this upgrade of the personality seems to be a sudden “remembrance” of what the meaning of life really is all about. The eternal now going all the way back to conception is suddenly here again and life re-established.

The most problematic side effect of the human adult metamorphosis with patients that have been violently or sexually abused is the reappearing of the traumas.

## **Case story**

### *24-year old female university student, virgin, borderline, severe existential and sexual problems*

A young female university student with a borderline personality, feeling like “not fitting into the world”, unable to love herself and others, with no interest in

sex at all. Completely unable to get close to boys, could not remember anything causing her severe problems. After a course in philosophy of life in which she engaged eagerly, she suddenly the day after the course entered into the state of metamorphosis. We took her to the Research Clinic for Holistic Medicine and cared for her, providing a safe and loving space for her. For 10 days she was completely introverted in a visionary state of being what looked very much like an acute outbreak of schizophrenia. She was hallucinatory and had thousands of visualisations of all aspects of life, which became more and more evil and bloody as she sank deeper and deeper into the process of personal transformation. She said that when she closed her eyes her “eyeballs turned so she could look inside” and her consciousness obviously merged with the deep layer of existence Carl Gustav Jung (1875-1961) used to call “the collective consciousness”. We could only understand her visionary state as a state of intense healing and it was obvious to us that she went deep inside to find what she needed to heal and this way integrate “her shadow”. Then everything came back to her: she recalled being raped by her 10-year older brother at age four. After drawing hundreds of drawings in art therapy and having more than 20 hours of integrative timeline therapy, and about 20 sessions of individual philosophical training where she got accustomed to the logics and feeling of complex (high-ray) cosmology (1). She reappeared as almost normal. Most of her severe mental and existential problems had been solved.

If this woman had been treated for schizophrenia with sedative antipsychotic drugs her process of human adult metamorphosis would have been arrested and she would have learned to think of herself as a schizophrenic. She would have been stigmatised, marginalized, and maybe even institutionalised. Because we took care of her and let nature do its job, she transformed and healed spontaneously.

### *Body reshaping and human adult metamorphosis*

After holistic existential therapy many patients have noticed a very different experience of their body. They have become more present in it, they have felt better in it, being more accepting, relaxing in the

body, and feeling it stronger and more powerful. We know of course that massage can do this, so that working with deep acceptance of body and sexuality combined with holistic bodywork can do this is not very surprising.

What has been a surprise though are the many patients reporting about experiences of physical change in their body. They often describe that their breasts grow, their hips and whole body are reshaped, and often they also tell that they have observed great anatomical changes in their genitals, like a sudden reduction in the size of labia minores. As the bodywork, as often done with the patient undressed, it has sometimes been possible for the therapist to agree to these changes, but as they have been so unexpected we are now only starting to scientifically document the body reshaping.

We expect most of the negative experiences of own body to be a product of downgrade metamorphosis, which can be alleviated with upgrade metamorphosis. Now we only need to get the process of metamorphosis under control so well that we can induce it also on cosmetic indication to replace plastic cosmetic surgery, which has so many unwanted side effects. It seems that we actually are able to induce it with the most powerful techniques of holistic existential therapy, if the patient has a strong philosophical interest and if we have a set-up, where we take care of the patient for some weeks afterwards. The prize of this treatment is believed to be only a fraction of the prize of cosmetic surgery, and instead of often-severe negative side effects, we expect large positive effects on the patient's quality of life, health and ability.

### *Sexuality in human adult metamorphosis*

We have observed that many healing processes are associated with strong sexual feelings, both positive and negative. Often the patient is presenting him- or herself in a victimised position, strongly influenced by masochistic energies; during the process of healing the patient's mind is often filled with sexual symbolism, and often masochism is turned into sadism. After the successful integration of both the masochistic and sadistic sexual energies and intentions, a natural ability of make love in a

harmonic, caring and mutually satisfying way is emerging, often very much to the patient's surprise, the surprise being larger, of the patient's sex-life was never healthy, successful and really satisfying. The three steps masochism, sadism, and joyful loving sexuality are seen to be parallel to Freud's, Jung's and Reich's idea of the infantile autosexual, immature sexual and genitally mature sexual patient. The psychosexual healing of the patient seems to be a key feature of human adult metamorphosis.

### *Drug induced metamorphosis and shamanism*

The concept of human adult metamorphosis has made it possible for us to re-interpret many of the rituals of the pre-modern cultures. Especially we have been able to understand shamanism and the drug-induced transformational processes of peyote and Ayahuasca medicine of the Native Americans. The shaman induces transient or permanent metamorphosis using a combination of rituals and items symbolising the depth of the cosmology and hallucinogenic drugs to facilitate the visionary state related to the merging of the individual consciousness into the collective consciousness. In this way they intentionally create the transformational states of existence that we have observed as the patients enter spontaneously during their metamorphosis. The shamanistic key concepts and the shamanistic cosmology seems well adapted for doing this, and the cosmologies of the Native Americans seem to be sufficiently complex to induce human adult metamorphosis (often 8-rays) (1).

## **Discussion**

For millenniums it seems that the pre-modern cultures have known how to take patients into accelerated personal development and existential healing. It now seems possible to accelerate the process of holistic healing by using the advanced tools from clinical holistic medicine. With the present understanding it might even be wise to start experimenting with the use of the hallucinogenic drugs for finding a scientific way to induce the intensive healing state of consciousness, we have called human adult metamorphosis. Such experiments should be focused on the chronically ill patients with shortened life expectancy, because of progressing illness or those

who needs more support to enter the process of human adult metamorphosis than the normal tools for holistic medicine is offering.

Again it is important to remember that there are no effective drugs without side effects. The risk should always be balanced with the possible gain, deep and intense existential and emotional pain is always a follower of human adult metamorphosis, and sometimes the patients will not have the internal and external resources for integrating the pain.

The result is that the physician, who tries to cure a patient in spite of the obvious lack of resources is causing the patient unnecessary sufferings, which is highly unethical. On the other hand we see both schizophrenic patients and cancer patient spontaneously healing so everybody seems to have extraordinary hidden resources that can be mobilised in holistic existential therapy. It is interesting that many young people are still using ecstasy, LSD and other drugs with the power of inducing transformation and metamorphosis – presumably many more than in the 1960s - and the reason for using them seems often to be healing more than recreation. The need in society for people to heal their existence is enormous as one of four of the citizens has severe existential problems at least in Denmark (13). As these drugs seem to have very few side effects and adverse effects compared to alcohol and tobacco, and as they will be used by young people for many years to come, and since it is most likely that they are benefiting the users helping them to heal existentially, it might be an idea to legalise the hallucinogenic drugs for medical use, so that the use of them can be followed by sound advice and supervision by their physician.

Let us underline that the research we are conducting at the Quality of Life Research Center and the Research Clinic for Holistic Medicine are not using any drugs. We want to be able to control the process so well that we can induce it by will, in cooperation with our patients. We want to induce healing just by intervening on human consciousness as research has shown that consciousness is determining health, quality of life and ability in general (14).

The many cures that we have developed for clinical holistic medicine might benefit dramatically from this new discovery (11-13,15-52), which basically is nothing but helping the patient back into

life and into the sense of coherence (53-59). What we have witnessed is what Aaron Antonovsky (1923-1994) called salutogenesis and the ability to induce accelerated personal growth and existential healing of this kind is undoubtedly what made Hippocrates' medical system famous (60).

## Conclusions

A deeper understanding of the biological universe have lead us to a new understanding of human development. We have with the mastery of the advanced tools of clinical holistic medicine recently seen a highly accelerated new pattern of spontaneous healing, that we call human adult metamorphosis. It happens when the cosmology (1) of the patient is developed towards more complexity. We have come to learn about metamorphosis, because patients whose psychosexual development had been arrested since early childhood (often due to severe failure or violent and sexual abuse) spontaneously entered metamorphosis after training in philosophy of life. We have been able to understand human adult metamorphosis as the consequence of an inner reunion of the patient's brain-mind and body-mind. In the process of metamorphosis a new and deeper purpose of life is often found, and consciousness is completely reconstructed using lots of information from the deep layer of existence, what Jung called the collective consciousness. The informational system of the organism is rebalanced in this process and the cells and the tissues of the body seem to benefit from that. Often we see a healing of the mental and physical diseases and even a complete reshaping of the body is sometimes followed by the patient's claim of his or her new life.

We believe that personal development, development of talents, spontaneous healing, personal transformation and many more forms of personal growth is all modifications of the basic process of human adult metamorphosis. Survival patterns from early childhood and even embryonic life giving us irrational, neurotic or psychotic patterns of perception and behaviours also seem to come from adaptation though "downgrade" metamorphosis. Even most bodily problems like cosmetic problems with too small or too large breast seems to be a product of the

person not being in the optimal state and can be corrected when the person enters metamorphosis and develops her natural deep understanding of life – what we call a cosmology sufficiently complex to embrace the body-mind and feelings.

So human adult metamorphosis seem to be the efficient medicine most patients need to heal. It can be induced with hallucinogenic drugs as the Native Americans have been doing for many centuries; we see the use of such drugs with the young as their attempt to get support to their healing and suggest that these drugs should be legalised for medical use. We also suggest that such treatment could help some cancer patients to survive.

We must strongly warn against giving sedative drugs to patients during the “learning crisis” of therapy; the process of human adult metamorphosis might get severely disturbed or even totally arrested by using such drugs. “Evil visualisations” and severe existential pain is a natural part of the process of healing and should be alleviated with attentive and loving care, not with drugs that will slow down the process of metamorphosis. We must warn that standard psychiatric antipsychotic treatment of a patient in developmental crisis might even cause severe damage to the patient.

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